



Spa Etiquette

Arrival

Please arrive at the spa 30 minutes before your treatment time to sign in at your convenience, and to relax, enjoy and unwind.

A late arrival would mean that your spa treatment would be reduced so as not to disturb the schedule of the next appointments.

Lockers

Please give your membership card to Reception in exchange for a locker key, return the key at the end of your visit in exchange for your membership card. It is advised to leave expensive items at home. Valuable items are not allowed in the locker and the retaining of items overnight is not permitted.

Modesty

Luthan Spa will provide you with a robe, slippers and a towel, other amenities are available. Our therapists are trained to drape towels or sheets discreetly to protect your privacy at all times. Please read our guidelines for spa attire contained within this pack.

Smoking

Please note that smoking is not permitted in the spa.

Mobile Phones

Luthan Spa would like to request that all mobile phones are kept in the locker. If you need your mobile phone with you please switch the ringer to "silent" or "vibrate" out of respect for other members.

Jewellery

Please do not wear jewellery when coming to the spa. This is for your personal safety and to ensure the safety of your belongings

Reservations and Payment

All bookings and reservations are to be made at Reception only. Any necessary should be made to the cashier at Reception.

Fitness Sessions

For any fitness sessions please wear appropriate footwear.

Members who are receiving medical attention or are under the age of 16 must be supervised at all times.

If you are unsure of how to use any of the equipment please ask a member of the fitness staff. Please return equipment to its right place when you have finished using it. Please wipe down the equipment after use with the appropriate wipes.

Members will not be allowed to join a fitness class if they turn up late, please be punctual. Members under the age of 16 are not allowed into fitness classes without the permission of a parent or guardian and the approval of the fitness instructor. This is to ensure that our junior members remain safe and do not enter classes that are too advanced for them.

Food and drinks are not allowed inside the fitness areas.

Luthan Restaurant

Luthan restaurant is ready to serve to all our members but we only allow food and drink bought at Luthan to be consumed on the premises.



Swimming Pool

Before entering the swimming pool please shower.

Diving, running and jumping is not permitted.

Members and guests under the age of 16 should be accompanied by an adult in the pool area.

Please wear appropriate attire when using the pool, remove all jewellery before entering the pool.

Luthan Spa have the right to refuse a member to use the swimming pool if she is believed to be unfit or unsafe to herself or other members.

Luthan Spa reserves the right to withdraw the swimming pool facility according to water quality and other operating conditions within safety standard measures.

Luthan Spa advises its members to exercise caution whilst in the pool area as there are no lifeguards in attendance.

Parking

Luthan Spa is not responsible for any parked vehicles on the company property.

Others

Members are not allowed to enter treatment rooms, private training rooms or administration offices without prior appointment.

All members and their guests are expected to conduct themselves in an appropriate manner whilst visiting Luthan Spa.

Member's companions may wait in the designated waiting area.

It is not recommended to have a heavy meal just before a spa treatment or exercise programme. Allow a minimum gap of an hour after your meal before commencing a treatment.

Important

Please remember your membership card as you will be unable to enter Luthan without it.

Day Packages

For anyone on a members guest pass please choose from the following packages. Each has been designed to give maximum benefit of relaxation and enjoyment. If you wish to receive extra treatments please refer to our Spa Menu.

Day Package 1 140 Minutes

A relaxing day out at Luthan Health Spa begins with a moisture boosting Phytoceane facial. Continue the day with the ever popular Reflexology treatment, bringing your body back into health. Then take time out for the complete rejuvenation of your hair. This package includes use of all spa facilities including swimming pool, heat experiences and gymnasium.

Oceabasic Facial (60 min)

An intensive moisturizing delicacy for dry and dehydrated skins. The ultra moisturizing properties of vegetal coral gives this facial a truly replenishing action.

Reflexology (50 min)

This ancient therapy dates to 4000 B.C. believes that parts of the hands and feet correspond to areas on the body. The application of thumb and finger pressure to reflex pressure points aid the body's natural healing process, increase energy flow and improve well being. This specialised therapy can work directly on the skeletal systems and internal organs without any pressure on the body.



Hair Repair Treatment (30 min)

An exclusive line to Luthan, Camille Darmont, a professional hair care system from Paris, is based on natural Plant and sea extracts. We will give you a complete hair and scalp treatment, to combat damage caused by the extremes of heat and air conditioning.

Day Package 2 105 minutes

This package has been designed for those suffering from fluid retention and a sluggish lymphatic system. Drain fluid from the body with Linfopress and help reduce pressure on the legs. To complement this we have included the Phytoceane Great Legs treatment created to improve circulation in the legs. Then to end the day lie back and a therapist will treat you to a relaxing Aromeopathy massage from Lillian Terry. This package includes use of all spa facilities including swimming pool, heat experiences and gymnasium.

Linfopress (30mins)

The lymphatic drainage treatment has been specifically designed to aid in lymphatic drainage and to hasten the removal of accumulating toxins within the body. It also enhances the appearance of varicose veins, reduces swellings and pre menstrual water retention.

