

A woman with blonde hair is lying on her back on a white towel, receiving a back massage. Her eyes are closed, and she has a peaceful expression. A hand is visible on her back, applying pressure. The background is a soft-focus outdoor scene with greenery and a stone wall. In the top left corner, there is a large green monstera leaf. In the middle right, there is a smaller green leafy branch. The overall atmosphere is serene and relaxing.

ATHENÆUM

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IF YOU ARE NEW TO THE SPA CONCEPT, RELAX, IT WILL BE OUR PLEASURE TO INTRODUCE YOU THIS UNWINDING EXPERIENCE. THE SPA IS EQUIPPED WITH EVERYTHING YOU WISH TO HELP YOU UNWIND AND RELAX. OUR SKILLED THERAPISTS WILL HELP YOU CHOOSE THE BEST SPA TREATMENT DESIGNED TO SOOTHE, PAMPER, DE-STRESS OR INVIGORATE BOTH YOUR MIND AND BODY

Spa Opening Hours

USE OF INDOOR POOL, SAUNA GARDENS, STEAM ROOM AND GYM IS COMPLIMENTARY FOR OUR HOTEL GUESTS.

MONDAY TO FRIDAY 6AM TO 10PM

WEEKENDS AND PUBLIC HOLIDAYS 8AM TO 7PM

Spa Etiquette

THE ATHENÆUM IS A PLACE OF WELLNESS AND SERENITY. OUR GUESTS ENJOY A PERFECT SETTING OF HARMONY AND BALANCE, PLEASE HELP US MAINTAIN OUR TRANQUILLITY. TURN OFF YOUR MOBILE PHONE OR SWITCH IT ON SILENT MODE. DO COMMUNICATE YOUR PREFERENCES, EXPECTATIONS AND CONCERNS TO HELP US ENSURE THAT YOUR SPA EXPERIENCE WILL BE MET. MAINTAIN TRANQUILLITY BY NOT TALKING LOUDLY IN THE PUBLIC AREAS. HOTEL GUESTS ARE ADVISED TO COME TO THE ATHENÆUM WEARING THE ROBE AND SLIPPERS THAT ARE PROVIDED IN THEIR BEDROOM. KINDLY ARRIVE AT LEAST 15 MINUTES PRIOR TO YOUR TREATMENT RESERVATION SO YOU HAVE ADEQUATE TIME TO CALMLY PREPARE YOURSELF AND COMPLETE THE SPA HEALTH QUESTIONNAIRE

Gym

OUR FITNESS TRAINERS ARE AVAILABLE TO ASSIST YOU WITH OUR EQUIPMENT, PERSONAL TRAINING SESSIONS ARE ALSO AVAILABLE UPON APPOINTMENT. CLOTHING IS NOT PROVIDED SO PLEASE BRING YOUR OWN FITNESS WEAR, INCLUDING APPROPRIATE GYM FOOTWEAR

Pool

KINDLY SHOWER BEFORE ENTERING THE POOL FOR HYGIENE PURPOSES. THE SPA IS AN ADULT ORIENTED ATMOSPHERE. A SPECIAL CHILDREN'S POOL HOUR IS OFFERED DAILY FOR CHILDREN OF HOTEL RESIDENTS, IF ACCOMPANIED BY AN ADULT, FROM 10AM TO 11:30AM AND 3PM TO 4:30PM



the athenaeum



the athenaeum



Take Your Favourite Products Home

TO EXTEND YOUR SPA EXPERIENCE AT HOME, OUR SPA OFFERS A WIDE RANGE OF PRODUCTS THAT ARE AVAILABLE FOR SALE. OUR QUALIFIED STAFF WILL BE GLAD TO ASSIST YOU

Athenaeum Fitness

WE KNOW THAT EXERCISE IS A VITAL COMPONENT TO A HEALTHY LIFESTYLE. OUR GYM PROVIDES SPACIOUS CUSTOMISED WELLNESS AREAS AND WELL-EQUIPPED FITNESS FACILITIES TO MEET ALL YOUR NEEDS, CATERING TO YOUR OWN FITNESS LEVEL. NO MATTER YOUR ABILITY OR AGE, OUR DEDICATED WELLNESS PROFESSIONALS ARE HERE TO ASSIST YOU

For Our Hotel Guest & Members

PERSONAL TRAINING TO HELP YOU CREATE A CUSTOMISED TRAINING SESSION AND FOR ONE TO ONE FITNESS COACHING ARE AVAILABLE

€25 PER SESSION

Group Classes

PILATES, YOGA, ZUMBA, MEDITATION
KINDLY ASK FOR CLASSES TIME TABLE AT SPA RECEPTION

€7 PER CLASS

BOOKING IN ADVANCE IS REQUIRED



couples

massage



couples massage



It's always nice to take
some time out from your busy schedule
and spend time with your loved one

