SPA

SÈ SPA...

experience the fusion of exotic and
rich cultures as you journey the
"Silk Road" of discovery and exchange.

THE "SILK ROAD" IS AN ANCIENT CARAVAN ROUTE ALONG WHICH MERCHANTS TRADED EXOTIC TREASURES, CONNECTING THE PEOPLES AND TRADITIONS OF ASIA WITH THOSE OF EUROPE, AND CELEBRATING THEIR HARMONY. AS A GUEST OF SÈ SPA, WE INVITE YOU INTO A WORLD OF BLENDED CULTURE AND UNIQUELY CRAFTED TREASURES.

MASSAGE

SÈ SPA VIBE

Our exclusive, signature Swedish massage is unlike any other. The vibe is personal sound therapy using harmonic resonance technology. Sound vibrations resonate throughout your entire body. The tonality of the music blends with the work of the massage for new levels of relaxation. *60 or 90 min*

SPECIALTY MASSAGE

Each of our specialty massages includes head and scalp massage as well as a cleansing foot ritual. *60 or 90 min*

CLASSIC SWEDISH — Ultimate for stress reduction and relaxation, incorporating muscle kneading and long, slow connecting strokes.

DEEP — Blend of Rosemary, Peppermint and Vetiver oil warms muscles, soothing the symptoms of soreness while delivering anti-inflammatory and anti-oxidant properties.

AROMA — Choose from our precious aromatic oils and create a Far East massage experience.

STONE — Balance your body, mind and spirit with therapeutic oils and warm volcanic stones which infuse plant essences and stimulate circulation.

PRE-NATAL NURTURE — Ideal relaxation for second and third trimesters of pregnancy, experience a deeply soothing massage using gentle strokes and stretching techniques.

INDIAN HEAD MASSAGE WITH SHIRODHARA — A unique massage beginning at the shoulder area and focusing on the Marma points in the scalp, ears and face to stimulate circulation and flow of energy. Enjoy meditative time with a Shirodhara finish.

TALA

This Sè "four hands" massage is a unique and indulgent synchronized spa treatment, performed simultaneously by two massage therapists.

OFF THE SILK ROAD

Enjoy any one of our massage modalities in the privacy of your guest room or pool-side à la cabana.

ASIAN BODY WORK

REFLEXOLOGY

A subtle yet powerful holistic therapy that works on reflex points in the feet to bring about a state of balance to the whole body. *60 min (or as a 30 minute add-on to any treatment)*

SHIATSU

A Japanese acupressure massage that activates the body's self-healing abilities. While the therapist applies direct pressure to your body's energy paths, your muscles are stretched and your joints are gently rotated. Energizing, yet deeply relaxing (loose fitting clothing required). *60 min*

TABLE THAI

A traditional Eastern massage which allows therapists to use their whole body to stretch, press and work the major muscle tension from the body (loose fitting clothing required). *90 min*

BODY JOURNEYS

Our collection of body treatments uses authentic ingredients and ancient healing therapies. Allow your body to relax, your mind to let go and let your spirit take a journey down the ancient silk road.

SÈ BODY FUSIONS

Scrub & wrap duos. *90 min*

—herbal poultice, sea clay, honey and clove wrap {PURIFYING}

—lemon, coffee and olive stone polish and mask {DETOX}

—lemongrass scrub and wrap {ENERGIZE}

—bamboo and ginseng polish with velvety mud wrap {HYDRATE}

SÈ FUSION WITH MASSAGE

Enjoy a 30-minute massage after any of the above for intoxicating total body bliss. *120 min*

SILK ROAD RITUALS

Linger a while longer... discover the treasured journey. *150 min*

ASIAN FLOWER — A cleansing wash of mimosa sea algae, deep scrub with ginger grass, light buff of cherry blossom rice and hydrated with rose and plum. Finish with a Shiatsu massage and wild lime silk oil.

