

EXPERIENCE BLISS

TREATMENT LIST



ESSENSI
SPA

BEGIN YOUR WELLNESS JOURNEY

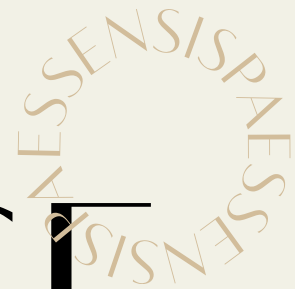
AN OASIS OF WELLBEING HIDDEN WITHIN THE CITY

A MAGICAL SPA LOCATED WITHIN THE PRESTIGIOUS ST BARBARA BASTION IN VALLETTA, BRINGING AN UNPRECEDENTED LEVEL OF LUXURY AND WELLNESS THERAPIES TO THE ISLAND. WE BELIEVE THAT BEAUTIFUL SURROUNDINGS PLAY AN INTEGRAL PART OF ONE'S WELLNESS JOURNEY; WITH THAT IN MIND, WE HAVE CREATED A SPACE WHERE AESTHETIC BEAUTY COMBINED WITH EXCLUSIVE SPA EXPERIENCES ENCOURAGES THE RESTORATION OF BALANCE TO THE BODY, MIND AND SOUL.

AT ESSENSI SPA, WE AIM TO GIVE YOU AN UNFORGETTABLE WELLNESS EXPERIENCE WITH AN EXTRAORDINARY LEVEL OF SERVICE. OUR THERAPISTS ARE SPECIALISED IN CREATING UNIQUE, PERSONALISED EXPERIENCES TO GUIDE YOU TOWARDS YOUR WELLBEING GOALS. USING ANCIENT BLENDS OF INGREDIENTS, EXPERTLY ELEVATED WE AIM TO OFFER YOU A HOLISTIC WELLNESS EXPERIENCE. A FEAST FOR ALL YOUR SENSES.



BODY EXPERIENCE



EXPERIENCE INNER PEACE AND PHYSICAL WELLBEING. USING UNIQUE SIGNATURE BLENDS OF INGREDIENTS AND A FUSION OF HOLISTIC THERAPIES OUR BODY EXPERIENCES RELIEVE TENSION AND UPLIFT YOUR SPIRITS.

BACK, NECK & SHOULDER

30 MINS €60

RELEASE UPPER BODY STRESS AND TENSION BY TARGETING THE MUSCLES IN YOUR BACK, NECK, AND SHOULDER BLADES. THIS DE-STRESSING TREATMENT USES A UNIQUE BLEND OF WARM ESSENTIAL OILS WHICH RELAXES TENSE MUSCLES AND CALMS YOUR MIND.

REVITALIZING LEG MASSAGE

30 MINS €60

THIS STIMULATING TREATMENT USES ENERGIZING ESSENTIAL OILS AND VARIED PRESSURE TO IMPROVE CIRCULATION AND LYMPHATIC FLOWS. HEAVY LEGS WILL INSTANTLY FEEL LIGHTER, REFRESHED & REVITALISED.

HEAL & REJUVENATE

DEEP MUSCLE RESTORATION

60 MINS €160 | 90 MINS €190

THIS TREATMENT USES A COMBINATION OF POWERFUL TECHNIQUES TO RELEASE TISSUE KNOTS, BOOST BLOOD CIRCULATION AND ENCOURAGE MUSCLE REPAIR. EASE DEEP UNDERLYING TENSION AND FEEL AN IMMEDIATE SENSE OF RELIEF AND IMPROVED MOBILITY.

STRESS RELIEVING MASSAGE

60 MINS €150 | 90 MINS €180

A FULL BODY MASSAGE, COMBINING MEDIUM PRESSURE AND SMOOTH FLOWING MOVEMENTS. CHOOSE FROM ONE OF OUR SIGNATURE OIL BLENDS, AND CREATE A PERSONALISED EXPERIENCE THAT RELIEVES STRESS, SOOTHES AND BALANCES THE SENSES.



