

spa
WILLIAM
GRAY

SPA MENU - TREATMENT LIST

NURTURING MIND, BODY AND SOUL

We have meticulously designed our treatments to provide you with a rejuvenating experience that nourishes body and spirit. Our 10 private treatment rooms are staffed by expert practitioners, including registered massage therapists and certified aestheticians. In addition to our thermal circuit, we offer an exclusive signature treatment, spa rituals, massage therapy, advanced facials and body treatments, as well as manicures, pedicures and waxing.

Opening Hours

Monday to Saturday: 8 am to 10 pm
Sunday: 8 am to 9 pm

Please contact Spa William Gray for more information and reservations
Spa William Gray
Floor: P1
T 438 387-2008
spawilliamgray.com

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THERMAL CIRCUIT	3
WILLIAM GRAY SIGNATURE TREATMENT	4
SPA RITUALS	5
Sound Therapy	5
Spa Rituals	5
MASSAGE THERAPY	6
Massage Enhancements	8
BODY TREATMENTS	9
ADVANCED FACIALS	10
Anti-aging	10
Corrective	11
Organic	11
Specific to Men	12
Facial Enhancements	12
Intraceuticals Oxygen Infused Facial Treatments	13
Intraceuticals Boosters	13
Skincare Consultation	13
BEAUTY	14
Manicures	14
Pedicures	15
Waxing	15

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THERMAL CIRCUIT

A rejuvenating treatment that stimulates and strengthens

Thermal Circuit

\$60 per person

Our innovative hot/cold thermal circuit includes an exclusive Himalayan salt room, Finnish sauna, eucalyptus steam room, experiential showers, cold room, herbal sauna and a seasonal outdoor pool. This unique interplay of hot and cold experiences strengthens and relaxes the immune system, nurturing mind, body and spirit for a truly restorative experience.

Salt

Salt therapy is renowned for detoxifying the respiratory system, alleviating asthma and allergies, improving skin conditions, and promoting sleep and wellness. Our exclusive salt room is lined with pure Himalayan salt blocks, with a halogenerator that circulates atomized salt particles in the air. The ambient lighting is kept low, to more closely replicate natural salt caves. The room is kept at a warm temperature of 20-22°C/68-72°F, with a humidity level of 30%.

Sauna

The hottest room in the thermal circuit (80-90°C/176-194°F, humidity level of 10-20%), our traditional Finnish sauna is excellent for relaxing muscles, soothing aching joints, relieving stress, and flushing toxins from the system.

Herbs

Our herbal sauna uses aromatherapy, known for reducing stress, boosting energy, aiding in healing, and strengthening the immune system. This room has a milder heat than that of a traditional sauna. Temperatures are 55-65°C/131-149°F, with a humidity level of 10-20%.

Relaxation Space

Dedicated to calm and serenity, our relaxation space provides a respite between hot and cold circuits. An important component of thermal therapy, relaxation allows your body and mind to return to a neutral state, and absorb the benefits of the thermal circuit. We invite you to visit the relaxation space before, during and after the thermal circuit.

Rain

This experiential shower has a range of pressures – from light mist to pulsating shower – and is ideal as a first step in your thermal circuit session, or for final cool-down. It utilizes an interplay of hot and cold, along with relaxing chromotherapy and rejuvenating aromas. Temperatures range from Cold (14°C/57°F) to Cool (18°C/64°F) to Tepid (23°C/73°F).

Steam

Steam therapy is a natural way of boosting the metabolism, relieving pain and eliminating excess sodium. Our steam room emits a eucalyptus scent that helps soothes sore muscles, ease tension, and cleanse the nasal passages and lungs. This is a great detoxifier and cleanser. Temperatures range from 38-48°C/100-118°F, with a humidity level of 80%.

Ice

Perfect for cooling off after time in the sauna, steam room and herbal room. This room is kept at a chilly 2-4°C/36-39°F (humidity level: 55%), helping to stimulate blood circulation and strengthen the immune system. For more intense cooling, crushed ice is at your disposal to further refresh yourself.

Pool

Our three-foot-deep outdoor pool is open from 8 am to 8 pm, during summer season. It's equipped with therapeutic jets that stimulate blood circulation, reduce muscle tension and aid in overall relaxation. Four relaxing loungers are provided to help you soak up the sun; we provide towels and water. Note: pool is only open to thermal circuit guests.