MOROCCAN MOSAIC — A seven step journey including a Moroccan mint cleanse, olive stone, rose and jasmine polish, atlas cedar soak, a delightful orange quince misting and a massage of amber oil enriched with tangerine fig butter cream.

INDIAN SWARA — Warm oil Abayanga, Shirodhara, Marma facial, scrub and wrap. Deeply relaxing and balancing.

THAI GAMELAN — Poultice detox treatment with invigorating massage techniques, a warm aromatic body wrap and face and scalp massage.

SKIN CARE

Combining clinical skin care with advanced technologies, all Sè facials are highly customized with a treatment approach for your specific skin care needs. Each facial reflects a seven-step protocol.

LING LUXURY FACIAL

Ling Skin Care was founded in 1976 by Ling Chan. Ling, known for her East meets West approach to skin care, has created a line of products that merge traditional Asian health principles with modern Western technology.

JADE — Cool and stimulating, imperial jade rollers are slowly massaged over the face to deeply penetrate ingredients. *60 min*

ELIXIR — Cocktail of oxygen plasma and skin specific serums penetrated deeply into the skin. *75 min*

SILK — A super cleansing, brightening and hydrating facial that incorporates our Sè custom facial with the Ling signature triple peel treatment. *90 min*

URBAN ESSENCE FACIAL

Countering the effects of atmospheric pollutants, this facial benefits all skin types by eliminating dead cells, neutralizing pollutants and renewing freshness, vitality and health. *45 min*

PURE PORE FACIAL

Restores natural balance and harmony to oily and problematic skin. A highly effective blend of products deeply cleans and detoxifies the skin; the face is left matte, velvety soft and balanced. *60 min*

LUMI FACIAL

This facial brightens and highlights the complexion, refining texture and easing the visible signs of stress and fatigue. *60 min*

FACE FORWARD:
THE NEXT GENERATION OF SKIN CARE

Repairing the skin on a cellular level using the most advanced technology available. Our "next generation" facials use one or more of the following treatments: microdermabrasion, ultrasound, micro current and light therapy.

SMOOTH AS SILK: ULTRASONIC MICRODERM FACIAL

The next generation of microderm, this advanced treatment erases skin imperfections and smooths the skin's surface. *30 min*

NEXT GENERATION FACIAL

This treatment instantly tones, lifts, and firms, resulting in a more youthful look. This treatment is a must for anyone seeking non-invasive alternatives to plastic surgery. *60 min*

ULTRA FACIAL

This luxurious facial will bring new lift to the skin. Get all the benefits of our anti-gravity facial, plus ultrasonic exfoliation, lymphatic drainage, targeted blemish reduction, light therapy, customized ginseng masque and penetration of freeze serum. *90 min*

CUSTOM COMPLIMENTS

BRIGHT EYES

A targeted micro-current lift just for the eyes. See visible results in minutes. Feel and look refreshed in time for your next big event. *15 min – add onto any Ling facial.*

HAND RENEWAL

A targeted service using advanced ultra-sound technology for exfoliation and deep penetration of hydration serums. A great service to add to a facial or manicure. *30 min*

COLLAGEN BOOST

Ultrasound boosts the results for maximal collagen penetration. This mini-treatment will stimulate collagen production, plump the skin and diminish fine lines. *20 min*

DEPILATORY WAXING

A variety of specialized waxing services are available. Please consult the Spa Concierge for detailed pricing by area.

MEN ZONE

MEN'S ZONE FACIAL

A stress-relieving facial designed specifically for men's skin. Power plant ingredients such as ginseng, Chinese herbs and aloe vera purify and renew the complexion. Counteract dehydration and soothe irritation caused by shaving. *60 min*

HERBAL BACK FACIAL

A blend of Eastern herbs and spices aide in detoxifying and purifying your back. This treatment includes deep cleansing, exfoliation, extractions and a specialty mask to nourish and hydrate the skin. *60 min*

MOROCCAN RASUL EXPERIENCE

Our Moroccan Rasul is a classically styled steam room where traditional mud cleansing rituals are enjoyed. An exotic interior with enveloping herbal steam provide the perfect backdrop as you are shrouded in smooth silky mud.

