



SPA & THALASSO

THE CASCADES HOTEL



RECOGNIZED AS ONE OF THE LARGEST SPAS IN THE WORLD,  
AND THE BEST IN EGYPT.

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## THALASSO & SPA

THE CASCADES HOTEL

The Cascades Spa & Thalasso Somabay is recognized as the best in Egypt and one of the largest in the world. Facilities span over an area of 7,500 m<sup>2</sup> with 65 treatment rooms offering everything from traditional massages and beauty treatments to the latest technology for aesthetic treatments and hydrotherapy.



The unrivalled centerpiece of the Spa is the 750 m<sup>2</sup> Thalasso-Tonic Hydrotherapy Pool containing 830 m<sup>3</sup> of sea water sub-divided into a number of distinct zones with water jets, currents and counter-currents, showers and bubbling baths. Each designed to provide comfort and to regenerate and tone a specific part of your body.

Our repertoire of holistic spa treatments performed by our team of skilled international therapists is a thalasso-spice tribute. Our unique formula combines the healing properties of sea water with the exotic flavor and health benefits of Egyptian spices and herbs.

To enhance the benefits of your spa treatment, we recommend commencing with our Thalasso-Tonic Hydrotherapy Pool followed by a hot sauna or steam to further relax your muscles before surrendering yourself to the healing hands of your therapist and the timeless scents of Egypt.

*Welcome to a truly unique, relaxing and curative experience.*



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# THALASSOTHERAPY.

*The Cascades Spa & Thalasso*



The word “thalassotherapy” is derived from the greek words thalasa, meaning sea and therapeia meaning healing.

Thalassotherapy uses the curative properties of sea water and hydrotherapy. It also involves body scrubs and wraps with applications of marine products as algae and mud, both very rich in mineral salts and trace elements as well as vitamins and amino acids.

Increasingly, people are turning to thalasso therapy for its anti-aging treatments. It has become a favorite treatment for cellulite reduction and muscle toning both for its effectiveness as well as its calming approach and effect. Causes of cellulite are generally attributed to poor blood circulation and a build-up of toxins, so an overall thalassotherapy treatment can release these agents while providing other benefits.

*A thalassotherapy session is preferably taken in conjunction with a special massage to enhance your personal needs.*



### THALASSO-TONIC POOL

Our 750 m2 Thalasso-tonic hydrotherapy pool containing 830 m3 of sea water is sub-divided into a number of distinct zones of water jets, currents and counter-currents, showers and bubbling baths, each designed to provide comfort and to regenerate and tone a specific part of your body.

#### LENGTH

60 Minutes €35

### WITH ANY SPA TREATMENT.

Children between the ages of 12 and 16 must be escorted by an adult.

Less than 12 years and shorter than 1.40 M are not allowed.

(Opening hours 10 am - 6:30 pm)

60 Minutes €25

12 Years and up €20

### OUTDOOR SEA WATER POOL SAUNA & HAMMAM HYDROTHERAPY BATH

A multi-jet bath lled with warm sea water for loosening tense muscles and to encourage relaxation.

Day use €15

20 Minutes €25

### HYDRO POOL

Let our therapist guide you through a series of speci c exercises by using the resistance of the warm sea water jets in our hydro pool.

25 Minutes €20



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# SEA WATER TREATMENTS.

The Cascades Spa & Thalasso



## SCOTCH HOSE SHOWER

A hydro massage using a high pressure hose of pure sea water that effectively stimulates every muscle in your body and helps break down body fat.

LENGTH

15 Minutes  
€25

## RELAXING CIRCULATION SHOWER

Enjoy rain droplets of sea water over every part of your body while our therapist gently massages your muscles.

15 Minutes  
€25

## VICHY SHOWER

Multiple rain showers of warm sea water (50 liters per minute) reducing toxins and waste and stimulating the skin.

15 Minutes  
€25

## VICHY SHOWER AFFUSION MASSAGE

Under a warm sea water rain shower, enjoy a relaxing essential oil massage increasing the benefits of products recently absorbed by your skin.

30 Minutes  
€40

## UNDER WATER MASSAGE

Whilst you enjoy a bath of warm sea water, allow our therapist to help you with a powerful underwater massage to allow tension release.

