



avidea
BENBEN SPA

A collection of spa-related items including a wooden brush with natural bristles, a small glass jar containing a textured brown substance (likely mud or scrub), its white lid, a portion of a woven basket, and a piece of white lace fabric.

Our Services

Massages

Body Treatments

Facials

Healing Mud and Waters

Spa Packages

Services Massages

Dry Brush & Massage

50 min - 50 US\$

This ritual starts with exfoliating your skin by using a dry brush, followed by a full body massage replenishing the skin with vitamins and minerals, whilst stimulating blood circulation and lymphatic flow leaving you feeling refreshed and renewed.

Egyptian Herbal Stamp Massage

60 min - 55 US\$

A calming and healing treatment using warm herbal stamps to massage the energy lines of the body. The heat relaxes the muscles and regenerates the body. Our herbal stamps are filled with Egyptian Chamomile and mint herbs to ensure a holistic sensation of wellness.

Swedish Massage

50 min - 50 US\$

An invigorating or relaxing massage using rhythmic and relaxing massage techniques helping to reduce tension, improve relaxation, soothe sore muscles and increase circulation.

Aroma Therapy Massage

50 min - 45 US\$

Discover the oriental ancient art of aromatherapy, refined over the centuries. The therapeutic powers of essential oils is used in a relaxing, restorative massage that combines the sense of smell with the heating value of touch. The beneficial properties of the oils are used to treat common ailments, promote good health and emotional wellbeing.

Anti-Stress Back, Neck and Shoulder Massage

30 minutes - 30 US\$

Concentrating on the back, neck and shoulders, this express massage relieves soreness and stress-related tension in targeted areas of the body.

Foot Massage

30 minutes - 30 US\$

Starting with a soothing footbath in essential oils, this treatment incorporates pressure point therapy on your feet and lower legs in order to stimulate, cleanse and balance the body.

Anti-Cellulite Massage

30 min - 30 US\$

A contouring body treatment to assist in the reduction of cellulite appearance, tones, smoothes and refines problem areas using special oils and massage techniques.

Services Massages

Hot Stone Massage

60 min - 55 US\$

A soothing, relaxing and deep penetrating massage using volcanic hot stones and a combination of specialized massage techniques. The additional benefits of this massage include: deep relaxation - detoxification of the body and improved circulation.

Lomi Lomi Massage

50 min - 80 US\$

A traditional Hawaiian massage that uses a combination of massage techniques, nut oils, and sometimes elements of prayer, breathing and dance to restore energy and soothe the body. Also known as the 'loving hands' massage.



Services

Body Treatments

BenBen Nature Scrubs

30 min - 35 US\$

The extraordinary combination of the finest natural ingredients from Egypt - is used to gently buff away aging skin cells whilst gently removing dirt and toxins from the skins outer layers and enhancing blood flow to the skins surface.

Ingredients:

- Honey and Tamarind
- Coffee & Orange
- Coconut & Orange

Aswan Delka Bridal Scrub

40 minutes - 50 US\$

Experience the benefits of the Sudanese Dalka. After applying the Dalka to the body, it will be left to dry on the skin, the body will be washed and scrubbed again. (Choose to use the steam room whilst the Dalka is applied) Dalka has several benefits for the skin, including deep cleansing and rejuvenation.

Aswan Mud Wrap

30 min - 45 US\$

Enjoy being cocooned in this cleansing body wrap. The organic Black Nile Mud improves skin texture and extracts pore-clogging impurities that damages and weakens skin. This treatment includes your selection of either a head or foot massage.

Sun Burn Treatment With Aloe Vera

30 min - 40 US\$

An after-sun treatment designed to relieve soreness and reduce inflammation caused by sunburn. Our unique ingredient combination will leave you feeling refreshed, relaxed and hydrated.





Services Facial

Aroma Facial

50 min - 45 US\$

Enjoy an age-old treatment as your skin is softened and moisturised. This simple and sensual facial uses flowers which are pureed and applied to the skin and aromatic oils are inhaled. A fine mist of Rose Water leaves your skin feeling rejuvenated.

Honey Facial

50 min - 45 US\$

Regardless of your skin type or age, a number of physical, climatic and environmental changes can cause premature ageing, resulting in the skin appearing tired, lifeless and dull. This luxurious treatment fights early onset of ageing by using Honey and active ingredients to gently exfoliate and moisturize your skin, whilst our massage techniques is known to lift and firm.

Mini Facial

25 min - 30 US\$

An express treatment that cleanses, exfoliates and moisturises your skin.





Services Healing Muds and Waters

Wellness Area

60 Minutes - 10 US\$

Enjoy our splendid wellness area consisting of Jacuzzi, Sauna and Steam bath.

Traditional Egyptian Hammam

25 minutes - 30 US\$

A wonderful cleansing and invigorating experience, following the traditional Egyptian method of plenty of hot water, soft soap and a vigorous scrubbing massage performed in the Traditional Egyptian Steaming hot Hammam room.

A relaxing, invigorating and renewing experience.



Mineral Mud Bath

45 minutes - 90 US\$

Our pure mineral Mud drawn straight from the source offers a true holistic bathing experience. Beautifully combined with our unique thermal mud therapies, this all-inclusive private bath provides a wonderful feeling of tranquillity.

Soaking in thermal mud infused mineral bath can help to relieve muscle aches and pains and with high anti-septic and exfoliating properties, leaves you with smooth, soft skin. Mud contains a range of trace elements such as Sulphur, Calcium, Sodium and Silicon You, and maybe a partner, will perform the mud ritual yourself (usually well explained with instructions from a therapist)





Spa Packages

Sunshine

1 hour 30 mints - 90 US\$

- Traditional Egyptian Steam / Jacuzzi
- Honey & Tamarind scrub
- Aromatherapy massage.

Phyla Day

1 hour 45 mints - 120 US\$

- Traditional Egyptian Steam / Jacuzzi
- Aswan Mud Warp
- Night Candle Oil Cream Packing
- Egyptian Herbal Stamp Massage

Golden Package

2 hour 40 mints - 140 US\$

- Traditional Egyptian Steam / Jacuzzi
- Hot Stone Massage
- Coffee And Orange Scrub
- Honey Facial

Thermal Mud Beauty

2 hour - 130 US\$

- Traditional Egyptian Steam / Jacuzzi



SPA GUIDELINES

Spa Arrival:

Please arrive 15 minutes before the start of your scheduled treatment. Please understand that late arrivals will not be given an extension of their service.

Spa Cancellation Policy:

We require a 24 hour notification for any treatment changes or cancellations. Failure to give a 24 hour notification will result in a 50% charge of your booked services. Less than a 4 hour notice will result in a 100% charge of your booked services

Spa Notice:

Treatments made in advance require a credit card guarantee —24-hour cancellation notice is required.

Please arrive 15 minutes prior to your scheduled appointment time. Please note that late arrivals will receive whatever time is left within treatment time full charge will still apply.

Our Spa is for guests 18 years and older only.

For the privacy of all our guests, no photography is allowed in the Spa area.

Our price not including 14% VAT tax.



avidea
BENBEN SPA

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Island/**

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