

THE
SPA

AT THE CHEDI EL GOUNA



Good health combines your physical well-being with your mind, and sense of place in the world. The mind is a powerful tool, essential to the health of the body, requiring harmony, serenity, and clarity. However, the stress of today's high-speed lifestyle means that it can be difficult to find time to achieve that serenity.

The Spa at The Chedi El Gouna is a haven of relaxation that helps bring yourself back in the state of equilibrium as we give you Asian spa treatments enjoyed from thousands of years ago, in a continent that values well-being through rituals.

Entrust your mind and body to the expert hands of our diverse team of therapists combined with organic ingredients on bespoke experiences designed to enchant your senses with Asia's most beloved spa treatments that have been passed on from generation to generation.

We're taking you to a journey of spa indulgence beyond your expectations.

"And then the hands become little instruments, only there to carry the touch and to carry the level of sensitivity and awareness."

The Spa is open daily from 9:30am to 8:30pm

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THE MASSAGE RITUALS

Heal your body and mind. Feed your soul with our perfectly blended massages to achieve perfect balance. All our massages include includes 6 minutes cleaning of the feet, opening and closing ritual and 54/84 minutes massage. Choose among the blended essential oils that will help achieve your goal for your spa experience.

The Chedi Signature Massage · 90 mins

A combination of Balinese, Shiatsu & Thai Massage techniques to create a deeply relaxing full body de-stressing and unwinding experience. This is a oil-based massage personalized to meet your needs, using black tea and patchouli essential oils ease the muscle tension and pain in your body leaving you wanting to get more.

Hot Stone Massage · 90 mins

A specialty massgae where warm and natural volcanic basalt stones are placed on specific parts of the body. The heat of the stones relaxes the muscles and the therapist works with gentle movements in order to release tension offering a deeo relaxation and well-being. This is a wonderful, relaxing and detoxifying experience.

Chinese Tui Na Massage · 90 mins

A traditional Chinese massage that promotes healing by targeting the deeper layer of the muscles by using kneading, chopping, and stretching motions to relieve sore points and blockages in the body's muscular system. This massage leaves your mind and body energized and ready to take the world.

Filipino Hilot Massage · 90 mins

A therapeutic Filipino massage technique called "Hilot", this help improve the circulation of your blood and boost more oxygen to focus on specific stubborn pain in your shoulders, lower back or legs.

Deep Tissue Massage · 90 mins

For stiff muscles and fatigue, Deep Tissue massage helps to energize and invigorate our bodies from jet leg, using forearm massage to create deeper pressure and uplifting after treatment.

Reflexology Massage · 90 mins

Experience the ancient way of healing the body by stimulating the meridians of the body thru pressure points on the feet, hands, face and head. You will be required to drink 2-3 glasses of water throughout the whole treatment to help flush the toxins out of your body.

Aromassage · 60 | 90 mins

A long and gentle flowing massage with movements performed in light and medium pressure that slowly brings you to a soothing slumber.

Balinese Massage · 60 | 90 mins

Traditional massage from Bali. Well known for its deep tissue massage and holistic treatment in a combination of gentle stretches, acupressure, and aromatherapy to stimulate the blood flow which creates a sense of wellbeing, calm and deep relaxation.

Tibetan Ku Nye Massage · 60 | 90 mins

This Tibetan massage creates harmony between the body and mind by stimulating the energy points and channels within our body that promotes health and well-being. This fast massage helps clear your mind and improve your energy levels thru proper blood circulation.

Lymphatic Drainage Massage · 90 mins

A sublime therapy that uses more oils to help the hands and forearms flow smoothly along the body to perform techniques that encourages the natural drainage of the lymph to boost immune system, eliminate tension headache, rejuvenates tired muscles and works best in reducing the appearance of cellulite.

Four Hand Massage · 60 mins

This indulgent massage therapy involves two therapists working simultaneously creating a synchronized massage with long strokes that are designed for deep relaxation. Double the regular price.

"Mom-To-Be" Massage · 60 mins

Reward yourself with a thoroughly relaxing and carefully applied massage. Stresses, strains, heavy and swollen legs, and aching back instantly feel better. We do not perform massage treatments during the first trimester of the pregnancy.

Post-Partum Massage · 60 mins

You deserve this restorative treatment that pampers every inch of you. It brings back your energy and restore your skin's glow and youthfulness. This massage aims to reduce swelling, improve milk production, regulate hormones, reduce anxiety and depression. It promotes that one thing you want and need: a much-deserved sleep.



THE BODY RITUALS

Express gratitude to your body, experience an intense cell-regeneration like a phoenix being reborn with the help of these exfoliations and luscious body butters blend infused with Macadamia, Almond, Jojoba, and Grapeseed oils, leaving your skin deeply moisturized.