30 Minutes  
€35

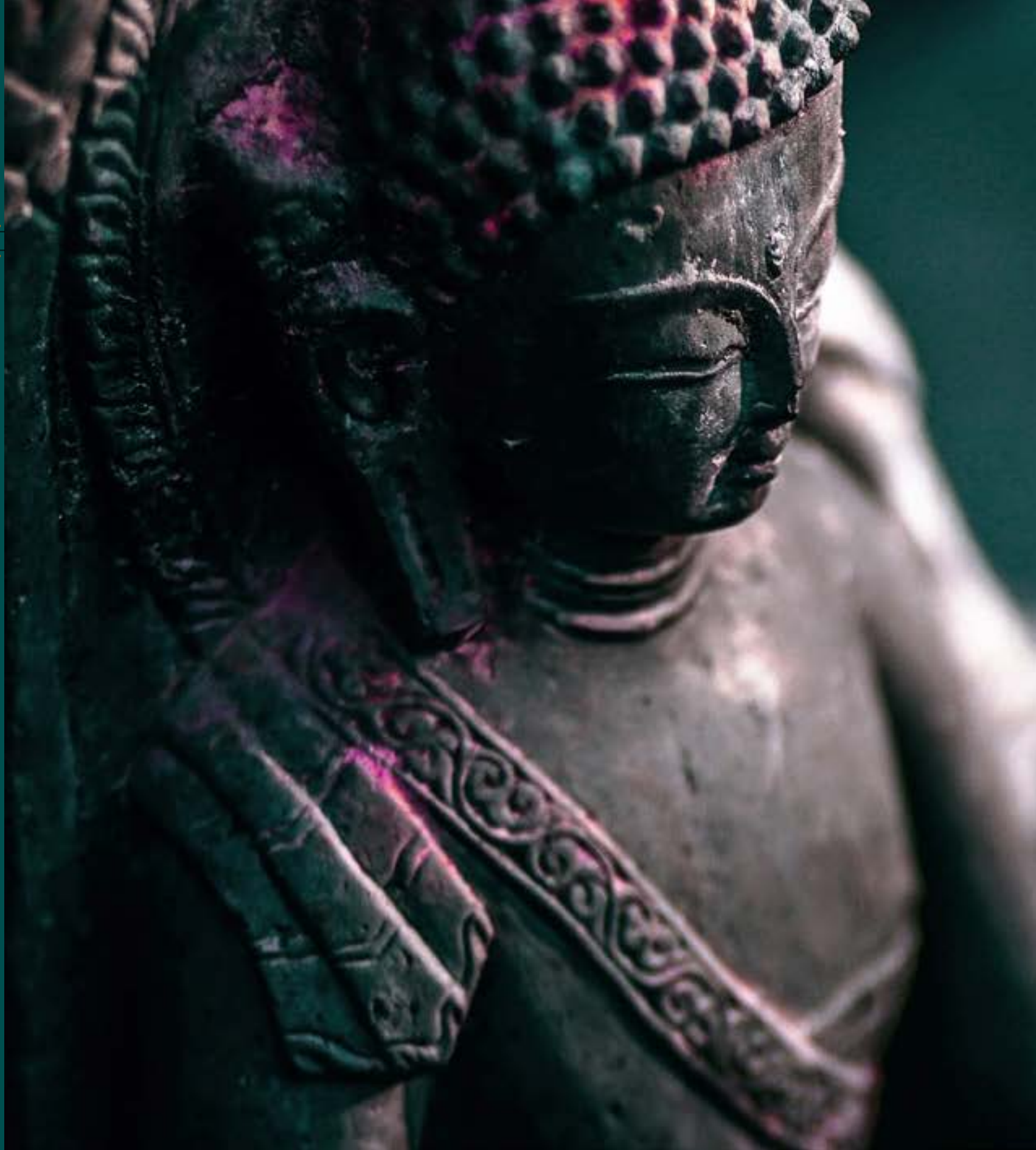
It hydrates your cells and improves skin elasticity and tone.



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# MASSAGES.

*The Cascades Spa & Thalasso*



## RELAXING SOMABAY MASSAGE

An invitation to wellbeing, this caressing massage flows with gentle fluid movements. It improves stress and provides deep relaxation for the whole body.

