



HOLMES PLACE

SPA

M E N U

Embark on an exploration of self-care at Holmes Place Spa, where we embody the essence of 'Active Wellness.' Crafted as a unique wellness experience, our spas offer respite and invite you to revitalize both body and spirit.

Begin your transformative journey towards optimal well-being and indulge in an unparalleled relaxation experience that promises to redefine your perception of being Fit & Well.

At Holmes Place Spa, we take joy in ensuring you feel truly special, savoring every moment in a setting that celebrates 'Active Wellness' at its finest.

FIT

BODY TREATMENTS

Energize your body with our Fit Body Treatments, meticulously designed to invigorate your senses and enhance your physical well-being.

Indulge in a tailored selection of treatments that go beyond relaxation, providing a holistic approach to fitness and vitality for your skin.

Allow us to guide you to achieve a body that radiates health and vigor.

FIT BODY TREATMENTS

Swedish Massage

This massage focuses on relaxing the whole body and is the best way to relieve stress, as well as to reduce fatigue. It relieves pain, relaxes the nervous system, increases muscle flexibility, improves metabolism, and boosts the immune system.

Key elements: Full Body Massage with medium pressure and choice of aromatic oils

Benefits: Increased Relaxation

Recommended for: All & Pregnancy Safe

55 min / 70€

70 min / 90€

Deep Tissue Massage

The aim of Deep Tissue Massage is to prevent muscle injury, especially when you exercise on a daily basis, therefore, this particular type of massage should be done regularly for best results. Frequent massaging will help you maintain your muscles in top condition, as well as improve your flexibility.

Key elements: Full Body Sports Massage and choice of aromatic oils

Benefits: Improves Range of Movement

Recommended for: All

55 min / 80€

70 min / 100 €

Lymphatic Drainage Massage

Lymphatic Drainage Massage is a unique technique focusing on detoxifying the body. The purpose of this massage is to “manipulate” the body and encourage the movement of liquids through the lymph. This facilitates the removal of various toxins stored in the tissues. As a result, the lymph becomes healthier. Thus, “causing” the body to build a healthier immune system and eliminate swelling. As toxins are expelled from the body, your skin will look more refreshed.

Key elements: Full Body Lymphatic massage with Detox oil

Benefits: Removes Waste and Toxins

Recommended for: All

55 min / 70€

FIT BODY TREATMENTS

ABS Massage

An abdominal massage provides great benefits for your body and can help you feel better, physically, and emotionally. It is a gentle non-invasive treatment which has relaxing therapeutic effects that stimulate the removal of toxins, improve digestion, relieve constipation and reduce bloating and emotional tension.

Key elements: Abdominal Massage

Benefits: Releases Physical Tension and Emotional Stress

Recommended for: All

20min / 40 €

Body Shaping Slimming Treatment

Sculpt your body! A firming and slimming treatment that offers clinically measurable results, which you can see and feel after each session. It activates the lymphatic system, decongests the body, and eliminates toxins. This is a fast track and complete body treatment with an individualized approach, including:

- Slimming or Firming Wrap
- Cellulite correction and firming Massage

Key elements: Full Body Exfoliant, Body Wrap, and Lymphatic Massage with Detox products

Benefits: Circulation Boosting

Recommended for: All

70 min / 80 €

FIT BODY TREATMENTS

Holmes Place Relaxing Massage

The Ultimate Body and Soul Experience! A unique relaxation experience that helps reduce fatigue and restore strength and balance, bringing the body back to total equilibrium and harmony. The treatment begins by choosing one of our four unique blends of essential oils and continues with specialized massaging techniques, combining hot stones and hot pouches, placed on the chakras to activate the Kundalini energy, which is located at the base of the spine. This treatment aims at stimulating your mind, body, and spirit.

Key Elements: Full Body Relaxing Massage with Volcanic Stones

Benefits: Stress and Anxiety Relief

Recommended for: All

60 min / 100€

Therapeutic Hot stone Massage

Following a consultation with the therapist, this localized, deep-tissue massage involves specific stretches, pressure application, and mobilization techniques where most needed.

Key elements: A Full Body Relaxing Massage with Volcanic Stones

Benefits: Muscle Recovery

Recommended for: All

55 min / 100 €

Therapeutic Cupping Massage

This therapeutic massage helps to remove all tension from our bodies. It stimulates the peripheral nervous system, restores the free flow of blood and energy to the muscles, and solves adhesions in the connective tissue and soft tissues of the body. It is addressed to those who want an intensive, targeted therapeutic massage. It deeply relaxes the muscles and promotes wellness and detoxification . It is ideal for those who need ultimate muscle pain relief.