PRE-NATAL

60 MINS €140

THIS EXCLUSIVE THERAPY STARTS OFF WITH AN ALL-NATURAL FOOT SOAK DESIGNED TO CALM THE SENSES. USING GENTLE OILS AND SPECIALISED MASSAGE TECHNIQUES, THIS TREATMENT EASES ACHING BACKS, SOOTHES SWOLLEN LEGS AND NOURISHES THE SKIN. END THE EXPERIENCE WITH A RELAXING HEAD MASSAGE TO RELEASE TENSION.

HOT STONES

60 MINS €150 | 90 MINS €180

INVIGORATE YOUR SENSES WITH WARM OILED STONES, GLIDING ALONG THE MUSCLES RELEASING DEEPLY HELD TENSION AND MUSCLE TIGHTNESS. A POWERFUL THERAPEUTIC TREATMENT THAT CREATES WHOLENESS OF THE MIND, BODY AND SPIRIT.

**ESSENSI FOUR HAND SYNCHRONISED MASSAGE**

60 MINS €280 | 90 MINS €370

THIS TREATMENT WAS DESIGNED TO GIVE YOU A SPA EXPERIENCE TO ECLIPSE ALL OTHERS. TWO THERAPISTS WILL WORK TOGETHER TO TAKE YOU ON A RELAXING JOURNEY RESTORING EVERY ACHING MUSCLE. EXPERIENCE THE MAGIC OF FOUR HANDS WORKING IN A SYNCHRONISED MASSAGE DESIGNED TO CALM AND REENERGISE YOUR SENSES.

REFLEXOLOGY

60 MINS €100

A MIX OF MASSAGE TECHNIQUES AND PRESSURE APPLIED TO THE REFLEXIVE POINTS OF THE FEET STIMULATING SELF-HEALING. YOU WILL EXPERIENCE A DEEP SENSE OF RELAXATION, IMPROVED CIRCULATION, AND RELEASE OF TENSION.

DEEP SLEEP

60 MINS €140 | 90 MINS €170

THE PERFECT TREATMENT FOR FREQUENT TRAVELLERS AND LIGHT SLEEPERS SEEKING REST AND A CALM MENTAL STATE. THE TREATMENT BEGINS WITH A HOT MITT INFUSED WITH RELAXING ESSENTIAL OILS RUBBED OVER THE FEET TARGETING THE PRESSURE POINTS, FOLLOWED BY A FULL BODY MASSAGE, LEAVING YOU FEELING REJUVENATED AND RESTORED.

THE KNIGHT

90 MINS €230

THIS INTENSELY POWERFUL TREATMENT IS DESIGNED TO BE THE PERFECT MALE ESCAPE. A RELAXING FULL BODY MASSAGE USING HOT STONES FOLLOWED BY A STRESS RELIEVING SCALP MASSAGE AND AN ENERGISING FACIAL WHICH WILL SOOTH YOUR SPIRIT AND LEAVE YOU FEELING REVITALISED AND RENEWED.

JUST THE TWO OF YOU

120 MINS €500

SHARE A MOMENT OF TRANQUILLITY AND RELAXATION WITH THAT SPECIAL SOMEONE IN OUR MAJESTIC COUPLE'S ROOM. THE TREATMENT STARTS OFF WITH A FULL BODY MASSAGE USING AROMA-PETAL INFUSED WATER, CHAMPAGNE, AND GOLDEN AROMATIC OILS, FOLLOWED BY A SIDE-BY-SIDE HYDRA FACIAL. THIS INDULGENT AND RELAXING EXPERIENCE RESTORES VITALITY AND LEAVES YOUR SKIN FEELING SUPPLE.

NOURISH
THE BODY
NOURISH
THE SOUL



NAIL BAR

ESSENSI SPA

EXPRESS PEDICURE

45 MINS €50 | WITH GEL POLISH (+15 MINS) €65

- TRIM & FILE
- CUTICLE CARE
- FILING OF HARD SKIN
- MOISTURISING FOOT MASSAGE
- POLISH

EXPRESS MANICURE

30 MINS €35 | WITH GEL POLISH (+15 MINS) €50

- TRIM & FILE
- CUTICLE CARE
- MOISTURISING HAND MASSAGE
- POLISH

DESIGNED TO ENRICH YOU



GRAND PEDICURE

75 MINS €75 | WITH GEL POLISH (+15 MINS) €90

- TRIM & FILE
- CUTICLE CARE
- FILING OF HARD SKIN
- EXFOLIATION
- MOISTURISING FOOT MASSAGE
- PARAFFIN WAX TREATMENT/ FOOT MASK
- POLISH