LENGTH

50 / 80 Minutes  
€70 / 95

## SWEDISH MASSAGE

Improving circulation, soothing and relaxing muscles whilst silencing the mind. A variety of techniques implemented by applying deeper pressure to muscles loosening aches..

50 / 80 Minutes  
€70 / 95

## SPORTS MASSAGE

A stronger and invigorating muscular massage. is combination of passive mobilizations and pressures are highly recommended after sports.

50 / 80 Minutes  
€70 / 95

## BALINESE MASSAGE

A traditional Balinese massage. Gentle stretching, acupressure and aromatherapy works deeply to soothe damaged tissue and relieves strained muscles and joint pain.

50 / 80 Minutes  
€70 / 95

## THAI MASSAGE

A traditional massage, derived from Thailand. Methods provide acupressure, stretching and hacking techniques to elevate you.

50 / 80 Minutes  
€70 / 95



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MASSAGES.

The Cascades Spa & Thalasso



### SHIRODHARA

This unique treatment from India starts with warm herbal oil rhythmically dripped onto the forehead for mental relaxation and clarity. A warm herbal oil body massage follows which aids in detoxification and nourishment.

LENGTH

80 Minutes  
€100

### ABHYANGA

The Abhyanga is a choreographed massage, with warm herbal oil. rough gentle to medium pressured strokes, it enhances immunity, increases blood circulation and relaxation.

50 / 80 Minutes  
€70 / 95

### 4 HAND MASSAGE

Two synchronised therapists work simultaneously and in rhythm performing an in-depth relaxing massage.

50 Minutes  
€115

### THE HOT STONE THERAPY

Using hot stones to warm and relax the body. The massage stones are effective for both energy flux and muscle relaxation.

50 Minutes  
€85

They diminish stress, unfold the knots and equalize your energy.

### REFLEXOLOGY MASSAGE

Rooted in ancient China, it uses light pressure to massage each of the points in the toes, feet and ankles all to release tension and remove energy blockage. It also stimulates blood circulation and promotes healing of the body and mind.

50 Minutes  
€70

### BACK, NECK & SHOULDERS MASSAGE

Customary muscles aches and tension areas are released to relieve stress

50 Minutes €70

### MINI MASSAGE

Swift care to reduce pain and promote relaxation in under thirty minutes

25 minutes €40





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SLIMMING.

The Cascades Spa & Thalasso



### SLIMMING DETOX - SLIMMING MASSAGE

LENGTH

We use specific vigorous massage techniques on key parts of the body to eliminate toxins to reduce fat deposits and get rid of cellulite.

50 Minutes  
€70

### MANUAL LYMPHATIC DRAINAGE (MLD)

A gentle massage, encouraging the natural drainage of the lymph. Which carries waste products away from the tissues, back towards the heart.

50 Minutes  
€70

### LPG ENDERMOLOGY

An incredibly effective, non-invasive technique to shape the body, reducing the appearance of cellulite. It combats excessive fat and water retention. Providing a smooth, and toned skin appearance. For quicker results we highly recommend several sessions to achieve your desired look.

35 Minutes  
€55

### PRESSOTHERAPY

This treatment concentrates on lymph and blood circulation which are the principle causes of pain, swelling, and cellulite. Especially when paired with other treatments, pressotherapy can help you achieve incomparable results

30 Minutes  
€35



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# BODY SCRUBS.

*The Cascades Spa & Thalasso*



## SOMABAY SEAWEED SCRUB

A marine scrub with algae that leaves skin feeling soft and nourished.

LENGTH

25 Minutes  
€45

## SCRUB OF EGYPT

A smooth yet powerful scrub, using authentic Egyptian spices and black seed oil medicinal herbs, cumin and lavender. Which increase metabolism and leave the skin soft and supple.

25 Minutes  
€45

## ORIENTAL HAMMAM SCRUB

An exotic oriental scrub in a private hammam room performed with a exfoliating oriental glove and the application of freshly ground exotic herbs.

50 Minutes  
€75

## BACK FACIAL

A purifying back treatment, includes a steamer during the cleansing, exfoliation, mask and completed by a moisturizing lotion.

50 Minutes  
€75



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# BODY WRAPS.

