

Evera  
SPA & WELLNESS

## Wellness Partners

A haven of serenity, the Evera Spa at the MadeForTwo Hotels has collaborated with the renowned THALGO Laboratory from France, to bring you a luxurious collection of signature spa treatments.

Designed to pamper the face and body and provide you with the pure relaxation you truly deserve, each of our treatments utilises products inspired by the Sea: the sea has always been a source of vital energy for humans, which can regenerate you both physically and mentally. THALGO has taken inspiration from this for more than 50 years, combining efficacy and well-being.

Join us here at the Evera Spa, and enjoy a leisured experience which will nourish and nurture your mind, body and spirit: a heavenly journey of tranquillity.

LET THE SEA EMPOWER YOUR BEAUTY

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## SIGNATURE RITUALS

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## Prodige Des Oceans Ritual

120 min €220

The ultimate high-regeneration beauty ritual for face and body, combining a patented cocktail of 64 marine nutrients with seven precise techniques for total relaxation.

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## Harmonising Ritual

Mer des Indes

90 min €160

Harmonising Ritual inspired by Ayurveda to regain body and mind harmony.

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## Energising Ritual

Joyaux Atlantique

90 min €190

Energising ritual inspired by "marine lithotherapy" to harness the power of stones and recharge the body with vital energy.

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## Relaxing Ritual

Îles Pacifique

90 min €180

Relaxing ritual with warm sand pouches inspired by the rocking movement of the waves for deep relaxation.

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## Anti-Tension Ritual

Merveille Arctique

90 min €180

Inspired by age-old Nordic rituals, in which soothing warmth and reviving freshness alternate to relax the body and release tension.

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## Cold Cream Marine Body Ritual

60 min €95

Relaxing body beauty treatment enriched with cold cream marine: comforted and replenished with lipids, skin recovers comfort and softness thanks to its highly nourishing body wrap and massage.

## FACIAL TREATMENTS

### SKIN SOLUTIONS

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#### Source Marine Hydra-Strengthening Treatment



Safe During  
Pregnancy

60 min €80

Give your skin a bath of hydration rich in remineralising marine active ingredients. In this professional treatment, sève bleue des océans extract is combined with THALGO Micronised Marine Algae extract, to instantly hydrate and strengthen even the thirstiest skin.

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#### Cold Cream Marine Comforting Treatment



Safe During  
Pregnancy

60 min €80

Got demanding skin? Reinforce its tolerance with cold cream marine. Your skin is soothed and hydrated.

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#### Cold Cream Marine Nourishing Treatment



Safe During  
Pregnancy

60 min €80

A comforting break for dry skin: lipid "bandage" mask rich in marine oils specific to the cold cream recipe.

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#### Pureté Marine Purifying Treatment



Safe During  
Pregnancy

60 min €80

Put a stop to shine! Your skin is purified and instantly clearer thanks to the duo of regulating age-old algae.

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#### 3 Algae Facial\*

60 min €70

Exclusive "Thalasso" facial with micronised marine algae to rebalance skin and replenish its minerals.

## TREATMENTS FOR MEN

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### Express Fortifying Treatment For Men

