

1926
SPA

TREATMENT MENU

WELCOME TO THE 1926 SPA

Every element of our Spa Menu has been carefully designed to provide you with a classic service, a luxurious experience and an element of surprise.

Not simply a treatment, but rather an experience that achieves your desired wellness result, plus a little more...

Our *Massage Experiences* are distinct and soothing, our *Body Experiences* are deeply cleansing in a luxurious and personalized manner, our *Facial Experiences* are targeted and lavish. The very nature of an 'experience', though, is that it should be so good, you hope that it will never end.

We all look forward to welcoming you at our 1926 Spa



MASSAGE EXPERIENCES

THE AROMA

50 MINS - €90 | 80 MINS - €130

The gentlest of massages, yet effective, balancing the whole body and the mind. A synergy of seamless massage techniques and specially blended essential oils ensure you will feel renewed and refreshed. Soft to medium pressure.

THE DEEP

50 MINS - €110 | 80 MINS - €150

Before getting down 'to work', this massage experience begins with warming the muscles. This prepares you for a deep massage relieving tension in the muscles and the connective tissue. Perfect for those who enjoy a stronger massage. Strong to hard pressure.

THE 1926 BESPOKE

50 MINS - €100 | 80 MINS - €135

A personalized massage using flowing techniques, medium pressure, assisted stretching, and warm stones on the back to ease muscular tension, reduce joint stiffness, and boost circulation. The perfect balance of relaxation and therapeutic relief. Medium pressure.

THE DUO (PER COUPLE)

50 MINS - €180 | 80 MINS - €250

Indulge in a serene escape with your loved one in our couples' suite. This full-body massage combines soft to medium, harmonised pressure and synchronised movements, enveloping you both in a profound sense of relaxation and well-being.

HOT STONE MASSAGE

25 MINS - €60 | 50 MINS - €95 | 80 MINS - €135

Relaxing massage strokes are combined with heated stones placed on key energy points on your body, warming and releasing tension from the muscles. Instantly relieves and comforts.

AROMATIC CANDLE MASSAGE

50 MINS - €100 | 80 MINS - €135

This sensory journey starts with a warm massage candle, melting into aromatic oil. The soothing warmth relaxes your muscles for a gentle, tension-easing massage, nourishing your skin. Soft techniques and calming essential oils leave you feeling rejuvenated, balanced, and at peace.

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BACK MASSAGE

25 MINS - €55 | 40 MINS - €75

Give your muscles a boost as your circulation is stimulated and gently restored. Feel the tension and stress melt away with every swift movement across your back.

FOOT & LEG ENERGISER

25 MINS - €55

An invigorating experience for tired legs and feet. This treatment helps to aid joint mobility, stimulate circulation and reduce puffiness.

HEAD MASSAGE

25 MINS - €55

Massaging the scalp can stimulate nerves and blood vessels and begin to calm muscle tension around the head.



FACIAL EXPERIENCES

THE PURIFIER

50 MINS - €90

We cleanse and balance your face and décolleté with a combination of detoxifying extracts in this relaxing and luxurious experience. 'The Purifier' will leave your skin oxygenated and purified, and your face looking and feeling full of life and energy.

THE HYDRATOR

50 MINS - €80

A calming and repairing facial treatment infusing moisture, ideal for dehydrated and dull skin. High-performing active ingredients protect the skin, resulting in a restored and repaired complexion.

THE GENTLEMAN'S

50 MINS - €80

A fast but effective facial for men, specially formulated for dry or tired skin. Revealing the skin's vitality and removing signs of fatigue, this instant brightener intensely hydrates for a smooth, suave finish.

THE MINI

25 MINS - €55

Suitable for all skin types and those with a short amount of time! Skin is deeply cleaned and nourished, leaving it looking clear and hydrated. Perfect after a massage or other experience.

THE ULTRASOUND CAVITATION TREATMENT

50 MINS - €85

This advanced gentle, non-invasive treatment is safe and suitable for all skin types. Effective treatment for fine lines, wrinkles, sun damage, age spots, and mature skin, with visible results after one session, or longer-lasting results with a series.

RADIOFREQUENCY FACIAL

50 MINS - €90 | 80 MINS - €130

Radiofrequency is a technology for non-surgical tightening of the early signs of loose or sagging skin, ideal for those people who do not wish to undergo surgical procedures. It is commonly used to treat the forehead, under the eyes, cheeks, mid-face, jawline, and neck. The effect is to instantly shrink and tighten the collagen in these layers. Over time, it also stimulates new collagen production. The skin becomes tighter and rejuvenated.