Great Legs (30min)

Revive tired legs by the stimulation of microcirculation and encourage improved cellular exchange. Renew fatigued legs, relax capillaries and stressed veins. A superb treatment after long flights

Fluid Less (45min)

Luthan presents Lillian Terry to the Kingdom for the first time. We introduce you to the goodness of homeopathy wrapped in the wonders of aromatherapy and administered under the hands on healing of massage therapy. Improves lymphatic drainage and can be used to cure a whole range of drainage related effects.

Day Package 3 140 minutes

Rid your body of all tension with a traditional Swedish massage, stretch muscles, drain fluids and relax the mind with this perennial favourite. Afterwards experience a mechanical facial to improve the texture and vibrancy of the skin. Then to finish the day, a long soak in a Baleno Bath to improve and firm the body. This package includes use of all spa facilities including swimming pool, heat experiences and gymnasium.

Simplistic Swedish (80 min)

A very popular method of massage, which soothes sore muscles, increase blood circulation and improved over-all skin and muscle tone. A European technique using the palm of the hand to apply pressure over the body with slow sweeping strokes and circular movements.

Lift 6 (30 min)

Produces a dynamic yet pleasant stretching of the face tissue. Restore skin's smooth, radiant complexion, increases elasticity and collagen production and reduces fine lines and wrinkles.

Baleno Bath (30 min)

Soak in a marine sea algae bath with all the benefits of the ocean. The mineral elements have a toning and invigorating effect that improves tissue firmness.



Day Package 4 110 minutes

Your day will start with a clay body scrub designed to rejuvenate your skin while the steam helps to cleanse the body. After this you will be wrapped in a robe and treated to a deeply relaxing Cranial Comfort head massage. Ease tensions and increase vitality to the hair. Then to complete the body a Holistic Foot Reviver, you will be transported into bliss. This package includes use of all spa facilities including swimming pool, heat experiences and gymnasium.

Clay Cocoon (45 min)

A full body clay application, after which you relax in a thermae chamber. A dry steam will tighten the clay around the body to extract toxins. An infusion of wet steam then releases the cocoon permitting the therapeutic clay to exfoliate dead skin cells, eliminate toxins and boost circulation.

Cranial Comfort (30 min)

This treatment combines the nurturing art of massage, with the use of individually blended herbal oils to restore scalp balance and relax the body and mind. Using Lillian Terry aromoeopathic oils for relaxation or Indian medication oils for hair restoration. This treatment is carried out in sitting position it is a wonderful combination of stroking, kneading and pressure point techniques.

Holistic Foot Reviver (35 min)

A classic technique used to relax the feet to create a total sense of wellbeing. Using medicated oils your muscles will unwind and your body de-stressed.

Day Package 5 110 minutes

A membrane massage awaits you as you enter Luthan. Combined with a rain massage and relaxing music, float away with your senses. Next is an all over body exfoliation to rid the body of impurities and refresh the skin. Then the same for your face, a Phytoceane Sublime Éclat facial that will leave you relaxed and radiant. You will leave Luthan glowing from the outside and inside. This package includes use of all spa facilities including swimming pool, heat experiences and gymnasium.

Belle Époque (45min)

This is a holistic wellness experience stimulating all senses. Encapsulated in a beautiful shell you can enjoy a totally relaxing treatment.

Fragrance of the Earth (35 min)

A nutty scrub that is amazingly gentle on the skin will be administered before you relax in a thermae chamber. After a quick shower you will be treated to a nourishing and moisturising massage.

Sublime Éclat (30min)

A facial exfoliation treatment that leaves the skin radiantly smooth and healthy looking. This will leave the epidermis moisturized and the complexion rejuvenated.

Day Package 6 145 minutes

Relax and soothe tired eyes with a Phytoceane OceaContour treatment. Reduce puffiness, dark circles and fine lines while improve the texture of the delicate contour of the eyes. To deeply



relax your whole body we will give you a Holistic Foot Reviver. Then, if you still need relaxing, a long soak in an aromatic Rose infused bath including a body scrub and nourishing massage to complete your relaxation experience. This package includes use of all spa facilities including swimming pool, heat experiences and gymnasium.

OceaContour (50 min)

A real treat for the delicate eye-contour area. This will help to moisturize, smooth and reduce dark circles and puffiness. Your skins elasticity will be restored with a reduction in fine lines and tiny wrinkles.

Holistic Foot Reviver (35 min)

A classic technique used to relax the feet to create a total sense of wellbeing. Using medicated oils your muscles will unwind and your body de-stressed.

Arabesque (60 min)

Experience an invigorating scrub followed by a hydrating and nourishing cream applied to the body that closes with a calming soak in rose infused waters. Your skin will be left radiantly smooth with the beautiful aroma of the rose.

