



SPA & THALASSO

THE CASCADES HOTEL

*A Curative Journey Awaits you at  
The Cascades Spa & Thalasso*



*[www.thecascadesspa.com](http://www.thecascadesspa.com)*



RECOGNIZED AS ONE OF THE LARGEST SPAS  
IN THE WORLD AND THE BEST IN EGYPT.

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The Cascades Spa & Thalasso Somabay is recognized as the best in Egypt and one of the largest in the world. Facilities span over an area of 7,500 m<sup>2</sup> with 65 treatment rooms offering everything from traditional massages and beauty treatments to the latest technology for aesthetic treatments and hydrotherapy.

The unrivalled centerpiece of the Spa is the 750 m<sup>2</sup> Thalasso-Tonic Hydrotherapy Pool containing 830 m<sup>3</sup> of sea water sub-divided into a number of distinct zones with water jets, currents and counter-currents, showers and bubbling baths. Each designed to provide comfort and to regenerate and tone a specific part of your body.

Our repertoire of holistic spa treatments performed by our team of skilled international therapists is a thalasso-spice tribute. Our unique formula combines the healing properties of sea water with the exotic flavor and health benefits of Egyptian spices and herbs.

To enhance the benefits of your spa treatment, we recommend commencing with our Thalasso-Tonic Hydrotherapy Pool followed by a hot sauna or steam to further relax your muscles before surrendering yourself to the healing hands of your therapist and the timeless scents of Egypt. Welcome to a truly unique, relaxing & curative experience.



# THALASSOTHERAPY.

*The Cascades Spa & Thalasso*



The word “thalassotherapy” is derived from the greek words thalasa, meaning sea and therapeia meaning healing. Thalassotherapy uses the curative properties of sea water and hydrotherapy. It also involves body scrubs and wraps with applications of marine products as algae and mud, both very rich in mineral salts and trace elements as well as vitamins and amino acids.

Increasingly, people are turning to thalasso therapy for its anti-aging treatments. It has become a favorite treatment for cellulite reduction and muscle toning both for its effectiveness as well as its calming approach and effect. Causes of cellulite are generally attributed to poor blood circulation and a build-up of toxins, so an overall thalassotherapy treatment can release these agents while providing other benefits.

A thalassotherapy session is preferably taken in conjunction with a special massage to enhance your personal needs.



# THALASSOTHERAPY.

*The Cascades Spa & Thalasso*



## THALASSO-TONIC POOL

Our 750 m<sup>2</sup> Thalasso-tonic hydrotherapy pool containing 830 m<sup>3</sup> of sea water is sub-divided into a number of distinct zones of water jets, currents and countercurrents, showers, and bubbling baths. Each designed to provide comfort and to regenerate and tone a specific part of your body.

## LENGTH

60 Minutes  
€35

## WITH ANY SPA TREATMENT

Children between the ages of 12 and 16 must be escorted by an adult. Less than 12 years and shorter than 1.40 M are not allowed. (Opening hours 10 am - 9:00 pm)

60 Minutes  
€25 - 12 Years  
and up €20

## OUTDOOR SEA WATER POOL SAUNA & HAMMAM

No Duration  
€15

## HYDROTHERAPY BATH

A multi-jet bath filled with warm sea water for loosening tense muscles and to encourage relaxation.

20 Minutes  
€25

## HYDRA POOL

Let our therapist guide you through a series of specific exercises by using the resistance of the warm sea water jets in our hydro pool.

25 Minutes  
€20



# SEA WATER TREATMENTS.

The Cascades Spa & Thalasso



## SCOTCH HOSE SHOWER

A hydro massage using a high pressure hose of pure sea water that effectively stimulates every muscle in your body and helps break down body fat.

## LENGTH

15 Minutes  
€25

## RELAXING CIRCULATION SHOWER

Enjoy rain droplets of sea water over every part of your body while our therapist gently massages your muscles.

15 Minutes  
€25

## VICHY SHOWER AFFUSION MASSAGE

Under a warm sea water rain shower, enjoy a relaxing essential oil massage increasing the benefits of products recently absorbed by your skin.

