BESPOKE TREATMENTS TO GLOW WELL

At **THE GLOW WELL**, we understand that every individual's wellness journey is unique. That's why we offer a fully tailored approach to restore your balance and radiance for the long term. Our transformative treatments begin with a pre-arrival online consultation, enabling us to craft a personalized Treatment Programme designed exclusively for you and your Glow.

The secret to our treatments' immediate and lasting results lies in our expertly **selected natural ingredients**, advanced technologies such as **LED Light Therapy** and **Recovery Jet-Boots**, and the **skilled care of our therapists**. Together, these elements address a wide range of wellness concerns, delivering visible improvements and holistic renewal.

Our treatments go beyond visible results, focusing on complete mind and body renewal to ensure the feel-good effects last for days.

OUR PERSONALISED APPROACH

We believe in providing personalized, holistic care—because well-being is never one-size-fits-all. That's why every service we offer is thoughtfully tailored to support your unique needs.

>	PRE-ARRIVAL	>	STAY & PROGRAMME	>	AFTERCARE
	Begin your journey with ease. Our pre-arrival protocol includes a detailed health questionnaire, designed to better understand your needs and wellness goals. This allows us to craft a fully personalised Treatment Programme tailored exclusively to you.		Experience ultimate relaxation in your private sanctuary. Enjoy a carefree holiday complemented by your personalised Wellness Programme, delivered in the comfort and privacy of your villa, holiday home, or yacht. Every detail is tailored to support your well-being, creating a seamless blend of luxury and self-care.		Extend the benefits long after your treatment. Our journey together concludes with tailored skincare and wellness recommendations, including a simple, effective routine designed to fit seamlessly into your daily life. Maintain your new Glow and keep the feel-good effects lasting for days to come.

THE GLOW WELL

OUR MENU & PERSONALISED SERVICES

THE GLOW WELL SIGNATURE RITUALS

Reveal your natural radiance with THE GLOW WELL SIGNATURE RITUALS—luxurious treatments that rejuvenate, restore, and glow-ify your skin. From full-body revitalization and anti-aging skincare to jet lag recovery, each ritual is designed for ultimate well-being. Enhance your experience with SPA TEC LED Light Therapy for youthful, luminous skin.

THE GLOW WELL 120min– 480€
Exfoliate, Nourish, Sooth

The treatment starts with a soothing sea salt scrub that sweeps away dead skin cells, leaving your skin smooth, detoxified, and glowing. Then, personalized aromatic oils are applied all over your body, deeply hydrating and nourishing your skin. The revitalizing exfoliation is capped off with a full body massage, giving you that perfect get-up-and-go glow radiance.

Treatment Sequence:
-Full Body Sea Salt & White Sand Scrub
-Relaxing Massage

GLOW FROM TOP TO TOE 120min – 480€
Relax, Regenerate, Soften

This 'just-let-go-and-drift-off-to-sleep' treatment is devised to give you head-to-toe relaxation. It starts with an ultra-soothing scrub and back massage and is followed by a made-to-measure facial. A deeply cosseting leg and foot massage will ease the stresses of your busy urban life and make your limbs go all tingly. This treatment, quite literally, covers all the (body's) bases.

Treatment Sequence:
-Back Scrub & Massage
-Made to Measure Facial
-Foot, Hand & Scalp Massage

GLOW AWAY JET-LAG 120min – 480€
Depuff, Renew, Revive

This treatment will remedy the wooziness of jet lag so you can dive straight into your much-anticipated holiday activities. It begins with a relaxing body massage to release muscle tension from long hours of sitting. Compression therapy helps detoxify your body, reduce inflammation, and eliminate lactic acid from your limbs, while a soothing scalp massage relieves tension and refreshes your mind.

Treatment Sequence:
-Relaxing Massage
-Recovery Jet Boots Session
-Scalp Massage

BOOST YOUR SKIN GLOW

LED SESSION ADD-ON TO COMPLIMENT YOUR SIGNATURE RITUAL – 80€
Our advanced skincare technology, TheraFace LED Lighttherapy, is your ultimate solution for radiant, younger-looking, beautifully healthy skin.

Book this add-on to elevate the results of your selected Signature Ritual.

