

The *Secret*  
day spa

*Our Treatment Menu*

## SPA ETIQUETTE

### **SPEAK UP ON ABOUT WHAT YOU WANT**

When making an appointment, please let us know with any medical conditions you may have (such as pregnancy) so that we can advise you on the best suitable treatment for you.

### **ARRIVE ON TIME**

Make sure you make the most out of your Spa experience. Always try to arrive 15 minutes early, especially on your first visit, as you may need a few minutes to fill out your consultation form as well as enjoy a quick tour of the spa. Should you arrive late, kindly note that the treatment may be reduced or postponed accordingly.

### **CANCELLATION POLICY**

Cancellation or rescheduling of your appointment is free of charge when advised at least 24 hours prior to treatment.

### **LOYALTY CARD**

We reward your loyalty each year. Please ask us if you are interested in applying for The Secret Day Spa loyalty card and you will benefit from free treatments and offers.

### **AFTER TREATMENT - WE WANT YOUR OPINION**

Please let us know how was your visit to the Spa. Use our review cards and leave your feedback.

### Opening Hours:

Mon, Wed, Thu, Fri 09:00 - 19:00

Sat 09:00-17:00



## *The Secret Day Spa... an escape to serenity*

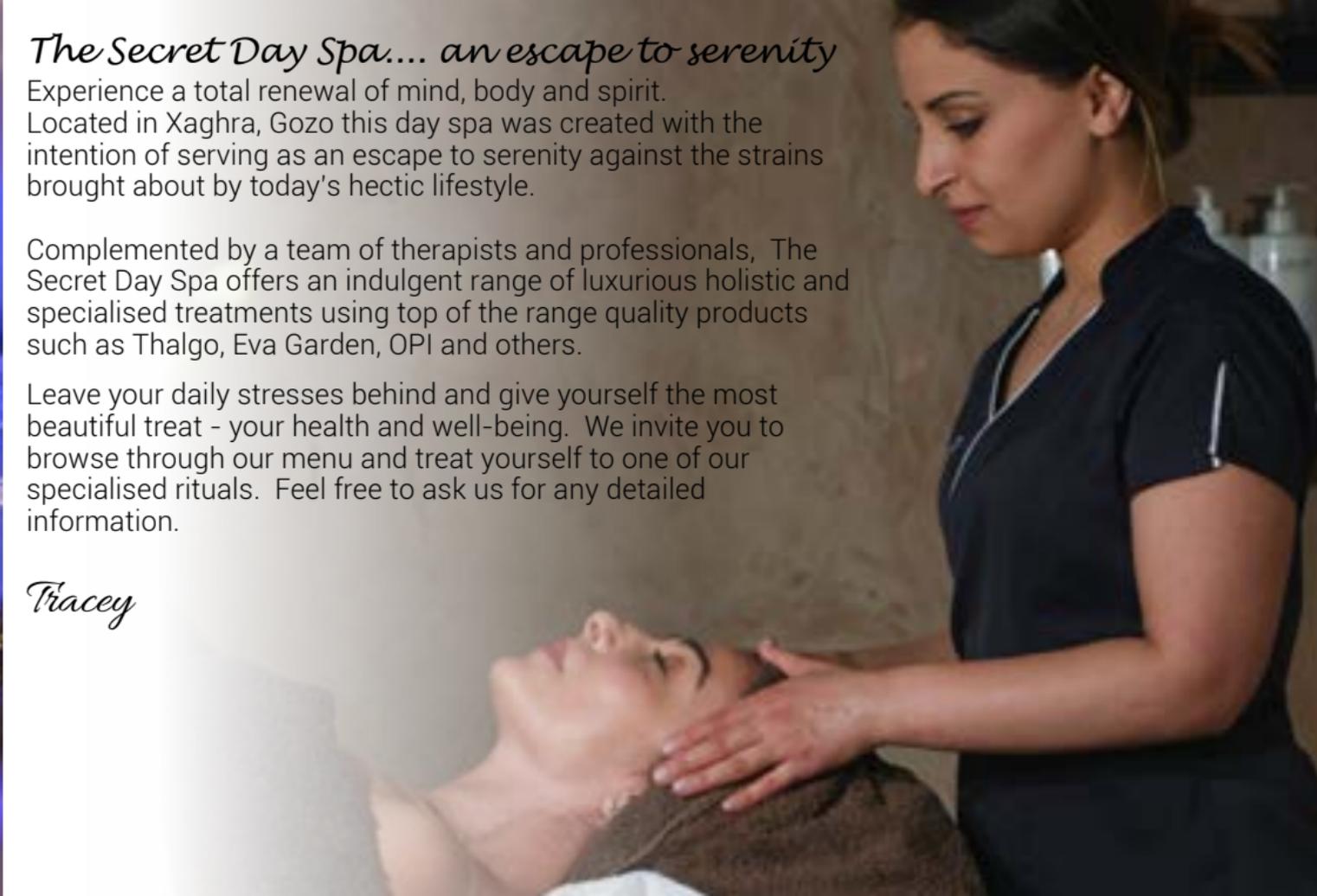
Experience a total renewal of mind, body and spirit.