*The Cascades Spa & Thalasso*



## SOMABAY SEAWEED WRAP

This wrap increases blood circulation and detoxifies the body removing accumulated toxin build up. Whilst the skin absorbs minerals that are essential for the restoration of skin tone.

LENGTH

35 Minutes  
€55

## WRAP OF EGYPT

A soft Egyptian clay body mask with powdered rose petals. The rich juice of Hibiscus will soften and nourish your skin. It increases metabolism and boosts your immune system.

35 Minutes  
€55

## DETOX SLIMMING WRAP

This powerful wrap combines a detoxifying seaweed wrap with the slimming benefits of Egyptian chamomile and back seed oil.

35 Minutes  
€55



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# BEFORE & AFTER SUN.

*The Cascades Spa & Thalasso*



## BEFORE SUN SCRUB

Is full body exfoliation uses mineral rich Red Sea salts. It prepares your body perfectly with UV properties. It is best suited to the Somabay sun and allows you to have an attractive and even tan.

LENGTH

25 Minutes  
€55

## BEFORE SUN WRAP

Soothing and warming, this wrap combines rich Egyptian clay with the calming effects of chamomile and jasmine oil to prepare and nourish your skin for an even sun tan.

35 Minutes  
€55

## AFTER SUN BODY SOAK

Too much sun? Soak your body in this soothing combination of Aloe Vera gel, rose water with infused chamomile and green tea, designed to calm your skin and support the healing process.

35 Minutes  
€55



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# TREATMENT FOR TWO.

*The Cascades Spa & Thalasso*



## ROMANCE TOGETHER TIME

Share your choice of a 50 or 80 minute massage together in our couple's room.

### LENGTH

50 / 80 minutes  
€135 / 180

## SPA JOURNEY FOR TWO

Treat yourself to a pampering 2 hours of luxurious spa treatments combining a body scrub, body wrap and massage for two.

120 minutes  
€295

## SUITE TREAT

Add on extra time to enjoy a private lounge area. Including choices of beverages to conclude your rejuvenating day at the spa.

30 minutes  
€35



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# FACIALS.

The Cascades Spa & Thalasso



## HAUTE COUTURE - INTENSE TREATMENT FOR FACE, EYES & DÉCOLLETÉ

LENGTH

Intensive eye and décolleté treatment. Aromatic intensive complexes and serums will boost cellular renewal whilst a firming algae mask will detoxify for absolute skin radiance. This treatment is a complete and effective remedy for removing the stresses of daily life leaving skin firm, smooth and brilliant.

85 Minutes  
€125

## DEEP MARINE - PURIFYING FACIAL

Aromatic intensive complexes and serums will boost cellular renewal whilst a firming algae mask will detoxify for absolute skin radiance. This treatment is a complete and effective remedy for removing the stresses of daily life leaving skin firm, smooth and brilliant.

75 Minutes  
€100

## MADE TO MEASURE - PERSONALIZED FACIAL

This skin enhancing made to measure facial ensures effective, visible results. This treatment has been designed to be tailor made for your individual skin needs through individually blended plant active serums, masks and aromatic intensive complexes. The ultimate bespoke treatment just for you.

55 Minutes  
€90

## HYDRA EXPRESS FACIAL

express replenishment to provide instant results, revitalizing the skin

25 Minutes  
€55



### LIFT 6

Lift 6 consists of a system of mechanical facial gymnastics which tones facial skin, reinforces its natural support and softens wrinkles and fine lines.

It is recommended to have multiple sessions of Lift 6 to give you the best results.

LENGTH

30 Minutes  
€45

### CRYOTHERAPY - AGE DEFYING FACIAL

An anti-aging facial designed with innovative neurocosmetic ingredients are combined with active serums and cryotherapy ice cubes to boost the skins natural youthful glow. e result is instantly firmed skin and luminus skin.

55 Minutes  
€90

### MIRACLE EYES - GLOBAL EYE

#### TREATMENT

Designed to enhance, lift and firm your eye area. State of the art express radiance. Ice cubes with their cryotherapy benefits are used in combination with a therapeutic lymphatic eye massage to relax muscular fatigue and target the signs of aging. Designed to enhance, and revive tired eyes.