Day Package 7 105 minutes

An indulgent body cocoon begins your time at Luthan, rejuvenate and detox your whole body with this secret delight. To give your hair shine and lustre a Camille Darmond Hair Repair Treatment will revolutionise your hair from root to tip. Then, to revive a tired complexion, a Phytoceane Clarifying Caress. This package includes use of all spa facilities including swimming pool, heat experiences and gymnasium.

Luthan's Luminance (45min)

Luthan's secret body cocoon administered in a thermae chamber. This long gentle process of exfoliation will both relax the body and leave the skin as smooth as silk. A totally indulgent process that redresses the physical and mental. After this experience rest on a heated recliner or a water bed to maximize satisfaction. An essential experience for any visitor to Luthan.

Hair Repair Treatment (30 min)

An exclusive line to Luthan, Camille Darmond, a professional hair care system from Paris, is based on natural Plant and sea extracts. We will give you a complete hair and scalp treatment, to combat damage caused by the extremes of heat and air conditioning.

Clarifying Caress (30mins)

An AHA Face Peeling Treatment that refines and revives the skin. This leaves the skin looking luminous and bright.

Day Package 8 120 minutes

Invigorate tired legs with Phytoceane's Great Legs. Follow this with their Oceaust treatment to tone and firm the Bust area. Then the Lift 6 by LPG, firm and restore your skin to it's youthful glory with this innovative machine. This package includes use of all spa facilities including swimming pool, heat experiences and gymnasium.



Great Legs (30min)

Revive tired legs by the stimulation of microcirculation and encourage improved cellular exchange. Renew fatigued legs, relax capillaries and stressed veins. A superb treatment after long flights.

Oceabust- (60min)

The heat specific properties of this bust firming treatment gives you a firm and toned bust. The skin is left smooth, supple, firm and radiant.

Lift 6 (30 min)

Produces a dynamic yet pleasant stretching of the face tissue. Restore skin's smooth, radiant complexion, increases elasticity and collagen production and reduces fine lines and wrinkles

Day Package 9 170 minutes

Experience the sea whilst staying in the desert. A Sea Algae Bath will aid detoxification while relaxing the mind. To rebalance your body's energies a combination of Swedish and Shiatsu in one massage will realign your body, mind and vigour. Relieve any remaining tension with a Cranial Comfort head massage to relax and induce a feeling of well-being. This package includes use of all spa facilities including swimming pool, heat experiences and gymnasium.

Sea Algae Bath (30min)

This remineralizing seawater bath is rich in trace minerals to relax, revive and induce a sense of well-being. Let the essence of sea float all of your cares away.

Combination of Shiatsu/Swedish massage (110 min)

This manipulative therapy is a combination of the Qi (energy) release of shiatsu, with the muscular relief of the Swedish. This is an invigorating massage that incorporates stretching techniques with aromatic oils to achieve relaxation.

Cranial Comfort (30 min)

This treatment combines the nurturing art of massage, with the use of individually blended herbal oils to restore scalp balance and relax the body and mind. Using Lillian Terry aromatherapeutic oils for relaxation or Indian medication oils for hair restoration. This treatment is carried out in sitting position it is a wonderful combination of stroking kneading and pressure point techniques.

Day Package 10 110 minutes

A top-to-toe treatment starting with an all over body cocoon in a thermae chamber to rebalance your skin and remove impurities. Then submerge yourself in wonder at a Cranial Comfort and a Holistic Foot Reviver to bring harmony and balance to the body. This package includes use of all spa facilities including swimming pool, heat experiences and gymnasium.

Magical Mud (45 min)

A self-applied mud cocoon treatment administered in a thermae chamber where the combination of wet and dry steam, permits the therapist to slough off dead skin cells and impurities, whilst the mud leaves therapeutic traces that leaves the skin hydrated, revived and restored.



Cranial Comfort (30 min)

This treatment combines the nurturing art of massage, with the use of individually blended herbal oils to restore scalp balance and relax the body and mind. Using Lillian Terry aromepathic oils for relaxation or Indian medication oils for hair restoration. This treatment is carried out in sitting position it is a wonderful combination of stroking kneading and pressure point techniques.

Holistic Foot Reviver (35 min)

A classic technique used to relax the feet to create a total sense of wellbeing. Using medicated oils your muscles will unwind and your body de-stressed.

For those with a little more time on their hands we offer exclusive residential packages. Please contact Spa Reception for further details.

Requirements for spa treatments

Aqua Healing – Swimming costume, ear plugs are optional. Swimming costumes can be purchased from Luthan.

Aqua – Swimming costume, no jewellery, ear plugs are optional.

Fitness – Trainers, jogging bottoms, suitable top, sports bra. No denim or jewellery.

Body Conditioning/Stretch and Tone/Pilates/Aerobics – either leotard, crop top, fitted fitness top, sports bra.

Yoga – Loose trousers/jogging bottoms, t-shirt, NO shoes, please do not eat directly before a yoga session.

Shiatsu/Thai – Clothing to be purchased from Luthan.