Located in Xaghra, Gozo this day spa was created with the intention of serving as an escape to serenity against the strains brought about by today's hectic lifestyle.

Complemented by a team of therapists and professionals, The Secret Day Spa offers an indulgent range of luxurious holistic and specialised treatments using top of the range quality products such as Thalgo, Eva Garden, OPI and others.

Leave your daily stresses behind and give yourself the most beautiful treat - your health and well-being. We invite you to browse through our menu and treat yourself to one of our specialised rituals. Feel free to ask us for any detailed information.

*Tracey*



**WELCOME**

**Luxury Manicure** 55 minutes | €28 per person  
Soak hand exfoliation, nail and cuticle care, mask and massage with polish application.

**Luxury Pedicure** 55 minutes | €30 per person  
Foot bath, care of nails & cuticle, removal of hard skin, foot exfoliation and mask, massage and polish.

**Mini Manicure or Pedicure** 20 minutes | €7 per person  
Nail care and nail **varnish** application

**Gel Polish Application Hands or Feet** 30 minutes | €15 per person  
Nail care and **gel polish** application.

**Soft Gel** 30 minutes | €20 per person  
Nail care, extra layer of gel that make it more durable and gel polish application.

**Removal of Gel Polish** 20 minutes | €5 per person

**Full Set Gel Nails** 120 minutes | €40 per person

**Refill / Overlay Gel Nails** 25 minutes | €25 per person

**Nail Repair / Nail Art** price on request

**Stress Relieving Back Massage** 20 minutes | €25 per person  
A back, neck & shoulder massage including a scalp massage to help deepen your level of relaxation.

**Muscle Pain Massage** 60 minutes | €40 per person  
Ease away your back aches and pain with this tailored massage using arnica oil to target muscle pain and tension individual areas of concern. Jacuzzi session is included.

**Relaxation Massage** 55 minutes | €40 per person  
A traditional full body massage using your desired pressure to promote relaxation and ease muscle tension. Scalp massage is not included.

**Aromatherapy Massage** 55 minutes | €45 per person  
A deeply relaxing full body massage using your favourite blend of aromatherapy oils and leaving you feeling relaxed, de-stressed and re-balanced.

**Hot Stone Massage** 55 minutes | €50 per person  
A Native American massage technique with hot volcanic stones to deeply relax the muscles and intensely release tension. A deep feeling of relaxation takes over the body.

**Mum-to-be Massage** 55 minutes | €40 per person  
Pregnancy is a time of grace. This treatment offers relaxation and tranquillity through our nurturing full body massage that uses herbal poultices to bring peace and joy to mum and baby.

**Couples Special** 55 minutes | €90 per couple  
Enjoy a couples full body massage together with the use of a special blend of aromatic oils. Add on Spa facilities for greater relaxation.