WILLIAM GRAY SIGNATURE TREATMENT

Based on ancient therapeutic rituals, the William Gray Signature Treatment provides an unparalleled level of physical and mental relaxation, stimulating the metabolism and purifying the system.

William Gray Signature Treatment

100 min \$325

This exclusive, luxurious treatment is unique to Spa William Gray, and offers a truly unsurpassed level of relaxation and rejuvenation. A highly recommended once-in-a-lifetime experience.

We've specifically designed this extraordinary experience to provide you with ultimate relaxation and restoration. Your treatment takes place on an innovative Gharieni heated bed, filled with warm quartz sand and draped with soft linens, which is moulded around your body to detoxify and release muscle tension. Our expert therapist lulls you into an even deeper state of relaxation through soothing acupressure and body massage, using a luxurious aromatic oil formulated to Ecocert guidelines, and the application of warm quartz-filled poultices.

The bed is then tilted so your feet are slightly higher than your head, providing a comforting, zero-gravity experience. You then receive an energizing and balancing foot massage with a Kansa Wand, an Ayurveda tool that releases negative energy and toxins. The bed is tilted in the other direction, and you are pampered with a relaxing and decongesting facial massage using quartz poultices, as well as a rejuvenating face mask, and both a scalp and hand massage.

Every detail of this treatment has been carefully created to dissolve aches and pains, release negative energy and toxins, calm the mind, and improve circulation. This is a transformative experience that provides benefits long after your treatment is over.

SPA RITUALS

Restorative treatments that detox and revive

SOUND THERAPY

Spa Wave

30 min \$45 | 60 min \$75

This treatment combines sound waves of curated music with a comfortable lying surface that integrates an extremely efficient vibration massage system. The acoustic and dynamic stimulation combine to reduce stress, calm the mind and improve sleep. After a registered therapist tucks you in a heated bed and places your headphones, you are left to disconnect and enjoy the relaxing, meditative benefits of this exceptional experience. Makes a great power nap and helps alleviate jet lag.

SPA RITUALS

Himalayan Salt Detox Treatment

60 min \$175

This ancient healing ritual begins with a soothing massage of warm Himalayan salt stones to promote relaxation and decrease stress. An aromatic oil scrub then detoxifies the body and stimulates the metabolism; followed by a warm shower and a nourishing hydration treatment. Reduces tension, and restores vitality and balance.

Tranquility Pro Sleep Treatment

60 min \$175

Ideal for travelers or those who have problems sleeping, this multi-sensory treatment integrates a synergy of therapies, including sound therapy, essential oils, and both Ayurvedic and Indonesian techniques. Soft brushes are soaked in warm oil, then used to soothe and massage the body, guiding the way to tranquility, helping reduce jet lag and promote sleep.

Sacred Nature Face and Body Bio-certified Treatment

90 min \$225

This natural, organic treatment combines healing, relaxing massage techniques with the curative effects of a face and body scrub to exfoliate, nourish and protect. All products used are formulated in line with Ecocert guidelines, and are suitable for all skin types, even those with delicate skin. A wonderful choice for those with environmental concerns.

MASSAGE THERAPY

Massage therapies tailored to your unique needs

Our massage services provide the utmost level of relaxation and rejuvenation. Our licensed massage therapists can help you select a treatment that is most therapeutic for you.

Swedish Relaxation

60 min \$130 | 90 min \$175 | 120 min \$220

A full-body treatment that uses long strokes of light-to-medium pressure to improve circulation and reduce stress. Great for deep relaxation and tight, achy muscles.

Swedish Therapeutic

60 min \$140 | 90 min \$190 | 120 min \$240

This full-body treatment also targets specific muscle groups, and uses deep pressure to release tension, improve flexibility and aid in physical performance.

Deep Tissue

60 min \$140 | 90 min \$190 | 120 min \$240

By focusing on specific regions of the body, this therapeutic treatment is ideal for those with chronic problems in key areas. It uses firm pressure and slower strokes, using forearms, elbows, thumbs and knuckles, to penetrate and target the deepest layers of muscle, tendon and fascia. Helpful for alleviating chronic pain, restoring muscle health and accelerating healing.

Sports

60 min \$140 | 90 min \$190 | 120 min \$240

An ideal massage if you're preparing for, or recovering from, intense physical activity. Using firm strokes and compression, this intense massage relaxes muscles, eases cramps and enhances performance. It also helps with injuries and over-use of muscles.