THE GLOW WELL

THE GLOW WELL PROGRAMMES

Prioritize self-care and elevate your holiday with THE GLOW WELL PROGRAMMES. Designed to rejuvenate your skin, restore vitality, and revitalize your body, these treatments leave you feeling relaxed, radiant, and fully recharged—delivering lasting benefits that linger long after your getaway.

GLOW & GO

For skin that lacks radiance and hydratation.

Discover a fresh approach to glowing skin with our curated programme, centred around cutting-edge face and body treatments that deliver both instant and lasting results. Enjoy gentle exfoliation that leaves your skin silky smooth, deeply relaxing massages to melt away tension, and personalised facial treatments tailored to illuminate your natural beauty. Featuring advanced LED Light Therapy, this programme provides a radiant boost, helping you to get your glow back—and keep it!

Choose from 3, 5, 7, or 10 days of indulgent care to transform your skin, elevate your spirit, and rediscover a glow that lasts well beyond your stay.

PROGRAMME GLOW & GO	DISCOVER	REBOOT	RESET	REBORN
DURATION	3 DAYS	5 DAYS	7 DAYS	10 DAYS
PRICE	1.560 €	2.560 €	3.860 €	5.020 €
PERSONALISATION & RECOMMENDATION				
WELLNESS CONSULTATION	√	√	√	√
END OF PROGRAMME RECOMMENDATIONS	√	√	√	√
BODY TREATMENTS				
FULL BODY SCRUB	1	1	1	1
MASSAGE TREATMENTS				
RELAXING BODY MASSAGE	1	2	2	4
RELAXING BACK SCRUB & MASSAGE	1	2	2	2
FACE TREATMENTS				
SKIN DIAGNOSIS	√	√	√	√
SIGNATURE FACIAL	1	1	2	3
MADE TO MEASURE FACIAL	1	2	2	2
THERAFACE LED LIGHTTHERAPY	3	5	6	9
BEAUTY TREATMENTS				
MANICURE & PEDICURE	-	-	√	√

THE GLOW WELL

GLOW & REVIVE

Depuff, revitalise and glow with radiant energy

Rediscover your natural vitality with our transformative programme, thoughtfully crafted to refresh both body and skin, leaving you depuffed, energised, and completely renewed.

Daily relaxing body massages melt away muscle tension from long hours of sitting, active adventures, or intense workouts. Paired with compression therapy using Recovery Jet Boots, these treatments detoxify, reduce inflammation, and revitalise tired limbs. Each session is elevated with gentle body scrubs to smooth and refresh your skin, or invigorating body brushing to boost circulation and energise your body. Complete your renewal with soothing scalp massages to relieve tension and refresh your mind, along with a personalised facial treatment to restore your ultimate glow.

Choose from 3, 5, 7, or 10 days of indulgent treatments for a bespoke journey that leaves you recharged, radiant, and fully revitalised throughout your holiday.

PROGRAMME GLOW & REVIVE	DISCOVER	REBOOT	RESET	REBORN
DURATION	3 DAYS	5 DAYS	7 DAYS	10 DAYS
PRICE	1.680 €	2.800 €	4340 €	6.020 €
PERSONALISATION & RECOMMENDATION				
WELLNESS CONSULTATION	√	√	√	√
END OF PROGRAMME RECOMMENDATIONS	√	√	√	√
BODY TREATMENTS				
FULL BODY SCRUB	1	1	1	1
BODY BRUSH	1	3	4	7
RECOVERY JET BOOTS	3	5	7	10
MASSAGE TREATMENTS				
RELAXING BODY MASSAGE	2	4	5	8
RELAXING BACK SCRUB & MASSAGE	1	1	2	2
SCALP MASSAGE	1	3	4	7
FACE TREATMENTS				
SKIN DIAGNOSIS	√	√	√	√
MADE TO MEASURE FACIAL	1	1	2	2

THE GLOW WELL

BODY GLOW & MASSAGES

Disconnect from the world and dive into your made-to-measure massages. From treatments that shine for their uplifting effects on the body to therapies that work like a dreamy bedtime story, our massages are uniquely tailored to suit your needs. Traditional strokes and age-old techniques are combined with modern views and innovative moves in our multi-sensory massages. Personalized blends of botanical oils are used throughout – their soothing scents add to the ambience and leave skin smelling lovely for the rest of the day.

