

# the spa

*Housed in the hotel's modern annex, the spa at Haas Hustinx is a space to unwind in, complete with a pool, sauna, steamroom, and treatment rooms. All our rituals begin with an Epsom salt and magnesium foot bathing ritual to draw toxins and help reduce inflammation.*

## MASSAGES

**ULTIMATE AROMATHERAPY EXPERIENCE** € 90,- | € 125,-  
60 or 90 minutes

This ritual uses Swedish techniques to relieve muscular tension and lymphatic drainage to encourage healthy circulation, leaving you feeling relaxed and recharged. Using the renowned therapeutic gifts of aromatherapy, each treatment begins with a consultation to discover your emotional and physical needs and intentions. With your chosen oil, your therapist will tailor the pressure to your needs, stimulating the nervous system. This treatment works from your head to toes using oils formulated with natural plant and flower oils with powerful therapeutic benefits for body and mind. In the longer treatment, extra attention is given to the face and scalp region, or for the tense muscles that need special attention.

*This treatment includes free spa access in a time slot of 2 hours.  
Please reserve your time slot at the reception.*

**INTENSIVE MUSCLE RELEASE** € 90,- | € 125,-  
60 or 90 minutes

This deeply restorative massage is specifically designed for tight, stressed and aching muscles to instantly relieve tension. Whether it's a heavy exercise schedule or too many hours spent at your desk, the body tends to be pushed to the limit and can easily become stiff, tight and painful. Swedish and cross muscle fibre massage techniques are combined with dynamic stretching moves and essential oils known for benefits in boosting circulation. Black pepper, rosemary and ginger essential oils will warm the muscles and help disperse the build-up of lactic acid that causes stiffness and pain. The ritual ends with applying a layer of calming lavender oil that creates a soothing and anti-inflammatory effect on the muscles.

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**HOT STONE MASSAGE** € 90,- | € 125,-  
60 or 90 minutes

This full body massage uses heated basalt stones that radiate warmth into the belly of the muscles, releasing tension and increasing blood flow. The stones are first placed on specific points of the body, allowing the muscles to loosen before they are used to massage the body in continuous motions. This method is recommended for physically sensitive individuals as it allows for a deeper tissue massage without excessive hand treatment from the therapist.

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**SIGNATURE PRE & POST-NATAL MASSAGE** € 95,-  
60 minutes

A gentle and nurturing massage for restored tone, elasticity, and profound hydration, perfect for during and post-pregnancy. Choose from a selection of three oils, each safely formulated to be used during pregnancy to nourish and care for your expanding skin. This therapy uses the traditional aromatherapy pressure point massage for the upper back, paying particular attention to tight shoulders to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy followed by a full scalp and facial massage. It improves circulation, reduces swelling and contributes to skin firmness. The tension in both body and mind will be released, leaving mom and baby in a state of balance.  
*This treatment is recommended after the first 14 weeks of pregnancy.*

*This treatment includes free spa access in a time slot of 2 hours.  
Please reserve your time slot at the reception.*

**NECK, BACK AND SHOULDERS** € 45,-  
30 minutes

A reviving back, neck and shoulders massage using therapeutic trigger techniques to relieve muscle tension and restore mobility and alignment of the back and spine.  
*(excludes access to wellness facility)*

## BODY TREATMENTS

**THE DETOX REVIVOR** € 120,-  
75 minutes

This invigorating treatment is specifically designed for those looking for an intensive body detox, perfect for when feeling sluggish, lacking energy or following a diet. The ultimate trilogy of body brushing, exfoliation and mud mask stimulates the lymphatic system and removes dead skin cells allowing the skin to absorb the minerals essential for the body's self healing properties.

Your body is finally layered and massaged with the Revive Body Gel, Revive Body Oil and Revive Body Lotion, allowing it to penetrate into the body, resulting in a deeply recharged mind and re-energised body. An Ayurvedic scalp massage dissolves tension and stress so that mind and body are nourished and rejuvenated. This treatment leaves your skin pure and nourished and your spirits bright and uplifted.

