

## BEAUTY MENU

### FOR AGELESS BEAUTY

For us at SiluettiSpa every client is beautiful. We offer a selection of beauty treatments that are designed to enhance your natural beauty whilst retaining your youthfulness. Our doctors can also perform aesthetic procedures by appointment.



## BEAUTY MENU

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## **LASER TREATMENT**

For lasting results in laser treatment, SiluettiSpa uses the latest state-of-the-art devices. The versatile Cutera devices enable effective results with fewer treatments and shorter recovery time than with many other laser treatments. With Cutera laser treatment we can remove unwanted hair, rejuvenate skin and fade imperfections and signs of aging. The treatment program begins with a consultation with our doctor.

## **RADIANT SKIN WITH SILUETTISPA BEAUTY TREATMENTS**

SiluettiSpa offers a selection of gentle but effective face and body treatments that suit all skin types and leave your skin with a healthy glow. Our beauty treatments are designed to enhance your natural beauty whilst retaining your youthfulness. For the challenges of aging skin we offer targeted treatments such as eye contour treatments, peels, exfoliation, microdermabrasion and filler treatments. Our doctors can also perform aesthetic procedures.

## **THE FINAL TOUCH AT SILUETTISPA**

When it comes to perfection, it's the details that count. Our beauty salon provides you with everything you need for that final touch in your appearance from manicures and pedicures to make up services. Take some time for yourself and enjoy our beautifying salon services or come with your friends and make a day out of it.

## FOR HEALTHY SKIN

### Hydra Balance Facial

– Moisturizing facial treatment 60 min

This treatment is a lifesaver for dry skin. It reduces irritation and scaling and makes your skin smooth as silk. A blend of safflower oil, hazelnut oil, salad-extract and sage gently cleanses and moisturizes your skin. A relaxing facial massage enhanced with vitamin E and olive completes the treatment.

### Soothing Flowers for Sensitive Skin

– Facial treatment for sensitive skin 60 min

This soothing flower based treatment revives your skin and strengthens capillary. It reduces irritation and redness with a cooling mixture of lavender, camomile and marigold. Pamper your skin with some beautifying flower power.

### Blissful Bust Treatment

– Firming treatment for the bust 40 min

This amazing treatment for the bust, neck and décolleté area firms and moisturizes your skin. It improves elasticity, smoothes lines and strengthens dry skin. It's the perfect recovery for sun strained skin.

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## FOR REJUVENATION

### Marine Power Repair Facial

– Firming and soothing facial treatment 60 min

This powerful facial treatment is an instant cure for the signs of aging. A stimulating fiber mask will repair and regenerate your skin containing elastin to retain elasticity, collagen to moisturize and strengthen the skin and Marine DNA to contract the pores. With this facial you will notice the difference and be noticed.

### Reviving Eye Treatment

– Eye contour treatment for puffy eyes 20 min

A true first-aid kit for tired eyes. This treatment is a perfect way to recover from jet lag. It reduces signs of fatigue, fades dark circles and cures puffy eyes. The effective ingredients ginkgo biloba and collagen revive and smooth your skin instantly. This treatment is available only when combined with another treatment.

### Skin Smooth Eye Treatment

– Line reducing eye contour treatment 20 min

The secret ingredient in this powerful treatment for eye contour lines is 100 % collagen. A relaxing massage refreshes your skin and gives your face a healthy glow. This treatment is available only when combined with another treatment.

### Full & Plump Lip Treatment

– Smoothing lip contour treatment 20 min

Rejuvenate your lips with our retinol based lip contour treatment. Your lips will feel revived, plump and soft again. We warmly recommend this treatment for everyone who loves the sun. The instant results can be read from your lips. This treatment is available only when combined with another treatment.

### SiluettiSpa TCA Peel

– Chemical peel specific tailored for your skin 40 min

The TCA peel is a chemical treatment carried out by our doctor. Your skin type and the extent of skin damage determine how deep a peel is required. Chemical peeling improves discoloration, smoothes facial lines, fades acne scarring and stimulates cellular activity. This treatment will bring back your youthful glow.

### Line-Free Botox Treatment

– Age-defying treatment for smoothing facial lines 60 min

This treatment begins with a gentle facial treatment carried out by a beauty therapist. Our doctor administers the Botox injections; botox relaxes your facial muscles and thus smoothes expression lines and corrects slight asymmetries around your mouth and eyebrows. A relaxing facial massage completes the treatment.

