

Telegraaf spa list

ELEMIS ADVANCED FACIALS

These superior treatments offer remarkable, long lasting results, stimulating cellular activity, boosting circulation whilst effectively treating the face and eye area. For the ultimate experience, these facials are enhanced by a luxurious hand & arm massage and de-stress scalp treatment.

TRI ENZYME RESURFACING FACIAL - anti-ageing facial for instant resurfacing of the skin.

60 min, 715,00 kroner

This unique and ground breaking treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing younger looking skin. Pioneering resurfacing technique safely and effectively removes the thickening layer of the epidermis, bringing a renewed level of evenness and clarity to the complexion.

VISIBLE BRILLIANCE FACIAL – for ageing, stressed & slackened skin

75 min, 715,00 kroner

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps up the skin whilst reducing dark circles from around the eye contour. Specialised micro-circulatory massage techniques are combined with the powerful proven formulations of Liquid Radiance, Cellular Recovery Capsules and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance and plumpness.

PRO-COLLAGEN MARINE FACIAL – for fine lines & wrinkles

75 min, 715,00 kroner

Providing immediate results in the fight against time, this exceptional face and eye treatment helps to slow down the signs of premature ageing, reducing the appearance of fine lines and wrinkles on the face and crows feet around the eye contour. Specialised massage techniques are combined with the unique antiageing Japanese Silk Mask impregnated with Pro-Collagen Booster Serum. Skin is more youthful after just 1 treatment.

PRO-COLLAGEN QUARTZ LIFT FACIAL – instantly firmer, uplifted appearance.

75 min, 715,00 kroner

This advanced anti-ageing facial is clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57%, after just one treatment. The power of Padina Pavonica is accelerated by the electrical energy of precious minerals Quartz, Tourmaline, Rhodochrosite and Malachite to reenergise cell communication, whilst Laminaria Digitata and Red Coral optimises cellular respiration.

OXYGEN SKINCALM FACIAL – for sensitive skin

75 min, 715,00 kroner

This face and eye treatment is pure soothing heaven for sensitive skins. Gentle massage techniques combined with calming actives and a restructuring Japanese Silk Mask help to rebalance delicate, fragile and sensitive skins. Reduces redness and offers immediate comfort to stressed skin.

S.O.S. PURIFYING FACIAL - for oily, problem & congested skins

75 min, 715,00 kroner

This powerful purifying face and eye treatment helps to absorb excess sebum and balance the function of the skin, whilst helping to repair scarring. Purifying massage techniques combined with the unique Japanese Sulphur Mask impregnated with Vita C Booster Serum help to calm irritation and rebalance oil-rich pores, leaving a beautiful matt skin.

ABSOLUTE SPA RITUAL

120 min, 1005,00 kroner

Elemis crown jewel hides in her Elemis Deep Tissue Muscle Massage and an amazingly effective facial with luxurious rejuvenating masks. Hot lime for your feet as a Welcome-touch; before the rhythmic and deeply effective massage techniques your body will be stimulated with a light body brushing. On the selection of the massage oils there are, among others, detoxing and stimulating Cellutox Oil and chakra balancing exotic Frangipani Oil. What's more - there are two active masks, special treating of the delicate eye area and a relaxing scalp massage included in the ritual

Dramatic results instantly!

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ELEMIS SKIN SPECIFIC FACIALS

Our therapists personally prescribe the right one to suit your skin's needs:

FRUIT ACTIVE GLOW – for dull, lifeless skin

60 min, 585,00 kroner

For a powerful skin recharge, this facial will bring back the glow to tired, dull and lifeless complexions. Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful skin conditioning actives nourish and renew vital radiance.

EXOTIC MOISTURE DEW – for dry skin

60 min, 585,00 kroner

For skin in need of a super saturating moisture boost, this thirst-quenching facial is perfect. Following a deep cleanse and nourishing facial massage, the skin is fed with moisture loving actives that will bring back that healthy, dewy look to the skin.