Korean “Seshin” Scrub · 90 mins

This “intense” cleansing process entails a programmed steam shower followed by an intense scrubbing of the skin to rid the body layers of the dead skin cells that accumulate naturally. This is highly recommended for those who have not received an exfoliation treatment in a long time.

Javanese Skin Renewal · 90 mins

A symphony of lymphatic drainage strokes followed by a rhythmic massage movement that helps eliminate toxins, fatty deposits and lessens orange-peel appearance on the legs. A series of appointments is highly recommended to see effective result.

Anti-Voyage Fatigue · 90 mins

A refreshing head-to-toe bath designed to relieve the stress and strain due to long journeys. The vigorous exfoliation relieves the muscle pains, swelling on the feet, headache, sleep disturbance, constipation, and other discomforts of jetlag.

Turkish Nirvana · 90 mins

Delight in an extraordinary way in bringing back your power and energy. Imagine yourself cocooned in Aromatherapy bubble foam followed by relaxing massage bath and let the pouring of the water melt your stresses and aches away.

Bangkok Hydration Boost · 90 mins

A truly luxurious ‘pick-me-up’ treatment created to restore your energy and brighten your dull skin . by starting with a steam bath followed by a rejuvenating sugar scrub removing all traces of the past, and ends with a revitalizing application of luxurious oils and body butter to boost circulation you energized and healthy.

Bali Beautiful Back · 90 mins

A ‘facial’ for the back that is prone to blemishes and oil, this treatment restores balance, leaving your skin smooth, glowing, and flawless leaving you revived and relaxed.

Booty Bloom & Blossom · 90 mins

A pore-cleansing ritual for the buttocks that is meant to clear clogged pores, remove dead skin build up and dissolve bumpy skin. It follows a lower back and buttock-lifting massage to improve muscle strength, boost leg circulation and relieve pain through constant standing and sitting.

THE INDULGENCE RITUALS

A collection of therapies that are uniquely inspired by Asian culture, expertise and breathtaking surroundings. All rituals include a 15-minute well-being steam shower to complete your experience.

Romantic Escape · 60 | 90 | 120 | 150 | 180 mins

Enjoy our special VIP couple suite in the most romantic set-up including a luxurious well-being shower, a relaxing bath ritual surrounded with candles, flowers, and aromatic oils as you celebrate your time together with a glass of white wine and fruit platter. With a loved one by your side, indulge in a luxurious soothing massage or facial, or both.

The Essence of Seoul · 180 mins

A delightful experience that starts with a 60-minute "Seshin" exfoliation to get rid of dead skin cells and impurities. What follows is a rejuvenating 60-minute massage of your own choice and a 60-minute Korean facial treatment.

Ultimate Time for Me · 180 mins

Forget the outside world and let your worries and stresses melt in the hands of our expert therapist with foot cleanse ritual, stimulating salt scrub, a candle-lit bath, personalized massage and Acupressure head massage.

The Maharlika Experience · 180 mins

Get pampered like a royal starting with a floral bath, followed by a Himalayan salt scrub that contains 84 minerals to detoxify your body, a soothing slumber massage and a hydrating facial while enjoying an indulgent hand and foot rejuvenation with our luxurious body butter.

Secrets Of The Spa · 150 mins

A sensorial anti-aging treatment starting with a rose body polish, a rose body mud wrap, hot stone massage using rose and jasmine essential oils for youthful skin. Finish with a lymphatic face massage that help prevent wrinkles and swollen face.

Turkish Indulgence · 120 mins

Enjoy a blissful moment with a traditional Turkish bath and by fabulous facial according to your skin type and to address your concern.





THE ENHANCEMENTS

Receive the missing piece of your spa experience upon booking a 60-minute spa treatment.

Chinese Head Massage · 30 mins

A massage that helps remove knots and clogs around your scalp, neck, and shoulders. It lessens headache attacks brought by wrong posture, digital muscle strain and pressures from daily life.

Khmer Abdominal Massage · 30 mins

A Cambodian deep tissue massage to the abdominal area to relieve symptoms of tightness, cramping, and bloating brought by flatulence & constipation.

Barefoot Bliss · 30 mins

A revitalizing zone therapy that uses all the pressure points to stimulate the nerve endings of the feet and increase circulation and promotes specific bodily and muscular function.

Leg Rescue · 30 mins

Improve the circulation to your legs and prevent swelling due to water retention, appearance of varicose veins, uncomfortable pins and needles, numbness, deep vein thrombosis, and cellulitis. This treatment is best combined with foot bath and leg scrub and best taken the day before your travel back home.