30 min €60

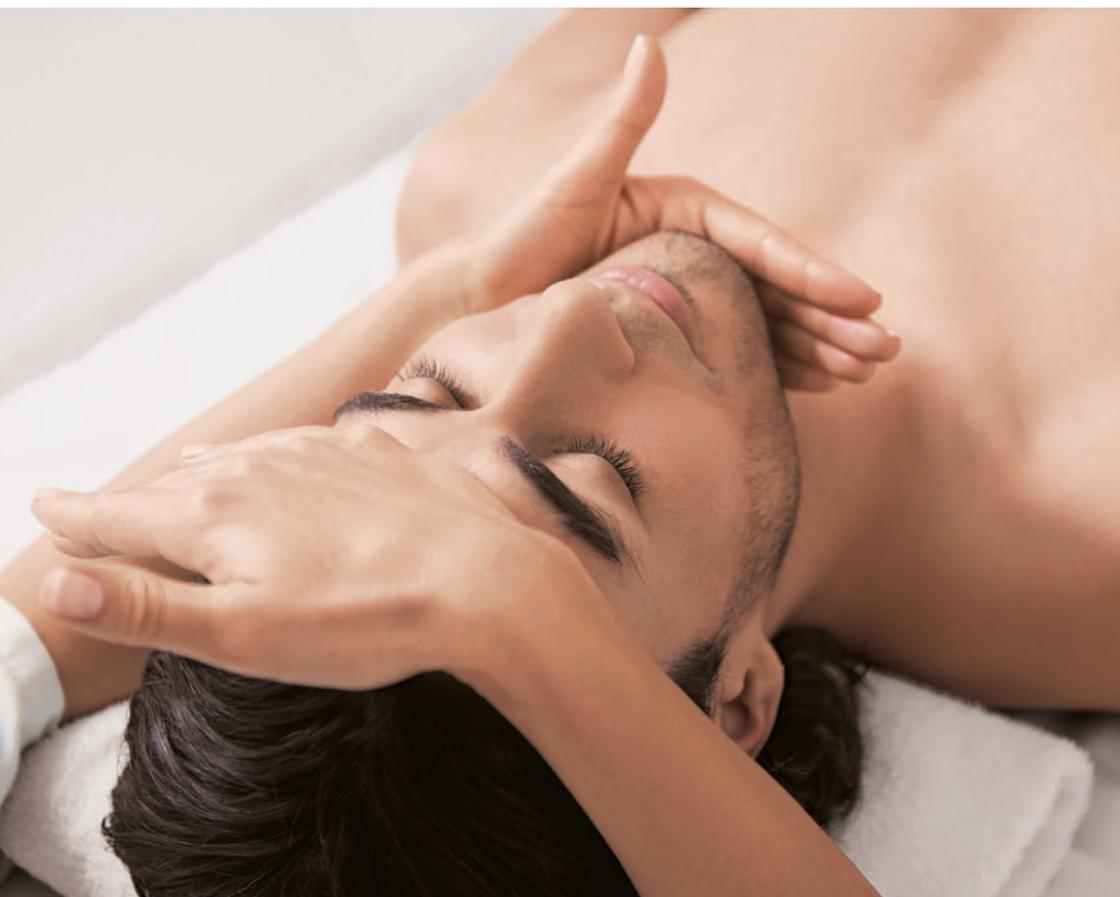
A treatment in just 30 minutes for clearer, cleaner skin.

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### Fortifying Treatment For Men

60 min €80

A tailor-made treatment for men enriched with Algue Bleue Vitale extract to fortify the skin.



## ANTI-AGEING TREATMENTS

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### Lumière Marine Brightening Treatment

60 min €90

This triple exfoliation treatment with brown algae extract offers a visible antiageing result on skin tone evenness.

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### Smoothing Detoxifying Treatment

60 min €80

The marine shot for urban skin! Detoxifying treatment to refresh the features, recover a fresh complexion and smooth skin.

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### Hyalu-Procollagène Wrinkle Correcting Treatment

60 min €85

Wrinkle to wrinkle treatment combining hyaluronic acids & marine procollagen with Roller Boosters. Instantly, the face looks younger, as if relaxed and even established wrinkles appear smoothed.

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### Silicium Marine Super Lift Treatment

75 min €95

Anti-ageing treatment rich in marine silicium, integrating a double mask for effective action on wrinkles and nascent loss of firmness.

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### Exception Marine Redensifying Treatment

90 min €120

Marine "Lifting" Treatment That Redefines Facial Contours And Restores The Skin's Density Thanks To The Combination Of The Patented Marine Replenishment Complex And The Exclusive Energylift Massage.



## INSTRUMENTAL TREATMENTS

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### Face Palp Anti-Ageing Treatment

30 min €55

Kneading-rolling plumping facial for visible anti-ageing efficacy in just 30 min.

## GLOBAL PREMIUM TREATMENT

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### Prodige Des Oceans Face Treatment

90 min €160

The ultimate high-regeneration beauty ritual, combining a patented cocktail of 64 marine nutrients with an anti-ageing massage inspired by Japanese techniques.

## EYE TREATMENT

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### Eye Touch Treatment

30 min €55



Safe During  
Pregnancy

Optimises the effects of Thalgo facials and completes a body wrap. The eye contour area is instantly rejuvenated, wrinkles and fine lines are gently smoothed.

## BODY TREATMENTS

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## MARINE SCRUBS

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### Ginger Scrub

Mer des Indes

30 min €60

Oily paste with ginger, sugar and salt, and amber sandalwood notes.

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### Salt Flake Scrub

Merveille Arctique

30 min €60

Fresh scrub with three exfoliating salts and white flower notes.

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### Island Body Scrub

Îles Pacifique

30 min €60

Oil scrub with Bora Bora sand and vanilla and coconut notes.

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### Pink Sand Scrub

Joyaux Atlantique

30 min €60

Creamy scrub with pink sand and delicate floral notes.

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### Marine Scrub



Safe During  
Pregnancy

30 min €60

An original, treating and effective body scrub, coupled with a really intense relaxation effect.

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### Marine Prelude Scrub

45 min €80

Natural marine Dead Sea mud and sea salts, for detoxifying exfoliation paired with an intensely relaxing effect.