### Line Plump Up Treatment

– Replenishing filler treatment for facial lines 60 min

This treatment begins with a soothing facial treatment carried out by a beauty therapist. Our doctor administers hyaluronic acid injections into the problem areas. Hyaluronic acid, a natural constituent of the skin, fills and smoothes facial lines instantly and makes your lips soft and plump. A relaxing facial massage completes the treatment.

### Cutera Laser Treatment for Skin Tightening

– Medical laser treatment for tightening the skin

This laser treatment tightens your skin by stimulating the renewal of collagen. Our doctor performs the procedure with the Cutera device, the latest technology in laser treatment. The treatment requires one or more visits and has a very short recovery time. Each treatment begins with a doctor's consultation.

## FOR SIGNS OF AGING

### Pearls & Caviar for Ladies Facial

– Rejuvenating facial treatment

1 h 30 min

In this facial treatment, a blend of 100 % caviar extract, shea butter, pearl extract and vitamins works wonders on the signs of aging. It smoothes fine lines instantly and leaves your skin feeling firm and lifted. Discover the secret to mature beauty.

### Micro Mineral Skin Polish

– Refining microdermabrasion

60 min

This gentle but effective microdermabrasion treatment smoothes lines and scars, activates skin renewal and leaves your skin clear and radiant. The treatment is followed by a relaxing massage to help you unwind. It's the perfect remedy for strained and blocked skin.

### Floral Power Peel

– Smoothing facial treatment

60 min

This gentle peel with hibiscus flowers, glycolic acid and salicylic acid stimulates cellular activity, smoothes facial lines and gives your skin a beautiful glow. Finished off with a cooling facial mask and an invigorating head and shoulder massage, this treatment will leave you feeling as fresh as a flower.

### SiluettiSpa Cell Stimulating Peel

– Skin renewing peel

50 min

This peel with glycolic acid is carried out under the supervision of our doctor. The treatment stimulates cell activity, smoothes and clarifies the skin and improves skin tone. A soothing mask and a relaxing head and shoulder massage finish off this treatment.

### SiluettiSpa TCA Peel

– Chemical peel specific tailored for your skin

40 min

The TCA peel is a chemical treatment carried out by our doctor. Your skin type and the extent of skin damage determine how deep a peel is required. Chemical peeling improves discoloration, smoothes facial lines, fades acne scarring and stimulates cellular activity. This treatment will bring back your youthful glow.

### Cutera Laser Treatment for Lines

– Medical laser treatment for facial lines

This laser treatment stimulates collagen renewal ensuring that the renewed skin is softer and smoother than before. Our doctor performs the procedure with the Cutera device, the latest technology in laser treatment. The treatment requires one or more visits and has a very short recovery time. Each treatment begins with a doctor's consultation.

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## FOR REMOVING SCARS

### SiluettiSpa TCA Peel

– Chemical peel specific tailored for your skin

40 min

The TCA peel is a chemical treatment carried out by our doctor. Your skin type and the extent of skin damage determine how deep a peel is required. Chemical peeling improves discoloration, smoothes facial lines, fades acne scarring and stimulates cellular activity. This treatment will bring back your youthful glow.

### Cutera Laser Treatment for Acne Scars

– A combination treatment for acne scarring

An effective laser treatment to fade imperfections and scarring due to acne. This treatment requires only one or two sessions and has a very short recovery time. The treatment includes an extensive laser peel and it repairs damage to deeper skin layers. Our doctor performs the procedure with the Cutera device, the latest technology in laser treatment. Each treatment begins with a doctor's consultation.

### Siluetti Dermabrasio

– Mechanical dermabrasion for face

60 min

Our doctor performs this mechanical treatment for the outer skin layer. It is an effective way to smooth and refine the skin and fade acne scarring. The treatment can be taken as a course of treatments if needed.

## FOR SKIN PIGMENTATION

### Milky Floral Peel

– Illuminating skin peel

60 min

This gentle chemical peel purifies and stimulates your skin. It is an effective treatment for even skin tone. A blend of panthenol, chamomile and green tea protects the skin from irritation. A soothing and cooling mask and a reviving head and shoulder massage finish off this revitalizing treatment.