RASUL CLAY THERAPY — Step into the steam solo and enjoy a self-guided spa smoother. *30 min*

COUPLES — An authentic Moroccan steam and mud ritual. Cleanse, relax and reconnect. *30 min*

ROCKIN RASUL — Rasul, stone massage and sound vibrational therapy relaxation session. *90 min*

STUDIO SUTRA SOJOURNS

Studio Sutra: symbolically named after sutra — the thread that brings us together — Sè Spa features an ultra–private spa suite to enjoy with someone special.

BODY DOUBLE

A couple's massage of choice. *60 or 90 min*

PUJA RITUAL

Couples massage and soaking tub. Puja itself means "flower offering". *90 or 120 min*

SAMSARA

To flow together–massage, body fusion and aromatic soak. *200 min*

SUTRA MYSTERE

Allow us to surprise you with a customized spa ritual based on your desired intention — pure relaxation, body detox, invigoration.

SILK LOUNGE

Our private relaxation lounge can be reserved for intimate gatherings and celebrations. Create a custom experience and choose from a menu of services specifically designed for your party. Ask about our "always happy hour" celebration, or private screening parties!

HAND AND FOOT LOUNGE

SÈ SPA MANICURE — *30 min*

SÈ SPA PEDICURE — *30 min*

MOSAIC LUXURY MANICURE

Includes scrub, red clay hand mask, warm oil conditioner and hand massage. *45 min*

MOSAIC LUXURY PEDICURE

Herbal salt soak, spiced foot scrub, hydrating mask and herbal lotion leg massage. *60 min*

ALL NATURAL

Manicure or pedicure ideal for men.
Natural nail care [buffing] no polish. *25 min*

SÈ SPA DETAILS

SPA FACILITIES

Featuring seven private treatment suites, a deluxe couple's treatment suite and a signature Moroccan Rasul. Private changing areas, robes and sandals, complete spa amenities and complimentary spa snacks will be made available throughout your spa experience. We also recommend you take time to enjoy our wonderful relaxation lounge.

TREATMENT TIME

Our spa facilities are wonderfully unique in that each treatment room is equipped with a steam shower that can be used before or after your service. Our Spa Concierge will plan your spa journeys accordingly.

BOOKING AND CANCELLATION POLICY

Please call in advance to reserve your spa service. Our Spa Concierge will be happy to guide you through the ideal path that's perfect for you. Should you need to cancel or reschedule your appointment, please give us at least 6 hours notice. No-shows will be charged at full value.

PARKING AND VALET

Since most spa appointments exceed the time allowed for street parking, we recommend you use the Sè Hotel parking valet.

IT'S ALL ABOUT YOU

Please make sure you notify the Spa Concierge reserving your service of any medical conditions which may merit special consideration. While all of our treatments are highly therapeutic and efficacious, some may not be suited for specific medical conditions.

GRATUITIES

For your convenience, we will add a twenty percent service charge to all treatments, which covers gratuities for service providers and support staff.

SÈ SPA ETIQUETTE

Sè Spa is designed as a momentary departure from a hectic and busy life. Please keep noise to a minimum and ensure all mobile phones, pagers or electronic devices are switched off during your visit.

VALUABLES

Some treatments require the removal of jewelry, so it is advisable to leave valuables at home or in your guest room.

GIFT CARDS

Motivate, reward or congratulate — give a friend or loved one a special treat with a Sè gift card — available for purchase at the hotel or spa reception.

MINIMUM AGE

Sè Spa is particularly designed for adult use. Therefore, we ask that all guests are a minimum age of 18 years or older. Young adults between the ages of 13 and 17 may receive manicure and pedicure services.

Hours of Operation

SPA SERVICES ARE AVAILABLE:

Tuesday through Saturday from 8am to 8pm

Sunday and Monday 9am to 6pm

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