

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

The Spa Reception
+20 65 354 5161
TheSpa@thechedi.elgouna.com

THE MASSAGE RITUALS

Heal your body and mind. Feed your soul with our perfectly blended massages to achieve perfect balance.

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 soothes and smooths your body followed by a famous Thai yoga stretching technique to improve flexibility.

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.

Deep Tissue Massage • 60 | 90 mins

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

Aromassage • 60 | 90 mins

A gentle but long, kneading strokes combined with rhythmic tapping strokes and movements of the joints designed for those who want to receive soft to medium pressure.

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.

Filipino Hilot Massage • 60 | 90 mins

Using traditional Filipino massage technique called “Hilot”, your therapist will improve the circulation of your blood and boost more oxygen to focus on specific stubborn pain in your shoulders, lower back or legs.

Chinese Tui Na Massage • 60 | 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.

Traditional Thai Massage • 60 | 90 mins

A dry massage for boosting the body energy that combines acupressure and stretching with stimulation and manipulation of energy to balance flexibility and reduce fatigue.

“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 with moisture-rich body butters to hydrate your skin.

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 with the help of lime, basil polish. A fast and light massage of rich body butter is performed to hydrate your skin.

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 FACE RITUALS

These unique face, neck and décolleté treatments aim to reveal a non-surgical massage secrets to youthful skin of Asian mothers and grandmothers that have been passed around from generation to generation.

The 90-minute ritual is a full 17-step facial treatment. Enjoy a series of rituals to obtain visible results.

Irma's Purifying Facial • 60 | 90 mins

It reveals Filipina women's secret in managing oily or congested skin. It cleans the pores of impurities, it tones and works on the epidermis, clearing dead skin cells, as well as balancing and improving skin's texture.

Harumi's Lifting Facial • 60 | 90 mins

A very intensive Japanese massage that works on the deep structures of the skin. It involves kneading every square centimeter, it strengthens muscle tone and the oxygenation of the epidermis, decreasing the visibility of the wrinkles and sagging of the skin.

Ziyi's Slimming Facial • 60 | 90 mins

This Chinese facial massage treatment balances the chi that flows through the body. It helps brings oxygen that helps reduces puffiness, promotes a slimming look to the skin.

Dara's Hydrating Facial • 60 | 90 mins

This Thai facial rejuvenates the skin while helping to reduce the signs of aging by stimulating the lymphatic drainage system of the face, neck and décolleté.

Binna's Brightening Facial • 60 | 90 mins

Diminish the look of uneven skin tone and pigmented spots with this rejuvenating treatment, which results in visibly younger and healthier looking skin.

Maginoo Men's Facial • 60 | 90 mins

A therapeutic facial for men that refines pores, improves skin tone, and soothes razor burn.

THE INDULGENCE RITUALS

A collection of therapies that are uniquely inspired by Asian culture, expertise and breathtaking surroundings. All rituals include a 30-minute well-being shower to complete your experience.

Ultimate Time for Me • 180 mins

Forget about the outside world and just the about choosing 3-4 treatments. Let all your worries and stresses melt in the hands of our expert therapist.

The Maharlika Experience • 180 mins

Feel like a king or queen as you are pampered by 2 therapists for a luxurious 90-minute facial and reflexology massage to the arms, legs and feet.

Secrets Of The Spa • 150 mins

Sensorial anti-age treatment for face and body – A magical atmosphere, bathed in the soft light of candles, relaxing music, bewitching perfume... Imagine a protective cocoon where time stands still, and your stresses are left at the door. An invitation to awaken the senses, on its multi-sensorial journey, an anti-ageing treasure...

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.

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.

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

Enjoy our special VIP couple suites 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 sparkling wine and fruit platter. With a loved one by your side, indulge in a luxurious soothing massage or facial, or both.



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 and Deep Vein Thrombosis.

Radiant Eyes • 30 mins

A serene help prevent wrinkles, puffiness, dark circles, using a cucumber eye wrap and Acupressure eyeball massage.

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.

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.

Before Your Arrival

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

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. If the appointment is cancelled less than nine hours prior to the scheduled treatment, we are obligated to charge a 50 % cancellation fee. No-show or cancellation with less than six hours' notice will be charged at 100 %.

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 45 minutes 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 able items are stored inside the safe located in your hotel room/suite. Kindly keep your mobile phone on silent mode at all times.





THE PRICE LIST

TREATMENT	MINUTES	EGP / PER PERSON
Massage Rituals	60	3900
Massage Rituals	90	5000
Body Rituals	90	5200
Face Rituals	60	4200
Face Rituals	90	5600
Indulgence Rituals	90	6400
Indulgence Rituals	120	7800
Indulgence Rituals	150	10000
Indulgence Rituals	180	12000
Enhancements	30	2200
Use of Steam Room	30	1300
Use of Steam Room & Jacuzzi	30	2100

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