### Micro Mineral Skin Polish

– Refining microdermabrasion

60 min

This gentle but effective microdermabrasion treatment smoothes lines and scars, activates skin renewal and leaves your skin clear and radiant. The treatment is followed by a relaxing massage to help you unwind. It's the perfect remedy for strained and blocked skin.

### SiluettiSpa Cell Stimulating Peel

– Skin renewing peel

50 min

This peel with glycolic acid is carried out under the supervision of our doctor. The treatment stimulates cell activity, smoothes and clarifies the skin and improves skin tone. A soothing mask and a relaxing head and shoulder massage finish off this treatment.

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### Cutera Laser Treatment for UV Spots & Birthmarks

– A medical laser treatment for skin pigmentation

Fade freckles, age spots and other signs of pigmentation with a course of one to four laser treatments. This effective treatment removes any pigmentation and has a very short recovery time. The treatment method is chosen according to your skin type. Our doctor performs the procedure with the Cutera device, the latest technology in laser treatment. Each treatment begins with a doctor's consultation.

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## PURIFYING TREATMENTS

### Pure Balance Facial

– Purifying facial treatment

60 min

Remove the impurities from oily and combination skin with nature's gentle remedies. Burdock extract prevents the pores from clogging and cleanses the skin while lactic acid and hamamelis help to contract the pores and clarify the skin. For most satisfying results you can choose either the balancing green apple and peach extract mask or the deep cleansing seaweed mask. Your skin will feel firm, refreshed and regenerated.

### SiluettiSpa Ultra Pure

– Purifying facial treatment and ultra sound cleansing

60 min

Remove impurities from the skin with a purifying facial treatment and a thorough cleanse with an ultra sound device. This effective cleansing method lifts the impurities from the pores gently and leaves your skin fresh and radiant. The treatment is finished off with a relaxing massage.

### Micro Mineral Skin Polish

– Refining microdermabrasion

60 min

This gentle but effective microdermabrasion treatment smoothes lines and scars, activates skin renewal and leaves your skin clear and radiant. The treatment is followed by a relaxing massage to help you unwind. It's the perfect remedy for strained and blocked skin.

### Floral Power Peel

– Smoothing facial treatment

60 min

This gentle peel with hibiscus flowers, glycolic acid and salicylic acid stimulates cellular activity, smoothes facial lines and gives your skin a beautiful glow. Finished off with a cooling facial mask and an invigorating head and shoulder massage, this treatment will leave you feeling as fresh as a flower.

### SiluettiSpa Clear Skin Peel

– Chemical peel with glycol and salicylic acids

40 min

This peel with glycolic and salicylic acids is recommended for skin with impurities or acne and it is performed by our doctor. The treatment soothes and balances skin affected by acne by renewing its surface. It is an effective way to refine and improve your skin.

## FOR RADIANT SKIN

### C Power Facial

– Illuminating facial treatment

60 min

Rain or shine, this invigorating facial treatment will brighten up your day. Vitamin C vitalizes tired and dull skin while the relaxing facial massage combined with soothing seaweed calms your skin and uplifts your senses. This treatment is particularly suitable for reviving stressed and sun strained skin.

### Organic Skin Polish

– Organic microdermabrasion for the skin

60 min

This organic microdermabrasion with finely grained walnut gives you a touch of glamour from nature. By gently smoothing and revitalizing your skin it gives you a healthy and attractive glow. It is an effective way to illuminate tired skin and a perfect touch up before a party. Be the belle of the ball with nature's own remedy.

### Rejuvenating Oxygen Treatment

– Beautifying oxygen treatment for the skin

60 min

This gentle oxygen treatment smoothes and tones the skin around your eyes, lips and décolleté area. A stream of pressurized oxygen is sprayed on your face to transport active ingredients into the deeper skin layers. The treatment stimulates your skin instantly giving you a lifted, revived and dazzling look. Experience a sprinkle of beautifying magic dust.

### Milky Floral Peel

– Illuminating skin peel

60 min

This gentle chemical peel purifies and stimulates your skin. It is an effective treatment for even skin tone. A blend of panthenol, chamomile and green tea protects the skin from irritation. A soothing and cooling mask and a reviving head and shoulder massage finish off this revitalizing treatment.