Add a Warm Eye  
Mask to your massage  
for extra relaxation  
for only €3

## Dermatude Facelift Facial Treatments

Dermatude Meta Therapy is a 100% natural beauty treatment for skin rejuvenation and skin improvement from inside out. With Meta Therapy the skin ageing process can be slowed down considerably and the signs of ageing can even be visibly reduced. Meta Therapy involves short termed opening of the skin barrier in a painless way with microscopically tiny needles. As a result, the skin shifts its natural repair mechanism into high gear and starts producing collagen and elastin. Your skin becomes firmer and regains its elasticity, fine lines and wrinkles are visibly reduced, pores become finer, circulation is stimulated and the overall condition of the skin improves. Meta Therapy helps re-activate what your skin has lost over time by turning back the biological clock in a 100% natural way, giving your face a fresher and younger look.

**Facelift Facial Treatment** 55 minutes | €80 per person | €700 for 10 sessions

**Neck & Decollete Treatment** 30 minutes | €65 per person | €550 for 10 sessions

**Wrinkle Treatment** 20 minutes | €35 per person | €300 for 10 sessions

## Peeling Marine Cosmeceutical Treatments

An all-in-one solution, the range target irregularities, dullness, blemishes and scars, pore size, skin texture, ageing concerns and even acne. Featuring Mesolift Marine, a bio-regenerative infusion aimed at boosting cell metabolism to preserve the skin's youthful appearance, and Neo Skin, a complex used to correct severe imperfections and deep irregularities and to reconstruct optimal skin quality, this range is underscored by Thalgo's marine-centred ingredient philosophy, with a potent combination of algae extracts.

**Renovation Radicale Treatment** 55 minutes | €55 per person

**Renovation Radicale Course 4 Alternating Treatments** 4 sessions | €180 per person

## LED Facials 30 minutes | €25 per session

LED Light Therapy is the application of light energy to tissue to obtain therapeutic benefits. The energy is used to improve cellular performance. It is known for its healing and anti-inflammatory properties and has a variety of applications across many medical fields. The Blue light helps to clear acne while the Red light helps fine lines and signs of ageing. Available in either a single session or in a package of 6 treatments (2 per week for 3 weeks or 1 per week for 6 weeks). It can be taken on its own or as an add-on with a basic facial.

Add a 20 mins  
Head Massage  
during your facial  
for €10

## THALGO Heart of the Ocean Ritual 60 minutes | €40 per person

### Source Marine For dehydrated skin

This treatment lastingly corrects the hydration level of dehydrated skin, deeply replenishes and restores the skin's velvety-smooth feel and original radiance.

### Puret  Marine For combination to oily skin

Specifically designed for combination to oily skin, this treatment provides marine power to restore the beauty of healthy skin. Visibly reduces imperfections, redefines pores and controls shine.

### Cold Cream Marine For dry and sensitive skin

A real haven of peace for dry and sensitive skin, this treatment delivers the quintessence of the Cold Cream Marine recipe, a THALGO exclusive, to lastingly nourish and increase the tolerance threshold of delicate and fragile skin.

## THALGO Anti-Ageing Facials

### Collagen Radiance Facial 60 minutes | €45 per person For women aged around 25+

This unique professional treatment imbues skin with Native Marine Collagen, whose incomparably bioavailable original molecules plump up wrinkles and fine lines. Skin is intensely hydrated and ultra-smooth and its complexion radiant.

### Hyaluronic Smooth & Fill Facial 60 minutes | €50 per person For women aged around 35+

An anti-wrinkle solution concentrated in high-absorption Hyaluronic Acid, this treatment fills in and corrects pronounced wrinkles thanks to its exclusive massage and professional double mask. Skin looks younger and smoother in one session. The complexion glows with youth.

### Silicium Marin Super-Lift & Firms 60 minutes | €55 per person For women aged around 40+

At the heart of its protocol, a highly effective anti-wrinkle massage and a professional double mask firm, erase wrinkles and restore the complexion's luminosity.