30 Minutes  
€40

## UNDER WATER MASSAGE

Whilst you enjoy a bath of warm sea water, allow our therapist to help you with a powerful underwater massage to allow tension release. It hydrates your cells and improves skin elasticity and tone.

30 Minutes  
€35



# MASSAGES.

The Cascades Spa & Thalasso



## THE CASCADES RELAXING MASSAGE

An invitation to wellbeing, this caressing massage flows with gentle fluid movements. It improves stress and provides deep relaxation for the whole body.

### LENGTH

50/80 Minutes  
€70/95

## SWEDISH MASSAGE

Improving circulation, soothing and relaxing muscles whilst silencing the mind. A variety of techniques implemented by applying deeper pressure to muscles loosening aches.

50/80 Minutes  
€70/95

## SPORTS MASSAGE

A stronger and invigorating muscular massage. This combination of passive mobilizations and pressures are highly recommended after sports.

50/80 Minutes  
€70/95

## BALINESE MASSAGE

A traditional Balinese massage. Gentle stretching, acupressure and aromatherapy works deeply to soothe damaged tissue and relieves strained muscles and joint pain.

50/80 Minutes  
€70/95

## THAI MASSAGE

A traditional massage, derived from Thailand. Methods provide acupressure, stretching and hacking techniques to elevate you.

50/80 Minutes  
€70/95





# MASSAGES.

The Cascades Spa & Thalasso



## SHIRODHARA

This unique treatment from India starts with warm herbal oil rhythmically dripped onto the forehead for mental relaxation and clarity. A warm herbal oil body massage follows which aids in detoxification and nourishment.

## LENGTH

80 Minutes  
€100

## ABHYANGA

The Abhyanga is a choreographed massage, with warm herbal oil. Rough gentle to medium pressured strokes, it enhances immunity, increases blood circulation and relaxation.

50/80 Minutes  
€70/95

## FOUR HAND MASSAGE

Two synchronised therapists work simultaneously and in rhythm performing an in-depth relaxing massage.

50 Minutes  
€115

## THE HOT STONE THERAPY

Using hot stones to warm and relax the body. The massage stones are effective for both energy flux and muscle relaxation. They diminish stress, unfold the knots and equalize your energy.

50 Minutes  
€85





# MASSAGES.

The Cascades Spa & Thalasso



## REFLEXOLOGY MASSAGE

Rooted in ancient China, it uses light pressure to massage each of the points in the toes, feet and ankles all to release tension and remove energy blockage. It also stimulates blood circulation and promotes healing of the body and mind.

### LENGTH

50 Minutes  
€70

## BACK, NECK & SHOULDERS MASSAGE

Customary muscles aches and tension areas are released to relieve stress.

50 Minutes  
€70

## MINI MASSAGE

Swift care to reduce pain and promote relaxation in under thirty minutes.

25 Minutes  
€40



# SLIMMING.

The Cascades Spa & Thalasso



## SLIMMING DETOX - SLIMMING MASSAGE

We use specific vigorous massage techniques on key parts of the body to eliminate toxins to reduce fat deposits and get rid of cellulite.

**LENGTH**

50 Minutes  
€70

## MANUAL LYMPHATIC DRAINAGE (MLD)

A gentle massage, encouraging the natural drainage of the lymph. Which carries waste products away from the tissues, back towards the heart.