### SiluettiSpa Cell Stimulating Peel

– Skin renewing peel

50 min

This peel with glycolic acid is carried out under the supervision of our doctor. The treatment stimulates cell activity, smoothes and clarifies the skin and improves skin tone. A soothing mask and a relaxing head and shoulder massage finish off this treatment.

### SiluettiSpa TCA Peel

– Chemical peel specific tailored for your skin

40 min

The TCA peel is a chemical treatment carried out by our doctor. Your skin type and the extent of skin damage determine how deep a peel is required. Chemical peeling improves discoloration, smoothes facial lines, fades acne scarring and stimulates cellular activity. This treatment will bring back your youthful glow.

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## VASCULAR TREATMENTS

### Anti-Red Skin Treatment

– Facial treatment for couperose skin

60 min

Designed specifically for the needs of couperose skin this treatment offers relief to those bothered by flushed skin. By activating the capillary system this treatment reduces redness and heat and revives your skin gently. Liquorice and Guarani extract protect your skin while green tea and olibanum reduce inflammation and give cool comfort.

### Cutera Laser Treatment for Veins

– A medical laser treatment for capillaries

Couperosa skin, varicose veins and other vascular problems can be treated effectively with laser. The treatment method is chosen to suite your skin condition. Our doctor performs the procedure with the Cutera device, the latest technology in laser treatment. Each treatment begins with a doctor's consultation.

## FOR GENTLEMEN

### American Way to Shave

– The Old Style shave

60 min

This classic shave with shaving cream is performed with style. Hot towels and a reviving facial massage offer a welcome relief from stress and the luxurious shaving products bring a sophisticated breeze from the old days. Start a perfect day looking groomed and feeling fresh and revitalized.

### Pure Gent's Treatment

– Purifying facial for men

50 min

Refreshing facial treatment to suit every man. Cleansing of the skin, exfoliation and massage. Cedarwood will calm the razor burned skin and the exfoliating jojoba-beads help to keep the skin refreshed and prevent ingrown hair.

### Skin Fit Gent's Treatment

– Refreshing facial treatment for men

75 min

This reviving facial for mature skin consists of caviar extract that maintains elasticity and seaweed sugars that moisturize the skin. The invigorating facial massage smoothes facial lines and fades signs of fatigue.

### Micro Mineral Scrub for Men

– Clarifying microdermabrasion

60 min

This peeling microdermabrasion removes dead skin cells and renews the skin gently but effectively. It is the perfect treatment for strained and blocked skin and it offers a relief for those suffering from ingrown facial hair. A relaxing massage completes the treatment.

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## FOR YOUR BODY

### Fruit Energy Body Scrub

– Revitalizing body exfoliation

30 min

Experience a breeze from paradise. In this treatment, the combination of a gentle exfoliation and the replenishing and soothing qualities of papaya and pineapple will make your skin feel rejuvenated and smooth as silk. This treatment is available only when combined with another treatment.

### Smooth and Fresh Body Wrap

– Smoothing body wrap

60 min

A creamy body treatment designed for the specific needs of aging skin. The warm embracement of the wrap intensifies the powerful anti-aging ingredients: sea collagen, retinol, hyaluronic acid and vanilla. The tropical cocktail of papaya and pineapple moisturizes even the driest skin leaving your skin soft, smooth and rejuvenated.

### Green Coffee Break from Cellulite

– Powerful anti-cellulite treatment

60 min

Green coffee attacks cellulite gently but effectively. Feel the warm embracement of the soft wrap as the effective ingredients stimulate your metabolism, activate lipolysis and help to eliminate toxins from your body. If needed, the treatment can be targeted on specific problem areas. This powerful treatment makes your skin smooth and toned. For best results we recommend a course of treatments.

### Siluetti Body Shape Treatment

– Body shaping treatment

45 min

This holistic body shaping program includes a course of treatments with the VelaShape™ device and home care products in order to extend the beneficial effects of the treatments. The device features radiofrequency, infrared light energy, mechanical massage and vacuum, which help to stimulate the elimination of toxins from the body by activating metabolism and increasing lymphatic drainage. The mechanical massage smoothes skin and reduces swelling which makes this treatment particularly suitable both before and after liposuction. The program begins with a body composition measurement with the DXA device and it is tailored to meet your specific needs.