LPG – body suit provided by Luthan as part of an 8 treatment package. If you are having a single treatment the body suit costs 200SR.

Please do not wear jewellery to the spa.

Please switch off all mobile phones and leave them in the locker provided.

Clothing should preferably be 100% cotton.



FREQUENTLY ASKED QUESTIONS

1. What is the difference between Luthan & other Spas?

Luthan spa is designed as European Spa, to add flavour to its design; it incorporates alternative healing therapies such as Ayurveda, Homeopathy & Chinese Medicines. Luthan has made every effort to pick up the foremost installations & treatments of the World's Spas & has compiled them under one roof for the best holistic & modernized health approach.

2. Where is Luthan?

We are in the Ar-raed district near the King Khalid Eye Hospital. See map for exact location.

3. What is the ideal duration of a Spa package?

A minimum of 3 days, a personalized treatment package designed by our therapists will be arranged for you after the consultation.

4. Do you cater for specific dietary needs?

Yes we cater for all dietary requirements & can be adjusted to suit individual needs.

5. What if I have any health concerns?

Please inform us during the consultation so that we can design a package around your health needs.

6. Can I visit the spa during pregnancy?

Yes, if you inform us immediately after the pregnancy we can design a treatment package to relax & suit a pregnant mother to be.

8. Do you have specialized facial & body treatments?

Yes we do, we design treatments for your skin tone & body types.

9. Would I have to go into diet?

You do not have to go onto diet but if you are visiting Luthan for slimming purposes our qualified Nutritionist will give you practical advice on all food related subjects.

10. If I have a wrap how many inches can I expect to lose?

The number of inches lost varies from person to person. Clients taking a course of at least three wraps can expect an accumulative inch loss. We advise at least 1-2 wraps weekly. Female clients having a course of wraps usually go down a dress size without losing a pound in weight.

11. Will I put inches back as soon as I have drink?

Clients who are treated with the wraps are encouraged to drink water, both after the treatment & in the weeks following, because water intake increases inch loss.

12. So I won't actually lose weight?

Body wraps are an inch loss rather than a weight loss treatment you will definitely feel a loss in your clothes.

13. Do the body wraps improve the appearance of cellulite?

Yes, the appearance of cellulite is improved by the removal of toxins from cells & stimulation of the lymphatic system brought about by the wraps & by the effect which visibly reduces dimpling.



14. Can I have body wraps if I have recently had a baby?

Yes, provided you wait at least 6 weeks after having a normal delivery & take advice after a caesarian section. If breast feeding you will only be partially wrapped but the body wraps are good for firming up the abdominal & bust area.

15. What fitness facilities do you have?

We have a fully equipped gym with cardiovascular machinery, strength equipment, specialized fitness classes & personal training. Please see reception for class information.

SPA TREATMENT MENU

Fresh Face from Phytoceane a line exclusive to Luthan

- **Clarifying Caress (30min)** - An AHA Face Peeling Treatment that refines and revives the skin. This leaves the skin looking luminous and bright.
- **Sublime Éclat (30min)** - A facial exfoliation treatment that leaves the skin radiantly smooth and healthy looking. This will leave the epidermis moisturized and the complexion rejuvenated.
- **Oceabasic (60 min)** – An intensive moisturizing delicacy for dry and dehydrated skins. The ultra moisturizing properties of vegetal coral gives this facial a truly replenishing action.
- **Calmocea (60 min)** – A soothing facial for even the most sensitive and delicate skin. To achieve a brighter, fresher, calmer complexion the face is treated to a detoxifying, nourishing and toning concoction from the sea. A must to help reduce redness and blotches.
- **Ocearepair (60 min)** - This exclusive anti-aging facial target the effects of mature skin to help reduce fine lines and wrinkles. Your face will be repaired, rejuvenated and rehydrated. Allow these indulgent products leave your skin supple, smooth and firm.
- **Oceapur (75 min)** – A deep cleansing, purifying facial for oily skins. The restorative remedies of the sea will decongest and refine the texture of the skin. Your skin is left cleaner, clearer and brighter
- **OceaContour (50 min)** – A real treat for the delicate eye-contour area. This will help to moisturize, smooth and reducing dark circles and puffiness. Your skins elasticity will be restored with a reduction in fine lines and tiny wrinkles.

Babor

- **Seduction of the Senses (90 min)** – This deluxe Babor High Skin Refiner treatment is designed especially for mature skin and includes deep cleansing, active fluids, firming massage, with a nourishing vitamin cream application. This complete treatment is a must to help restore the skin to vitality.



- **Whitening Effect (60 min)** – To reduce pigmentation, blemishes and diminish the signs of ageing. An enzymatic exfoliation and skin cleanser will aid an even toned, smoother textured skin.
- **Collagen Bio Matrix (60 min)** – This purely hydrating treatment is made of 99% pure collagen in a mask to regenerate your skin leaving it fresh and firm all over. An ultimate reawakening treatment for the skin.
- **Collagen Mask Plus (20 min)** - A deep renewing moisturizing mask that can be used with any facial. This intensive boost for your skin will restore forgotten elasticity and luminous radiance.
- **Thermomodellage (60 min)** - This heat-generating mask improves the absorption level of the products. The skin tissue is purified leaving the skin supple and firm.



