



# Welcome to Lily Spa

*Come as you were. We want you to be. We want you to last. We want it to be good for you. Pool, hot and cold kulp, sauna, Turkish steam bath and quiet areas. Massage, body treatments and our own sauna master.*

*Lily Spa has created the framework for you, space for your moments. Breathe. Listen. Enjoy. And breathe. Fruits and drinks, and water, quantities of water, always water. Experience our Selected moments.*

*I hope you will unwind, relax and enjoy your precious time at Lily spa. If there is anything we can do for you to create a memorable and unforgettable experience, do not hesitate to contact any member of the spa team.*

*If you have questions regarding our spa, or the rules, you will find more information here <https://lilycountryclub.com/experiences/lily-spa>. The age limit at Lily Spa is 16 years.*

A handwritten signature in black ink, appearing to read "Jareth Geluk".

**Jareth Geluk**  
**Spa Manager**  
**Lily Country Club**



## Treatments

### Classic massage

50 min 1295,-

70 min 1695,-

*Comfortable, deep and powerful body massage with many varied grips. Super for stiff and sore muscles.*

*You can choose between:*

**Power Work:** *Powerful therapeutic massage, suitable for those who need deep massage or specially designed massage after sports activity.*

**Body Work:** *Classic body massage with medium pressure.*



### Hot stone massage

50 min 1295,-

*Massage with hot stones gives you a relaxing state of mind and extensive muscle therapy. The heat from the stones is therapeutic, adds energy and helps against muscle tension. Perfect for you who want a unique and relaxing experience or if you experience a lot of stress in everyday life.*





## Facial Treatments

### Lily signature treatment

*In this treatment we use a unique 2-phase cleanser that is a combination of oil and water that provides the most ideal deep cleansing effect on the skin. The goal of this treatment is to get your skin clearer and boost it's vitality. This treatment fits all types of skin*

50 min 1295,-



### Healthy Glow

*Starting with a deep cleanser followed by skin activators and ending with a moisturizer this vegan treatment is the perfect choice for you if you want to have a clear and moist skin with a healthy glow.*

45 min 1295,-

75 min 1695,-



### Lily's gentlemen

*This is a treatment for all men with a focus on deep cleaning of the skin. The treatment includes peeling, cleansing a light facial massage and a cream mask selected to fit your skin type. The result is a clean and clear skin. Because we analyzed the skin we can prepare a recommended home care program.*

50 min 1295,-



### Lily's express

*This is the perfect treatment for you if you don't have a lot of time but still want the best for your skin. A complete skin treatment in a shorter time so you are quickly ready for the rest of the day.*

25 min 795,-





## **Lily's Detox Algae Wrap**

**75 min 1895,-**

*Our ultimate algae wrap that gives you the feeling of going down a size in minutes. This treatment is especially suitable if you want to feel like a superstar. This is an energy bomb where you are cleansed from head to toe. The ultimate body treatment that includes salt and oil peels, algae wraps and a back, neck and scalp massage.*



## **Lily's red carpet**

**50 min 1295,-**

*A fantastic treatment with very nice results. This is a "filler treatment". The skin is filled with moisture and revitalizing ingredients. It will both look and feel smoother with an amazing glow. Choose a mask & ampoule selected for age and gender.*



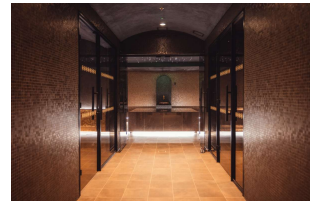


## Spa rituals

### Hamмам

*Hamam originates from the Middle East and the Ottoman Empire. Hammam was a public bath and an important part of daily life. The Hammam bathing ritual starts with a dry body scrub using a kessa (traditional scrub glove) followed by soap suds made from olives. The olive soap covers the body and the body and scalp are massaged. The treatment ends with washing of body and hair or followed by Turkish tea (Çay) and Lokum.*

**50 min 2990,-  
(couple treatment)**



### Rhassoul / Ghassoul

*A complete self-treatment performed in a steam bath. First a scrub to cleanse the skin followed by Rhassoul clay which is rich in minerals. The clay has a detoxifying and remineralizing effect on the skin. This ritual softens and balances the skin.*

**50 min 895,-  
(groups, max 8)**



### Scrub ritual

*This ritual takes place in the steam bath and opens the pores of the skin. The scrub ritual removes dead skin cells and renews the skin. In combination with a clay mask, your skin will feel smooth, soft and new.*

**25 min 395,-  
(groups, max 8)**





## **Augfuss**

***This ritual takes place within the sauna. It is a ritual that allows us to go back into ourselves. The aufgussmaster will pour water in combination with ice and essential oils on the stove to create steam and humidity. With a towel or a fan the aufgussmaster brings the heat and the aroma's to the guests. You will get an intense experience of the heat and aroma's. In this process the blood pressure will go down and your heart rate will rise. This is essential for the blood circulation. Your skin pores will open up and you sweat. By sweating your body gets rid of toxins. To complete this process you will cool down with a cold shower and have some fresh air. This is stimulating the immune system.***

**15 min**

**Incl. in entrance**