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## MASSAGES

### Lymphatic Massage Therapy

– A treatment for activating lymphatic flow

60 min

Lymphatic massage is particularly beneficial both before and after surgery, because it increases the immune function and reduces swelling by opening the lymphatic system and thus transporting interstitial fluid from the operated area. This treatment is also recommended for those following a diet or suffering from migraines, for de-stressing and during pregnancy. It can also help with skin problems. For best results we recommend a course of treatments.

## Swedish Massage

– Classic body massage

60 min/90 min

You can choose a classic full body massage carried out by an Authorized Massage Therapist or a massage that is customized to your specific problem areas such as the back and shoulder area. The relaxing and pain relieving massage reduces muscular tension and is ideal for those working in an office and thus suffering from neck and shoulder pain. This delightful treatment begins with a refreshing footbath and finishes with either a hot towel to warm or an ice gel to cool your muscles.

## Sports Massage

– Powerful body massage

60 min/90 min

You can choose a powerful full body massage carried out by an Authorized Massage Therapist or a massage that is customized to your specific problem areas. This massage helps to release muscular tension and relaxes tired muscles. It is particularly suitable for treating sport injuries and when recovering from physical activity. The treatment begins with a refreshing footbath and finishes with either a hot towel to warm or an ice gel to cool your muscles.

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## FOR YOUR HANDS

### Caviar for Hands

– Anti-aging treatment for the hands

80 min

This anti-aging treatment smoothes and rejuvenates your hands as well as protects them from harmful UV rays. Our secret ingredient to soft and elegant hands is 100% caviar extract. Pamper your hands with a touch of luxury.

### Rejuvenating Hand Treatment

– Nourishing manicure

50 min

This treatment makes your hands look elegant and beautiful. A gentle lime bath and citrus peel work wonders on your skin and a blend of sandal wood oil and almond oil moisturizes and strengthens your cuticles. A rejuvenating hand cream with retinol and vitamin E stimulates skin renewal leaving your hands youthfully soft. A polish in your favorite color gives your nails a final touch.

### Nails to Stay

– Sophisticated gel nails

Our inviting beauty salon is the perfect environment for creating, maintaining or beautifying your nails. Our experienced nail technician will help you find just the right look for your nails.

Gel Full Set	2 h 15 min
French Full Set	2 h 15 min
Nail Strengthening Treatment	1 h 45 min
Gel Over Natural Nail	1 h 45 min
Gel Fill	30 min

## FOR YOUR FEET

### Reviving Foot Treatment

– Stimulating foot treatment

80 min

This reviving treatment for tired feet relieves aches, stimulates lymph flow and softens dry skin. The perfect combination of a peppermint peel, eucalyptus and almond bath oil and menthol mask will make your feet light, graceful and renewed. The treatment is completed with a relaxing foot massage and a soothing foot gel. After this treatment, you will be ready to waltz the night away.

### Caviar for Feet

– Anti-aging pedicure

80 min

This pampering session is a noble treat for tired feet. It smoothes and softens the skin with luxurious caviar extract and makes your feet feel stimulated and light again. It is a perfect finish for a hard day.

### Nails to Stay

– Sophisticated gel nails for toes

Our inviting beauty salon is the perfect environment for creating, maintaining or beautifying your nails. Our experienced nail technician will help you find just the right look for your nails.

Gel Full Set	1 h 45 min
Gel Full Set & Pedicure	2 h 30 min

## FINISHING TOUCHES

### Stunning Looks and Make Up

– Tinting and make-up services

Eye Lash Tinting\*

20 min

Eye Brow Tinting and Shaping*	20 min
Just Perfect Make-Up for You - make-up for every occasion	60 min
The Most Beautiful Bride – wedding make-up including planning and test make-up	2 x 60 min

\* Only available when combined with another treatment.

### Permanent Make Up

Permanent make-up simplifies your daily make-up routine and gives you a refined look for years. After careful cleansing, a topical anesthetic is applied to numb the treated area. The treatment is finished off with a soothing Ice Mask and a relaxing hand massage to help you unwind. The treatment includes two sessions.