LUTHAN'S EXCLUSIVE WRAPS and LIFTS

- **Oceabust- (60min)** - The heat specific properties of this bust firming treatment gives you a firm and toned bust. The skin is left smooth, supple, firm and radiant.
- **Cellu active treatment (60min)** - This self heating treatment increases microcirculation and the elimination of toxins. Allow the nutrient rich muds detoxify and destress. You will find cellulite decreased and skin textured improved.
- **Lipo active Gel (60min)** – The starter of the Lipo active set, this wrap stimulates the sweat glands and eliminates the toxins. Using a Contouring Gel you will be cocooned in a heated blanket while the active ingredients work directly on problem areas.
- **Lipo active Mud (60min)** –The next stage of Lipo active is a progressive treatment of a mud envelopment enriched in detoxifying minerals. A total relaxing treatment that targets and combats cellulite.
- **Lipo active Wax (60min)** - The third aspect to the Lipo active treatment is an answer to localized excess cellulite. A deep, draining massage will aid the detoxification of the body tissue. A must target treatment for those unsightly bulges.
- **Lipo Plus (90 min)** – The fourth and pivotal Lipo active treatment. This is the grand finale to localized excess cellulite. Using a combination of wax, mud and gel this whole body therapy will finalise the reduction, removal and rejuvenation and lead to a new you.
- **Universal Contour Wrap (90 min)** – The ultimate in size reducing wraps. Your body will be wrapped in bandages soaked in a mineral rich clay solution and combined with cellulite diminishing essential oil. The bandage acts as a poultice, cocooning the entire body extracting trapped toxins in the adipose tissue and the skin. Thus tightening the skin by detoxifying and compacting fat cells.
- Sessions: Between 3-7 sessions
- **Great Legs (30min)** – Revive tired legs by the stimulation of microcirculation and encourage improved cellular exchange. Renew fatigued legs, relax capillaries and stressed veins. A superb treatment after long flights.



Cocoons, Scrubs and Soaks

Serail Chamber

- **Clay Cocoon (45 min)** – A full body clay application, after which you relax in a thermae chamber. A dry steam will tighten the clay around the body to extract toxins. An infusion of wet steam then releases the cocoon permitting the therapeutic clay to exfoliate dead skin cells, eliminate toxins and boost circulation.
- **Magical Mud (45 min)** – A self-applied mud cocoon treatment administered in a thermae chamber where the combination of wet and dry steam, permits the therapist to slough off dead skin cells and impurities, whilst the mud leaves therapeutic traces that leaves the skin hydrated, revived and restored.
- **Luthan's Luminance (45min)** Luthan's secret body cocoon administered in a thermae chamber. This long gentle process of exfoliation will both relax the body and leave the skin as smooth as silk. A totally indulgent process that redresses the physical and mental. After this experience rest on a heated recliner or a water bed to maximize satisfaction. An essential experience for any visitor to Luthan.

Venus Rising

- **Arabesque (60 min):** Experience an invigorating scrub followed by a hydrating and nourishing cream applied to the body that closes with a calming soak in rose infused waters. Your skin will be left radiantly smooth with the beautiful aroma of the rose.
- **Aromatic Bath (30 min)** – Feel the relaxation of your body through our Venus Bath, which is equipped with body jets for gentle massage of the body. Allow yourself to be pampered and to enjoy a feeling of total well-being. Relax and let the stress drift away. Enjoy a soak in beautiful ingredients such as rose, chamomile, fleur aroma and sole.
- **Baleno Bath (30 min)** – Soak in a marine sea algae bath with all the benefits of the ocean. The mineral elements have a toning and invigorating effect that improves tissue firmness. A good start up treatment to the contouring wrap.
- **Sea Algae Bath (30min)** - This remineralizing seawater bath is rich in trace minerals to relax, revive and induce a sense of well -being. Let the essence of sea float all of your cares away.
- **Belle Époque (45min):** Is a holistic wellness experience stimulating all senses. Encapsulated in a beautiful shell you can enjoy a totally relaxing treatment.

Luthan's Theramae Experience – please consult your therapist for customized theramae treatments

- **Majestic Mirage (35 min)** – A holistic wellness experience stimulating all senses. Enjoy a vigorous oil and fruit scrub to deeply cleanse and exfoliate your skin. Leave the application and step into a thermae chamber. Allow the steam to revitalise your skin and invigorate your body, follow up with a refreshing shower. Feel your skin tingle with freshness and come alive with the sensuous fragrance.
- **Fragrance of the Earth (35 min)** – A nutty scrub that is amazingly gentle on the skin will be administered before you relax in a thermae chamber. After a quick shower you will be treated to a nourishing and moisturising massage.