Key elements: Full Body Therapeutic Massage with Cupping

Benefits: Deep Muscle Relaxation

Recommended for: All

55 min / 100 €

FIT BODY TREATMENTS

Indian Head Massage

The Indian Head Massage aims to release muscle tension in the neck, head, face, throat, and shoulders. It can also help relieve fatigue, insomnia, headaches, and sinusitis. The experience is deeply calming and relaxing, leaving you feeling revitalized.

Key Elements: Head Massage

Benefits: Releases Muscle Tension in the neck, head, and face.

Recommended for: All & Pregnancy Safe

30 min / 45€

Back Massage

A massage treatment focusing on the back, neck, and shoulder muscles. The treatment is designed to offer relaxation and ease tension in the areas where muscle problems most commonly appear. An ideal solution if you don't have time for a full-body massage or if you have accumulated tension in the upper body.

Key elements: Back, neck, and shoulder massage

Benefits: Releases Muscle Tension

Recommended for: All

30 min / 45€

Leg Massage

This treatment focuses on the leg area. It is the ideal solution for the tension accumulated in the thighs, calves, and feet. It balances energy levels in the body while revitalizing your senses and improving your mood.

Key elements: Leg massage

Benefits: Solves Leg and Foot Muscle Tension

Recommended for: All & Pregnancy Safe

30 min / 45€

WELL

BODY TREATMENTS

Immerse yourself in the luxurious realm of our Well Body Treatments, where tranquility meets transformation.

Designed to promote overall well-being, these treatments offer a harmonious fusion of relaxation and revitalization.

Let our expert therapists guide you on a journey to wellness, leaving you with a sense of rejuvenation that lingers long after your session.

WELL BODY TREATMENTS

Detox Cupping Massage

This detox massage uses suction cups on different body parts and is an effective technique for releasing blockages and eliminating stagnant energetic and lymphatic build-up. It's an invigorating technique to boost organ function, stimulate circulation, and improve skin tone. The treatment also targets cellulite.

Key elements: Leg Detox massage with cups

Benefits: Body Sculpting and Circulation Improvement

Recommended for: All Types

30 min / 45 €

The Secret of Argan

An experience of relaxation and beauty care that frees the mind and relaxes the body! The treatment starts with a full-body exfoliation using Berber scrub with cereals, enriched with essential oils and honey, and is followed by a relaxing body massage with beurre d' Arganier, a nourishing and fragrant butter. This massage journey ends with a facial massage, using Argan oil for skin regeneration and anti-aging effects.

Key Elements: Full Body Exfoliation and Massage with Argan Body Butter

Benefits: Dull Skin Removal and Overall Skin Regeneration

Recommended for: All Types

75min / 100€

WELL BODY TREATMENTS

Intensive Repair Treatment

A full-body rejuvenation treatment that deeply nourishes the skin. Intensive Repair Treatment is a ritual in which we use body wraps and a selection of body masks that contain minerals and plant powders, offering a rich texture and releasing wonderful, earthy scents. Body wraps have been used since ancient times as anti-stress treatments for detoxification, sculpting, toning, and replenishing skin minerals and moisture. It also involves a therapeutic body massage with warm shea butter, which perfectly complements this special treatment.

Key Elements: Body Wrap and Massage with Argan Body Butter

Benefits: Skin Regeneration

Recommended for: All Types

75min / 100€

Body Rejuvenation Experience

A wonderfully rejuvenating body treatment, based on the beneficial properties of beurre de karité. It starts with a relaxing session at the hammam, followed by a full-body cleansing with Savon noir soap made from olive paste and eucalyptus, an exfoliation with the traditional Kassa glove, a clay mask combined with the beneficial properties of Argan oil and, finally, a scalp massage. The treatment is completed with a full-body massage using the exquisite beurre de karité, along with floral, vanilla and fruit fragrances. An ideal treatment for regeneration, nourishment, and anti-aging.

Key elements: Full body exfoliation with a body wrap massage with Argan Body Butter, and scalp massage

Benefits: Skin Regeneration and Nourishment

Recommended for: All Types

90 min / 120 €

FIT

FACIAL TREATMENTS

Elevate your skincare routine with our Fit Facial Treatments, expertly curated to boost radiance and unveil the best version of your skin.