GRAND MANICURE

55 MINS €65 | WITH GEL POLISH (+15 MINS) €80

- TRIM & FILE
- CUTICLE CARE
- EXFOLIATION
- MOISTURISING HAND & ARM MASSAGE
- PARAFFIN WAX TREATMENT/ HAND MASK
- POLISH



WAXING

ESSENSI SPA

TREATMENT	PRICE
HALF LEG	€40
FULL LEG	€60
BIKINI	€30
HOLLYWOOD	€60
BRAZILIAN	€60
UPPER LIP	€20
UNDER ARMS	€25
EYEBROW SHAPE	€25
EYE LASH/BROW TINT	€40

OTHER AREAS, ON REQUEST



WELLBEING JOURNEY

ESSENSI SPA
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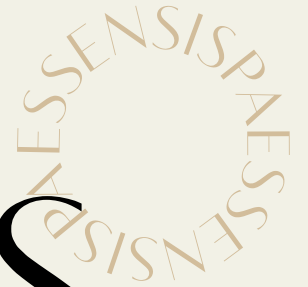
YOUR WELLBEING JOURNEY STARTS WITH A CONSULTATION WHERE WE UNDERSTAND YOUR OVERALL NEEDS. WE WILL SELECT THE BEST MIX OF THERAPIES FOR YOU PAIRED WITH SIGNATURE AROMATHERAPY BLENDS AND SOME OF THE MOST EXCLUSIVE BEAUTY BRANDS AVAILABLE. OUR EXPERT THERAPIST WILL DESIGN A TAILORED JOURNEY IMPROVING YOUR LONG-TERM HOLISTIC WELLBEING.

6 SESSIONS

DURATION	PRICE
25 MINUTES	€400
55 MINUTES	€720
85 MINUTES	€850



FACIALS



OUR FACIALS ARE TAILORED FOR DIFFERENT SKIN TYPES AND CONCERNS, ENCOURAGING VISIBLE LONG-TERM RESULTS, OFFERING YOU A TRULY PERSONALISED EXPERIENCE. YOUR SKIN WILL APPEAR MORE, LOOK HEALTHY AND YOU WILL FEEL RELAXED AND MENTALLY RESTORED.

ENERGIZING FACIAL

30 MINS €60

A DEEP CLEANSE AND SOOTHING EXFOLIANT COMBINED WITH AN INTENSELY HYDRATING MASK WILL INSTANTLY BRIGHTEN DULL COMPLEXIONS WHILE THE PRESSURE POINT SCALP MASSAGE WILL BOOST RELAXATION AND RESTORE YOUR INNER CALM.

ESSENSI SIGNATURE FACIAL

60 MINS €110 | 90 MINS €155

A DEEP CLEANSE, FACIAL SCRUB AND FACE MASK; PERSONALISED WITH BOOSTERS FOR EVERY SKIN TYPE. A PURIFYING HOT FACE TOWEL WRAP IS APPLIED TO IMPROVE CIRCULATION FOLLOWED BY A TENSION RELEASING FACIAL MASSAGE, LEAVING SKIN YOUTHFUL, LUMINOUS & SMOOTH. ENDING THE TREATMENT WITH A REVITALIZING, PRESSURE POINT FOOT MASSAGE RESTORING BALANCE & TRANQUILLITY.

NOURISHING HOT STONE FACIAL

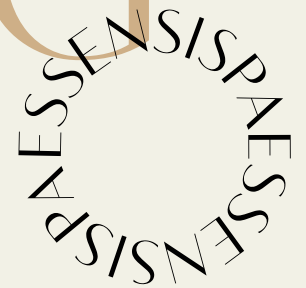
90 MINS €170

STARTING OFF YOUR JOURNEY TOWARDS SERENITY WITH A HOT STONE BACK MASSAGE, RELAXING THE BODY AND MIND. A NOURISHING FACIAL IS PERSONALISED COMBINING A DOUBLE DEEP CLEANSE AND AN EXFOLIANT TO PURIFY AND ENERGISE YOUR SKIN. AS YOUR SKIN ABSORBS THE MASK'S POTENT INGREDIENTS, INDULGE IN A RENEWING PRESSURE POINT HAND AND ARM MASSAGE. THIS EXQUISITE TREATMENT IS WRAPPED UP WITH A DÉCOLLETÉ MASSAGE FOLLOWED BY FACIAL HOT STONES TO STIMULATE CIRCULATION, DRAIN TOXINS AND LEAVE YOU WITH REFINED, GLOWING SKIN. A TRULY INVIGORATING EXPERIENCE.