MASSAGES

- **Simplistic Swedish (80 min)**– A very popular method of massage, which soothes sore muscles, increase blood circulation and improved over-all skin and muscle tone
 - **Blissful Balinese (90 min)** – A classic oriental massage, combining acupressure with relaxation techniques, creating perfect balance between bone and muscle.
 - **Strategic Shiatsu (90min)** - A Japanese healing technique to calm and balance. This ancient therapy works on acupressure points to re-energise the meridians of your body. You will be left restored and reawakened.
 - Combination of Shiatsu/Swedish massage (110 min) – **This manipulative therapy is a combination of the Qi (energy) release of shiatsu, with the muscular relief of the Swedish. This is an invigorating massage that incorporates stretching techniques with aromatic oils to achieve relaxation.**
 - **Traditionally Thai (90min)** -A highly skilled therapist works the energy channels addressing the skeletal layout with total respect. It is a sophisticated combination of acupressure and stretching that enhances energy flow stimulating muscle and senses. This treatment is administered on the floor fully clothed.
 - **Therapeutically Thai (120min)** - Physical fitness is a pre requisite to this advanced level of treatment.
 - Shi Tao (90 min) – **This full body treatment combines stone massage and facial. It originates from ancient Asian medicine; the therapeutic massage utilizes hot stones to enhance muscle relaxation and bring about balance and healing. For complete pampering the treatment closes with a relaxing facial.**
 - **Scherazade Synchrony (60 mins SR 500)** – Experience the bliss of being massaged by two therapists. The four hands will send your body into complete relaxation.
 - **Reflexology (50 min)** – This ancient therapy dates to 4000 B.C. believes that parts of the hands and feet correspond to areas on the body. The application of thumb and finger pressure to reflex pressure points aid the body's natural healing process, increase energy flow and improve well being.
- Holistic Foot Reviver (35 min)** - A classic technique used to relax the feet to create a total sense of wellbeing. Using medicated oils your muscles will unwind and your body de-stressed.
- **Cranial Comfort (30 mins)** - This treatment combines the nurturing art of massage, with the use of individually blended herbal oils to restore scalp balance and relax the body and mind

THE ROYAL SCALP OFFERINGS (30 min)

Another, exclusive line to Luthan, Camille Darmond, a professional hair care system from Paris, is based on natural Plant and sea extracts. We will give you a complete hair and scalp treatment, to combat damage caused by the extremes of heat and air conditioning. If you want a



comprehensive scalp treatment we are the only place in the Kingdom to offer you Camille Darmont.

- **Hair Repair Treatment**
- **Hair Restructure Treatment**
- **Hair Conditional Treatment**

AROMEOPATHY MASSAGE

Luthan presents Lillian Terry to the Kingdom for the first time. We introduce you to the goodness of homeopathy wrapped in the wonders of aromatherapy and administered under the hands on healing of massage therapy. A gentle, nurturing treatment that promotes physical and mental well being and creates a deep sense of relaxation.

Cellutherapy (60min SR 350) – A three step treatment process it breaks down the toxins and accelerates the collapse of cellulite deposits in modules of three. Each to be treated over a two weeks period.

- **Restructure** - accelerates fat metabolism- (week one and two)
- **Repair** - improves circulation in the capillaries- (week three and four)
- **Remove** - accelerates elimination of toxic wastes- (week five and six)

Target Treatments (45min)

- **Abdocalm-** Improves circulation of the abdominal tract and decreases constipation and bloated ness
- **Spino** - Relieves backache and improves muscle flexibility.
- **Neck spasm** - To ease muscles spasms in the neck, very effective pain reliever and muscle relaxant.
- **Betta Sleep** - Calms the nerves and assists a deeper more relaxed sleep. Pacifies anxiety and irritability.
- **Betta Day** - Enhances the spirit and uplifts the mood by relaxing the body.
- **Stretch marks** - Improves skin elasticity, stimulates the regenerative activity and decreases possibility of keloid formations.

Sports massage (45 min)

- **Sportz Muscle** - prevents muscle joint and ligament injuries for those with high physical activity level.
- **Sportz Energy** - Stimulates the blood circulation and increases the penetration of oxygen to the muscles.

Feminine Indulgences (45min)

- **Sunset** - Created by a woman for a woman, especially to enhance the well being of the female body. Balances the hormones controls fatigue and improves concentration.



- **Circula** - Assists in getting rid of the toxic side effects of bad circulation and helps in the treatment of varicose veins, oedema, broken capillaries etc.
- **Fluidless** - Improves lymphatic drainage and can be used to cure a whole range of drainage related effects.

Facial Enhancement.

