

LUX\* GRAND GAUBE

# WELLNESS MENU

LUX\* ME WELLNESS / EMBARK ON YOUR WELLNESS JOURNEY



# LUX\* ME WELLNESS

Because we know health isn't one-size-fits all, we advocate a holistic approach that integrates hallmarks of modern wellbeing with ancient beauty customs. Our therapists are trained to tune in to what your body is craving - total relaxation? Detoxification? Healing? Strengthening? Once you check-in to LUX\* Grand Gaube, you will naturally leave everything behind...

The LUX\* ME Spa, a peaceful haven, is a sacred space where you will begin your journey to a healthier, happier you. Our LUX\* ME concept originates from a desire to bring wellness into your everyday.

Follow these symbols  
and embark on your own journey:



Relaxes, reduces stress and unwinds



Cleanses, resets your system, and kick-starts your metabolism



Rejuvenates, anti-ageing, promotes longevity



Revitalises, energises and promotes healthy weight



# EMBARK ON YOUR WELLNESS JOURNEY

Our holistic approach means your vacation can be as full with yoga, fitness classes, and tennis as it is with facials and massages. We offer individual consultations to get you on the right track and bespoke programmes that begin and end with a meditation.

IT'S A JOURNEY, AND THIS IS WHERE IT COULD TAKE YOU...



## RELAX

- Wellness Advice
- Yoga

### *Recommended treatments:*

Absolute Relaxation  
Massage / Shirley Page  
Signature Facial / Abhyanga  
Indian Massage / De-Stress  
Oil Concentrate



## REBOOT

- Wellness advice
- Daily cardio & stretch
- Breath and meditation

### *Recommended treatments:*

Detox and Muscle Reviver /  
Deeply Hydrating Facial with  
Lift & Firm Face massage /  
Meta-boost oil concentrate



## RENEW

- Wellness advice
- Daily mindful fitness
- Nature walk

### *Recommended treatments:*

LUX\* Me Tea Scrub / Holistic  
body massage / Rejuvenate  
oil concentrate



## REVITALISE

- Wellness advice
- Daily fitness and aqua  
training
- Yoga and meditation

### *Recommended treatments:*

Therapeutic massage /  
Thai massage / Chinese foot  
pressure point massage /  
Energising oil concentrate

LUX\* GRAND GAUBE

# SPA MENU

LUX\* ME SIGNATURES / LUX\* ME BODY MASSAGES

HOLISTIC THERAPIES / SPECIALISED TREATMENTS

LUX\* ME BODY SCRUBS & WRAPS / LUX\* ME BABYMOON

LUX\* ME TIME / LUX\* ME YOUTH

LUX\* ME BARBER & BEAUTY



## LUX\* GRAND GAUBE RESILIENT

### SIGNATURE THERAPY (90 MINUTES)

Our signature treatment incorporates sugar glow scrub and various bodywork techniques including foot reflexology, back massage focuses on the central energy pathway along the spine, application of an abdominal oil pack, breathwork, healing sound and aromatherapy

*Glow enhancer scrub, jet-lag remedy, therapeutic resilient massage*

## SHIRLEY PAGE SIGNATURE TREATMENTS

### MOOD-ENHANCING

#### FULL BODY MASSAGE (60 MINUTES)

Our sense of smell is linked to our memories, emotions and mood. To create her unique mood-enhancers, Aromatherapy guru Shirley Page blended organic oils known for their mood-boosting properties. The therapist will alternate between slow and rhythmic movements using the elixir you will have chosen.

### ABSOLUTE RELAXATION

#### BODY MASSAGE (60 MINUTES)

To achieve total relaxation, this holistic massage combines acupressure and lymph drainage techniques to balance your meridians and nervous system, energize your body and combat jet-lag.





## SHIRLEY PAGE SIGNATURE FACIAL (90 MINUTES)

Unwind as you enjoy a gentle exfoliation followed by a customised blend of Shirley Page Organic Skin Care Oils and Mood-Enhancers that will leave your skin radiant and hydrated. This holistic, non-invasive facial works at a physical, emotional, and spiritual level. A must for anyone seeking a truly healthy, glowing complexion.

## SHIRLEY PAGE SCALP, NECK & SHOULDER (30 MINUTES)

Acupressure is applied to various points above the scalp line, the neck, head and jaw line releasing any tension. The benefits of a head massage are untold: it helps relax the face muscles, combats hair thinning and recalibrates your mind.