Our therapists take pride in offering facial treatments that seamlessly blend fitness for your skin with relaxation for your soul.

Experience the perfect synergy of expert techniques and premium skin care products, leaving your skin positively glowing.

FIT FACIAL TREATMENTS

Holmes Signature Facial

A Facial for Everyone! Dive into our Holmes Signature Facial, a fun and delightful experience, suitable for all. It's the perfect starting point for those new to facials. Enjoy a soothing and refreshing treatment that leaves your skin feeling rejuvenated and glowing.

For All Skin Types

Please note your full appointment time will be 50 minutes, which includes your treatment, plus an additional 10 minutes for a pre and post-consultation with your therapist.

60min / 70€

NeoPen Technology Treatment (Single Session)

This cutting-edge, non-invasive nanotech procedure uses advanced micro-needling to target various skin concerns. The NeoPen stimulates collagen production and enhances serum absorption through controlled microchannels. Whether it's fine lines, pores, or skin texture, the NeoPen offers a personalized solution for radiant, rejuvenated skin. Discover its transformative power for a smoother, firmer, more youthful complexion.

Not Suitable for Pregnancy or Active Acne Lesions

Please note your full appointment time will be 50 minutes, which includes your treatment, plus an additional 10 minutes for a pre and post-consultation with your therapist.

60min / Face 100€ / Face & Neck (Combo) 140€

Face Fitness (A lymphatic massage facial)

Achieve facial fitness! Our innovative anti-aging treatment inspired by Face Fitness visibly tightens, smoothens wrinkles, and renews your complexion. We start with deep cleansing and crystal exfoliation to target each area of the face. Then, a specialized anti-wrinkle massage activates cellular functions, followed by Face Fitness Rollers for instant muscle strengthening and oxygenation. A mask with organic sea pyrite and vitamin C tightens and lifts, leaving your skin toned, elastic, and rejuvenated.

For All Skin Types

60min / 85€

FIT FACIAL TREATMENTS

Express Face Fitness

(A Holmes Place signature lymphatic facial workout- Hands Only)

Achieve facial fitness! Indulge in our specialized hands-on facial workout at Holmes, where we elevate our unique muscle manipulation techniques. This complete facial workout is meticulously crafted for tension release, deep relaxation, detoxification, and targeted lymphatic drainage. The outcome is a rejuvenated and sculpted look, enhancing facial definition for a refreshed and revitalized appearance.

For All Skin Types

30min / 55€

Diamond Facial

(A Clinical Cleansing Technology Facial with Diamond Microdermabrasion)

Experience a deep facial cleansing treatment tailored to address oily and congested skin, featuring the cutting-edge technology of diamond microdermabrasion and advanced nanotechnology. Our innovative approach utilizes the power of enzyme papaya, hydroxy acids, and hyaluronic acid for a gentle yet highly effective exfoliation. This process not only restores balance to your skin, but also provides soothing relief and decongestion, resulting in a visibly clean and radiant complexion. Unveil the transformative benefits of diamond microdermabrasion, combined with nanotechnology for skin that radiates health and vitality.

For All Skin Types (Not Suitable for Active Acne Lesions)

90min / 140€

75 min / 90€

FIT FACIAL TREATMENTS

Pristine Technology Facial With Diamond Microdermabrasion

Experience the pinnacle of skin rejuvenation with our Pristine Diamond Microdermabrasion. Reveal a radiant and flawless complexion through this advanced exfoliation treatment, gently polishing away dead skin cells to unveil smoother, more youthful skin.

For All Skin Types (Not Suitable for Active Acne Lesions)

30min / 60€

30 min / Back Treatment 120€

Age-defying Platinum Facial

Relaxing and anti-aging facial with an enriched platinum mask for instant lifting, revitalization, and skin tightening.

Ideal for mature skin or prevention.

60min / 120€

WELL

FACIAL TREATMENTS

Embrace the luxury of our Well Facial Treatments,
where indulgence meets results.

Tailored to address specific skin concerns, these treatments are a
celebration of well-being and beauty.

Our skilled therapists bring forth a transformative experience, ensuring each
facial is a journey to rediscover your skin's natural luminosity.

Embrace the allure of radiant and healthy-looking skin.