## MARINE BODY WRAPS

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### Dead Sea Mud Body Wrap

30 min €60

100% natural mud with an exceptional mineral content.

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### Nourishing Cold Cream Marine Body Wrap

30 min €60

Luscious balm enriched with fruit butters and marine algae oil.

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### Three Marine Algae Body Wrap

30 min €65

"Thalasso" body wrap par excellence: 100% pure and natural patented micronised marine algae, rich in minerals, vitamins and trace elements.

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## SLIMMING TREATMENTS

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### Body Palp Anti-Cellulite And Firmness Treatment

45 min €80

Instrumental slimming treatment able to enhance the power of manual kneading-rolling to tone skin, reposition body mass and redefine.

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### Frigi-Thalgo Light Legs Treatment

45 min €80

Body wrap treatment derived from cryotherapy to rapidly recover lighter legs.



## Massages for Couples

### Evera Spa Signature Massage

55 min €70

85 min €90

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### Energising Massage with Rock Crystals

60 min €80

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### Deep Anti-Tension Massage with Massage Balls

60 min €80

### Relaxing Massage with Warm Sand Pouches

60 min €70

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### Harmonising Massage Inspired By Ayurveda

55 min €70

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The above prices are per person.

# MASSAGES

MARINE MASSAGES

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## Evera Spa Signature Massage

55/85 min €80 / €100

This rhythmic body massage was created to restore your balance and re-align energy flow. A choice of aromatic oils is available to address diverse individual needs and help you achieve enhanced mind and body wellness.

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## Energising Massage With Rock Crystals

Joyaux Atlantique

60 min €90

Rhythmic massage inspired by energising age-old African techniques and "marine lithotherapy".

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## Deep Anti-Tension Massage With Massage Balls

Merveille Arctique

60 min €90

Deep massage inspired by Deep Tissue massage and Swedish massage to release tension.

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## Relaxing Massage With Warm Sand Pouches

Îles Pacifique

60 min €80

Massage inspired by the traditional Hawaiian Lomi-Lomi or a moment of relaxation and escape.

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## Harmonising Massage Inspired By Ayurveda

Mer des Indes

60 min €80

Completely manual massage, based on the science of the Marmas, to release tension points and harmonise the mind and body.

## Back Massage

25 min €50

Ideal for those who require a treatment which focuses on the back, this massage is designed to release tension in the back, shoulders and neck. Using a fusion of different techniques, your therapist will customise the strokes to ensure you leave feeling relaxed, with supple, smooth skin.

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## Head Massage

45 min €70

Focusing on tension primarily in the back, neck, shoulders and head, this ancient massage is inspired by Eastern traditions and rituals. It is designed to relieve deepseated stress, using a customised blend of message oils, to suit your individual needs. This fascinating mix of warmth, textures and aromas lulls the body into blissful relaxation.

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## Mum's The Word Massage



Safe During  
Pregnancy

55 min €65

This nurturing and rhythmic pregnancy massage addresses mind and body to promote balance and wellness for both mother and baby. It enhances the function of muscles and joints, improves circulation and general body tone, and relieves mental and physical fatigue.

## Fortifying Massage For Men

30/60 min €60 / €90

Massage to release tension and restore a feeling of well-being.

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## Hot Stone Massage

60 min €100

Totally soothing stress relief. Enjoy one of the most relaxing and soothing massage techniques, using heated, smooth lava stones and essential oils. The stones are placed on the body and used to massage specific points to ease muscle tension and soothe damaged soft tissue. The process will relieve overall stress and anxiety, as you rediscover your inner tranquility and balanced energy flow.



## HANDS & FEET TREATMENTS

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### Foot Treatments



Safe During  
Pregnancy

Spa Pedicure	60 min	€55
Plus Shellac Polish		€10

Relieve any foot pain with a warm foot bath, followed by foot care that includes nail shaping, cuticle care and smoothing of calluses. The treatment continues with an aromatic salt scrub and a deeply hydrating foot mask wrapped in steaming hot towels. It culminates in a relaxing moisturising foot massage, and the application of a long-lasting nail polish of your choice.

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Express Pedicure	30 min	€35
Re-shape & Polish	20 min	€20

This express pedicure leaves feet and cuticles conditioned, massaged, and moisturised. It is followed by cuticle care and nail shaping, ending with the application of the perfect polish.

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### Cold Cream Marine Foot Treatment

30 min €30

Relaxing foot beauty treatment, enriched with cold cream marine: your feet are nourished and recover their softness and comfort.

## Hand Treatments



Spa Manicure	55 min	€60
Plus Shellac Polish		€10

A full manicure treatment including exfoliation, nourishing hand mask and a soothing hand massage, followed by an application of nail varnish of your choice.