Lifting

- **CACI Quantum - Non Surgical face lift (60 min)** – This tried and tested machine works to restore and re-define facial muscles, reducing fine lines and wrinkles.
Sessions: 2-3 times a week for 12 sessions
- **Lift 6 (30 min)** - Produces a dynamic yet pleasant stretching of the face tissue. Restore skin's smooth, radiant complexion, increases elasticity and collagen production and reduces fine lines and wrinkles.
Sessions: 2-3 times a week for 12 sessions
- **Aesthipeel Dermabrasion with Isoderm (30 - 45 min)** - A total renewal treatment for all skin types. A medium to superficial peeling that treats signs of aging, pigmentation, spots, oily, dry skin, enlarged pores, superficial fine lines and wrinkles and stretch mark reduction.
Sessions: 2 times a month for 6 sessions
- **Body Contouring and Lifting**

Cellulite, body firming & toning treatment

- **CACI Quantum (30 min)** - Each treatment is tailor made to suit the individual body shape by our highly qualified therapists within the Spa. These include special treatments for cellulite, bust lifting, buttock and abdomen firming lifting and shaping, plus many more.
- **LPG Endermologie (30 min)** - This treatment aesthetically contours and shapes the body reducing cellulite and has a firming effect on the skin.
Sessions: 2-3 times a week for 12 sessions
- **Eosonic (30 min)** an ultrasound infrared treatment with 6 treatment programs. This machine works to reduce and break up cellulite, eliminate fats, increases the blood circulation, eliminate swelling, restore and firm muscle tissue.
- **VPL:** Variable Pulse lighting is a safer alternative to laser hair removal. This targets the hair follicle without damaging the surrounding skin tissue. The treatment can be carried out on all parts of the body for permanent hair reduction.
- **Linfopress (30min)** the lymphatic drainage treatment has been specifically designed to aid in lymphatic drainage and to hasten the removal of accumulating toxins within the body. It also enhances the appearance of varicose veins, reduces swellings and pre menstrual water retention.



AYURVEDA

Ayurveda – is a traditional Indian science of relieving pain and healing. It is a form of holistic medicine, developed over centuries by sages gifted with universal insight and experience

- **Synchronized Massage (Abhyanga) (45 min)** – A traditional Ayurvedic massage, which uses medicated herbal oils. Two therapists perform this full body treatment in synchrony to enhance physical consistency, induces relaxation and eliminates impurities.
- **Rhythmic Oil Effusion (Pizhichil) (60 min)** – A popular rejuvenation treatment during which lukewarm herbal oils are applied all over the body by two Ayurvedic therapists in a special rhythm. The massage is very slow and light without exerting much pressure. This massage protects you from illnesses and builds up your immunity for a healthy life
- **Third Eye Healing (Shirodhara) (45 min)** – During this treatment, medicated oil is poured in an even stream onto the forehead, to pacify and revitalize the mind and body. Shirodhara is also effective for diminishing the effect of aging, improving memory, and other neurological disorders.
- **Analgesic Effusion (Kadidhara) (45 min)** – A special medicinal preparation that is analgesic in nature is poured continuously on to parts of body or the whole body to treat muscular pains.
- **Herbal Poultice Massage (Choornaswedam) (45 min)** – During this treatment, the entire body is thoroughly massaged with herbal powders to produce a therapeutic sweat, which relieves neurological disorders, rheumatism and arthritis.
- **Dry Herbal Scrub (Udwarthanam) (45 min)**– A typical deep dry massage using herbal powders, which reduces obesity, imparts mobility to the joints, strengthens muscles, and refreshes the body. The most promising benefit is an all over slimming effect.
- **Nasal Detoxification (Nasyam) (45 min)** – Therapists massage the upper body from the shoulders up to induce a sweat. After this the guest inhales a dose of medicines. During this process the areas around the nose, neck and shoulders are rubbed continuously. This treatment is highly effective for headaches, sinusitis, migraines, chronic colds and chest congestion.
- **Optic Relaxation (Tharpanam) (20-30 min)** – A medicated ghee (clarified butter) is gently applied to the eyes and retained for 20-30 minutes for a cooling effect. This relieves eyestrain, improves eyesight and nourishes the nerves.
- **Five Sense Healing Program (Panchakarma) (21 days)** – Ayurveda recommends a thorough internal cleansing therapy, which balances the bio-energies. Panchakarma includes five cleansing procedures, which are emesis (therapeutic vomiting), laxatives, enemas, nasal cleansing and blood purification. The Specialty of this treatment is that it can be administered both in a healthy as well as a diseased person. Panchakarma administered to a person based upon the condition of the individuals constitution, the Ayurvedic physician decides the type of panchakarma treatment to be administered. This therapy also combats neurological ailments like paralysis, arthritis, rheumatism, dermatological problems and mental disorders.

Internal irrigation

- **Vamanam (45 min)** – A Panchakarma therapy undertaken specifically for upper respiratory tract disorders. Ayurvedic practitioners prescribe emetic medications, which dissolve in large



quantities of liquids. Upon imbibing the large volume of this therapeutic liquid it is easy to empty or vomit the contents of the stomach. Many Kapha related illnesses like asthma, coughs and psoriasis can be relieved by Vamanam.

