





*Welcome  
to Ecsotica Spa*

*Life in a city leaves us with little time to reflect deeply upon our lives and to pamper ourselves as we should.*

*Stress, fatigue, deadlines all combine to push the body and mind to limits from which they must be re-charged and the spirit must be renewed.*

*Ecsotica Spa & Health Club is a serene sanctuary nestled in the gothic cellar of the well-known Alchymist hotel and offers a genuine escape from frantic pace.*

*Prepare for a sensory experience when you walk down the renaissance staircase towards the spa reception that resembles an ancient temple.*

*Discover ultimate indulgence right when you enter as an extraordinary scent and soothing music pamper your senses. Ecsotica Spa interior is washed in warm tones of natural Balinese wood to recreate the unique and magnetic atmosphere of Indonesia.*

*In the labyrinth of alchemical corridors you may find five intimately furnished treatment rooms, of which one room is specially designed for couples to share their romantic experience.*

*Enjoy warm welcomes and personalized attention from a sweet and polite crew of Balinese therapists whose skilled hands help you unwind and regain inner balance.*





### *Balinese traditional massage*

*A deep tissue massage using thumbs and long strokes. Stimulates blood circulation, relieves strained muscles. Ideal for men.*

### *Alchymist massage*

*The signature therapy combines techniques of Balinese, Hawaiian and Swedish massage exclusively at Ecsotica Spa.*

### *Swedish massage*

*Most widely known type of massage. Eases muscle aches and tension, improves flexibility and creates relaxation.*

### *Hawaiian massage*

*Soothing pampering massage using elbow and kneading motions, helps to relax your mind and de-stress your body.*

### *Romance massage (aromatherapy)*

*Perfect for a couple where the sensual experience is elevated to new levels. Through massage, active ingredients of essential oils are smoothed into the skin.*



### *Stone massage*

*Heated stones are placed on the body to loosen tight muscles and balance body energy. Deeply soothing, highly relaxing form of massage.*

### *Thai massage*

*Very energizing, includes compressions and stretches like yoga. It also reduces stress, improves flexibility and range of motion.*

### *Duo massage*

*Intensive four handed massage where two therapists work simultaneously to restore balance to the body.*