Treasured Time €130

RELAX TOGETHER WITH A FULL BODY
MASSAGE IN OUR COUPLES ROOM.
THIS WONDERFULLY SOOTHING AND
REJUVENATION EXPERIENCE IS IDEAL
FOR TOGETHERNESS TIME



55 MIN

Escape Together €140

A CLEANSING AND BRIGHTENING
FACIAL FOLLOWED BY A BACK MASSAGE



60 MIN

The Ultimate Couples Spa Retreat €160

A SOOTHING AROMA THERAPY BATH
FOLLOWED BY OUR SIGNATURE TREATMENT.
FULL BODY AROMATIC CANDLE MASSAGE
THAT WILL TAKE THE MIND AND BODY
TO THE WORLD OF BLISS



120 MIN



spa
trends
body treatments



spa
trends
body treatments



Sea Salt & Aromatic Scrub €50

ULTRA-MOISTURISING BODY SCRUB.
AN IDEAL PREPARATION FOR PRE-TANNING
OR A SPECIAL OCCASION



40 MIN

Coconut Body Scrub €40

A BODY SCRUB THAT REPLENISHED
MINERALS, STIMULATES CIRCULATION
AND SOOTHES THE SKIN



30 MIN

Aroma Luxe €70

A LUXURY NOURISHING
RE-HYDRATING BODY MASSAGE



60 MIN

Jambes Toniques €50

ANTI-FATIGUE LEG TREATMENT.
FIRE & ICE MASSAGE TO SMOOTH
AWAY MUSCLE TENSION AND HELPS
TO ACTIVATE CIRCULATION



40 MIN



classic facials

for him & her



classic facials

for him & her



Intermezzo €35

EXPRESS BOTANICAL BEAUTY ENCOUNTER



25 MIN

Escale Beaute €55

THE BEAUTY BREAK, A SHORT
AND COMPLETE FACIAL



45 MIN

Le Grand Classique €75

DEEP PORE CLEANSING, RESTORING AND
RELAXING FACIAL. LEAVES YOU WITH CLEAN,
PERFECTLY BALANCED SKIN AND A RADIANT
COMPLEXION



70 MIN

Hydralessence Face €75

LONG- LASTING DEEP HYDRATING FACIAL,
SMOOTHS AND SOFTENS THE SKIN BY THE
USE OF 2 MASKS



70 MIN

Optimizer €80

LIFTING AND FIRING FACIAL.
IT OPTIMIZES FIRMNESS, REDUCES
WRINKLES AND INTENSIFIES GLOW



70 MIN

Men Skin Fitness €60

DEEP PORE CLEANSING, RESTORING
AND RELAXING TREATMENT



40 MIN

Men Power Moist €45

LONG LASTING, DEEP HYDRATING AND
REPLENISHING TREATMENT



30 MIN



brows
& lashes



hands
& feet
treatment



brows & lashes



Eyebrow Tinting	€15
Eyelash Tinting	€15
Eyebrow & Eyelash Tinting	€28

hands & feet treatments



Classic Manicure	€40
Classic Pedicure	€50
Nail Polish Application	€12
Gelish Polish Removal	€15
Gelish Polish Application	€25
Gelish on Hands & Feet	€40



depilation



depilation



Eyebrow Shaping	€12
Chin/Side of Face	€10
Upper lip waxing	€8
Underarms waxing	€10
Forearms waxing	€8
Full arms waxing or Bikini Line waxing ..	€15
Full Leg + Bikini Line Waxing	€40
Full Leg Waxing	€35
Half Leg Waxing	€20
Chest Waxing or Full Back Waxing	€35



tension

release massages



tension

release massages



Blissfull Massage €40

THIS MASSAGE FOCUSES ON THE NECK, BACK AND SHOULDER REGION, RELEASING STRESS AND TENSION



25 MIN

Chill Out Full Body Massage €65

THIS CLASSIC EUROPEAN MASSAGE FEATUR LONG STROKES AND KNEADING TECHNIQUES



55 MIN

Ancient Hot Stones €75

ANCIENT STONE CARRYING THE ENERGY OF THE EARTH, THEY INVIGORATE AND STIMULATE THE BODY FOR A DEEPLY WARMING AND UNWINDING MASSAGE EXPERIENCE



60 MIN

Reflexology €60

THIS ANCIENT AND EFFECTIVE PRACTICE OF FOCUSING ON THE PRESSURE POINTS OF THE FEET, HAS TO BE EXPERIENCED TO BE APPRECIATED



45 MIN

Candle Massage €75

A TRULY AROMATIC RELAXING CANDLE MASSAGE THAT WILL TAKE THE MIND AND THE BODY TO THE WORLD OF BLISS AND RELAXATION. CHOOSE FROM CANDLE AROMATIC SOOTHING MASSAGE OR CANDLE AROMATIC RELAXING MASSAGE



60 MIN



CORINTHIA

PALACE HOTEL & SPA

MALTA

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