### Exceptional Redensifying Facial 75 minutes | €60 per person For women aged around 50+

First Marine Lifting Treatment with sagging and density which resculpts the contours, redensifies the skin and fills out wrinkles. The THALGO exclusive Energilift massage technique, a genuine manual facelist, ultra-stimulating on three levels to reactivate skin cells, restimulate cell exchange and reposition facial volumns as part of a holistic procedure.

Relax in style and enjoy a wonderful Spa experience with the treatment of your choice. Start with an exclusive Jacuzzi and Sauna session before choosing from the following treatments:

**Aromatherapy Back & Neck Massage with Sauna & Jacuzzi**

**Cocooned Body Wrap with Sauna & Jacuzzi**

**Relaxing Head Massage with Sauna & Jacuzzi**

**Radiance Facial Treatment with Sauna & Jacuzzi**

**Nourishing Feet Treatment with Sauna & Jacuzzi**

Duration of each package is at least 1 hour and 30 minutes.

€55 per person

Perfect for groups or as a gift voucher.

**Jacuzzi Session**

30 minutes | €12 per person

Enjoy a Jacuzzi session.

**Sauna Session**

30 minutes | €12 per person

Enjoy a Sauna session

**Jacuzzi & Sauna**

60 minutes | €20 per person

Combine the Jacuzzi and Sauna together for total relaxation.

**Private Jacuzzi & Sauna session**

75 minutes | €35 per person

Enjoy the Jacuzzi & Sauna all for yourself. Glass of prosecco and chocolates included.

**Scrub & Rub with Sauna**

75 minutes | €45 per person

A skin exfoliation where dry, dead skin is lifted away through rhythmic, exfoliating movements with the Body Scrub. Enjoy a Sauna session, followed with an aquatic body scrub containing a unique exfoliating power of sea salt and nourishing oils and finish with a light oil massage.

**Candle Oil Massage & Jacuzzi**

75 minutes | €85 per person

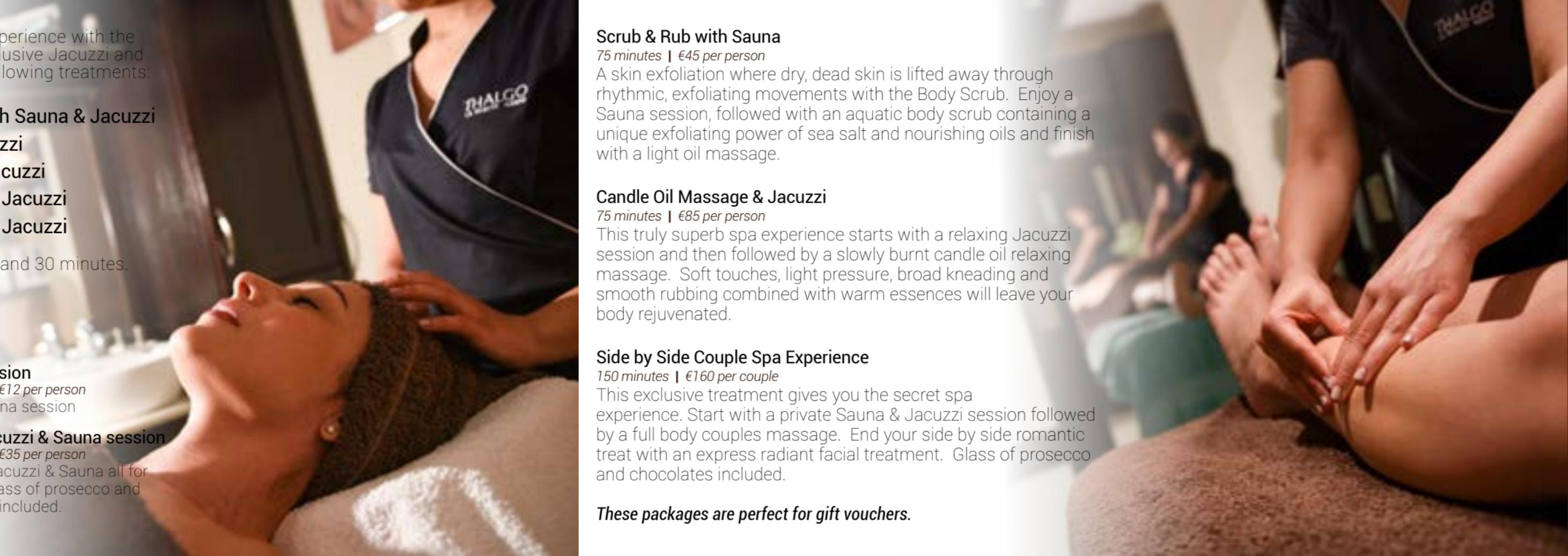
This truly superb spa experience starts with a relaxing Jacuzzi session and then followed by a slowly burnt candle oil relaxing massage. Soft touches, light pressure, broad kneading and smooth rubbing combined with warm essences will leave your body rejuvenated.