50 Minutes  
€70

## PRESSOTHERAPY

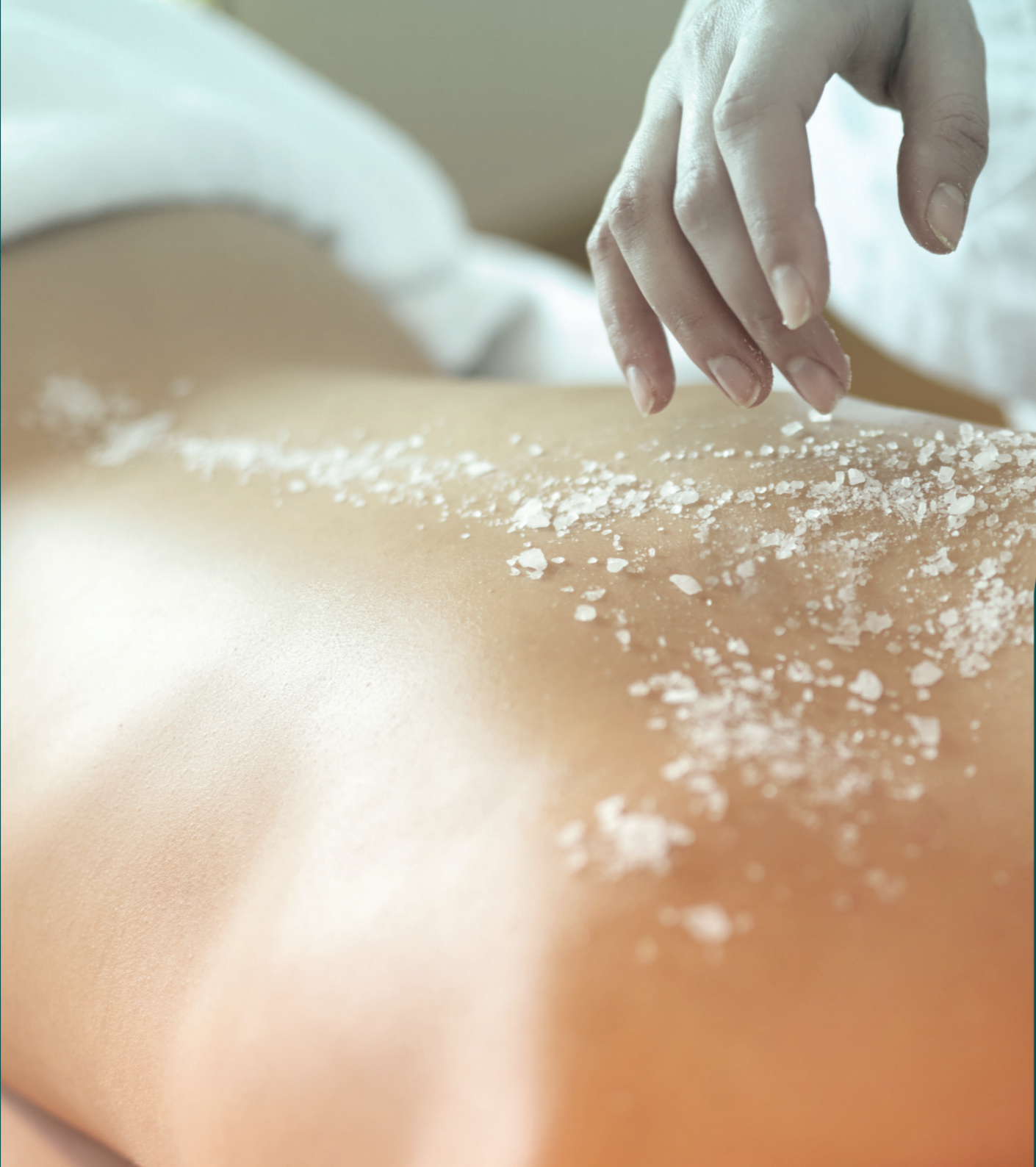
This treatment concentrates on lymph and blood circulation which are the principle causes of pain, swelling, and cellulite. Especially when paired with other treatments, pressotherapy can help you achieve incomparable results.

30 Minutes  
€35



# SCRUBS AND WRAPS.

The Cascades Spa & Thalasso



## THE CASCADES SEAWEED SCRUB

A marine scrub with algae that leaves skin feeling soft and nourished.

## LENGTH

25 Minutes  
€45

## SCRUB OF EGYPT

A smooth yet powerful scrub, using authentic Egyptian spices and black seed oil medicinal herbs, cumin and lavender which increase metabolism and leave the skin soft and supple.

