ABSHERON SPA

Expert therapists will guide your mind and body back into harmonious balance with advanced Anne Semonin facials and luxurious bespoke treatments while Charme d’Orient has discovered the oriental rituals of beauty.

Abshireon signature experiences are tailored to suit your lifestyle needs of the moment.

Each treatment uses Anne Semonin and Charme d’Orient products, rich in the finest natural ingredients to leave you looking and feeling revitalised and rejuvenated.
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SIGNATURE EXPERIENCES
The philosophy of Absheron Spa is perhaps best experienced through our signature rituals. These signature rituals have been designed exclusively by Absheron Spa, they are advanced, truly indulgent and influenced by guests from around the world. These treatments have been selected and created with only one thing in mind: your well-being.

ABSHERON SPA TRULY PRECIOUS
2 hours

Relax within a true Anne Semonin experience. Commencing with a blissful back massage to release tension and combat muscular pain, this therapy also includes a chosen made-to-measure Facial and Miracle Eye treatment.
Foot Ritual – Back Massage – Made-To-Measure Facial – Miracle Eye Treatment – Refreshment

HAMMAM RITUAL WITH POMEGRANATE
75 minutes

This traditional and sensational cleansing treatment is pure bliss for mind, body and senses. Begin with a deep cleanse using black eucalyptus soap, steam and exfoliation with kessa that literally washes away all traces of dead skin. Then experience a full body and face Rhassoul mask mixed with extract of pomegranate, rich in vitamin E, minerals and trace elements to leave your skin superbly soft and silky. Finish the experience with our ultra moisturizer Shea butter with argan oil.

THE ROSE CEREMONY
75 minutes

The alum stone scrub promotes a sublime glow. Allow your skin to bath in the delight of a sumptuous wrap of shea butter and rose extract, with its known nourishing and moisturizing effect. The Shea butter and rose extract will be massaged into your body, leaving your skin feeling soft, looking radiantly youthful and your spirit completely refreshed.
Steam – Body Exfoliation – Shower – Body Wrap – Body Moisturizer – Refreshment
ANNE SEMONIN FACIALS

Discover the secret to looking younger and more radiant with any of these delicately fragranced, purifying and irresistibly indulgent facials.

MADE-TO-MEASURE FACIAL COLLECTION
60 minutes

These skin enhancing “made-to-measure facials” ensure effective, visible and immediate results. This collection has been designed to be tailor made for your individual needs through individually blended plant active serums, masks and complexes. Following an initial skin consultation, your therapist will assist you in choosing from the following combinations:

• Hydrate & Nourish
• Firm & Tone
• Balance & Purify
• Calm & Soothe

AGE DEFYING FACIAL
60 minutes

Designed to combat the ageing process, the innovative Anne Semonin “neurocosmetics” are combined with 100% Active Serums and advanced cryotherapy ice cubes to regain the skins natural youthful glow, releasing B Endorphins. The result is instantly tightened and firmed skin, a superb brightener for special events & boosting skin vitality.
MOTHER-TO-BE GLOW FACIAL BOOST
60 minutes

Hormonal effects on the skin can cause dryness, breakouts, increased pigmentation and a lack of luster complexion. Regain that beautiful, healthy skin glow with this re-hydrating and soothing facial therapy. With the use of intensive calendula oil, special attention is paid to relaxing your neck and shoulders.

DEEP MARINE FACIAL FOR HIM
60 minutes

Ideal for city or stressed skins. A detoxifying and anti-inflammatory peel-off mask and aromatic intensive complexes are used to soothe, calm and rebalance the skin to encourage a visibly clear complexion.

EXPRESS FACIAL
30 minutes

Suitable for all skin types. A powerful express skin replenishment treatment ideal for quick and instant results. Immediately refreshes and hydrates the skin, leaving the skin soft, supple and revitalized.

MIRACLE EYE TREATMENT
25 minutes

Designed to enhance, lift and firm your eye area. State of the art express radiance ice cubes with their cryotherapy benefits are used in combination with a therapeutic lymphatic eye massage to relax muscular fatigue and target the signs of ageing. Luxury addition to any facial treatment for better benefits.
WELL-BEING TREATMENTS

Today’s environment often prevents necessary nutrients from reaching the skin and nourishing the body. Choose from any of our exceptionally purifying body treatments below to replenish the wellness in you.