25/45  
Minutes  
€55 / 90

### MICRO-DERMABRASION

The world famous microdermabrasion treatment, is the best mechanical exfoliant available. With use of diamond dust, Micro-dermabrasion gently exfoliates the outer layers of skin. The treatment provides immediate visible results. The treatment is suitable for all skin types.

15 Minutes  
€30



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# MEN'S GROOMING.

The Cascades Spa & Thalasso



## MADE TO MEASURE MEN'S PERSONALIZED FACIAL

Is skin enhancing made to measure facial ensures effective, visible results. Customized for your individual skin needs. It purifies, refines and nourishes your skin. The ultimate bespoke treatment just for you.

LENGTH

55 minutes  
€90

## MEN'S DAY PACKAGE - FOR MEN WHO CARE

Combining a body scrub, full body massage and the men's facial to have you looking and feeling like a new man.

120 minutes  
€175

## CHEST WAXING

In preparation for the pool, and beach time. Display an attractive chest with a hair free appearance.

40 minutes  
€35

## BACK WAXING

Best suited for shirtless days on the beach or by the pool. Dare to bare.

40 minutes  
€35





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# HANDS & FEET THERAPY.

The Cascades Spa & Thalasso



## HANDS & FEET THERAPY: PROUDLY BROUGHT TO YOU BY THE PROFESSIONAL OPI RANGE

LENGTH

The world leader in the professional nail care industry. Known for its exceptional formula, fashionable colors and iconic names, OPI's heavily-pigmented lacquers are super rich, long-lasting, and chip-resistant offering luxury to consumers. All nail therapy includes a luxurious Swedish hand and arm massage.

### MANICURE

Treat your hands to our therapeutic hand scrub, moisturizer and nail grooming for beauty maintenance.

50 Minutes €45

### CLASSIC MANICURE WITH VARNISH

This extensive manicure includes a choice of various OPI colors.

60 Minutes €50

### FRENCH MANICURE

The fashionable manicure favored by sophisticated ladies.

70 Minutes €60

### GELISH MANICURE

The long-lasting nail treatment. Best suited to Somabay's highly active sport activities.

60 Minutes €70

### ACRYLIC MANICURE

The traditional nail extensions, these artificial nail enhancements are done in place of natural nails, seal the look with OPI polish.

120 Minutes €80



**PEDICURE**

LENGTH

**CLASSIC PEDICURE NO VARNISH**

Treat your hands to our therapeutic hand scrub, moisturizer and nail grooming for beauty maintenance.

50 Minutes  
€45

**CLASSIC PEDICURE WITH VARNISH**

Holistic feet care with scrub, moisturizer and nail varnish. Choose fabulous colors to suit your mood, and dare to bare in open toe shoes.

60 Minutes  
€60

**FRENCH PEDICURE**

This indulgence will be followed with an application of French OPI nail colors.

70 Minutes  
€70

**GELISH PEDICURE**

The modern pedicure is best for the ladies who want to show off their feet on the stunning Somabay beaches.

60 Minutes  
€70

**NAIL CARE ADD ON'S**

**NAIL ART PER NAIL**

Get creative and choose your own nail design to enhance your gorgeous manicure or pedicure.

€2

**FOOT SOAK**

10 Minutes  
€5



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# BEAUTY SERVICES.

The Cascades Spa & Thalasso



## BEAUTY SERVICES

Lash Tinting	€20	Bikini	€20
Eyebrow Tinting	€20	Brazilian	€30
Lash & Eyebrow Tinting	€35	Chest	€35
Eyebrow Tweezing	€10	Back	€35
Waxing Services	€35	Half Arms	€15
Face Threading	€35	Full Arms	€30
Upper Lip	€10	Half Leg	€30
Arm Pit	€15	Full Legs	€35
Stomach	€20	Full Body	€150

*Hair Salon Services Available. Please request our separate menu.*



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# PACKAGES.

The Cascades Spa & Thalasso



## THALASSO DE-STRESS & RELAX

LENGTH

All treatments are designed to restore your mind and body back to its full health. Feel the tension wash away.

3 / 4 / 6 days

Our holidays and vacation are also times for us to cleanse ourselves of the daily pressures of everyday life and just relax! Each sequence of treatments is designed to restore your mind and body back to its full health. Feel the tension wash away.