25 Minutes  
€45

## ORIENTAL HAMMAM SCRUB

An exotic oriental scrub in a private hammam room performed with a exfoliating oriental glove and the application of freshly ground exotic herbs.

50 Minutes  
€75

## BACK FACIAL

A purifying back treatment, includes a steamer during the cleansing, exfoliation, mask and completed by a moisturizing lotion.

50 Minutes  
€75



# BODY WRAP TREATMENT.

*The Cascades Spa & Thalasso*



## THE CASCADES SEAWEED WRAP

This wrap increases blood circulation and detoxifies the body removing accumulated toxin build up. Whilst the skin absorbs minerals that are essential for the restoration of skin tone.

## LENGTH

35 Minutes  
€55

## WRAP OF EGYPT

A soft Egyptian clay body mask with powdered rose petals. The rich juice of Hibiscus will soften and nourish your skin. It increases metabolism and boosts your immune system.

35 Minutes  
€55

## DETOX SLIMMING WRAP

This powerful wrap combines a detoxifying seaweed wrap with the slimming benefits of Egyptian chamomile and back seed oil.

35 Minutes  
€55



# BEFORE & AFTER SUN.

The Cascades Spa & Thalasso



## BEFORE SUN SCRUB

This full body exfoliation uses mineral rich Red Sea salts. It prepares your body perfectly with UV properties. It is best suited to the Somabay sun and allows you to have an attractive and even tan.

## LENGTH

25 Minutes  
€55

## BEFORE SUN WRAP

A soft Egyptian clay body mask with powdered rose petals. The rich juice of Hibiscus will soften and nourish your skin. It increases metabolism and boosts your immune system.

35 Minutes  
€55

## AFTER SUN BODY SOAK

Too much sun? Soak your body in this soothing combination of Aloe Vera gel, rose water with infused chamomile and green tea, designed to calm your skin and support the healing process.

35 Minutes  
€55



# TREATMENT FOR TWO.

The Cascades Spa & Thalasso



## ROMANCE TOGETHER TIME

Share your choice of a 50 or 80 minute massage together in our couple's room

## LENGTH

50/80 Minutes  
€135/180

## SPA JOURNEY FOR TWO

Treat yourself to a pampering 2 hours of luxurious spa treatments combining a body scrub, body wrap and massage for two.

120 Minutes  
€295

## SUITE TREAT

Add on extra time to enjoy a private lounge area. Including choices of beverages to conclude your rejuvenating day at the spa.

30 Minutes  
€35



# FACIALS.

The Cascades Spa & Thalasso



## HAUTE COUTURE - INTENSE TREATMENT FOR FACE, EYES & DÉCOLLETE

Intensive eye and décolleté treatment. Aromatic intensive complexes and serums will boost cellular renewal whilst a firming algae mask will detoxify for absolute skin radiance. This treatment is a complete and effective remedy for removing the stresses of daily life leaving skin firm, smooth and brilliant.

**LENGTH**

85 Minutes  
€125

## DEEP MARINE - PURIFYING FACIAL

Aromatic intensive complexes and serums will boost cellular renewal whilst a firming algae mask will detoxify for absolute skin radiance. This treatment is a complete and effective remedy for removing the stresses of daily life leaving skin firm, smooth and brilliant.

75 Minutes  
€100

## MADE TO MEASURE - PERSONALIZED FACIAL

This skin enhancing made to measure facial ensures effective, visible results. This treatment has been designed to be tailor made for your individual skin needs through individually blended plant active serums, masks and aromatic intensive complexes. The ultimate bespoke treatment just for you.

55 Minutes  
€90

## HYDRA EXPRESS FACIAL

Express replenishment to provide instant results, revitalizing the skin.

25 Minutes  
€55





# SPECIALIZED BEAUTY TREATMENTS.

The Cascades Spa & Thalasso



## LIFT 6

Lift 6 consists of a system of mechanical facial gymnastics which tones facial skin, reinforces its natural support and softens wrinkles and fine lines. It is recommended to have multiple sessions of Lift 6 to give you the best results.