RELAXING MASSAGE 60min – 250€ // 90min - 360€
Traditional Technique – Light Pressure – Deeply Relaxes

DEEP MASSAGE 60min – 280€ // 90min – 390€
Traditional Technique – Firm Pressure – Relieves and Relaxes

BOOST YOUR MASSAGE

CUSTOMISE YOUR MASSAGE // ENHANCEMENTS 20min - 80€

-**Dry Body Brushing:** Promotes skin renewal and activates circulation.
-**Feet Treat:** Blissful Foot Massage for pure relaxation.
-**Scalp Massage:** Relaxing tension relief for a refreshed mind.
-**Recovery Jet Boots:** Improve circulation in the legs and promote recovery.

Book this add-on to elevate the results of your selected Massage expierience.

SKIN GLOW & FACIALS

The next generation of integrative beauty and wellness starts with personalization

Our signature skin glow method leverages Anne Semonin's unrivaled expertise, integrates advanced skincare technology, including the option of TheraFace LED Lighttherapy, to addressing your concerns and goals through truly customized facials.

SIGNATURE FACIAL by Anne Semonin 90min – 360€
As individual as you

This luxurious facial offers the ultimate in personalized skincare, rejuvenating and refreshing your skin for a radiant, glowing complexion. Perfect for both men and women, it targets your skin's specific concerns and goals.

BOOST YOUR FACIAL

LED SEASSION ADD-ON TO TO COMPLIMENT YOUR SIGNATURE FACIAL – 80€
Our advanced skincare technology, TheraFace LED Lighttherapy, is your ultimate solution for radiant, younger-looking, beautifully healthy skin.

Book this add-on to elevate the results of your Signature Facial.

THE GLOW WELL

SELF-CARE ESSENTIALS - WELLNESS AT YOUR FINGERTIPS

Transform your **holiday villa into a personal wellness retreat** with our exclusive collection of premium self-care essentials. Designed for your convenience, this curated selection of advanced, science-backed wellness devices and luxurious skincare products empowers you to relax, recharge, and glow—all on your own schedule.

Each product is easy to use and requires **no therapist,** giving you the freedom to enjoy spa-like treatments in the privacy of your space. Whether you're looking to enhance sleep quality, soothe tired muscles, or rejuvenate your skin, our collection ensures a seamless, indulgent experience.

Rediscover balance, beauty, and relaxation - exactly when you need it.

CHOOSE FROM OUR CURATED SELF-CARE ESSENTIALS:

SLEEP WELL 300€ for the Complete Set - Yours to keep
Better SleepMask & Anne Semonin Night Regenerating Mask

Enjoy deeper, more restful sleep with the **Better SleepMask**, a blackout eye mask with soothing vibrations that enhance sleep quality. Paired with the **Anne Semonin Night Regenerating Mask**, this duo works overnight to restore radiance and reduce signs of fatigue. Together, they synchronize the skin's biological clock, enhance microcirculation, and deeply nourish, leaving your skin refreshed, plumped, and luminous by morning. Perfect for combating tired skin and environmental stress, ensuring ultimate sleep quality during your holiday.

DEPUFF WELL 300€ for 3 Days // 450€ for 1 Week Rental
JetBootsPrime & Anne Semonin Detoxifying Body Oil

Recharge and recover with **JetBoots Prime**, the ultimate wireless compression boots designed to reduce soreness, depuff legs, and boost performance. Paired with **Anne Semonin Detoxifying Body Oil,** this powerful duo enhances circulation, flushes toxins, and deeply nourishes your skin. Perfect for post-flight recovery or after a workout, it's your shortcut to feeling refreshed, recharged, and revitalized.

GLOW WELL 375€ for 3 Days // 525€ for 1 Week Rental
TheraFace Mask & Anne Semonin Phytorosa Serum

Elevate your skincare with the award-winning **TheraFace LED Mask** and **Anne Semonin Phytarosa Serum**—your ultimate duo for radiant, nourished skin. The FDA-cleared mask combines Red, Infrared, and Blue light with vibration therapy to boost firmness, smoothness, and glow while reducing fine lines and dark spots. Complement the mask's transformative effects with the Phytarosa Serum, enriched with beta-carotene and macadamia oil to deeply hydrate, repair, and enhance your natural tone. Perfect for restoring your skin after sun exposure or harsh conditions, this pairing ensures a visibly smoother, healthier, and more luminous complexion.

