

# WELCOME TO THE BURMAN SPA

Located behind the timeless embrace of ancient walls, the boutique spa of The Burman Hotel unfolds as a sanctuary of elegance and tranquility.

Within its serene haven lie two intimate treatment rooms, a luxurious wellness area featuring a Japanese bath and Jacuzzi, a soothing steam room and a relaxation space.

Our expert therapists craft flawless and rejuvenating treatments, seamlessly blending calming massages and revitalising facials for a harmonious balance of mind, body and spirit.

At the heart of our approach is the understanding that every guest is unique, with distinct needs and desires. Through our partnership with Biologique Recherche, each guest receives a tailored treatment experience that addresses their specific concerns and desires, ensuring true luxury in personalisation. Biologique Recherche, the esteemed French skincare brand, combines a clinical approach with potent concentrations of active ingredients to deliver transformative results. Each treatment revitalises the skin, leaving you refreshed, rejuvenated, and luminous.

# Treatments

## Burman Beauty Reatreat Signature Face and Body Treatment 120 min | €340

A luxurious and lavish treatment, ideal for recovering from a long journey, jetlag or a period of intense activity. The treatment includes a back and head massage, which offers real moments of relaxation for body and mind. Highly effective, luxurious active ingredients work in synergy and offer the skin a so-called new life. The treatment ends with Micro Caviar cream. This ritual provides an absolute sense of inner well-being and helps the body restore its basic vitality and energy. Wrinkles are smoothed out, the contour of the face is improved, the whole body is relaxed. The top note for relaxation is a glass of cold Champagne!

## B-CALM Facial Treatment 65 min | €160

This ultra-moisturizing treatment is ideal for skin in need of pampering and soothing. A series of slow, peaceful massage techniques guarantee an escape from everyday worries. After the massage, the face is pampered with a nourishing and luxurious mask. Post treatment, the skin is moisturized and pleasantly soft. Suitable for reddened, dry and combination skin.

## B-GLOW Facial Treatment 65 min | €160

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# Facials by Biologique Recherche

## Masque Exfoliant P50 75 min | €160

A treatment with acids that improves the texture of the skin, evens out the complexion, making it radiant. Promotes cell renewal.

## Lift C.V.S 75 min | €180

Strongly moisturizing, skin-tightening, skin-toning treatment.

## Peeling Acids de Fruits 75 min | €160

Exfoliating treatment with fruit acids, cleans the skin and evens out the complexion. The skin is fresh and bright after the treatment. The skin texture is soft and smooth.

## Soin Restructurant et Lissant 75 min | €160

The treatment is highly moisturizing and wrinkle-smoothing.

## MC110 90 min | €280

Suitable for all skin types. After the treatment, the skin is moisturized and soft.

## Integral Lift C.V.S+ Soint Restructurant Lissant 120 min | €340

A wonderful combination of two treatments that offer both hydration and a strong firming effect. After the treatment, the skin is immediately smoother, the complexion is clearer and the skin tone is noticeably improved.

## Co-Factor Extras

<b>Masque Caviar Vert</b>	€60
Moisturizes, renews, fills wrinkles.	
<b>Masque PIGM400</b>	€60
Evens the complexion, brightens.	
<b>Platysma</b>	€50
Face lift mask.	
<b>Eye Mask Patches Defatigants</b>	€50
Moisturizes, removes puffiness, improves skin quality.	
<b>Lip Mask Liftkiss</b>	€50
Moisturizes and smoothes lips.	
<b>Cold Mask</b>	€50
Soothes and moisturizes irritated skin.	
<b>Skin Light Led Therapy</b>	€60
Light therapy to enhance the effect of the mask and improve cellular respiration.	

## Customized Face Treatments

All treatments include head and hand massage	60 min   €150
In case you didn't find the perfect match from the list above, our spa therapists will customize the treatment according to your specific needs. You only need to tell us how much time you have, and our therapists can determine the most suitable treatment for you.	90 min   €230
	120 min   €280

## Body Treatments by Biologique Recherche

<b>Gommage P50 Corps</b>	60 min   €150
Exfoliates, renews, moisturizes.	
<b>Lift C.V.S Corps</b>	60 min   €180
Exfoliating and skin tightening effect.	

# Massages

## Classical Massage

Full body massage. A multisensory journey that releases muscle tension and offers a feeling of intense peace.

60 min | €120

90 min | €200

## Aroma Oil Massage

Relaxing, soothing massage. Low strength, pampering and relaxing body massage. Pleasant aromas create an enjoyable feeling and take you away from everyday worries for a moment.

60 min | €120

90 min | €180

## Head and Shoulder Massage

The purpose of the massage is to release tension in the skull, neck and shoulder girdle area and relieve stress and pain.

45 min | €110

## Foot Massage

For tired legs. A draining and decongestant treatment. It stimulates the circulation and helps give a sensation of lightness.

30 min | €95

## Deep Tissue Massage

Massage with medium and rather strong pressure. Massage offers harmony of body and mind. A multisensory journey that releases muscle tension and offers a feeling of intense peace. Suitable for reducing muscle tension.

30 min | €95

60 min | €150

90 min | €220

# External Guests Visiting the Spa

External guests are charged a fee of 100€ per person to use the spa facilities.

The steam room, Japanese bath, jacuzzi and relaxation area are available for external guests for a maximum duration of 3 hours, subject to availability. Advance booking is required.

External guests who have booked a spa treatment are granted complimentary access to all.

## Spa Etiquette

### Opening hours

Mon-Sun 7AM-10PM

### Treatments

Mon-Sun 10AM-9PM

## Scheduling an Appointment

To schedule an appointment please consult with our Spa therapist who will guide you through our selection of treatments. Hotel guests can dial 802 from their room telephone. External guests can send an email [spa@theburmanhotel.com](mailto:spa@theburmanhotel.com). To ensure that your preferred time and treatment are available we recommend booking in advance.

## Arrival

In order to maximize the Spa experience and better prepare for the treatment session, we recommend that guests arrive at the Spa at least 15 minutes before the appointment time. This allows us to have a brief discussion about your treatment expectations and personal requirements. Please note that late arrivals will not receive an extension of scheduled treatments.

## Health Conditions

Please inform the Spa therapist before the start of the treatment if you are undergoing a course of any medical treatment or if any of the offered services are not suitable for you for medical reasons. We will be happy to advise safe options.

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## Attire

We recommend that hotel guests arrive at the spa wearing the robe and slippers provided in the guest room. It is recommended that you leave all valuables in your guest room safe. The Spa is not responsible for valuables. For external guests the spa will provide towels, slippers, shower caps and amenities required for use during your visit. Please note that a bathing suit is required to use the facilities.

## Cancellation Policy

Please allow 24 hours of notice of cancellation to avoid charges. Cancellations within 24 hours will incur a 100% charge.

## Homecare

To continue your spa regime and experience at home, products used in our treatments are available for purchase from the spa reception.

## Children

The minimum age for Spa treatments is 16 years. Children under 16 can visit the Spa only under adult supervision.

## Pregnancy

Please inform us if you are expecting or nursing. Our spa therapists will guide you in selecting the treatments that are most suitable for you during this special time.

## Loss & Damage

We regret that we cannot be responsible for any loss or damage of personal articles brought onto the spa premises.