AYURVEDA HEALING



AYURVEDA TREATMENTS ARE ALL NATURAL ANCIENT TREATMENTS WHICH ARE CENTRED AROUND THE CONNECTION OF THE BODY, MIND AND SPIRIT. THE COMBINATION OF PERSONALISED OIL BLENDS AND AYURVEDIC PRACTICES IMPROVE WELLNESS AND ENCOURAGE SELF-HEALING WHICH WILL LEAVE YOU FEELING REBALANCED AND RENEWED.

ABHYANGAM

 60 MINS €140 | 90 MINS €170

A LUXURIOUS FULL BODY MASSAGE USING A WARM BLEND OF HERBAL OILS TAILORED TO YOUR INDIVIDUAL NEEDS. THE TREATMENT HELPS BUILD TISSUE STRENGTH, IMPROVES BLOOD CIRCULATION, REJUVENATES THE WHOLE BODY, REDUCES STRESS, AND ELIMINATES TOXINS.

ELAKIZHI

 60 MINS €150 | 90 MINS €180

A PERSONALISED BLEND OF LEAVES IS COOKED IN AYURVEDIC OILS AND BUNDLED INTO A LINEN CLOTH. THE MASSAGE IS PERFORMED WITH THESE WARM BUNDLES, THE OILS RELEASED FROM THE LEAVES STIMULATE MUSCLE REPAIR AND RELIEVE JOINT PAIN, AN EXPERIENCE DESIGNED TO RELAX YOUR BODY AND REBALANCE YOUR SOUL.