# LUX\* ME BODY MASSAGES

## THERAPEUTIC (90 MINUTES)

*Prescriptive localised or full body massage*

This hands-on, advanced therapy makes use of multiple massage techniques to customise your treatment. Hot stones or compresses, medical grade soft cups, and/or herbal poultices may be used to relieve any aches and pain. Mat work and stretching may also be incorporated in order to achieve the wanted results. We recommend

at least 2 sessions for maximum results.

## BAMBOO MASSAGE (90 MINUTES)

Looking for something unconventional, effective, and soul-soothing? Our signature bamboo massage ticks all of those boxes. During the massage, natural bamboo sticks and organic herbal poultices are used to knead out muscle tension and ease stress.

## HOLISTIC AROMATIC MASSAGE

### (30/45/60/75/90 MINUTES)

Our therapists use a wide range of skill sets to customise this holistic, aromatherapy-based oil massage according to your needs. This personalised, collaborative approach turns the focus on your physical and emotional wellbeing for a moment of deep relaxation.

### **Add-ons (30 minutes)**

- Scrubs and wraps
- Neck, scalp and shoulder massage
- Foot massage
- Back massage
- Hot stones
- Herbal poultices
- Soft cupping

# HOLISTIC EASTERN THERAPIES

## SOUTHEAST ASIA

### BALINESE MASSAGE (60 MINUTES)

This full body massage combines dry and deep pressure movements followed by an oil massage. Skin rolling and flicking, firm, gentle stroking, and percussion techniques are used to loosen any muscle tension and boost circulation.

### THAI MASSAGE (60 MINUTES)

*Full body clothing massage*

Improve your flexibility and release any muscle tension with yoga-style stretches and acupressure techniques. This bodywork therapy is performed over loose comfortable clothing to allow range of movement. Our Thai massage is unique in the sense that it is relaxing yet energising, and is a highly effective therapeutic treatment.

# CHINA

## FOOT PRESSURE POINT MASSAGE (30 MINUTES)

A natural Chinese healing art based on the principle that there are reflexes in the feet that correspond to every part of the body. By applying pressure to the reflex points, this healing therapy relieves tension, improves circulation, and stimulates the natural functioning of the related areas of the body.

## CHINESE FULL-BODY

## MERIDIAN MASSAGE (60 MINUTES)

Various techniques are used to clear the body's energy pathways and release any blockages so the Qi can flow freely. Our meridian massage heals the body and strengthens your immune system.

## ACUPRESSURE MERIDIAN MASSAGE (60 MINUTES)

A full-body Meridian Massage over loose comfortable clothing, manual pressure is used to stimulate specific points on the body's energy line.

### **Add-ons (15 minutes)**

- **Cupping Therapy**

An ancient healing practice in which a suction pulls up and stimulates the body tissue beneath, increasing blood and lymph flow and improving the circulation of Qi energy. Bruising of the skin is normal and should disappear within 7 days.

# INDIA

## ABHYANGA INDIAN MASSAGE (90 MINUTES)

This ancient Indian Ayurvedic oil massage therapy heals and cleanses the body and mind. Medicated oil is applied to the whole body, which absorbs the nutrients present in the oil, helping the skin eliminate toxins.

## INDIAN HEAD MASSAGE (45 MINUTES)

The benefits of a head massage are untold: it helps relax the face muscles, relieves tension in the shoulders, neck, and head, combats hair thinning and recalibrates your mind. Sleep disorders and stress are washed away.

## SLIMMING UDVARTANA MASSAGE (45 MINUTES)

Dry Triphala powder is used to massage the body in upward strokes. This slimming massage improves circulation, reduces cellulite, and promotes a healthy weight.

## INDIAN SCALP SHIRODHARA MASSAGE (30 MINUTES)

Warm herbal oil is poured in a steady stream onto your forehead to clear the mind and relax the body. You will leave with a newfound sense of clarity and purpose.

# LUX\* ME FACIALS

## DEEPLY HYDRATING (60/90 MINUTES)

Sun, surf and sand can be a little rough on your skin. This hydrating facial, tailored to your skin type, ensures the only visible effect of your beach holiday is a sunkissed glow.

## LIFT & FIRM ANTI-AGING

## FACIAL MASSAGE (30 MINUTES)

Advanced skin stimulation techniques and a transformative touch are combined with anti-aging formulas to plump and firm your skin.