Thai Oil

60 min \$140 | 90 min \$190 | 120 min \$240

This traditional, energizing treatment combines Thai massage with gentle stretching and acupressure movements. It focuses on the body's energy lines, generating deep relaxation.

Pain Relief

60 min \$140 | 90 min \$190 | 120 min \$240

A Swedish therapeutic massage that uses arnica and thermal mud on the back to create an energizing treatment that helps dissolve aches and strains.

Head, Neck and Shoulder

60 min \$140

This treatment focuses on the muscle groups of the upper back and neck, where tension tends to build up the most. Uses Swedish massage techniques to relax and soothe.

Lymphatic Drainage

60 min \$140 | 90 min \$190 | 120 min \$240

Aids in detoxifying and eliminating waste. This light, pulsating massage drains the lymphatic tissues, helping stimulate the metabolism and reducing overall fatigue.

Prenatal

60 min \$130 | 90 min \$175

This safe, restorative treatment is just for pregnant women, and utilizes a gentle massage to reduce stress and provide deep relaxation. Available after the first trimester only.

Foot Reflexology

60 min \$130

Using the ancient techniques of Chinese reflexology, this treatment focuses on acupressure points on the feet to stimulate the body's healing system, ease discomfort and promote health.

Himalayan Hot Salt Stone

90 min \$225 | 120 min \$270

A full-body massage using pure Himalayan salt stones to detoxify, improve circulation, reduce inflammation and calm the nervous system.

Quartz Poutice

60 min \$190

This full body relaxation massage is performed on our warm quartz spa bed, and uses heated quartz poultices and fragrant oil to detoxify, release tension and restore energy flow.

Aromatherapy

60 min \$155 | 90 min \$200 | 120 min \$245

This massage uses a blend of essential oils that is personalized for each guest on the day of the treatment, creating a customized massage that targets specific concerns.

Duo

60 min \$130 | 90 min \$175 | 120 min \$220 per person

Select the massage of your choice. This treatment is performed in a room with side-by-side beds, providing you and your partner with a shared, tranquil and rejuvenating experience.

In-Room

60 min \$170 | 90 min \$215 | 120 min \$260

For guests staying in the Hotel William Gray, we are happy to provide the massage of your choice in the comfort of your room, or on your balcony. Dependent on room size and weather.

MASSAGE ENHANCEMENTS

These treatments are enhancements to our massages and cannot be booked alone.

On Quartz Bed

\$50

Experience the unique healing benefits of our signature quartz bed. The sand adapts to your body's shape, helping detoxify, improve circulation, and reduce muscular tension.

Aromatherapy

\$25

Enhance your massage with your preferred blend of essentials oils for body and mind. We offer three aromatic blends for you to choose from: Aromasoul Mediterranean Blend (to detoxify, tone and energize), Aromasoul Arabian Blend (to calm, restore and strengthen) and Tranquility Blend (to relax and calm).

Sacred Nature Anti-ageing Organic Treatment Oil

\$30

This nourishing and toning treatment reduces the appearance of stretch marks, and both nourishes and tones the skin.

Himalayan Salt Hot Stones

\$40

For the ultimate relaxation. This incredibly soothing back treatment helps detoxify, rebalance the system, and promote relaxation.

Thermal Mud and Arnica Pain Relief

\$65

This targeted back treatment helps relieve muscle pain and reduce inflammation. An excellent therapy after sport or when faced with stress or fatigue.

Skin Regimen Anti-Ageing Body Scrub

30 min \$85

This powerful treatment uses chia seeds, matcha tea and caffeine to naturally counteract the signs of aging and rid dead skin, leaving skin luminous. Visible results can be seen from the very first treatment.

Aromasoul Volcanic Scrub

30 min \$85

A wonderful complement to all massages, this treatment uses your choice of essential oil blend to get rid of dead skin cells and create smooth, silky and radiant skin.

BODY TREATMENTS

Solutions for optimal body care

Our curated assortment of body treatments are carefully designed to prevent the signs of aging, firm and elasticize the skin, and detoxify your body.

Skin Regimen Anti-Ageing Body Scrub

60 min \$145

This powerful body treatment uses natural ingredients such as chia seeds, matcha tea and caffeine to prevent and correct signs of aging, providing visible results after the first treatment.

Body Strategist Toning and Elasticizing Therapy

60 min \$155

A renewing exfoliation is followed by an antioxidant body wrap, resulting in firmer, more elasticized skin.