Instant Glow · 30 mins

A gentle cleansing of the face, neck and décolleté to prepare the skin for a series of lymphatic drainage massage, leaving your skin plump and rosy.

Body Scrub · 30 mins

A popular treatment therapy that exfoliates and hydrates your skin lifting dryness or dry areas, a good pick-me-up treat before a massage or facial session.

Back Massage · 30 Minutes

The ideal solution for those who carry tension in their back, neck and shoulders and require a quick stress and knot release. A deeply relaxing massage therapy concentrating on knots and stiff muscles.

Hand & Foot Rejuvenation · 30 Minutes

An perfect way to melt the tiredness from your hands & feet, exfoliating dead skin cells with salt scrub, guaranteed to absorb every bit of the luxurious body butter mask keeping your skin young & smooth.

During Your Spa Treatment.

You may choose to stop the treatment during the first 15 minutes if it is not favorable to you. Changing of therapist is applicable upon availability or you may choose the next available time slot. The treatment is to be charged 100% when it is received in full duration with the understanding that the therapist was allowed to finish it without any issue.

FOR A GREAT SPA EXPERIENCE

Booking Your Appointment

Minimum time to book an appointment is 60 minutes. 30-minute enhancements are strictly add-ons. You may choose to book a free 30-minute consultation and body analysis to determine the right treatments for your concerns and your preferences to create a memorable spa experience for you.

For a great experience

Our team creates an atmosphere of genuine caring and consideration for your well-being. Please do not hesitate to approach one of our spa advisors for your questions to create a memorable spa experience for you, where you can make advance requests and share your references.

Gift Certificates

Spa gift certificate makes a wonderful gift for any special occasion or holiday. Gift Certificates are not refundable or redeemable for cash or credit. Please review all terms and conditions.

Cancellation Policy & No Show

The spa rituals you select are reserved especially for you. Appointments in The Spa are very popular, and we do try to fill any appointment you may have to cancel at short notice. Cancellation within 9 hours results to 50% charge to your guest room. No show results to 100% charge to your guest room.

Prices, Discounts & Promotions

Promotions are subject to change without prior notice. Our Indulgence Rituals cannot be combined with any other discounts and promotions.

Arriving At The Spa

Please arrive at The Spa 15 minutes prior to your scheduled appointment to allow time to complete your Guest Pre-Treatment Form, change into a robe, and shower before your spa treatment. Please arrive 4 hours in advance if you also booked for the use of the steam and/or jacuzzi facilities before your spa treatment. Arriving late makes it necessary to curtail the time for your treatment.

Health Matters

Before your treatment, you are required to complete a Guest Pre-Treatment Form to safeguard your well-being and comfort, and to allow us to safely deliver our services by minimizing any risk of injury. The Spa assures and maintains confidentiality of the strictest standards. We do not recommend the consumption of alcohol before or directly after spa treatments. We do not perform any massage treatments during the first trimester of pregnancy.

Spa Attire

You can wear the bath robe and slippers from your hotel room, or we can provide you with these in The Spa including a choice of spa underwear for treatments. Alternatively, you may prefer to wear your own. Our therapists will always use draping techniques to respect your privacy.

Valuables & Mobile Phones

We provide a secure place for your personal items inside The Spa. Valuable items are stored inside the safe located in your hotel room/suite. Kindly keep your mobile phone on silent mode at all times.





TREATMENT EXPERIENCES	DURATION	EUROS
The Chedi Indulgence Rituals	240	340
The Timeless Rituals	180	270
	150	234
	120	180
	90	146
The Chedi Signature Massage Rituals	120	165
	90	130
Massage Treatments	90	117
	60	90
Body Rituals	90	122
Enhancements	30	49
Use of Steam & Jacuzzi	30	43
Use of Steam	30	25
VIP Amenities	00	18

Kindly note:

1. Prices are quoted in Egyptian pounds and include 12% service charge and 14% government tax.
2. Prices are quoted for use of shower rooms and spa treatments only.
3. Minimum treatment time to reserve is 60 minutes per person.
4. Advanced payment is required for reservations made by outside guests via online payment link.
5. Payment by in-house guests must be made upon arrival to the spa via room charge or credit card.
6. Enhancements are strictly add-on only.
7. All body rituals and Indulgence rituals include free use of steam room for individual single treatment suites; steam and jacuzzi for couple's treatment suites.
8. All prices are subject to change without prior notice and not cumulative to other discounts and promotions.
9. Prices are quoted for one person only. Four-hand Massages and Romantic Escape treatments are to be charged double to price listed above.

THE CHEDI

EL GOUNA, RED SEA