**Side by Side Couple Spa Experience**

150 minutes | €160 per couple

This exclusive treatment gives you the secret spa experience. Start with a private Sauna & Jacuzzi session followed by a full body couples massage. End your side by side romantic treat with an express radiant facial treatment. Glass of prosecco and chocolates included.

*These packages are perfect for gift vouchers.*



**Thalgo Men Ocean Ritual Face Treatment** 55 minutes | €40 per person

Whether the goal is to hydrate, replenish, reduce irritation or purify, this treatment provides a made-to-measure solution for men's skin. Enriched with Algue Bleue Vitale extract, a cell energising complex, and drawing on the strength of its relaxing massage, this treatment meets all the needs of men's skin.

**Express Anti-Fatigue Facial** 30 minutes | €25 per person

Revive and energise tired complexions in just 30 mins. A thorough cleanse, marine crystal scrub, energising signature acupressure and an anti-fatigue mask follow one after the other to reveal clearer, cleaner skin and refresh the features.

**Aquatic Force Body Massage** 55 minutes | €40 per person

An invigorating massage created specially for Men. While Aquatic Massage Oil diffuse skin with its active ingredients to protect against cell ageing, deep and powerful techniques relieve muscle tension and boost the circulation of vital energy. The body is totally relaxed.

**Foot Bath & Deep Tissue Massage** 55 minutes | €45 per person

This massage starts with a pleasantly warm footbath which refreshes your feet. Specific massaging techniques relieve tensions and have a vitalizing effect on your back. Experience the invigorating power of arnica oil.

**Hands Treatment for Him** 30 minutes | €25 per person

Hand exfoliation, nail & cuticle care, mask, massage and buffing of the nails.

**Foot Treatment for Him** 30 minutes | €25 per person

Foot soak, hard skin removal, feet exfoliation cuticle & nail care, mask, massage and buffing of the nails.

Add a Warm Eye  
Mask to your massage  
for extra relaxation  
for only €3

## TEEN'S CORNER

**Teen's Facial**

55 minutes | €30 per person

Perfect for teens up to 16. Includes deep cleansing with removal of blackheads and special skin care products such as clay mask tailored to the needs of young skin.

**Teen's Massage**

25 minutes | €15 per person

Gentle, relaxing massage for youngsters.

**SPA Kids Parties**

€25 per kid | minimum of 6 kids

Celebrate your young ones special occasion at The Secret Day Spa.

Choose any 2 treatments from:

- Pretty Manicure
- Pretty Pedicure
- Mini Organic Facial
- Head and Feet massage

Exclusive use of the Jacuzzi.

Ask your therapist for more information.

## ESTHETIC TREATMENTS

**Spray Tanning** 20 minutes

1 session - €25 | 5 sessions - €100

Sienna X spray tanning gives a gorgeous, natural-looking tan without the inherent dangers of skin damage that can result from over exposure to UVA/B rays, letting you look stunningly tanned all year round. A sienna X sunless tan can give the same results as spending up to 2 weeks in the sun but without the harmful effects of the sun's rays. A range of solutions is available and your therapist will help you choose your most ideal tan level.