### *Back massage*

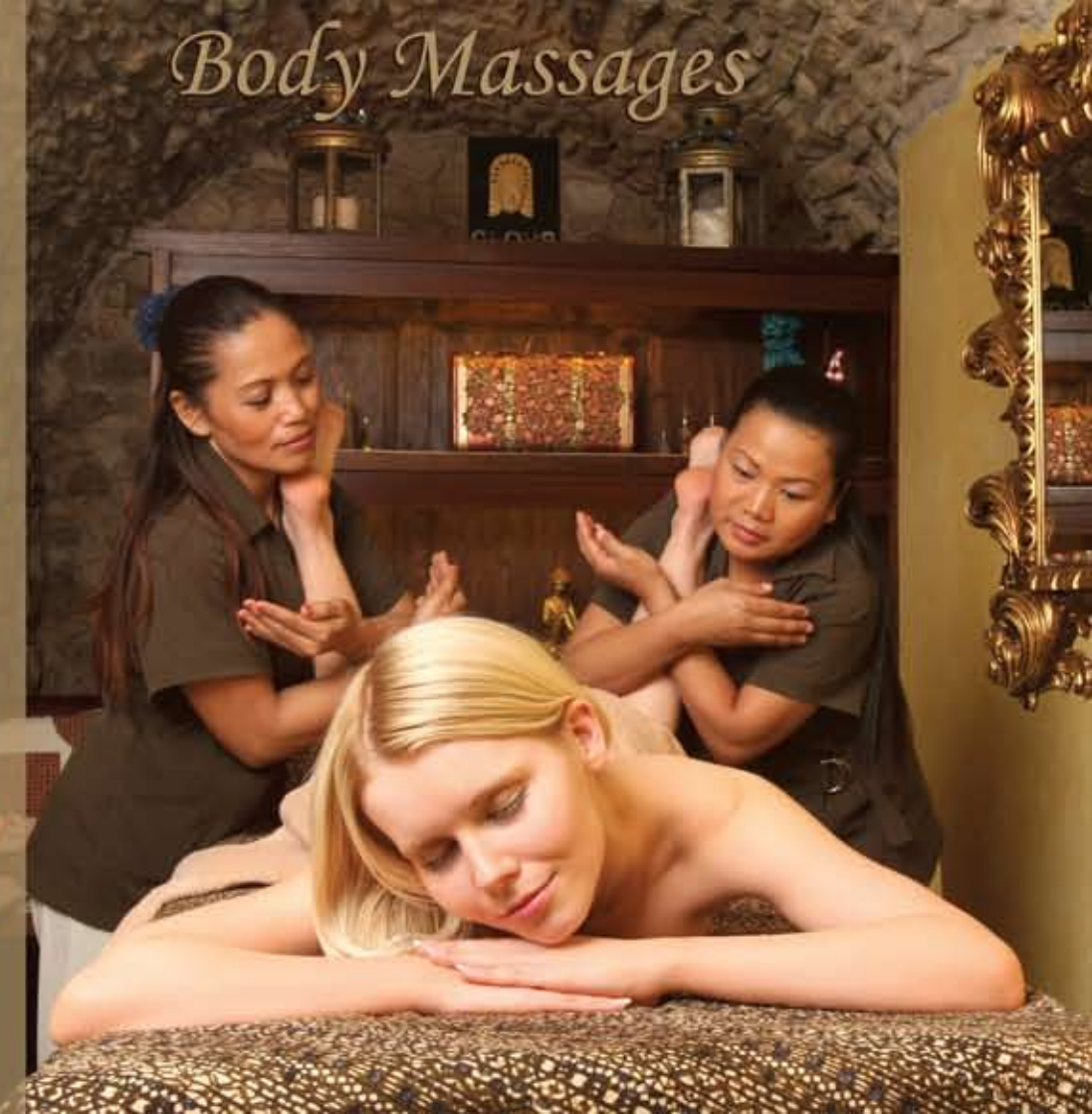
*An integrated head, neck and shoulder massage, releases stress and tight muscles. Perfect for all suffering from headaches or daily busy lifestyles.*

### *Foot massage*

*Using finger pressure on the sole of the foot. Increases sense of daily wellbeing, gives better posture and has an energizing effect.*



# Body Massages





## Bathing Rituals

*Calm yourself in a soothing, heavenly scented bath as water jets pamper your body while delighting in the pure pleasure of being feminine. Let your mind unwind with a massage designed to relax often-tense neck and scalp muscles followed by face acupressure.*

*For the ultimate indulgence, soak in comforting milk bath and rose petals or in waters scented with a personalized blend of essential oils.*



*Experience the secrets of beautiful skin with traditional recipes of herbs, sea salts, aromatic oils and tropical plant extracts. Sensual aromas of the orient will elevate you to new levels of rejuvenation and wellness.*

*Start with BODY SCRUB ... exfoliates, oxygenates and tones.*

*Bring your skin to a radiant glow and shine with the gentle exfoliating and stimulating powers of delicious scrubs since the pursuit of beauty has long been a daily ritual and the Javanese Lulur an integral step.*

*Continue with BODY WRAP ... detoxifies, moisturizes and nourishes.*

*Indulge your senses with exotic scents while you are cocooned in weightless wrap and your body absorbs the active ingredients.*



*Ecstotic Body Treatments*

# Darphin's Beautifying Treatments



Enhance your personal beauty with Darphin skin care using effective, aromatic-plant based formulas and highly-pleasurable treatments.