# SPECIALISED TREATMENTS

## DETOX & SILHOUETTE

### RESILIENT BODYWORK SYNERGY (60 MINUTES)



A unique alternative therapy inspired by what is going on in the world right now. It is thoughtfully designed to uplift the mood, reducing psychological stress levels, and in return it may preserve our immune function.

The treatment integrated various bodywork techniques including foot reflexology, back massage focuses on the central energy pathway along the spine, application of an abdominal oil pack, breathwork, healing sound and aromatherapy.

### MUSCLE REVIVER BODY SHAPE\* (60 MINUTES)



*Localised deep massage with full body effleurage*

Our Silhouette essential oil blend contains a revolutionary compound that helps dissolve the membrane of fat cells. During this treatment, the therapist combines deep tissue massage with lymphatic drainage to ease away toxins and sculpt your body.

### SOFT CUPPING THERAPY\* (60 MINUTES)



Cupping—an ancient healing practice that promotes blood and lymph flow through the use of suction, and stimulates the body tissue beneath—is said to combat cellulite. Cupping minimises its appearance but also relieves everything from muscle pain to poor circulation.

*\*The Detox and Silhouette therapies may be combined for a longer, 90-minute session. For maximum benefits, we recommend three sessions combined with Personal Training.*



# LUX\* ME BODY SCRUBS & WRAPS

OUT WITH THE OLD,  
IN WITH THE NEW SCRUB (45 MINUTES)  

We begin with a body exfoliation ritual made from fresh ingredients that removes dead skin cells followed by a moisturizer to prep your skin for sun intake. With your newfound baby skin, you will feel like a new person. Choose from a Tea, Coffee, or Sugar Smoothie Scrub.

COCOON WRAP (45 MINUTES)    

Our wrap envelops your body and replenishes your skin of its nutrients, revealing a fresh complexion. During this calming and therapeutic treatment which stimulates blood circulation and strengthens the immune system, the therapist will give you a head massage. Choose from Ginger Orange, Slimming Laminaria, or Soothing Chocolate Wrap.



# LUX\* ME BABYMOON

## PRENATAL FACIAL (60 MINUTES)

Bring out the best of your skin with this pampering, vitamin-rich facial that will leave you looking radiant. Our prenatal facial ends with a cooling hand and foot massage to soothe your limbs.

## PRENATAL MASSAGE (60 MINUTES)

Designed for mothers-to-be during their first and second trimesters, our prenatal massage releases tension in your hips and lower back and relieves any ache or discomfort. Goodbye stretch marks, tired legs, and cravings. It is also a chance to sit back, relax, and appreciate the miracle that is about to happen.

### **Add an extra 30 minutes of bliss** Face and scalp massage

- Body polish
- Skin softening body wrap

*\*Pregnancy is an individual experience. We recommend consulting your physician before booking a spa treatment.*

# LUX\* ME TIME

Design-Your-Own spa day

What does your ideal spa day look like?  
Browse our menu and choose between  
4, 8, and 12 hours of treatments.  
You will receive a cumulative discount.



# LUX\* ME YOUTH

Kids and teens deserve to live their best life too. These customised rituals are adapted to their taste and age (we use spa ingredients that look just like desserts). Parental company is mandatory.

- Mini Massage (30/45 minutes)
- Sun-kissed Facial (30 minutes)
- Tutti Frutti Scrub (30 minutes)
- Gorgeous Nails (starting 15 minutes)
- Hair cut, style, up-do, or braids (30 minutes)



**LUX\* ME**

**BEAUTY**

**MENU**

HAIRCUTS / SHAVES / BEARDS & MOUTSTACHES /  
KÉRASTASE / HAIR CARE / CARE SCALP / LUXE RITUAL /  
MANICURE / PEDICURE / NAIL POLISH /  
L'ORÉAL MAKE UP PROFESSIONAL

# LUX\* ME

## BARBER

At the heart of LUX\* Me Barber, we offer grooming experiences. Classic barber services such as Traditional Wet Shaves, Full Beard Reshapes and Restyle Haircuts.

These are occasions of refined masculinity for a gentleman to relax with a whisky or beer in the easy company of expert barbers.

Using Murdock's reinvigorating, made in England grooming ranges, our barbers will always ensure a gent feels comfortable and help him find his personal style. He'll leave refreshed and with that extra stride of confidence that comes from looking and feeling your handsome best.





## FULL SERVICES

### LUX\* ME BARBER FULL SERVICE (105 MINUTES)

Shampoo and Haircut, Wet Shave, Signature Facial.