**Microblading Treatments** 2 hours

Eyebrows hairstrokes €300 | Touch up €200

Microblading is a tattooing technique in which a small handheld tool made up of several tiny needles is used to add permanent pigment to the skin. It differs from standard eyebrow tattooing because each hairstroke is created by hand producing a thin, natural looking line that blends in with existing eyebrow hair. **This treatment needs to be pre-booked.**

**Semi Permanent Make Up**

Eyebrows €275 | Hairstrokes €295 | Eyeliner €250 | Touch Up €145

Semi permanent make-up is a cosmetic procedure with the innovative method of depositing hypoallergenic pigments into the dermal layer of the skin, similarly to the technique employed with tattoos. **This treatment needs to be pre-booked.**

**Eyelash extensions** 2 hours

Full set of lashes €40 | Russian Volume €60

Eyelash extensions are used to enhance the length, curliness, fullness, and thickness of natural eyelashes. **This treatment needs to be pre-booked.**

## HAIR REMOVAL

Waxing

Threading

Electrolysis

Laser Hair Removal

## GROOMING

Eyebrow Shaping

Eyelash Tinting

Eyebrow Tinting

HD Brows

## CONSULTATIONS

Skin Analysis

Facials

## GIFT VOUCHERS

A personalised gift voucher for our beauty & well-being treatments is the perfect solution for your loved ones.

**SLIMMING MACHINE TREATMENT** *45 minutes**1 session €25 | 20 sessions €400*

The treatment tones the muscles by repeatedly contracting them with the electric current, resulting in their firming and toning, and an increase in muscular metabolism aims to remove waste products more readily. Faradic treatments are generally used on the face and body, and work by contracting muscles with a short pulse of interrupted direct current.

**FRIGI-THALGO BODY WRAP** *45 minutes**1 session €30 | 5 sessions €120 | 1 maintenance session per month*

A cryotherapy body wrap that addresses feelings of discomfort and fatigue in the legs. The effectiveness of the algae complex used in this treatment, enriched with menthol and camphor, is well established. Feelings of painful fatigue in the legs disappear for a refined silhouette.

**3 ALGAE BODY WRAP** *45 minutes**3 day detox wraps €65 | 6 successive sessions €130**12 sessions, 2 per week €250 | 1 maintenance session per month €25*

The "Thalassotherapy" body wrap par excellence, this 100% pure and natural, patented algae cream, rich in minerals, vitamins and trace elements, helps achieve a fit body and general revitalising. The body is prepared for a slimming treatment or ready to face everyday stress.

**Thalgo Body Sculpt Treatment** *45 minutes**Body Exfoliation and Body Palp massage €25**Body Wrap Cold and Warm and Body Palp massage €25*

Offering concentrated performance and effectiveness, this made-to-measure, zone-to-zone, professional slimming treatment combines Thalgo cosmetic expertise with patented Body Palp technology (exclusive instrumental rolling method). An ultra-exfoliating peel and a highly active hot/cold-effect double body wrap are combined with Body Palp to visibly resculpt your figure, smooth cellulite and firm and tone your skin.

**Check out our tailor-made Slimming & Weight Loss Packages. Ask your therapist for more information. Free Weight Loss booklet with nutritional information is given.**

**Head Scalp Massage and Hopi Ear candles with Jacuzzi** *120 minutes | €70 per person*

Start your treatment with a Jacuzzi session, followed with the Hopi Ear Candles which are well-known to have a calming and relaxing effect on the body. As the candle burns down, many say it sounds like a fire softly crackling away which adds to the overall relaxing experience. The usual burn time of each candle is between ten and fifteen minutes. During the treatment enjoy a light head massage and a warm eye mask.