Bagni di Pisa Thermal Mud-Anti-cellulite Therapy

60 min \$155

Uses algae, thermal water from Bagni di Pisa and a blend of essential oils to detoxify and fight cellulite. Improves texture and promotes a slimming action.

Grotta Giusti Thermal Mud Healing and Renewing

60 min \$155

This thermal mud wrap remineralizes and purifies the body, helping to ease pain, tension and aches, and promote an overall feeling of relaxation and vitality.

Aromasoul Volcanic Scrub

60 min \$145

A cleansing scrub enhanced with your choice of essential oil blend, leaving skin smooth, radiant and nourished.

ADVANCED FACIALS

Advanced skincare that nurtures and heals

All of our facials begin with a personalized consultation, ensuring your treatment is customized for your skin's unique needs.

ANTI-AGING

Skin Regimen Discovery Treatment

30 min \$85

A treatment that combines an anti-gravity massage technique with a blend of superfood ingredients, resulting in a visibly youthful face. Ideal for post travel or before events.

Skin Regimen Longevity Treatment

60 min \$125

Using a blend of superfood ingredients and anti-gravity massage, this treatment targets expression lines and wrinkles, leaving skin with a healthier, youthful appearance.

Sublime Skin Double Peel

60 min \$135

An exfoliating treatment that uses lactic acid, AHA and vitamin C to exfoliate skin, reduce wrinkles and provide a glowing complexion. Great for targeting dullness and uneven skin tone.

Sublime Skin Active Lift

60 min \$160

A 'Kobido' inspired massage technique is combined with a biphasic mask to regenerate cells and oxygenate skin. An excellent anti-ageing and lifting treatment.

Sublime Skin Deluxe Lift

75 min \$175

Tightens and lifts, resulting in radiant, younger skin. Combines a 'Double Peel' facial with vitamin C, a biphasic mask and the 'Kobido' inspired massage of the 'Sublime Skin Active Lift'.

CORRECTIVE

Active Pureness Purifying Treatment

60 min \$125

This deep cleansing facial removes excess oils, leaving skin fresh and radiant. Optional extractions for purification. Add a Double Peel (25 min, \$40) for optimal exfoliation.

Recover Touch

60 min \$125

A wonderful treatment for skin that's been exposed to environmental stress, or post microdermabrasion or laser sessions. This vitamin-rich antioxidant treatment provides nourishment, moisture and relief.

Deep Hydrating Treatment

60 min \$125

Hydration and nourishment for dry, dehydrated skin, this treatment includes a specialized three-phase brush massage for ultimate relaxation. Add a Double Peel (25 min, \$40) for deep exfoliation and illumination. Great after air travel, or during harsh weather.

Soothing Treatment

60 min \$125

Ideal for people who are prone to redness or rosacea, this fragrance-free treatment soothes and protects, diffusing redness and leaving skin soft and nourished.

ORGANIC

Sacred Nature Bio-certified Treatment

45 min \$115

Ideal for those with environmental concerns, this treatment sources 99% of its ingredients from natural origins, and uses products formulated in line with Ecocert guidelines. Nourishes and protects skin, restoring softness and radiance.

SPECIFIC TO MEN

Hydra Performance

60 min \$125

Recommended for dry and dehydrated skin, the after-effects of flying, or exposure to extreme weather. Deeply hydrating and nourishing.

Pure Performance

60 min \$125

A deep cleaning treatment that removes excess oil and rebalances excessive sebum production. Provides your skin with a clarifying, matte finish.

Anti-age Performance

60 min \$160

Great for mature skin, this rejuvenating treatment smooths lines and wrinkles, stimulating cell renewal and leaving skin firm and toned.

FACIAL ENHANCEMENTS

These treatments are enhancements to our facials and cannot be booked alone.

Sublime Skin Anti-aging Eye Treatment

15 min \$50

This hydrogel eye mask is enriched with peptides, reducing dryness and puffiness as well as dark circles and fine lines. A refreshing, immediate solution for signs of fatigue.

Deep Extraction

15 min \$30

This deep cleansing treatment removes impurities and excess oils, and is great for targeting areas of specific concern.

Double Peel

25 min \$40

An excellent addition to the 'Active Pureness Purifying Treatment' and the 'Deep Hydrating Treatment', the Double Peel exfoliates and renews skin.

Anti-ageing Organic Lip Mask

15 min \$50

An organic treatment that's formulated according to Ecocert guidelines, sourcing 99% of its ingredients from natural origins. Gently hydrates and protects the delicate lip area.