HERBAL LAVENDER REPAIR – for combination and oily skin

60 min, 585,00 kroner

For perfect restoration of skin balance, this facial helps to heal and repair oily, problem and congested skin. Deeply cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

ADD-ONS: (together with facials only)

EYEBROW TINT EYEBROW AND EYELASH TINT

20 min, 95,00 kroner 30 min, 150,00 kroner

EYELASH TINT EYEBROW TIDY

20 min, 95,00 kroner 20 min, 95,00 kroner

FACIALS FOR MEN

These facials are tailored to meet the demands of a hectic lifestyle and to combat the harsh, ageing effects of the modern environment, giving men the ultimate skin overhaul with maximum results.

ELEMIS SKIN IQ

75 min, 715,00 kroner

Designed to recharge and energise tired skin, whilst relieving tension in the shoulder and neck area. This professional treatment uses advanced scientific formulations, specifically targeted to men's skin.

ELEMIS URBAN CLEANSE

75 min, 715,00 kroner

The powerful therapeutic-grade ingredients deep cleanse and decongest to rapidly accelerate skin repair and hydration, calming irritation and reducing sensitivity to leave the skin visibly clear, youthful and improved.

ELEMIS TOTAL TIME OUT

120 min, 1005,00 kroner

Combine your choice of men's facial with the dynamic effects of the Elemis Deep Tissue Muscle Massage for immediate tension-relief.

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MASSAGES

TELEGRAAF MASSAGE

30 min, 390,00 kroner

60 min, 565,00 kroner

Based on classical massage techniques, this tailor made full body or local massage is designed as an unique fusion of the individual needs of the client and the personality of the therapist. Pure oils calm the senses, uplift the soul and help to leave behind the daily stress and tensions in the body.

WARMING TIBETAN MASSAGE

70 min, 890,00 kroner

Very effective holistic treatment which works wonders into deepest layers of muscles and acts even further, on the structural level. Firm massage is performed with the help of heated compresses which are filled with the mix of Tibetan minerals and Dead Sea salts and soaked in the warm, aromatic therapeutic oils. Detoxifying effect is immediate but the afterglow of the renewed harmony of body, mind and spirit will last long time.

NB! Treatment is not recommended to soon-to-be moms and whilst breast-feeding.

ELEMIS ABSOLUTE SPA RITUAL

120 min, 1005,00 kroner

From the soles of the feet to the crown of the head, this customised spa treatment is the flagship of Elemis spa rituals which hides in her Elemis Deep Tissue Muscle Massage and an amazingly effective advanced facial with active, rejuvenating masks for face and delicate eye area and relaxing scalp massage. Hot lime for your feet and light body brushing as a Welcome-touch, before the rhythmic and deeply effective massage will lead you to an ultimate relaxation...

NB! Treatment is not recommended to soon-to-be moms and whilst breast-feeding.

ELEMIS AROMA STONE THERAPY

75 min, 915,00 kroner

Warm basalt stones melt away tension as the therapeutic heat is slowly released into the muscles whilst small stones are placed on key energy points to maximize the complete body experience. Treat your body for ultimate relaxation!

NB! Treatment is not recommended to soon-to-be moms and whilst breast-feeding.

ELEMIS DEEP TISSUE MUSCLE MASSAGE

60 min, 585,00 kroner

A unique combination of ten different cultures. There is more in here than just a simple massage - hot lime for your feet as a Welcome-touch, furthermore a light body brushing before the rhythmic and deeply effective massage techniques... Pure oils revive your spirit or relax your tense muscle; chakra balancing Frangipani Monoi Moisture Melt among them in the selection. You'll feel addicted after your first treatment!

NB! Treatment is not recommended to soon-to-be moms and whilst breast-feeding.

ELEMIS DEEP TISSUE BACK MASSAGE

30 min, 410,00 kroner

Focusing primarily on the back, neck and shoulders area, this mini-massage helps to relieve tension, stress and aching muscles.