**Silky Smooth Body Wrap with Sauna and Jacuzzi** *120 minutes | €70 per person*

Like soft rice paper on the skin, this silky cream with sweet notes of Sacred Lotus and enriched with Rice Germ oil transports you into a Chinese temple of beauty. Snuggled in a true caress, the skin is nourished and supple and regains lasting comfort. Complement this delicious treatment with a Sauna and Jacuzzi session for total relaxation. Treatment includes a light massage.

**Reflexology** *45 minutes | €25 per person*

Reflexology is the application of appropriate pressure to specific points and areas on the feet, hands, or ears. These reflex points correspond to different body organs and systems, and pressing them creates real benefits for the person's health. Reflexologists use foot maps to guide their work with the left foot corresponding to the organs found on the left side of the body and the right foot to the organs on the right side.

**Reiki & Crystal Therapy** *60 minutes | €30 per person*

Reiki is a beneficial healing modality that is very popular and utilized for health and wellness. It is based on energetic principles and is practiced in many hospitals, medical settings, and in private practice all around the world. Reiki aids relaxation, assist in the body's natural healing processes, and develop emotional, mental, and spiritual well-being. It is also said to induce deep relaxation, help people cope with difficulties, relieve emotional stress, and improve overall wellbeing.

*This treatment needs to be pre-booked.*



**THALGO Merveille Arctique Spa Ritual***90 minutes | €90 per person | for anyone who is stressed, tired and tense*

An invigorating spa experience for when you need a feeling of deep relaxation. Discover the wonders of polar nature: white icy landscapes, hot water springs and underwater flora, to enjoy an exhilarating Spa experience. Abandon yourself to the benefits of age-old Nordic rituals, in which soothing warmth and reviving freshness alternate to relax the body and release tension.

- Foot Bath with Effervescent Crystals and Salts
- Salt Flake Scrub
- Merveille Arctique Massage

**THALGO Prodiges Des Oceans****Body Ritual** *60 minutes | €50 per person***Face Ritual** *60 minutes | €65 per person***Face & Body Ritual** *90 minutes | €90 per person*

*for all skin types and all women looking for a new treatment ritual experience: a beautiful, youthful-looking face and total relaxation of the body.*

Enjoy the Ultimate Treatment Experience where innovation and technical expertise combine with luxury and sensoriality. This exceptional Ritual offers the ultimate in revitalisation for total youthfulness and deep relaxation. The revitalising benefits of Intelligence Marine Régénérative, a complete concentrate of 63 marine active ingredients – an exclusive THALGO patent – are teamed with a face massage, inspired by age-old Japanese manual facelift techniques, to visibly smooth wrinkles and restore the skin's firmness and elasticity. The body massage combines manoeuvres that relieve tension for complete relaxation. A moment of pure pleasure that extends from head to toe to feel deeply revitalised and soothed.

Add ons with these treatments for extra relaxation  
Spa Facilities for only €10 or the Eye Mask for only €3

**MAKE UP**

Every girl wants to epitomize beauty on their special occasions especially her wedding day. We at The Secret Day Spa do our best to give everyone the look they want on that special day. Having make up done professionally is something that you look forward to. At The Secret Day Spa we make use of make up products from world renowned franchise Eva Garden.

**Bridal Make Up packages**  
**Make Up Lessons**

**Make Up application**  
**Make Up Courses**

**BRIDAL PACKAGES****Grooming the Groom** *2 hours | €100 per person*

Facial, Back of the body massage, Eyebrows &amp; Jacuzzi

**Pretty Bride** *2 hours | €100 per person*

Facial, Back of the body massage, Eyebrows &amp; Jacuzzi

**Girls Spa Getaway** *2 hours | €75 per person | minimum of 3 persons*

Spa Facilities, Back Massage, Gel polish hands or feet, glass of Prosecco and chocolates

**Honeymoon packages** *4 hours | €300 per couple*

Private Jacuzzi &amp; Sauna, Full body exfoliation &amp; massage, Relaxing Facial, glass of Prosecco and chocolates

*Gift Vouchers with the packages are available.*

[www.secretdayspagozo.com](http://www.secretdayspagozo.com)

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