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## FACIALS

**SKIN-SPECIFIC FACIAL** € 95,- | € 130,-  
60 or 90 minutes

Choose a personalized facial based on your skin's needs, your therapist will use a skin analyzer to determine your skin type and recommend the facial ideal for your skin's needs. A calming inhalation of incense helps you let go of the day's stresses, turning your focus inward as your treatment begins. A scalp massage releases muscular tension and prepares you for your facial. Your skin is cleansed, exfoliated and toned using the carefully designed products specific to your skin type. A traditional aromatherapy pressure point massage combined with lymphatic drainage releases facial tension and congestion. A nourishing facial mask is then applied, and while it goes to work, your arms and hands are massaged. Your skin is finally treated with a protective and hydrating moisturiser resulting in a clear, radiant complexion and a relaxed state of mind.

**HYDRATE** | For dry or mature skin. The ultimate treatment for deep hydration and radiance, using the HydraBrush Massage that transports Moringa Oil vitamins deep into the skin. This facial is designed to firm the skin and keep it hydrated by using hyaluronic fragments, a substance produced and stored in the skin to retain moisture.

**PURIFY** | for impure-oily skin Intensive treatment with purifying and revitalizing actions for reducing pores and preventing acne. White and Green Clays are used to absorb excess sebum, combined with Garcinia Mangostana that has antibacterial and anti-inflammatory properties.

**REMEDY** | for sensitive skin. Fragrance free and ideal for all skin types including during pregnancy. This treatment provides immediate relief and repair to delicate and hypersensitive skin using rich extracts from Marvel-of-Peru, Mexican Hyssop, and Marula Oil. The skin is then profoundly nourished and protected using a Prebiotic from natural sugars that reinforces the skin's good bacteria for optimal defense.

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## ADD-ONS

**HAND RITUAL** € 20,-  
15 minutes

Nourishing, protective and relaxing treatment for the hands and arms. This treatment replenishes the skin with essential minerals and nutrients, while using reflex zone therapy to relax the whole body.

**FOOT RITUAL** € 25,-  
15 minutes

Energizing foot treatment starting with an Epsom salt and magnesium foot bath to draw toxins and help reduce swelling. The exfoliation followed by massage of your feet and lower legs will improve circulation and reduce fatigue, making your feet feel light and energized.

**SCALP RITUAL** € 25,-  
15 minutes

Stress relieving head treatment for increased mind body awareness that improves overall scalp health. A recommended treatment for tension headaches and disturbed sleep.

**EXPRESS BODY SCUB** € 35,-  
25 minutes

Bring back your radiance with this comforting and restorative treatment designed to rejuvenate dry and tired skin. A cleansing body exfoliation stimulates the circulation and sloughs off dead cells to revive the skin. Your body is layered in a deeply hydrating gel, followed by a moisturising and softening mix of oils and creams leaving the skin looking radiant and feeling wonderfully smooth. An excellent treatment combined with any of our massages.

## WELLNESS SPACE

**WELLNESS ACCESS** € 27,- | € 15,- hotel guests  
2 hours

The wellness space is spread over two floors equipped with a sauna, hammam, swimming pool and experience showers. Enjoy the healing powers of thermal cycles to open your pores, cleans your body from accumulated toxins, and boost your body's self healing mechanisms. Then restore in the meditation and relaxation space under the glass skylight, and prepare to transition out of the cocoon and into the world again.

*Complimentary access to our spa facilities only applies to guests who have booked a Suite or Apartment. In case you have booked one of our other rooms, the costs amount to € 15 per person per stay.*

**WELLNESS PRIVATE USE** € 200,-  
2 hr

When booking a private wellness session, you are guaranteed private use of the wellness facility for 2 hours including the Pool, Hammam, Sauna, and Experience Showers. The whole area will be reserved just for you. Please contact us ahead of time to ensure availability.

[BOOK A TREATMENT](#)



Vrijthof 20, Maastricht, NL  
W [www.haashustinx.nl/spa](http://www.haashustinx.nl/spa)  
T +31 468 486 698