Eye Brows	3 h
Eye Liner for the Upper and Lower Eye Lid	3 h
Eye Liner for the Lower Lid	2 h
Eye Liner for the Upper Lid	2 h 30 min
Lip Liner	3 h
Eye Brows, Eye Liners and Lip Liner	6 h
Touch-Ups	

### Eyelash Extensions

Eyelash extensions give you more length and fullness to your lashes for weeks, even for months. Handmade, synthetic eyelashes draw attention to your eyes better than any mascara. Semi-permanent lash extensions are perfect for everyday wear as well as for special occasions. The lashes are chosen individually according to your wishes from our wide selection. Proper care and touch-up visits sustain the beautiful results.

Full set	2 h
Half set	1,5 h
Touch-up for half set	1 h 15 min
Touch-up for full set	1,5 h

## HAIR REMOVAL

### Hairless, Blissful Life

– Hair removal effectively with sugaring

Unique hair removal method using sugar paste and high-tech proteolytic enzymes is quick, effective and gentle method banishing unwanted hair. A course of treatment where traditional hot wax is also an alternative, is recommended to slow down hair growth. To obtain the best results, correct home care products are highly recommended. Areas of hair removal: legs, thighs, bikini line, brazilian, arms, underarm, face and back.

### Cutera Laser Treatment for Hair Removal

– Medical laser treatment for hair removal

Laser removes hair effectively and painlessly in a course of five treatments depending on the growth cycle of the hair. Best results are obtained on dark and coarse hair because laser energy is absorbed most effectively by dark hair follicles on fair skin. Our doctor performs the procedure with the Cutera device, the latest technology in laser treatment.

## SILUETTI DENTAL SPA (Keskuskatu 6, 8th Floor, Tel. +358 9 2525 4242)

### Light Activated Teeth Whitening

In this treatment light activated whitening gel is applied resulting in six to ten shades whiter teeth. The treatment is finished off with a seven minute fluoride treatment. This quick and effective treatment is performed at the aesthetic surgery hospital Siluetti.

### Chemical Teeth Wightening Home Care Kit

This treatment is carried out under the consultation of a dental hygienist from the aesthetic surgery hospital Siluetti. You are provided with whitening gel and a custom-made bleaching tray as well as thorough home care instructions. Brighten your smile easily and effectively at home.

### Orthodontic Treatment and Veneers

The aesthetic surgery hospital Siluetti offers a variety of dental services such as orthodontic treatments and aesthetic dental care with laminate and restorative materials. In orthodontic treatments we apply the latest state-of-the-art methods. (We can for example provide you with a lingual arch which is adjusted onto the back of your teeth. )

## DOCTOR'S AND SPECIALIST'S APPOINTMENT

Nurse's appointment	20 min
Anti-aging doctor's appointment	30 min
Gynecologist's appointment	30 min
Dermatologist's appointment	30 min
Plastic surgeon's appointment	30 min

## FOR FURTHER INFORMATION

### RESERVATIONS

We wish to make your days in SiluettiSpa perfect, and therefore encourage you to reserve enough time to thoroughly enjoy your stay.

### HAMMAM SUITE UPGRADE

All of the SiluettiSpa treatments can be carried out in the SiluettiSpa Hammam Suite for an additional fee of 95 €.

### ARRIVAL

Please arrive 15 minutes prior to your scheduled appointment so we can ensure you have a relaxing and peaceful visit.

### CANCELLING

All cancellations should be made 24 hours prior to your scheduled appointment. For late cancellations we charge a 50 % treatment fee.

### GIFT VOUCHERS

Would you like to give perfect days and better tomorrows to someone special? For our gift vouchers, please inquire: [info@siluettispa.fi](mailto:info@siluettispa.fi) or 09 2525 4200

### SILUETTISPA ETIQUETTE

We wish to offer all our guests the possibility to relax in a serene atmosphere. Please respect the privacy of other guests and allow them a peaceful stay by switching off your cell phone during your visit.

### AGE REQUIREMENT

We welcome all guests over 16 years of age. Guests under 16 years are welcome when accompanied by an adult or when agreed upon separately.

### HEALTH

Please inform us about your allergies and other possible health problems so we can take them into account when planning your treatments.

### PREGNANCY

We offer a selection of suitable treatments for mothers to be. Please inform us if you are pregnant so we can take it into account when planning your treatments.

### GROUPS

We can provide tailored treatment packages for a variety of different groups. Please make your reservation in advance so that we can ensure your group a perfect spa experience.

**FOR US BEAUTY IS AGELESS.**