## LENGTH

30 Minutes  
€45

## CRYOTHERAPY - AGE DEFYING FACIAL

An anti-aging facial designed with innovative neurocosmetic ingredients are combined with active serums and cryotherapy ice cubes to boost the skins natural youthful glow. The result is instantly firmed skin and luminous skin.

55 Minutes  
€90

## MIRACLE EYES - GLOBAL EYE TREATMENT

Designed to enhance, lift and firm your eye area. State of the art express radiance. Ice cubes with their cryotherapy benefits are used in combination with a therapeutic lymphatic eye massage to relax muscular fatigue and target the signs of aging. Designed to enhance and revive tired eyes.

25/45 Minutes  
€55/90

## MICRO-DERMABRASION

The world famous microdermabrasion treatment, is the best mechanical exfoliant available. With use of diamond dust, Micro-dermabrasion gently exfoliates the outer layers of skin. The treatment provides immediate visible results and is suitable for all skin types.

15 Minutes  
€30



# MEN'S GROOMING.

The Cascades Spa & Thalasso



## MADE TO MEASURE MEN'S PERSONALIZED FACIAL

This skin enhancing made to measure facial ensures effective, visible results. Customized for your individual skin needs. It purifies, refines and nourishes your skin. The ultimate bespoke treatment just for you.

### LENGTH

55 Minutes  
€90

## MEN'S DAY PACKAGE FOR MEN WHO CARE

Combining a body scrub, full body massage and the men's facial to have you looking and feeling like a new man.

120 Minutes  
€175

## CHEST WAXING

In preparation for the pool, and beach time. Display an attractive chest with a hair free appearance.

40 Minutes  
€35

## BACK WAXING

Best suited for shirtless days on the beach or by the pool. Dare to bare.

40 Minutes  
€35



# HANDS & FEET THERAPY.

The Cascades Spa & Thalasso



## HANDS & FEET THERAPY

The world leader in the professional nail care industry. Known for its exceptional formula, fashionable colors and iconic names. All nail therapy includes a luxurious Swedish hand and arm massage

### MANICURE

Treat your hands to our therapeutic hand scrub, moisturizer and nail grooming for beauty maintenance.

**LENGTH**  
50 Minutes  
€45

### CLASSIC MANICURE WITH VARNISH

This extensive manicure includes a choice of various colors.

60 Minutes  
€50

### FRENCH MANICURE

The fashionable manicure favored by sophisticated ladies.

70 Minutes  
€60

### GELISH MANICURE

The long lasting nail treatment. Best suited to Somabay's highly active sport activities.

60 Minutes  
€70

### ACRYLIC MANICURE

The traditional nail extensions, these artificial nail enhancements are done in place of natural nails, seal the look with polish.

120 Minutes  
€80



# HANDS & FEET THERAPY.

The Cascades Spa & Thalasso



PEDICURE	LENGTH
<b>CLASSIC PEDICURE NO VARNISH</b> Treat your feet to our therapeutic feet scrub, moisturizer & nail grooming for beauty maintenance.	50 Minutes €45
<b>CLASSIC PEDICURE WITH VARNISH</b> Holistic feet care with scrub, moisturizer and nail varnish. Choose fabulous colors to suit your mood and dare to bare in open toe shoes.	60 Minutes €60
<b>FRENCH PEDICURE</b> This indulgence will be followed with an application of French nail colors.	70 Minutes €70
<b>GELISH PEDICURE</b> The modern pedicure is best for the ladies who want to show off their feet on the stunning Somabay beaches.	60 Minutes €70
<b>NAIL CARE ADD ON'S NAIL ART PER-NAIL</b> Get creative and choose your own nail design to enhance your gorgeous manicure or pedicure.	€2
<b>FOOT SOAK</b>	10 Minutes €5



# BEAUTY SERVICES.

*The Cascades Spa & Thalasso*



## BEAUTY SERVICES

Lash Tinting	€20	Bikini	€20
Eyebrow Tinting	€20	Brazilian	€30
Lash & Eyebrow Tinting	€35	Back	€35
Eyebrow Tweezing	€10	Half Arms	€15
Face Threading	€35	Full Arms	€30
Upper Lip	€10	Half Leg	€30
Arm Pit	€15	Full Legs	€35
Stomach	€20	Waxing services	€35
Chest	€35	Full Body	€150

Hair Salon Services Available. Please request our separate menu.