EXPRESS AROMATIC SEA SALT EXFOLIATION
30 minutes
A deep aromatic oil and salt scrub, the perfect skin preparation, leaving skin deeply nourished, smoothed and hydrated.
Foot Ritual – Body Exfoliation – Shower – Body Moisturizer – Refreshment

HYDRATING ROSE KAOLIN CLAY BODY TREATMENT
60 minutes
An ultra moisturizing and hydrating body envelopment designed to recondition dehydrated skin. This treatment begins with a full body exfoliation followed by an application of Pink Kaolin clay combined with nutrient rich treatment oils. A perfect full body thirst quencher for tired sensitive skin.
Foot Ritual – Body Exfoliation – Shower – Body Wrap – Shower – Body Moisturizer – Refreshment

DETOXIFYING SPIRULINA BODY TREATMENT
60 minutes
A detoxifying, slimming and energy boosting treatment. This envelopment begins with a gentle exfoliation of the skin to boost circulation. The use of natural seaweed re-metabolizes the body to efficiently kick start and maintain the elimination of toxins and waste. An essential body treatment to support a detox or weight management programme.
Foot Ritual – Body Exfoliation – Shower – Body Wrap – Shower – Body Moisturizer – Refreshment

PRECIOUS ORIENT RITUAL
60 minutes
A full body cleanse and exfoliation is performed at the start, to prepare the skin for a full body mask of natural honey and Royal Jelly, which nourish and delight your skin. Your skin is left wonderfully soft and glossy after a rinse off with Perfumed Oil Oriental.
Steam – Body Exfoliation – Shower – Body Wrap – Shower – Body Moisturizer – Refreshment
LUXURY ADDITIONS

BATH THERAPY
A therapeutic underwater massage in your own individual and private multi-jet bath. This experience will leave you feeling invigorated and relaxed after immersing your body under the water jets, which massage away the tension from your muscles. Suitable for one person only at a time.

CLEOPATRA MILK BATH
25 minutes

Immerse yourself in the sweet richness of the exotic milk bath which is laced with a scattering of rose petals or honey fragrant. The aroma of wild roses soothes the olfactory senses while bees wax preserves your natural protective coat and keeps it smooth and elastic.

SALT BATH
25 minutes

Soak in the uniquely therapeutic and beautifying powers of mineral salts, experiencing a sense of lightness and deep relaxation that you are not likely to have felt before. Tourmaline activates the micro-circulation of the skin, giving it a radiant appearance.

RHASSOUL EXPERIENCE
20 minutes

Immerse your senses and prepare mind and body for an indulgent treatment experience with this time-honoured Arabian Tradition. The Rhassoul Experience will strengthen the layers of the skin and stimulate the metabolism. A velvety Rhassoul mask made from fine Moroccan clay cocoons the body, cleansing deeply and drawing out impurities to bring new-found radiance to the skin. Soothe tense muscles in the Rhassoul steam before cascading warm water rinses away the mud. Self-application treatment, maximum of two guests.
ABSHERON SPA PACKAGES

Time to unwind, time to reflect, time to revitalize.
Our specifically designed Spa programmes enable you to enjoy the benefits of the Spa to its fullest, including tailored treatments.

BRIDE-TO-BE
3 hours 30 minutes

A day of pampering to ensure you are looking radiant for your big day. Start with a full body exfoliation, followed by a moisturizing wrap with pink kaolin, an anti-aging facial and your hands and feet will be twinkling after a manicure and pedicure. It’s the perfect, relaxing experience to prepare you for the most important day of your life.
Foot Ritual – Body Exfoliation – Body Wrap – Age Defying Facial – Manicure – Pedicure – Refreshment

WEDDING BLISS
2 hours

Congratulations you are together forever on the journey of life. Start your eternal romance side by side in our secluded suite with a 60 minute tailor made massage. End your glorious dreamy journey with a 30 minutes head massage and a tailored mini facial leaving you both floating blissfully away.
Foot Ritual – Tailor-Made Massage – Oriental Head Massage – Express Facial – Refreshment
For bride and groom