INTRACEUTICALS OXYGEN INFUSED FACIAL TREATMENTS

Our Intraceutical treatments go well beyond traditional facials. These specialized treatments use pressurized oxygen as a catalyst to infuse hyaluronic acid – combined with specialized serum, antioxidants and vitamins – into the skin. They dramatically decrease fine lines and balance skin tones, targeting expression and stress lines. The result? A more youthful look almost immediately.

Express Atoxylene Treatment ®

30 min \$100

A non-surgical alternative to more invasive procedures, this treatment visibly softens expression lines, instantly firming and lifting skin.

Hydrating Rejuvenate Treatment

60 min \$185

Uses vitamins and antioxidants to dramatically lift, tone and hydrate the skin. Targets the appearance of lines and wrinkles, and provides ultimate hydration.

Opulence Brightening Treatment ®

60 min \$195

Botanical brighteners and super concentrated Vitamin C are combined to brighten and balance uneven skin tone, leaving your skin younger and more radiant.

Anti-Ageing Treatment (Rejuvenate + Atoxylene + Opulence)

120 min \$425

Combines the best of all treatments. Rejuvenate, Opulence and Atoxylene treatments work together to instantly reduce wrinkles, brighten skin and provide a more luminous appearance.

INTRACEUTICALS BOOSTERS

\$50 each

Enhance your results with your personally prescribed Booster+ Treatment. Cannot be booked alone.

Collagen – Renews and rejuvenates skin, using state-of-the-art collagen building peptides.

Vitamin C+3 – Smooths, strengthens and promotes healthy, glowing skin, using three forms of vitamin C.

Vitamin A – Clarifies skin, promotes elasticity and refines the appearance.

Antioxidant – Brightens and balances dull, stressed skin using natural super fruits.

SKINCARE CONSULTATION

15 min \$25

We recommend an expert, personalised skin analysis to ensure the ideal home care and treatment courses. Cost can be redeemed toward the purchase of any two products, or the booking of recommended treatments.

BEAUTY

Beautifying touches to complete your picture of health

Our manicures, pedicures and waxing services are provided in the comfort of our historic treatment rooms, and can be combined with any of our healing therapies to provide complete rejuvenation.

MANICURES

Classic Manicure

45 min \$50

Our Classic Manicure includes a hot towel wrap, cuticle and nail care, kaffir lime and honey lotion hand massage and polish application.

Spa Manicure

60 min \$75

A more deluxe manicure, this comes with an essential oil soak, aromatherapy ritual, cuticle and nail care, volcanic scrub exfoliation, hand massage, herbal and natural oil mask and polish application.

Polish-free Manicure

30 min \$45

A polish-free version of our Classic Manicure, it includes a hot towel wrap, cuticle and nail care, and hand massage with kaffir lime and honey lotion.

PEDICURES

Classic Pedicure

60 min \$65

This Classic Pedicure begins with a kaffir lime and honey soak and exfoliation, followed by cuticle and nail care, a foot massage and polish application.

Spa Pedicure

75 min \$90

Our deluxe pedicure includes an essential oil soak and aromatherapy ritual, followed by a volcanic scrub exfoliation, herbal and natural oil mask, foot massage with aromatic lotion, cuticle and nail care, and polish application.

Intense Footcare

60 min \$75

For ultimate footcare, this treatment is wonderful for helping with troubled skin on the feet. It uses dermal-infusion technology with products made with pharmaceutical-grade ingredients, and includes an aloe vera foot soak, exfoliating seaweed scrub, cuticle and nail care, foot massage and polish application.

Polish-free Pedicure

45 min \$60

A polish-free version of our Classic Pedicure, it includes a kaffir lime and honey soak and exfoliation, cuticle and nail care, and foot massage.

WAXING

All of our waxing treatments use Comfort Zone Soft Sense wax care products, which contain natural softening and protective ingredients such as waterlily, jojoba, almond oil and wheat germ oil. Ideal for sensitive skin, these delicate wax treatments leave skin silky and smooth.

Brow

15 min \$30

Underarm

15 min \$35

Full Leg

45 min \$80

Men's Chest

30 min \$55

Lip

15 min \$25

Half Arm

15 min \$35

Basic Bikini

15 min \$45

Stomach/Abs

15 min \$30

Chin

15 min \$25

Full Arm

30 min \$50

Brazilian Bikini

30 min \$70

Nose/Ear

15 min \$20

Half Leg

30 min \$55

Back

45 min \$70