



*A Curative Journey Awaits you at
The Cascades Spa & Thalasso*



SPA ETIQUETTE

Arrive at least 20 minutes prior to your appointment to check in at the spa.

Let us know if you are not coming at least 24 hours prior, so we may offer your appointment to someone else.

Appointments canceled or changes less than 24 hours prior will be charged in full.



THE CASCADES
SPA & THALASSO
SOMABAY

For more information, kindly contact us on:

T: +20653562600 | M: +201271115236

info@thecascadesspa.com

www.thecascadesspa.com

Instagram: [thecascadesgolfresortspa](https://www.instagram.com/thecascadesgolfresortspa)

Facebook: [The Cascades Golf Resort Spa & Thalasso](https://www.facebook.com/TheCascadesGolfResortSpa&Thalasso)

www.thecascadesspa.com

THALASSO EXPERIENCE

Pamper yourself with our unique treatments promoting, revitalization and relaxation.



2h 25 mins | € 135

PACKAGE INCLUDES:

Thalasso-Tonic Pool

Our 750 m2 Thalasso – tonic hydrotherapy pool containing 830 m3 of sea water and is sub-divided into a number of distinct zones of water jets, currents and counter-currents, showers and bubble baths, each designed to provide comfort and to regenerate and tone a specific part of your body.

Vichy Shower Affusion Massage

Under a warm sea water rain shower, enjoy a relaxing essential oil massage increasing the benefits of products recently absorbed by your skin.

The Cascades Seaweed Scrub

A marine scrub with algae that leaves your skin feeling soft and nourished.

The Mini Massage

Swift care to reduce pain and promote relaxation in under thirty minutes.

THALASSO DE-STRESS & RELAX

Offering an array of services that will help you relax, rejuvenate, and refresh your body and mind.



2h 20 mins | € 115

PACKAGE INCLUDES:

Thalasso-Tonic Pool

Our 750 m2 Thalasso – tonic hydrotherapy pool containing 830 m3 of sea water and is sub-divided into a number of distinct zones of water jets, currents and counter-currents, showers and bubble baths, each designed to provide comfort and to regenerate and tone a specific part of your body.

Underwater Massage

Whilst you enjoy a bath of warm seawater, allow our therapist to help you with a powerful underwater massage to allow tension release. It hydrates your cells and improves skin elasticity and tones your body.

Balinese Massage (50 mins)

A traditional Balinese massage. Gentle stretching, acupressure, and aromatherapy works deeply to soothe damaged tissue and relieves strained muscles and joint pain.

THE CASCADES EXPERIENCE

Escape into a world of unparalleled luxury with our one-of-a-kind experience.



3h | €175

PACKAGE INCLUDES:

Thalasso-Tonic Pool

Our 750 m2 Thalasso – tonic hydrotherapy pool containing 830 m3 of sea water and is sub-divided into a number of distinct zones of water jets, currents and counter-currents, showers and bubble baths, each designed to provide comfort and to regenerate and tone a specific part of your body.

The Cascades Body Seaweed Scrub

A marine scrub with algae that leaves your skin feeling soft and nourished.

The Cascades Body Seaweed Wrap

This wrap increases blood circulation and detoxifies the body removing accumulated toxins. Whilst the skin absorbs minerals that are essential for skin tone restoration.

The Cascades Relaxing Massage (50 mins)

An invitation of wellbeing, this caressing massage flows with gentle fluid movements. It improves stress and provides deep relaxation for the whole body.

GOLFER EXPERIENCE

Specifically designed for those wishing to relax and unwind.



2h 10 mins | € 110

PACKAGE INCLUDES:

Thalasso-Tonic Pool

Our 750 m2 Thalasso – tonic hydrotherapy pool containing 830 m3 of sea water and is sub-divided into a number of distinct zones of water jets, currents and counter-currents, showers and bubble baths, each designed to provide comfort and to regenerate and tone a specific part of your body.

Hydrotherapy Bath

A multi-jet bath filled with warm sea water for loosening tense muscles and to encourage relaxation.

Sports Massage (50 mins)

A strong and invigorating muscular massage. This combination of passive mobilizations and pressure are highly recommended after sports.