CITY ESCAPE AT ABSHERON SPA
3 hours

Retreat from the rigours of the city and purify your body and soul. Begin your city escape with our full body scrub, followed by a moisturizing wrap. Feel cradled within a heated cocoon whilst your scalp is gently massaged. Our Tailor made massage then eases the muscles of tension whilst our personally tailored facial restores brightness and firmness.
MASSAGES

Massage is a therapy that when applied with skill and care can precipitate many beneficial changes within the body, mind and spirit. It is a powerful treatment because it works on both physical and psychological levels to invigorate and relax while various techniques and strokes can also ease pain or tension from stiff aching muscles, boost circulation and alleviate mental stress.

ABSHERON SPA SIGNATURE MASSAGE
60 / 90 minutes

A tailor-made full body massage combining classic Anne Semonin techniques with a personally prescribed blend of intensive complexes and warmed botanical oil. You will receive a foot ritual whilst your therapist carries out a short consultation and recommends the most appropriate treatment selection from:
- De-Stress Phyto-Aromatic Massage
- Detoxifying Phyto-Aromatic Massage

Foot Ritual – Tailor Made Massage – Refreshment

DEEP TISSUE MASSAGE
60 / 90 minutes

An intensive massage which uses traditional techniques to boost circulation and relieve muscular aches and pains. Ideally targeted for those with an active lifestyle we work on tense, aching muscles and joints to restore mobility and flexibility.

Foot Ritual – Deep Tissue Massage – Refreshment

HOT STONE MASSAGE
90 minutes

This ancient and luxurious treatment uses special massage technique and natural deep heat in the form of heated basalt stones to relieve muscular tension and stimulate the body’s own detoxification processes. The embodied heat of the stones seeps deep into the muscle tissue to leave you feeling stress-free and uplifted.

Foot Ritual – Hot Stone Massage – Refreshment

ASK ABOUT OUR INTERNATIONAL SPECIALITY MASSAGES
TIME PRECIOUS MASSAGES

For those high on stress and short on time, get the relaxation you want by selecting one of our specifically targeted massages.

BACK, NECK AND SHOULDERS MASSAGE
30 minutes

Focusing on the back, neck and shoulders this massage uses natural oil extracted from freshly harvested almonds which makes the skin soft, tender and supple.

Foot Ritual – Back, Neck and Shoulders Massage – Refreshment

BACK AND LOWER LEG THERAPY
45 minutes

Using deep pressure massage techniques and lymph drainage, our therapists will help release the tension in your legs. A gentle massage on all the areas of the foot including the calf will release tension in the lower body and restore the energy levels.

Foot Ritual – Back Mask – Foot and Calf Massage – Refreshment

ORIENTAL HEAD MASSAGE
30 minutes

A deep pressure point scalp massage focusing on the vital energy points, a perfect solution for migraine or tired neck and shoulders. This treatment helps reduce tension, increase circulation and leave you with a feeling of well-being.

Foot Ritual – Oriental Head Massage – Refreshment
**MANICURES & PEDICURES**

Award-winning Jessica nail polishes are used within all our manicures and pedicures, which are renowned for their long lasting varnishes and extensive array of colours. Known as the “First Lady of Nails”, Jessica Vartoughian founded the Jessica Nail Clinic in 1969 and has since become renowned as the pioneer of professional nail care.

**MANICURE**

**EXPRESS HAND RITUAL**

30 minutes

Nails are filed, shaped and polished or hands hydrated and cuticles perfected, the choice is yours.

**ABSHERON SPA MANICURE**

60 minute

This luxurious manicure is customized to meet your personal needs. Includes an indulgent massage and a hydrating mask to leave your hands feeling and looking younger and softer. This is a facial for the hands in the truest sense.

**PEDICURE**

**EXPRESS PEDICURE**

30 minutes

Nails are filed, shaped and polished or feet hydrated and cuticles perfected, the choice is yours.

