

# • SANCTVM •

*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,-  
55 or 85 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 preferred time slot well ahead to your arrival through our website.*

**INTENSIVE MUSCLE RELEASE** € 90,- | € 125,-  
55 or 85 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,-  
55 or 85 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.

*This treatment includes free spa access in a time slot of 2 hours.  
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**AYURVEDIC FULL BODY MASSAGE** € 90,- | € 125,-  
55 or 85 minutes

A rejuvenating full body massage that combines traditional Ayurvedic massage techniques and acupressure of Marma points. This healing treatment with warm oil releases physical and emotional blockages, eliminating toxins from the system and releasing muscle and joint stiffness. For a unique, personalised treatment-, the oils and pressure points will be carefully chosen depending on your emotional and physical needs.

*This treatment includes free spa access in a time slot of 2 hours.  
Please reserve your preferred time slot well ahead to your arrival through our website.*

**NECK, BACK AND SHOULDERS MASSAGE** € 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)*

**AYURVEDIC HEAD, NECK, FACE AND SHOULDERS MASSAGE** € 45,-  
30 minutes

This relaxing head, face, neck and shoulder massage relieves stress and balances body and mind. The massage is given with the techniques and acupressure of Marma points of Ayurvedic. This treatment uses Ayurvedic techniques and Marma points therapy to help promote a better flow of energy through the body.  
*(excludes access to wellness facility)*

## FACIALS

**SKIN-SPECIFIC FACIAL** € 95,- | € 130,-  
55 or 85 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.

*This treatment includes free spa access in a time slot of 2 hours.  
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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 SCRUB** € 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** € 37,50 | € 22,50 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.

*(Access for non-hotel guests including towels, bath robes, slippers is € 50,-)*

**WELLNESS PRIVATE USE** € 200,- | € 120,- hotel guests  
2 hours

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.

*All treatments are given separately, it is not possible to book double/couple treatments. We can welcome a maximum of 6 people per time slot in our Sanctum Spa. Please reserve your preferred time slot well ahead to your arrival through our website.*

[BOOK A TREATMENT](#)

