

Facial and Beauty Treatments at Fitness Forum, Support Site

Facials

90-minute facial

Experience total relaxation and recovery that radiates from head to toe. This treatment relieves stress and balances your face, mind and body. It includes:

- Foot bath
- Aroma sensory journey using aromatic steam towels
- Skin analysis
- Exfoliation, deep cleansing and moisturizing your skin
- Relaxing facial
- Neck, shoulder, hand, arm, foot and scalp massage

60-minute facial

This facial is an abbreviated, but still luxurious, version of the above treatment for those who do not have time for a foot and scalp massage. It includes luscious cleansers, smoothing emollients, fabulous masks and rich moisturizers that will transport you to a realm of relaxation, beauty and youth.

Facial add-ons

You may wish to include one or more additional treatments during your facial:

- Whitening treatment
- Eye contour treatment
- Hand anti-aging
- Neck anti-aging
- Anti-aging collagen treatment. This advanced anti-aging treatment is suitable for all skin types, especially skin that is dry and has lost elasticity. The treatment includes collagen anti-wrinkle fillers, elastin, hyaluronic acid, phytosterols, vitamins C and E, Edelweiss stem cells and flower nectar.
- Lifting treatment. This treatment provides an immediate “flash-lifting” effect for the face, neck and/or décolletage. It is based on natural active marine and herbal ingredients, which help fight slack and tired skin.

Body treatments

Back and facial massage

This anti-stress treatment will cleanse, exfoliate, tone and moisturize your face. The scalp, neck, shoulders, back and foot massage will relax your body and spirit.

Thalassotherapy treatment

Slimming, firming and anti-cellulite treatment with seaweed, liposomes, carnitine, caffeine and natural green clay, marine elastin, wheat proteins, natural extracts and organic silicium complex with theophylline.

Chocolate treatment

Moisturizing, firming and anti-cellulite treatment with natural cacao and liposomes.

For cost and to make an appointment, please call 081-811-6611 or DSN 629-6604.