### FACIAL (30 MINUTES)

This facial cleanses, tones and hydrates.

## HAIRCUTS

### THE RESTYLE HAIRCUT (60 MINUTES)

A new direction in hairstyle: Shampoo, condition and haircut.

### THE HAIRCUT (45 MINUTES)

Shampoo, condition and haircut.

### THE BACK AND SIDES (30 MINUTES)

Back and sides trim, back of neck finish.

### STYLE & GO (15 MINUTES)

Shampoo, blow dry and style treatment.



# BEARDS & MOUSTACHES

## THE QUICK BEARD TRIM (15 MINUTES)

A trim, tidy up and beard moisturising.

## THE BEARD RESHAPE (30 MINUTES)

Dry cut with clippers and scissors, shaping and moisturising treatment.

## THE FULL BEARD SHAPING (45 MINUTES)

Dry cut with clippers and scissors, shaping and moisturising treatment, plus cut throat and hot towel.

## THE MOUSTACHE TRIM (15 MINUTES)

Tidy up and styling.

## THE TRADITIONAL HEAD SHAVE (45 MINUTES)

All over wet shave of head.

## THE ONE GRADE (30 MINUTES)

Electric clipper, wash and finish

# SHAVES

## THE WET SHAVE (60 MINUTES)

Hot towel, cut-throat shave, facial.

## HOW TO SHAVE TUTORIAL (75 MINUTES)

Whilst our highly skilled barbers indulge you in a wet shave, they will provide a detailed tutorial on the art and science of wet shaving and a personal consultation on the best methods and products to continue wet shaving at home.



# LUX\* ME BEAUTY

## HAIR &

## MAKEUP

**Shampoo and Blow-Dry**  
(upwards of 30 minutes)

**Shampoo, Blow-Dry and Style**  
(upwards of 60 minutes)

**Shampoo, Cut and Blow-Dry**  
(upwards of 60 minutes)

**Bride Hair Styling &  
Make Up Trial and  
Consultation** (120 minutes)

**Bride Hair Styling & Make Up**  
(upwards of 90 minutes)

**Bride Make Up Session**  
(45 minutes)

**Gentleman's Haircut and Styling**  
(45 minutes)

**Beard Trim**  
(upwards of 30 minutes)

**Kids Mini Haircut**  
(upwards of 30 minutes)

## NAIL

## TREATMENTS

**Manicure\***  
Choose from **Swift, Smooth,  
and Spa**

**Pedicure\***  
Choose from **Smooth and Spa**

**Gel Removal\***

**Gel Manicure**

**Nail varnish and application**

*\*Non-acrylic or other non-natural nails*

## HAIR REMOVAL (upwards of 15 minutes)

Face (eyebrow / upper lip /  
chin)

Back

Arms (underarm / half / full)

Legs (half/ full / bikini /  
Brazilian)

Gentleman's chest

*\*Full beauty services menu are available  
at the Beauty Studio*

# KÉRASTASE PARIS

Kérastase is a French international luxury haircare brand, headquartered in rue Saint-Honore, Paris. The brand forms part of the professional products division of the multi-national Paris-based parent company the L'Oréal Group.

Established in 1964 in France, by François Dalle (parent company CEO), the brand first expanded through Europe, followed by Japan in 1990 and in North America in 1999. Kérastase is exclusively distributed through high-end hair salons. It is a leading brand in several countries in the professional and luxury haircare segments.

# ULTRA-POTENT CARE TAILOR-MADE TO PERFECTION

NEW

## FUSIO-DOSE™

The 1<sup>st</sup>\* system of  
ultra-concentrated active  
ingredients fused in real time  
by your hairdresser.

ONLY IN THE MOST SELECTIVE SALONS



# THE RITUAL IN SALON KÉRASTASE

# CUSTOMISE YOUR NEEDS

Enjoy a personalised ritual performed by your Kérastase hair experts.

The Ritual is a customised hair treatment including a professional scalp massage, providing an intense sense of well-being.

Each application offers a unique experience of beauty diagnosis: Bath, Treatment, and Texturising.

# DIAGNOSTIC

Manual hair analysis along with Kérastase Professional Diagnosis Camera are the essential steps before any ritual. They assess the individual needs of hair and prescribe an appropriate and personalised treatment.

## 1. BATH

The first step that initiates the beauty program. Massaging the scalp stimulates vital functions and awakens the senses.

## 2. TREATMENT

Professional treatments application for in-depth action. The transformation is immediate result with lasting effect.