AYURVEDIC HEAD & BACK MASSAGE

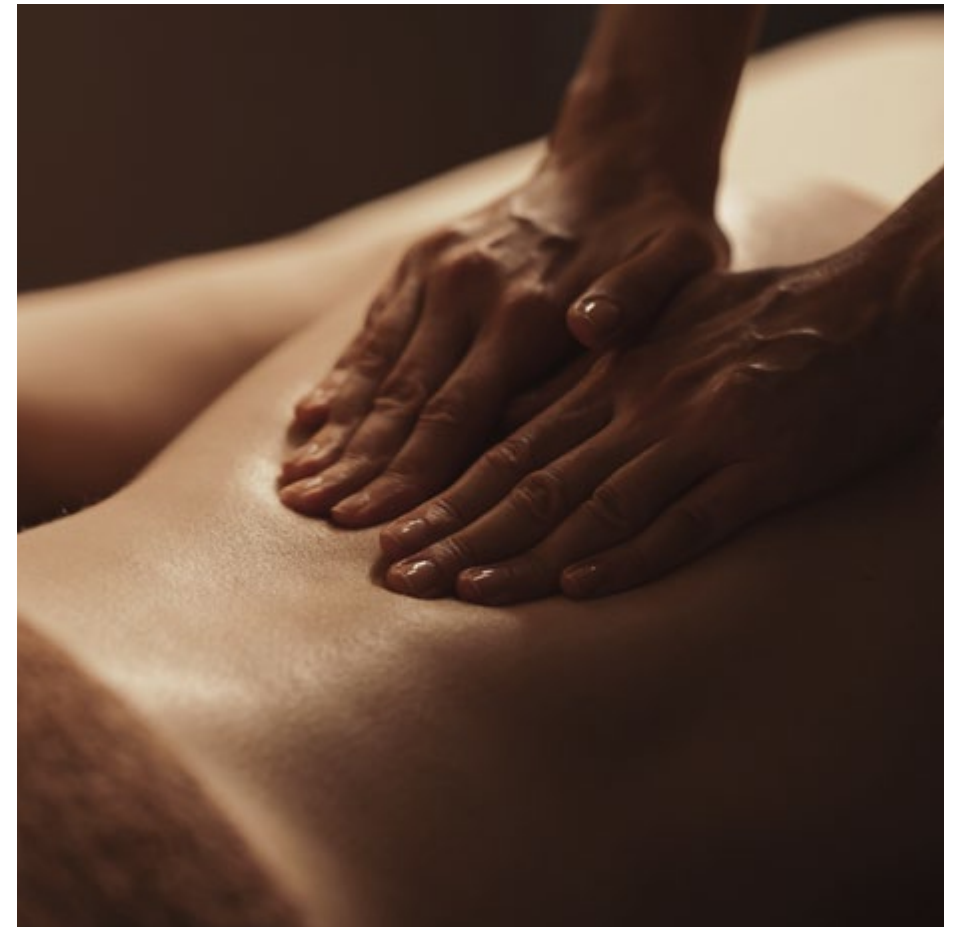
 30 MINS €65

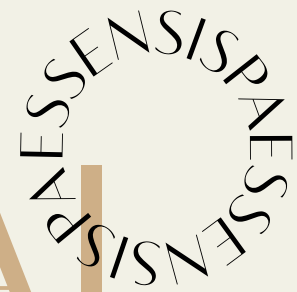
FOCUSING ON THE RELEASE OF TENSION FROM THE HEAD, NECK AND BACK. THE COMBINATION OF PRESSURE TO THE SCALP AND BACK AND THE SCENT OF THE INFUSED AYURVEDIC OILS INDUCES A STATE OF CALMNESS, BOOSTS ENERGY LEVELS AND LEAVES YOU FEELING MENTALLY RESTORED.

UDVARTHANAM

 90 MINS €190

A THERAPEUTIC OIL MASSAGE FOLLOWED BY A FRAGRANT BLEND OF PURIFYING POWDERED HERBS WHICH ARE VIGOROUSLY RUBBED ONTO THE BODY. THIS ANCIENT THERAPY EXFOLIATES, CONDITIONS, AND DEEPLY CLEANSSES THE SKIN, TARGETING FAT TISSUE AND EXPELLING TOXINS. THIS FULL BODY MASSAGE LEAVES SKIN BEAUTIFULLY SMOOTH, HEALTHY & GLOWING.





ASIAN & THAI TREATMENTS

ASIAN AND THAI TREATMENTS USE A VARIETY OF TECHNIQUES TO INDUCE PROFOUND RELAXATION AND RESTORE THE CONNECTION BETWEEN THE BODY, MIND & SPIRIT. RECHARGE YOUR SPIRITS, EXPERIENCE RENEWED VITALITY AND DISCOVER LASTING TRANQUILLITY.

THAI MASSAGE

60 MINS €160 | 90 MINS €190

AN INTENSE TREATMENT THAT FUSES TRADITIONAL THAI DEEP TISSUE MASSAGE, PRESSURE POINT AND ANCIENT STRETCHING TECHNIQUES. IT RELEASES TENSION, IMPROVES MOBILITY AND CREATES WHOLENESS OF THE MIND, BODY, AND SPIRIT.

MAHANA MASSAGE

60 MINS €150

30 A MESSAGE COMBINING HOT SAND POUCHES AND SLOW, POWERFUL MANOEUVRES PERFORMED BY THE HANDS AND FOREARMS. THIS RELAXING MESSAGE EASES ACHING MUSCLES AND RESTORES YOUR SPIRIT OFFERING YOU A FEELING OF ESCAPE AND RENEWAL.

ESSENSI ROYAL SILK MASSAGE

120 MINS €280

AN EXCLUSIVE ESSENSI TREATMENT DESIGNED AROUND THE UNIQUE BENEFICIAL PROPERTIES OF SILK. A SIGNATURE SCRUB MADE WITH MULBERRY LEAVES AND LOCALLY SOURCED MILK AND HONEY, LEAVES SKIN FEELING SMOOTH AND PLUMP. THE MESSAGE IS THEN PERFORMED USING COCONUT COMPRESS AND ORGANIC GOLDEN SILK, AN OPULENT EXPERIENCE RESTORING BALANCE AND VITALITY .

ESCAPE & UNWIND



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