# PACKAGES.

*The Cascades Spa & Thalasso*



## THE CASCADES EXPERIENCE

Experience the revitalizing touch of our Cascades Experience, a package with marine-infused scrub brimming with the benefits of algae, leaving your skin soft and nourished. Further enhancing your well-being through ancient Chinese techniques that gently apply pressure to specific points on your toes, feet, and ankles, releasing tension, unblocking energy, and promoting healing for both body and mind. After the four-day package, you'll emerge feeling rejuvenated, balanced, and refreshed.

## LENGTH

2/ 3 / 4 days  
€300 / 450 /  
600

### DAY 1

Thalasso Aqua Tonic  
The Cascades Seaweed Scrub  
The Cascades Relaxing Massage

### DAY 2

Under Water Massage  
The Cascades Seaweed Wrap  
Hot stone massage

### DAY 3

Vichy Shower Affusion Massage  
Wrap of Egypt  
Swedish Massage

### DAY 4

Oriental Hammam Scrub  
Personalize Facial



# PACKAGES.

The Cascades Spa & Thalasso



## HOLISTIC THALASSO JOURNEY

Relax and rejuvenate with our Holistic Thalasso Journey, releasing muscle tension and stress. Dive into our Thalasso-Tonic hydrotherapy pool, meticulously designed to regenerate and tone your body. Conclude your journey with soft skin, a boosted metabolism, and fortified immune system. Feel refreshed and revitalized after this holistic experience.

## LENGTH

2/ 3 / 4 days  
€275/ 400/  
525

### DAY 1

Thalasso Aqua Tonic  
Before Sun Scrub  
Abhyanga Massage

### DAY 2

Relaxing Circulation Shower  
Wrap of Egypt  
Sports massage

### DAY 3

Scotch Hose Shower  
After Sun Body Soak  
Back, Neck & Shoulder Massage

### DAY 4

Thalasso Aqua Tonic  
Vichy Shower Affusion Massage  
Hot stone massage



# PACKAGES.

The Cascades Spa & Thalasso



## EXOTIC SPA

Revitalize with our Exotic Spa package, combining gentle stretching, acupressure, and aromatherapy for deep relaxation. Enjoy hydrated skin and release tension in warm sea water. Concluding the experience with tailored facials with visible results. Your path to relaxation and radiance begins here.

## LENGTH

2 / 3 / 4 days  
€300 / 450 /  
600

### DAY 1

Thalasso Aqua Tonic  
Hydrotherapy Bath  
Oriental Hammam Scrub  
Balinese Massage

### DAY 2

Vichy Shower Affusion Massage  
Abhyanga Massage  
Hydra Express Facial.

### DAY 3

Thalasso Aqua Tonic  
Under Water Massage  
The Cascades Seaweed Wrap  
Thai Massage

### DAY 4

Relaxing Circulation Shower  
Relaxing Massage  
Personalized Facial.



RECOGNIZED AS ONE OF THE LARGEST SPAS IN THE WORLD AND THE BEST IN EGYPT.

## *SPA ETIQUETTE*

We advise you to leave your valuable items and jewelry in your room safe box or you are most welcome to use our lockers placed in the changing room.

We kindly ask you to present yourself 20 minutes prior to your appointment.

Because treatments are reserved especially for you, appointments cancelled or rescheduled prior 24 hours notice will incur a cancellation fee of 50% of the reserved treatment cost per hour per person, appointments cancelled or rescheduled less than 24 hours notice or in case of no show will incur a cancellation fee of 100%.

Our operating hours from 10:00 am till 9:00 pm.

For more information, kindly contacts us on:  
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