- **Virechana (30 min)** – It is a procedure of detoxification in which purgation is induced using specific herbal preparations to cure diseases related to abdominal problems and to eliminate vitiated bodily humoral factor.
- **Colonic Irrigation (Kashaya Vasti) (60 min)** – An emetic treatment containing decoctions of herbs that is performed after an oil enema. Very beneficial for Vata, related illnesses like flatulence and neurological disorders.

Totally therapeutic

- **Kati vasti (60 min)** – It is a type of external oleation. Kati refers to hip. Vasti refers to dwell. In this procedure medicated oil is retained in the hip region for certain decided period. The Consulting Physician selects the medicated oil after a detailed assessment of the individual's conditions.

Please Note:

Procedure similar to kati vasti is also done in other parts of the body such as:

- 1. Greeva Vasti:** For neck at cervical spine.
- 2. Prushta Vasti:** For thorax region at the thoracic spine.
- 3. Janu Vasti:** For the knee.



LUTHAN RELAXATION

- **Oxygen therapy (10min)** - Relax in the cool darkness of the relaxation room, float in the heated waterbed, enjoy the aromas of fresh oxygen and feel all your tensions evaporating.
- **Salt Inhalation (20 min)** – The combination of steam and salt is the ideal for respiratory cleansing. Lie on heated recliners and breathe the Dry Steam blended with the fresh aroma of blossom essences. Your body will be stimulated which will increase blood circulation and initiate a purifying and detoxifying process.
- **Cisternae (20 min)** – Steam in combination with essential oils creates a unique atmosphere. This will be good for opening the sinuses and clearing the air passages. The automatically injected jet of steam rouses the blood circulation and commences the purifying and detoxifying process.
- **Herbal Sauna (20 min)** - A sauna designed especially for women, with therapeutic herbs to intoxicate the senses and relax the body. Fresh herbs give this heat experience its wonderful aroma.
- **Baleno Sound Pool** – Relax and drift back into the depths of the ocean and unwind with soothing sounds of the sea.
- **Aqua Meditation** – Find yourself in this oasis of total serenity and feel how body and soul becomes one. Let the sight and the sound of running water stimulate your senses and creates inner peace. The refreshing scent of aromatic essences and relaxing music encourages your personal meditation.

LUTHAN SPECIALITY EXPERIENCE (60 min)

- **AQUA HEALING** – An experience created to give the feeling of returning to the womb. While you are being floated in warm water your inner tensions will be released and you will flow into a level of being where there is joy, peace, stillness and wholeness.



FITNESS

General Fitness classes - **This will include high impact Aerobics and Step for increasing c.v. capacity, Weighted bar to improve muscle condition and tone, Circuit training for an all over work out.**

Specialized Fitness classes

Aqua fit (**exercise in the water**), the water gives added resistance and **no impact muscle strengthening and toning.**

Soul fitness (**Yoga for body & soul**), includes **Huber to work the deep muscles of the body, Yoga to aid mental and physical relaxation and Thai massage to focus the mind and stretch the entire body.**

Breathing and Meditation **to assist in total physical and mental respite. Allow your body to distress, reduce muscular tension, improve breathing and wash away the troubles of the day.**

Fit ball **sessions will develop your core stability whilst also build up abdominal strength and fortify balance.**

Boxing-Fit, **one-on-one or group sessions, gives you a fun filled way of releasing inner tensions, building stamina and endurance, mental discipline and self confidence. An undeniably enjoyable way to improve your fitness and get that ideal figure!**

Huber – Luthan offers you the technological innovation in the world of fitness. Be guided through the only machine to exercise all 180 deep muscles of the back. Enhance muscular strength, tone, concentration, balance and posture in only a few sessions.

Yogalates – a combination specially created by us for you. The flexibility of pilates with the calmness of yoga will aid relaxation and increase concentration.

Pilates – a modern system of movement designed to improve co-ordination, core stability and muscular strength.

Yoga – the traditional Indian techniques to aid health and well being.

Body for life – Commit to twelve weeks with our instructor and we will give you a body for life.

Swimming lessons, Stroke correction, **discover and enhance a fitness regime that will tone, strengthen and improve your general well being.**

Personal Fitness Assessment– This program is designed to assess your current fitness level and recommend an exercise program that suits your lifestyle. Our exercise specialist will test your aerobic capacity, body composition, blood pressure and resting heart rate, flexibility, muscular endurance and strength. You will receive a computerized analysis of your assessment which diagnoses weakness and strengths. This is extremely beneficial for recovering health and vitality.



Lifestyle Counselling – This gives you the opportunity for a confidential discussion, aiming to address the causes of stress, looking at a balanced lifestyle, confidence and self-esteem.

Dietary Consultation – Our dietician will make a detailed dietary assessment and then compile a nutritionally balanced regime to obtain optimal health and weight. We also take into account lifestyle, entertaining, food intolerances and appetite control. Advice can be given on more specific problems such as Osteo-arthritis, eating disorders, irritable bowel syndrome, hypocalcaemia and menopause.