## 3. TEXTURISING

The application of leave-in serum gives the hair a final touch of beauty. Effective protection that prepares the hair for blow drying and styling.



# HAIR CARE

## INSTANT RITUAL

### FUSIO-DOSE™

**For all hair types**

It's a personalised ritual and instant processing of the fibre through an active-concentrate hair booster. Maybe recommended for any shampoo service.

## RITUAL OF RECONSTRUCTION

### RESISTANCE

**Give a second life to much damaged hair**

For brittle and damaged hair. The hair fibre is reconstructed. Hair regains volume, elasticity and shine.

## RITUAL OF RADIANCE

### REFLECTION

**Protect and enhance your colour**

For coloured hair. Protects and maintains the brightness and intensity of your coloured hair.

## RITUAL OF NUTRITION

### NUTRITION

**Nutrition and immunity against dryness**

For dry and damaged hair. Nourishes and provides reinforced anti-oxidant protection for the hair.

## DISCIPLINE RITUAL

### DISCIPLINE

**Control unruly hair**

A unique combination of active concentrate to smoothen the fibre and control its movement. 72h anti-frizz and anti-moisture action.

## PURITY RITUAL

### SPECIFIC

**Cleanse and soothe**

For imbalanced scalp condition. Scalp exfoliating action to restore its optimum balance.



# SCALP CARE

## CONDITIONER RITUAL

### DENSIFIQUE

**Minimise hair loss**

Regenerates the beauty of hair, revitalises and preserves the hair.

# LUXE RITUAL

## RITUAL 24 CARAT ULTIMATE

### ELIXIR

#### Overall care

For all hair types. Nourishes, protects and illuminates hair with a customized care for silky, light and fragrant hair.

#### Chronologiste RITUAL

Hair care designed for revitalising and regenerating the scalp

#### KERA-THERAPY RITUAL

For damaged hair



# AROMATHERAPY

## NAIL CARE

- Manicure\*, choose from Swift, Smooth, and Spa
- Pedicure\*, choose from Smooth and Spa
- Gel soak-off\*
- Gel Manicure
- Nail varnish and application (starts from 15 minutes)

### **Swift\***

#### **MANICURE (15 MINUTES)**

#### **PEDICURE (20 MINUTES)**

Cut, file, buff, and moisturise

### **Smooth\***

#### **MANICURE (30 MINUTES)**

#### **PEDICURE (40 MINUTES)**

Cut, file, cuticle work, scrub, buff, and moisturise

### **Spa\***

#### **MANICURE (45 MINUTES)**

#### **PEDICURE (60 MINUTES)**

Cut, file, cuticle work, scrub, buff, massage, and wrap

### **KIDS' MANICURE + NAIL POLISH(UNDER 12)**

### **KIDS' PEDICURE + NAIL POLISH (UNDER 12)**

### **MEDICAL PEDICURE**

LUX\* Me offers an alternative to a traditional pedicure. With the knowledge and skills of our medical pedicure expert, the feet care treats wellness, callus, fungus, warts, crack heel, and ingrown nails. It includes file, soak, scrub, cuticle care, buffing, mask, massage, and base coat or gloss top. This treatment leaves you with baby soft feet.

*\*Non-acrylic or other non-natural nails*





# THE BRIDE & THE GROOM

Customised and unforgettable spa and wellness experiences to pre-celebrate and prepare everyone's spirit in bringing positive energy for the big ceremony. Contact LUX\* ME for customised pre and post-wedding packages.

# L'ORÉAL PARIS

L'Oréal Paris shares a unique vision of beauty, supported by 35 diverse international ambassadors, icons such as Jennifer Lopez, Jane Fonda, Eva Longoria, Julianne Moore, Liya Kebede, Karlie Kloss, Doutzen Kroes or Gong Li. The exceptional careers and charismatic personality of L'Oréal's ambassadors resonate in the motto "Because you're worth it", a truly universal message of empowering beauty for the last 40 years. Each year, L'Oréal Paris magnifies its beauty ambassadors and worldwide celebrities from nearly 20 international red carpets, including the Cannes Film Festival, for which L'Oréal Paris has been the Official Makeup Artist for the last 20 years. The Film Festival provides the constantly renewed opportunity to highlight the superiority and expertise of its products accessible to every consumer.

Day & Evening Make-Up  
Bridal Make-Up  
Trial Make-Up

**\* LIGHTER. BRIGHTER.**