

*Spa*  
AUGUSTINE



**AUGUSTINE**  
**A LUXURY COLLECTION HOTEL, PRAGUE**

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## ENERGIZED BODY

### SURRENDER MASSAGE

Melt away into total relaxation under a blend of massage techniques selected by you and your therapist. This therapeutic massage is customized to address your specific pain issues and significantly reduce stress.

50 min / 3 100 CZK

80 min / 3 800 CZK

### SWEDISH MASSAGE

By using light to medium pressure, this massage is designed to reduce tension and mental fatigue. It brings together a variety of techniques resulting in a feeling of wellbeing and total relaxation.

50 min / 3 100 CZK

80 min / 3 800 CZK

### DEEP TISSUE MASSAGE

Therapeutic massage using firm, deep techniques to target specific areas of tension, relax muscles and relieve pain. Also works with trigger points.

50 min / 3 500 CZK

80 min / 4 200 CZK

### PRENATAL MASSAGE TREATMENT

This nourishing treatment helps to release your tension and pain by a gentle massage. It brings peace and harmony to both the mother and the baby.

50 min / 3 100 CZK

### HOT STONE MASSAGE

Smooth water heated lava stones are used to perform a deep relaxing body massage. The heat warms up tight muscles and improves circulation. This treatment will balance and ground the body, leaving you feeling totally calm, yet energized.

50 min / 3 300 CZK

80 min / 4 000 CZK

## LYMPHATIC DRAINAGE

This treatment is using very soft and gentle touch, which will relax your body completely, furthermore it supports the lymphatic system in its flow. It helps your body to reduce toxic from your body. We do recommend at least three treatments.

80 min / 3 800 CZK

## ANTI-CELLULITE MASSAGE

In this deeply purifying treatment, an energizing and detoxifying scrub is applied followed by an anti-cellulite massage. The massage will help reduce the appearance of cellulite and to improve circulation.

80 min / 3 800 CZK

Add on:

## HEAD AND NECK MASSAGE

This massage therapy is designed to deliver a deep state of relaxation, ease headaches, and neck tension. A great choice to relax muscles and release stiffness. An ideal addition to any treatment.

30 min / 1 700 CZK

## STEP INTO HEAVEN

This treatment is intense and relaxing, designed for tired legs accommodated with a feet warm bath detoxification and energizing scrub. This treatment allows tension to be released, blood circulation to be improved and muscles are soothed. This treatment would be an ideal addition and recommended after a long flight.

30 min / 1 700 CZK

## ENERGIZING & DETOXIFYING BODY SCRUB

Using the ionizing properties of the Himalayan salt crystals; this body scrub is an ideal treatment for cellulitis, stress, and exhaustion. It will remove the dead cells and nourish the deepest, layers of the skin.

30 min / 1 700 CZK

## SOUL REJUVENATING

### STRESS RELIEF KUNDALINI BACK MASSAGE

This is a gentle and nurturing treatment that uses chakra and sound healing to activate the Kundalini, dormant energy, at the base of the spine. This treatment is ideal for emotionally, exhausted, souls. It will calm the sympathetic and parasympathetic nervous system. This soothing treatment aims to bring your body back into a state of balance and awareness, by focusing on the back part of your body.

50 min / 3 300 CZK

### TRANQUILITY PRO SLEEP RITUAL

The synergy of a unique blend of essential oils. The bespoke Tranquility Sound. Slow massage techniques combined with the use of soft brushes gently guided the way to achieve a quiet and peaceful mind and body state favoring sleep and helping to recover jetlag side-effect.

50 min / 3 100 CZK

### TRADITIONAL TIBETAN KU-NYE MASSAGE

Tension releasing, harmonizing, revitalizing. This Tibetan body and mind treatment balance the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils works together to stabilize the five sensory organs, while Tibetan technique like cupping helps to release physical and mental tension, harmonizing from the tip of the toes to the crown of the head.

80 min / 4 000 CZK



## CHAKRA WELLBEING

As exceptional as it is, this treatment is tailored to each individual and is based around seven blends of chakra - balancing essential oils. Each unique ritual involves deep relaxation of the nervous system, sensuous lymphatic drainage, and subtle healing of the chakras. Choose the longer treatment to further expand the benefits for your skin by adding the "Energizing & Detoxifying Body Scrub."

**80 min / 4 000 CZK      110 min / 5 400 CZK**

## LAVENDER DREAMS

Breathe deep, inhale the calming and balancing benefits of wild lavender in this relaxing and rejuvenating spa experience. Your dream journey starts with an earthy minerals body exfoliation which continues with a pampering head to toe, full body massage with warm lavender oil.

**80 min / 4 000 CZK**

## GINGER RENEWAL

This uplifting treatment features the stimulating effects and pain relieving benefits of ginger. Your experience starts with an earthy minerals body exfoliation and continues with an amazing full body massage using warm ginger oil and warm healing lava stones.

**80 min / 4 000 CZK**

## BEAUTY

*(All beauty treatments are suitable for both men and women)*

### REMEDY FACIAL

The "Remedy Facial" will soothe and restore the protective skin barrier through a delicate, dermal fondness. It will alleviate redness and irritation while nourishing and strengthening the skin. This treatment is recommended for sensitive skin.

**50 min / 3 300 CZK**

### ACTIVE PURENESS FACIAL

The deep cleansing treatment will give a fresh, bright and uniform appearance to the skin. It cleanses and normalizes the skin which will reduce the appearance of skin imperfections. This treatment will soothe and improve the skin tissue aspect. It is recommended for all types of skin.