BODY EXPERIENCES

THE 1926 POLISH & WRAP

50 MINS - €100

A luxurious experience of body & scrub wrap setting you on the path of healing as the lymphatic system is cleansed using nutrients enriched from the ocean depths. An excellent method to reduce cellulite, detox the body and restore the skin's natural luminosity.

THE POLISH

40 MINS - €65

This treatment helps remove dead skin cells, boosts circulation, and leaves your skin feeling soft, smooth, and revitalized. The homemade scrub with marine salt, sugar, coconut, honey and lavander maximizes the treatment's effectiveness, giving your skin a healthy glow.

DETOXIFING BODY WRAP WITH HEAD MASSAGE

45 MINS - €65

Treatment is designed to improve the texture and appearance of the skin by helping to rid the body of excess fluids and toxins followed by a relaxing head massage.



1926 SPA COLLECTION

THE DUO COLLECTION

110 MINS - €360 (PER COUPLE)

Allow your body and mind to relax, first with a gentle full-body exfoliation to cleanse the skin, followed by a back, shoulder, and neck massage. Then drift into a deeper state of relaxation with a hydrating facial, leaving your body & face cleansed, radiant, and silky smooth.

THE COMPLETE COLLECTION

130 MINS - €210

Scrub, Wrap, Bespoke Massage & Mini Facial

The eternal favorite, 'The Complete' is the optimum collection to make you look and feel at your greatest. To commence, we will exfoliate your entire body before massaging the skin with our hydrating and nourishing wrap. The experience will be completed with a full body bespoke massage and 'The Mini' facial ensuring you are ready for that big event or to simply go home looking and feeling amazing.

MUM TO BE PACKAGE

50 MINS - €100

A nurturing escape designed especially for expectant mothers. Enjoy a soothing arms and legs massage, a relaxing head massage, and a refreshing mini facial, leaving you feeling pampered, relaxed, and beautifully rejuvenated. Suitable from the second trimester of pregnancy onwards.

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BATHING EXPERIENCES

THE ANCIENT BATHING RITUAL

UP TO 120 MINS - €35 PER PERSON

At 1926 Les Bains, step into a sacred tradition of healing, reimagined for today. Inspired by Roman thermae, journey through four pools, each designed to purify, invigorate and renew. Raise a glass of prosecco, if you wish.

Tepidarium (warm) · Caldarium (hot) · Frigidarium (cold) · Hydro (whirlpool)

REVEL IN YOUR OWN PRIVATE SPA

FROM €100

Indulge in an extraordinary experience, with private access to all our spa and wellness facilities. Enjoy the aquatonic pool, sauna, steam room and tepidarium beds entirely to yourself. Savour a bottle of prosecco or a fruit platter as an addition, if you wish.

Monday to Sunday | 9:00 pm – 12:00 am
Times are subject to seasonal change.

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THE SPA SUAVITIES

The spa environment is one of tranquility and relaxation. Please respect the quiet and privacy of other guests. We kindly request that you refrain from using mobile phones and cameras. It is recommended that you leave all valuables in your guest room's safe. The spa cannot assume liability for any valuables.

RESERVATIONS

Advance booking is highly recommended to ensure preferred times are available, particularly if you decide to visit us a number of times during your stay. The spa provides walk-in bookings based on availability. You should plan to arrive 15 minutes before.

Please contact the Spa reception.

GIFT CERTIFICATES

Our gift certificates make a wonderful gift for any special occasion. Please enquire with our Spa Concierge for details and purchase.

PREGNANCY

We have specially designed treatments for expectant mothers. We recommend that you check with your physician before booking any spa services. Certain treatments and techniques may not be available during the first trimester.

HEALTH CONCERNS

Please advise us of any health conditions, allergies or injuries that could affect your experience or use of the spa facilities.

ATTIRE

For your convenience you may arrive at the Spa in your bathrobe and slippers provided in your room. Alternatively, you may use our changing rooms and lockers for your personal belongings. Sports attire and sport shoes are a requirement within the Fitness Centre. Outdoor footwear is not permitted in the Spa Wet Zone and indoor pool areas.

MINIMUM AGE

The minimum age for spa treatments is 16 years.

LATENESS AND CANCELLATION POLICY

We kindly ask our guests to arrive 15 to 30 minutes prior to their treatment. Please be aware that your late arrival may result in a reduction of treatment times as a courtesy to our next guest. Cancellation within 24 hours will incur a 50% automatic charge.

OPENING HOURS

Spa treatments available: Mon to Sun from 09.00 to 18.00 | Spa facilities are subject to seasonal change.



1926 Le Soleil
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