WELL FACIAL TREATMENTS

Heart of the Ocean

Experience Thalgo's ultimate facial treatment, rich in active marine ingredients that replenish the skin with minerals and trace elements. Starting with the ceremonial welcome of "Eveil à la Mer," we prepare the skin for cleansing and exfoliation. The relaxing "Heart of the Ocean" massage transports you to the peaceful waves of the sea, helping to relieve stress and fatigue. Then, a beneficial mask with marine extracts replenishes and revitalizes the skin. Finally, products tailored to each skin's needs are applied separately. Your skin becomes velvety and radiant!

Suitable for Dry / Dehydrated Skin Conditions. Not Ideal for Acne Skin Conditions

60min / 65€

Deep Hydration Facial

Restores skin barrier function, prevents trans epidermal water loss, detoxifies, and rejuvenates the skin for immediate results.

Suitable for Most Skin Types

45min / 60€

PEELS

Revitalize your skin with our expertly crafted Peels, designed to unveil a radiant complexion and restore your natural glow.

Our spa proudly offers a range of rejuvenating peels, each tailored to address specific skin concerns and provide transformative results.

Suitable for Most Skin Conditions. Not Ideal for Open Skin Lesions.

PEELS

Medik8 Sensitive AHA Peel

Unveil the beauty of sensitive skin with the Medik8 Sensitive AHA Peel - a gentle yet effective skincare solution designed to bring radiance to even the most delicate complexions. Crafted with precision, this specialized AHA (Alpha Hydroxy Acid) peel is thoughtfully formulated to exfoliate and renew, respecting the sensitivity of your skin. It incorporates mild fruit acids that delicately refine the skin's surface without compromising its natural balance. This peel is curated for individuals with sensitive skin, providing a soothing and rejuvenating experience.

30min / 60€

Medik8 Universal AHA Peel

This advanced superficial AHA (Alpha Hydroxy Acid) peel is meticulously formulated to exfoliate and renew the skin's surface, leaving you with a revitalized and radiant complexion. The Universal AHA Peel by Medik8 harnesses the power of carefully selected fruit acids to gently dissolve dull, dead skin cells, promoting a smoother and more even skin tone. This indulgent peel is suitable for all skin types, offering a universal solution to enhance your skin's texture and radiance.

30min / 60€

PEELS

Thalgo Marine Peel

Experience the transformative 1st Marine Peel, an advanced skincare treatment featuring refined acids derived from fermented microalgae, seamlessly blended with lactic acid. This unique formula works progressively to renew and enhance the skin's quality. Witness a visible rejuvenation of your complexion from the very first session, unveiling a renewed and radiant skin texture.

30min / 60€

Medik8 Eye Reveal Peel

This meticulously crafted peel is enriched with potent ingredients, including gentle acids and revitalizing botanical extracts. The innovative formula gently exfoliates the delicate skin around the eyes, promoting a smoother and brighter appearance.

30min / 60€

SPA REGULATIONS & ETIQUETTE

Our expert Spa Team is at your disposal to help you choose the treatments that suit you best.

- The minimum age for accessing Holmes Place Spa is 16 years.
- Please make sure that your mobile phone is turned off during your visit at the Spa.
- Please let us know if you are or might be pregnant, have any allergies, or other conditions, as these are factors that contribute to the selection of a recommended treatment.
- We advise that you do not carry any valuables with you during your treatment - we will not be held responsible for any loss or damage.
- We recommend that you book your treatment in advance.
- Please arrive at the Spa at least 15 minutes before your appointment, so that you can relax and have adequate time to fill out our questionnaire regarding your health history.
- If you cancel your appointment less than 2 hours before your treatment, there is a 50% charge of the total cost. For cancellations or changes, please contact the Spa Reception directly.
- Sessions must end at the appointed time to avoid delays and unnecessary waiting. If you are late, your treatment time may be reduced.
- For better results, we recommend that women do not shave or use wax before a heat or body treatment.
- Most body treatments are done without clothing. We make sure that you remain covered in a way that makes you feel comfortable. However, you may choose to wear your underwear.
- We recommend that you drink water before and after each treatment. Also take time to relax after your treatment.
- If you have difficulty deciding or have questions about a treatment, please ask the Spa Receptionist during or before your visit. Our Team will be happy to advise you.

OPENING HOURS

Holmes Place Spa is open Monday to Saturday according to the timetable below.

Monday 12:00-20:00

Tuesday-Friday 11:00-22:00




Saturday 10:00-18:00

Sunday Closed




CONTACT US

Please contact us to inquire about our services or to book an appointment.




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