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Express Manicure	30 min	€35
Plus Shellac Polish		€10

This express procedure leaves hands and cuticles conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive base coat, topped with the perfect polish.

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## Cold Cream Marine Hand Treatment

30 min €30

Relaxing hand beauty treatment, enriched with cold cream marine: your hands are nourished and recover their softness and comfort.



## EPILATION (WAXING)

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Full-leg	€30	Back	€20
Full-leg & Bikini line	€40	Underarm	€10
Half-leg	€20	Chest	€25
Bikini Line	€15	Half-arm	€15
Full Bikini (Brazilian)	€20	Full-arm	€20
Upper Lip & Chin	€15	Eyebrow Shaping (waxing or tweezers)	€12

## MAKE-UP

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Daytime Make-up	60 min	€50	Bridal Make-up (without trial)	€70
Evening Make-up	65 min	€60	Bridal Make-up (including trial)	€90
Extra Lashes		€15	Eyebrow Tinting	€12
Eyelash Tinting		€15	Eyelash & Eyebrow Tinting	€25
Lash Lifting	60 min	€30	Lash Perming	60 min €30
Lengthen and lift the lashes for more attractive eyes and a glamorous look.			Curl and shape your eyelashes to give them a deep curvature.	

## EVERA SPA & WELLNESS ETIQUETTE

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For the comfort, safety and undisturbed relaxation of all our guests, please respect the following guidelines at all times:

### General Guidelines

- Evera Spa & facilities are open to persons aged 18 and over.
- Upon arrival and prior to using the facilities, all guests will be required to complete and sign a health & lifestyle questionnaire.
- Evera Spa and its environs are strictly NO SMOKING areas.
- To maximise the benefits of your Evera Spa experience, mobile phones are not allowed in the spa areas. Please leave them switched off in your locker.
- Please leave all valuables in your locker. Evera Spa is not liable for loss of or damage to a guest's personal belongings.
- Please conduct all conversations at levels consistent with a relaxing spa environment.
- Shower towels and bathrobes are placed in your lockers. Please do not take shower towels and bathrobes outside.
- Always shower before using pool facilities and between sauna and steam rooms. Robe and slippers should be worn in all spa areas.
- Swimwear is compulsory in the steam room, sauna and pool areas.
- A towel should always be placed on sauna and steam room benches between your body and the bench.
- In the gym and fitness area, comfortable sportswear is recommended and appropriate footwear is required.
- Please do not leave toiletries in showers or wet vanity areas.
- Shaving is permitted in the men's changing rooms. However, please ensure that wet vanity areas are left clean. Shaving in the saunas and steam rooms is strictly forbidden. Please do not use the waste bins for the disposal of razors.
- Please do not add oils or other products to the sauna bucket water without first speaking to a member of staff.
- Ensure that you drink plenty of fluids to rehydrate after using the sauna and steam rooms.
- Please place all used towels in the baskets provided.
- Food & beverages are not permitted in the spa & fitness areas for consumption during your visit. Refreshments are available from the health bar.
- If you have a gift voucher, please remember to bring this with you and hand it to our reception staff upon arrival.
- All facilities are subject to availability.



## If you have booked a spa treatment

- Evera Spa & facilities are open to persons aged 18 and over.
- Upon arrival and prior to using the facilities, all guests will be required to complete and sign a health & lifestyle questionnaire.
- Evera Spa and its environs are strictly NO SMOKING areas.
- To maximise the benefits of your Evera Spa experience, mobile phones are not allowed in the spa areas. Please leave them switched off in your locker.
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- Please conduct all conversations at levels consistent with a relaxing spa environment.
- Shower towels and bathrobes are placed in your lockers. Please do not take shower towels and bathrobes outside.
- Always shower before using pool facilities and between sauna and steam rooms. Robe and slippers should be worn in all spa areas.
- Swimwear is compulsory in the steam room, sauna and pool areas.

- A towel should always be placed on sauna and steam room benches between your body and the bench.
- There is no pressure to talk during a treatment. If you have any questions or would like to talk, feel free to do so. If you prefer silence, that is entirely up to you. Our therapists will take their cue from you. We hope you will enjoy this interlude of pampering and relaxation. Your comments are always welcome.

## Spa Tours

Spa Tours are by appointment only and can be conducted outside of the spa's operating hours.

## Cancellation Policy

Please note that 24 hours' cancellation notice is required for all bookings and services, otherwise 50% of the total treatment price will be charged. Credit card details may be required in order to confirm a booking.

## Operating hours:

**Spa indoor pool/treatments:** 08:00 - 19:00

**Fitness Centre:** 07:00 - 19:00

**Hair Salon:** (by appointment only)