## TOTAL WELL-BEING TREATMENTS (body or face)

### Vitality surge

An invigorating treatment to re-charge and renew. Body and soul reviver ideal for sluggish, fatigued skin.

### Time defier

Smooths, tones, and boosts skin's firmness. Youth renewal with visible anti-aging effects.

### Stress release

Highly calming and relaxing treatment, melts tensions away and gives your skin a healthy glow.

### Purify & slim

Promotes a radiant skin and a slim looking contour. A comforting heated wrap has detoxifying effects.

### Prelude to seduction

Sensory pampering lights up skin with an irresistible glow. Perfect prepping for a night out or even a night in.

## ESSENTIAL FACIALS (face)

### De-stress for success

Express treatment for radiant impression, instantly energizes over-stressed skin in less than one hour.

### Hydra SOS

Moisture infusion restores luminosity, brings instant relieve in tight-feeling, dehydrated skin.

### Pristine clean

Deep cleansing and peeling purify unwanted blemishes, reveals fresh, revitalized skin.

### Calming cocoon

Delicate cleansing for sensitive, reactive skin. Comforting mask calms and brings skin back into balance.

### All out clean (for men)

Exfoliates skin of impurities, residues and dead cells. A fragrant, a pore minimising mask delivers a smooth complexion.



*Jessica nail care promotes the well-being of natural nails by identifying different nail types and creating customized treatments for each type.*

*Commit to Jessica nail cultivation and achieve lovely nails through unique technique and use of exceptional products.*

*Give your hands and feet all this attention and see the results: growing, glowing, naturally beautiful nails with nothing artificial added.*



*Hand & Foot Treatments*



## *Additional Treatments*

### *Alchymist ultra-slimming treatment*

*Multifunctional thermotherapy through application of bands that emit infrared waves to stimulate metabolic rate and fat catabolism. Has an anti-inflammatory effect, releases chronic muscle or joint pain and promotes general detoxification through perspiration.*



### *Bust rejuvenation*

*A Javanese treatment for bust reshaping through a invigorating firming massage and nourishing mask.*





### *Pre-wedding*

- Body scrub and wrap
- Bathing ritual
- Body massage
- Foot massage

### *After birth /rejuvenation*

- Body scrub and wrap
- Body and face massage
- Bust rejuvenation

### *Darphin total well-being*

- Body scrub, massage and mask
- Facial deep cleansing, massage
- Facial aromatic care and mask

### *Ecsotica mild reverie*

- Body scrub and wrap
- Bathing ritual
- Body massage

### *Ecsotica delight*

- Body scrub
- Body and face massage



## *Spa Packages*





*Health Club*

*Alchymist Grand Hotel and Spa feature a private pool illuminated by a crystal chandelier, overlooking relaxing area dominated by an antique Chinese bed where you can take a nap between spa pampering. Saunas and steam bath help proper detoxification and intensify the effect of spa treatments. For sport devotees there is also a cosy gym available with Technogym cardio & weight equipment.*



## *Reservation*

*For reservation and information about special offers, please contact the spa reception either by phone: +420 257 286 066 (ext.666 for hotel guests) or by email: [spa@alchymisthotel.com](mailto:spa@alchymisthotel.com)*

## *Spa etiquette*

*We kindly ask that you arrive 10 minutes prior to the scheduled appointment time to fill our medical form. Arriving late may interfere with your treatment time.*

*Please notify us of any health conditions, allergies or injuries which could affect your treatment. If you have any concern at all, please let us know.*

*Please refrain from using cell phones during your visit.*

## *Cancellation policy*

*To avoid payment in full, please cancel your treatment no later than 24 hours in advance.*

## *Opening hours:*

*Ecsotica Spa: Daily 9:00 - 21:00*

*Health Club: Mon - Fri 7:00 - 21:00*

*Sat - Sun 8:00 - 21:00*



*Terms & Conditions*



*Contacts*



*Ecsotica Spa & Health Club*

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