**ABSHERON SPA PEDICURE**

60 minutes

Your feet and legs will feel transformed with this tailor-made pedicure ritual. The treatment includes cleanse, exfoliation and hydration as well as a relaxing foot and leg massage and mask.
THE BENEFITS OF THE SPA

Why should I Spa?
The International Spa Association, ISPA, defines the Spa experience as “your time to relax, reflect, revitalize, and rejoice.” We also aim to deliver you an experience that incorporates elements that have been used in health and beauty rituals for thousands of years.

I’ve never been to a Spa before. Can someone help me choose the most appropriate treatments?
All members of Absheron Spa are available for a Spa consultation, to discuss our range of treatments with you. We will help you meet whatever objective you have, whether to detoxify, energize, improve skin clarity, improve skin tone or just to relax. We also have a range of signature therapies for those guests wishing to try treatments with a local influence.

Can I have more than one Spa treatment in a day?
Yes. Many Spa treatments work in synergy with each other. This means the therapeutic effects can be extended and improved by having more than one treatment in the same day. If you have any concerns, please speak to our Spa ambassadors.

What if I have a health condition or any health concerns?
We ask that you notify a member of our Spa team at the time of booking your treatment. When arriving at the Spa, you will be asked to complete our Consultation Form. This enables us to provide the best possible treatment and care. Please note that it is extremely important to advise if you are pregnant or suffer from any illnesses and allergies.

Should I eat before my Spa treatment?
As many Spa treatments improve blood circulation and use pressure techniques we advise against eating a heavy meal before your treatment. A light snack is appropriate if you are hungry. We strongly advise against the intake of alcohol before any treatment.
Scheduling an appointment
To schedule an appointment for the perfect treatment, please speak to our specialist Spa Receptionist who will guide you to the right choice. To ensure your preferred time and service is available we do advise booking in advance.

What should I wear to the Spa?
Please wear comfortable clothes to the Spa. All of our luxuriously appointed treatment rooms are equipped with changing facilities and our day guests will be provided with robes and slippers.

What should I wear during my treatments?
Because we respect you privacy, disposable undergarments will always be offered. Please be assured that areas of your body that are not involved in the treatment will be draped at all times.

Is there a minimum age requirement?
Guests 12 to 16 years of age are permitted to experience selected spa treatments if a guardian of the same sex accompanies them. Note that the guardian must be present throughout the entire treatment.

Is it necessary to arrive early for my treatment?
You are encouraged to arrive 30 minutes prior to your appointment in order to enjoy the serenity of the Absheron Spa. This then provides you with time to relax and to complete our Consultation Form which will help us personalize your Spa visit.

What if I am running late for my appointment?
To ensure we give the best possible experience to all of our Spa guests, if you are running late your treatment time will be shortened to ensure the next guest is not delayed. The full price of the treatment will be charged.

Valuables
We suggest you leave all your valuables in the safe provided in your guest room or utilise the guest safety deposit box available in the hotel lobby. Whilst we endeavour to look after your belongings, we do not assume liability for any valuables brought into the Spa or left in the lockers provided.
Men’s Facials
For best results we recommend that men shave at least 6 hours prior to their facial treatment.

What do I do if I need to cancel my Spa treatment?
All bookings must be guaranteed to either your hotel room or with a valid credit card. A 100% cancellation charge will be incurred for any treatment or spa programme not cancelled 24 hours prior to appointment. Failure to arrive for your scheduled treatment or any cancellation not within 24 hours prior to the appointment, will incur a charge equal to 100% of the value of the treatment(s).

How do I pay for my treatments?
All prices are in AZN. We accept only this currency and all major credit cards. You can also charge all treatments and services to your room account. All prices are in AZN and inclusive of government taxes. We levy no service charge. Prices are subject to change without prior notice.

Homecare
To continue your Spa experience back home, we have a range of products available to purchase at our Spa reception.

Gift Certificates
Gift certificates are available for purchase through the Spa reception and may be used for all Absheron Spa treatments.

Is there anything else I should know so I have the best Spa experience?
This is your time to relax and rejuvenate. Please let your therapist know if they can improve your comfort during your treatment. We advise against bringing electronic devices (including mobile telephones) into the Spa area as these disturb from your experience and also interrupt other guests in their enjoyment of the Spa.

Non-Hotel Guests
Book a minimum 1 hour face or body treatment and receive complimentary access to the fitness centre, swimming pool and wet area facilities.