**50 min / 3 300 CZK**

### HYDRAMEMORY FACIAL

The deep hydrating treatment using hyaluronic acid for the face, neck, and décolletage will help to restore the hydrolipidic film to achieve deep lasting moisturizing effect, skin compactness and elasticity. It is ideal for dehydrated skin.

**50 min / 3 300 CZK**

### SUBLIME SKIN FACIAL

Softens the visible signs of aging and redefines the shape and surface of the face combining the renewing effect of the double peel with the innovative firming bi-phasic mask. It also improves pigmentation thanks to the use of the vitamin C. In 80 minutes treatment you will get active lift massage which is inspired by the Japanese massage Kobido. Ideal for mature skin with wrinkles.

**50 min / 3 300 CZK      80 min / 4 500 CZK**

## MANICURE

A classical manicure includes adjustment of the nail shape, cuticles work and application of hand cream, for deep hydration and a luxury nail grooming with polish.

**75 min / 2 800 CZK**

## PEDICURE

A classical foot nail treatment includes foot scrub application of hydrating cream grooming and polish or massage. Feel refreshed and revitalized while your feet are pampered.

**75 min / 2 800 CZK**

## MANI-PEDI COMBO

A classical treatment that incorporates mini-manicure and pedicure in one journey. Your toes and nails will be pampered and cuticle groomed. One application of polish is included in the package. Add 15 minutes in length of the treatment if you like to have both nails and toes polished for the final touch.

**115 min / 3 500 CZK**

**Add on:**

## ESSENTIAL MANICURE

This basic care will keep your nails in good condition. This treatment includes adjustment of the nail shape, cuticles work, and application of hand cream.

**30 min / 1 100 CZK**

## BEAUTY TREATMENTS AVAILABLE UPON REQUEST

Waxing, Make-Up, Eyebrow Shaping, Eyelash / Eyebrow Tint, Hair Blow Dry.





## TRADITIONAL TURKISH HAMMAM RITUAL

Our popular treatment will detoxify, purify and warm you up. Relax in the special hammam room, where scrub, traditional gloves, and organic soap are employed to melt away your worries. Indulge your senses listening to the gentle splashing and tinkling of water flowing and let your consciousness drift back to your very essence, your deepest being.

**50 min / 3 500 CZK**

## ST. THOMAS BEER BODY RITUAL

An original, all-natural treatment, created using a secret recipe from the Augustine Order of Monks. The ritual begins in the hammam room with an exfoliation using finely-ground organic beer hops and nourishing St. Thomas dark beer, with salts to help regulate pH levels and phytoextracts to promote detoxification and hydration. The treatment finishes with a deeply relaxing massage.

**90 min / 4 200 CZK**

## PACKAGES

Feel free to ask us about spa packages, and we will be more than happy to assist you in finding the best treatment for you. You can pamper yourself for as little as 3 hours or all day. You can combine any of our treatments for a discounted price.

**Here are a few pre-made packages for you:**

### THE ULTIMATE BLISS

Voted best treatment concept by GALA Spa Awards.

Reawaken the body and mind with this award-winning treatment, featuring uplifting keynotes of sandalwood, ylang ylang, and jasmine. The experience includes a full body scrub using herb-infused Himalayan salt crystals, followed by an enriching massage with the organic body oil and finishes with a soothing holistic facial for glowing and radiance.

Package includes:

- Full body scrub
- Kundalini back massage
- Glowing Radiance Facial with ILA  
"Glowing Radiance" od ILA

**110 min / 5 800 CZK**



## BUSINESS EXPRESS

An ideal package for the busy executive: release tension with a tailor-made “Surrender massage” followed by a deep cleansing facial and a mini manicure. You will feel refreshed, relaxed and well-groomed.

- Customized Surrender massage
- Active Pureness facial
- Mini manicure

**140 min / 6 400 CZK**

## TIME REVERSAL

This luxurious treatment is designed to remove visible signs of aging. The Time Reversal Journey begins with a “Lavender Dreams body ritual” to help skin feeling smoother and firmer. It continues with “Sublime skin facial” and a luxury manicure. You will feel refreshed and years younger.

- Lavender Dreams Body Ritual
- Sublime Skin Facial
- Luxury Manicure
- Fresh fruit salad

**230 min / 9 200 CZK**

## AUGUSTINE SPA

Step into the 13th-century former monastery and feel the spirituality of Augustine Spa enriched through its historical connection with still active monastery. Discover unique secrets of ancient recipes of the Augustinian order of monks while rejuvenating your body and soul with Ayurveda inspired treatments.

### PRODUCTS

#### ILA

Ila has been at the forefront of the “beyond organic” movement, producing products that are free from synthetic chemicals and contain a rare level of natural energy. This is achieved by sourcing the finest raw ingredients directly from local producers who cultivate and harvest them in harmony with nature.



### COMFORT ZONE

*“Skin is our focus, science is our guide, soul is our care.”*

Comfort Zone is the cosmetics division of Davines founded by Dr. Davide Bollati, a pharmacist, cosmetologist and current president of the company. Comfort Zone perceives skin as an expression of mind and body and provides a safe solution for all skin needs through a complete care approach consisting of treatments, product and lifestyle recommendations. They are promoting a holistic, soulful, healthy and sustainable lifestyle.

## Hours of Operation

SPA and relaxation area with sauna and steam room

**Mon – Sun: 10:00 AM – 09:00 PM**

Fitness

**Mon – Sun: 24/7**

## CONTACT

**Tel.:** +420 266 112 273

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**Gift cards:** personalized gift cards available upon request.

**Terms and conditions:**

Please arrive 15 minutes prior to your appointment time.

In-room treatment available for a surcharge.

100% cancellation fee will be applied if you cancel your appointment less than 3 hours before scheduled time.