€440 / 600 / 880

### DAY 1

Hydrotherapy Bath, Somabay Seaweed Scrub, Relaxing Circulation Shower, Relaxing Somabay Massage, Thalasso-Tonic Pool

### DAY 4

Underwater Massage, Somabay Seaweed Wrap, Relaxing Somabay Massage, Thalasso-Tonic Pool

### DAY 2

Underwater Massage, Somabay Seaweed Wrap, Swedish Massage, Thalasso-Tonic Pool

### DAY 5

Hydrotherapy Bath, Relaxing Circulation Shower, Swedish Massage, Thalasso-Tonic Pool

### DAY 3

Hydrotherapy Bath, Relaxing Circulation Shower, Reflexology Massage, Thalasso-Tonic Pool

### DAY 6

Underwater Massage, Somabay Seaweed Wrap, Reflexology Massage, Thalasso-Tonic Pool



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# PACKAGES.

*The Cascades Spa & Thalasso*



## THALASSO TOTAL LUXURY

Healing through water, is the core definition of spa and thalasso. Enjoy submerging your body in all forms of water therapy, all in results of pure relaxation.

LENGTH

3 / 4 / 6 days

€505 / 675 / 1020

### DAY 1

Hydrotherapy Bath, Scrub of Egypt, Vichy Shower, Relaxing Somabay Massage, Thalasso-Tonic Pool

### DAY 2

Relaxing Circulation Shower, Wrap of Egypt, Vichy Shower, Balinese Massage, Thalasso-Tonic Pool

### DAY 3

Hydrotherapy Bath, Vichy Shower Affusion Massage, Four Hands Massage, Thalasso-Tonic Pool

### DAY 4

Relaxing Circulation Shower, Wrap of Egypt, Vichy Shower, Relaxing Somabay Massage, Thalasso-Tonic Pool

### DAY 5

Hydrotherapy Bath, Vichy Shower Affusion Massage, Hot Stone Massage, Thalasso-Tonic Pool

### DAY 6

Relaxing Circulation Shower, Wrap of Egypt, Vichy Shower, Happy Feet Manicure & Pedicure, Thalasso-Tonic Pool



### THALASSO SLIMMING

LENGTH

This package is designed specifically for those who want to detox or slim down during their stay. Each day is packed with a series of treatments designed to improve circulation and stimulate the body to get it ready for the powerful wraps and slimming massages offered. This is complemented with a daily session in the Thalasso-Tonic pool, a perfect ending to your detox journey.

3 / 4 / 6 days

€490 / 645 / 965

#### DAY 1

Hydrotherapy Bath, Vichy Shower, Slimming Wrap, Relaxing Soma Bay Massage, Thalasso-tonic Pool

#### DAY 4

Hydro Pool, Scotch Hose Shower, Vichy Shower Affusion Massage, Relaxing Soma Bay Massage, Thalasso-tonic Pool

#### DAY 2

Hydro Pool, Scotch Hose Shower, Vichy Shower Affusion Massage, Lymph Drainage Massage, Thalasso-tonic Pool

#### DAY 5

Hydrotherapy Bath, Vichy Shower, Slimming Wrap, Slimming Massage, Thalasso-tonic Pool

#### DAY 3

Hydrotherapy Bath, Vichy Shower, Slimming Wrap, Slimming Massage, Thalasso-tonic Pool

#### DAY 6

Hydro Pool, Scotch Hose Shower, Vichy Shower Affusion Massage, Relaxing Soma Bay Massage, Thalasso-tonic Pool

RECOGNIZED AS ONE OF THE LARGEST SPAS IN THE WORLD, AND THE BEST IN EGYPT.



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## SPA ETIQUETTE



- Kindly arrive in loose clothing or your robe.
- Arrive at least 20 minutes prior to your appointment to check in at the spa, change into a bath robe and slippers, enjoy the facilities and a few moments of stillness before your service.
- Leave your valuables safely at home or in your room.
- Let us know if you are not coming at least 24 hours prior, so we may offer your appointment to someone else. Appointments canceled or changed less than 24 hours prior will be charged in full.
- Feel free to to ask us any questions you may have.
- Hours of operation: 9:00 am till 8:00 pm.

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