THE GLOW WELL

GLOW FROM TIP TO TOE

Treat yourself to our GLOW FROM TIP TO TOE treatments. Whether you're indulging in a refreshing **Manicure & Pedicure** or enjoying a personalized **Hair Styling** session, we'll leave you looking and feeling fabulous. It's the perfect way to add a touch of luxury and relaxation to your getaway!

MANICURE & PEDICURE 120min – 420€
The Ultimate Manicure & Pedicure Duo

Achieve flawlessly groomed hands and feet with our exclusive combined manicure and pedicure treatment. Designed to provide a luxurious and polished finish, this treatment includes meticulous nail shaping, cuticle care, exfoliation, and a soothing massage. Complete your experience with a perfect application of your chosen polish, leaving your hands and feet refreshed, nourished, and impeccably styled.

Removal and Application of Semi-Permanent Nail Polish 40min – 85€

EXCLUSIVE HAIR STYLING
Effortless Elegance, Tailored to You

Indulge in the luxury of professional hair care in the comfort of your private setting. This bespoke service* is tailored to your exact needs—whether you're seeking a flawless blow-dry or a complete experience including wash, cut, and light styling.

Perfect for everyday elegance, this service ensures you look and feel your best with minimal effort and maximum care. Our expert stylists bring precision, artistry, and personalized attention to every detail.

Blow-Dry // 1 hour – 250€
Personalised // 2 hours - 420€

** These services do not include colouring or highlights, but they can be arranged separately upon request.*

SPECIAL OCCASION & BRIDAL HAIR STYLING
Unforgettable Beauty for Life's Most Cherished Moments

Whether you're preparing for a wedding, milestone celebration, or any special occasion, we are delighted to create a personalized proposal for your bridal and event hair styling. From timeless bridal elegance to chic looks for your guests, every hairstyle is tailored to ensure you feel radiant, confident, and stunning.

We are happy to provide an individual cost estimation based on your specific hair styling needs and preferences for the occasion.

THE GLOW WELL

GLOW WELL FROM WITHIN

Discover GLOW WELL FROM WITHIN, a collection of transformative experiences designed to elevate your well-being. From the calming vibrations of Sound Healing to personalised coaching, each experience is thoughtfully tailored to restore balance, enhance vitality, and support relaxation and self-discovery. Let us help you feel your best, inside and out.

SOUND HEALING

A Journey of self-discovery and relaxation

The soothing vibrations and harmonious sounds will guide you into deep relaxation and rejuvenation. Experience the power of ancient instruments like crystal bowls, gongs, and chimes to clear your mind, reduce stress, and restore balance to your body and spirit. Come, lie back, and let the healing frequencies elevate your well-being.

50 min 250€ (1 person)
50 min 350€ (Group of 2-4 people)

GLOW WELL HEALTH COACH

Elevate your well-being with the guidance of our Glow Well Health Coach. This personalized service is designed to support your journey to optimal health and vitality, offering expert advice on nutrition, fitness, stress management, and lifestyle enhancements. Whether you're seeking to achieve specific wellness goals or simply maintain balance, our tailored coaching provides the tools and motivation to transform your health and well-being.

Contact our Wellness Consultant for further information on the Health Coach Programme.

GLOW WELL TRAINING

Transform your fitness journey with GLOW WELL TRAINING. Whether it's personalized training or yoga, our expert-led sessions are tailored to your goals, helping you build strength, flexibility, and balance. Contact our Wellness Consultant to book your session today!

GLOW WELL & PERSONAL TRAINING

Achieve your fitness goals with Glow Well & Personal Trainer, a service designed to provide expert guidance and personalized workouts tailored to your unique needs. Whether you aim to boost strength, improve endurance, or enhance overall well-being, our professional trainers create customized programs that align with your lifestyle and objectives.

Experience focused, one-on-one sessions that empower you to train effectively, stay motivated, and see results.

Contact our Wellness Consultant to learn more or schedule your Private Training Session.

GLOW WELL & YOGA

Reconnect with your mind, body, and spirit through Glow Well & Yoga. Guided by experienced instructors, these personalized sessions are designed to help you enhance flexibility, improve strength, and achieve inner

calm. Whether you're a beginner or an experienced practitioner, each session is tailored to your needs and preferences, ensuring a balanced and rejuvenating experience.

Rediscover harmony and vitality through the transformative power of yoga.

Contact our Wellness Consultant for more details or to arrange your personalised Yoga Programme.