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ELEMIS BODY THERAPY

EXOTIC LIME AND GINGER SALT GLOW

45 min, 485,00 kroner

Invigorating ginger, energising lime and unrefined sea salt are mixed with fine oils to exfoliate and remineralise your skin. After light body brushing, warm oil is dripped luxuriously all over your body before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Your skin is deeply cleansed, polished and softened to perfection, completed with an application of Exotic Island Flower Body Balm leaving the skin glowing and vibrant, replenished, flawless. Soothe your body and soul with hand picked jasmine, ylang-ylang, osmanthus and warm vanilla for a truly sensuous, perfumed body.

NB! Treatment is not recommended to soon-to-be moms and whilst breast feeding.

CEREMONY OF SUN

60 min, 650,00 kroner

We know the sun is good for the soul but not necessarily for the skin... But it can be so with this rich and sensual ritual – the healthy way to radiant sun kissed skin! Invigorating exotic lime and ginger salt scrub leaves your skin perfectly polished, softened and prepared for the application of Total Glow Self Tan moisturizer. One hour of pure indulgence leaves you with the sunny glow, which will turn the heads...

NB! Treatment is not recommended to soon-to be moms and whilst breast-feeding.

EXOTIC FRANGIPANI BODY NOURISH WRAP

60 min, 650,00 kroner

Traditionally grown on the beautiful coral atolls of the Pacific Ocean, the exquisite sweet scented Frangipani flowers, known as 'Flowers of the Gods', are carefully soaked in cold-pressed coconut oil to produce Monoi, an ancient Tahitian word meaning 'scented oil'. In this exotic treatment it flows onto your body, making it soft and silky. Until the body is wrapped into a fully moisturising cocoon, the precious beauty secret of polynesian women is applied to your face and scalp. After the shower, when the Exotic Island Flower Body Lotion is massaged into your skin, you'll feel an amazing rebirth.

EXOTIC COCONUT RUB AND MILK RITUAL WRAP

60 min, 650,00 kroner

A luxurious exotic wrap, a ceremony of pure sensuality to tantalise and delight. A traditional Balinese recipe of coconut, mungbean, spices and lavender is combined with Exotic Frangipani Monoi Moisture Melt. In warmed moisturising milk bath there lies a secret discovered by Cleopatra... This superior treatment is further enhanced by a luxurious hand & arm massage and de-stress scalp treatment for the ultimate SPA experience.

NB! Treatment is not recommended to soon-to-be moms and whilst breast-feeding.

MUSCLEASE AROMA SPA OCEAN WRAP

75 min, 765,00 kroner

Energising body brushing and warm algae mask with scented oil selection is exactly what your body is longing for when you are on a voyage. The extracts of arnica, birch and witch hazel are tension relieving. A warming blend of maritime pine and rosemary oils helps to ease rheumatism, arthritis, muscle spasm and tiredness. Let your thoughts drift away, whilst you are treated the pressure point massage of the face and de-stress scalp treatment with the oil from Tanzanian 'Miracle Tree'.

NB! Treatment is not recommended to soon-to-be moms and whilst breast-feeding.

CELLUTOX AROMA SPA OCEAN WRAP

75 min, 765,00 kroner

A blend of juniper and lemon essential oils helps to stimulate and remove toxins from the entire body. A Welcome-touch with the uplifting lime oil and the circulation stimulating body brushing are the introduction to this unique therapy to detoxify and to remove excessive liquid. The skin tone and texture will improve. This excellent results-giving therapy is a pure satisfaction for the mind.

NB! Treatment is not recommended to soon-to-be moms and whilst breast-feeding.

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ELEMIS HAND TREATMENTS

EXOTIC HAND RITUAL

30 min, 290,00 kroner

Enlighten the senses as you inhale the mystical exotic aroma of hand-picked jasmine, ylang ylang, osmanthus and warm vanilla in the ancient ceremony of sensuous bathing for your hands. The cuticles and nails are nourished with warmed aromatherapy oils, whilst the sublime sensation of the Elemis Skin Nourishing Milk Bath lavishes its richness for beautifully smooth, soft hands.

EXOTIC HAND RITUAL WITH MANICURE

75 min, 565,00 kroner

Exotic hand ritual is enhanced with a light manicure, which consists of nail shaping, cuticle care and nail varnish.