

MANICURE / PEDICURE

ULTIMATE LUXURY HAND TREATMENT BY SOTHYS	⌚ 45min	€ 70
in combination with additional hand and arm massage		
	⌚ 15min	€ 20

Indulgent care of your hands, including peeling and hand massage.

ULTIMATE LUXURY FOOT TREATMENT BY SOTHYS	⌚ 60min	€ 80
i.c.w. extra foot massage	⌚ 15min	€ 20

Luxury pedicure treatment including peeling and foot massage.

GEL VARNISH	⌚ 30min	€ 35
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PEELING OFF GEL VARNISH	⌚ 15min	€ 10
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OPENING HOURS

B spa & wellness is open daily.

Treatments	10u00 tot 19u00
Swimming pool	8u00 tot 20u00
Sauna	13u00 tot 20u00
Gym	8u00 tot 20u00

Reservations can be made at the reception desk or by e-mail or telephone

CONTACT

Boulevard de Wielingen 1
4506 JH Cadzand-Bad

telephone 0031 117 39 20 40
e-mail bspa@blanketop.nl

SPA ETIQUETTE

Reservations

We recommend that you book in advance. This way you can be sure that the treatment can be carried out at the time of your choice. You can e-mail us at bspa@blanketop.nl or call us at +31 117 39 20 40.

Your appointment

We kindly ask you to be present at the reception desk 10 minutes before your appointment. Water and magazines help make your wait more pleasant. If you arrive late, we will of course do all we can to give you the best possible treatment, but it may have to be shortened or modified to accommodate other bookings.

Cancellation

Bookings are considered binding. We understand that cancelling an appointment is sometimes unavoidable, but in case of cancellation within 24h before the treatment, we have to charge you 100% of the amount.

Health

We ask you to indicate any health issues relevant to the treatment, such as allergies or injuries as well as pregnancy, during the booking process. This is not only important for your own well-being but also so that, where necessary, we can adapt the treatment to your specific needs.

Guests

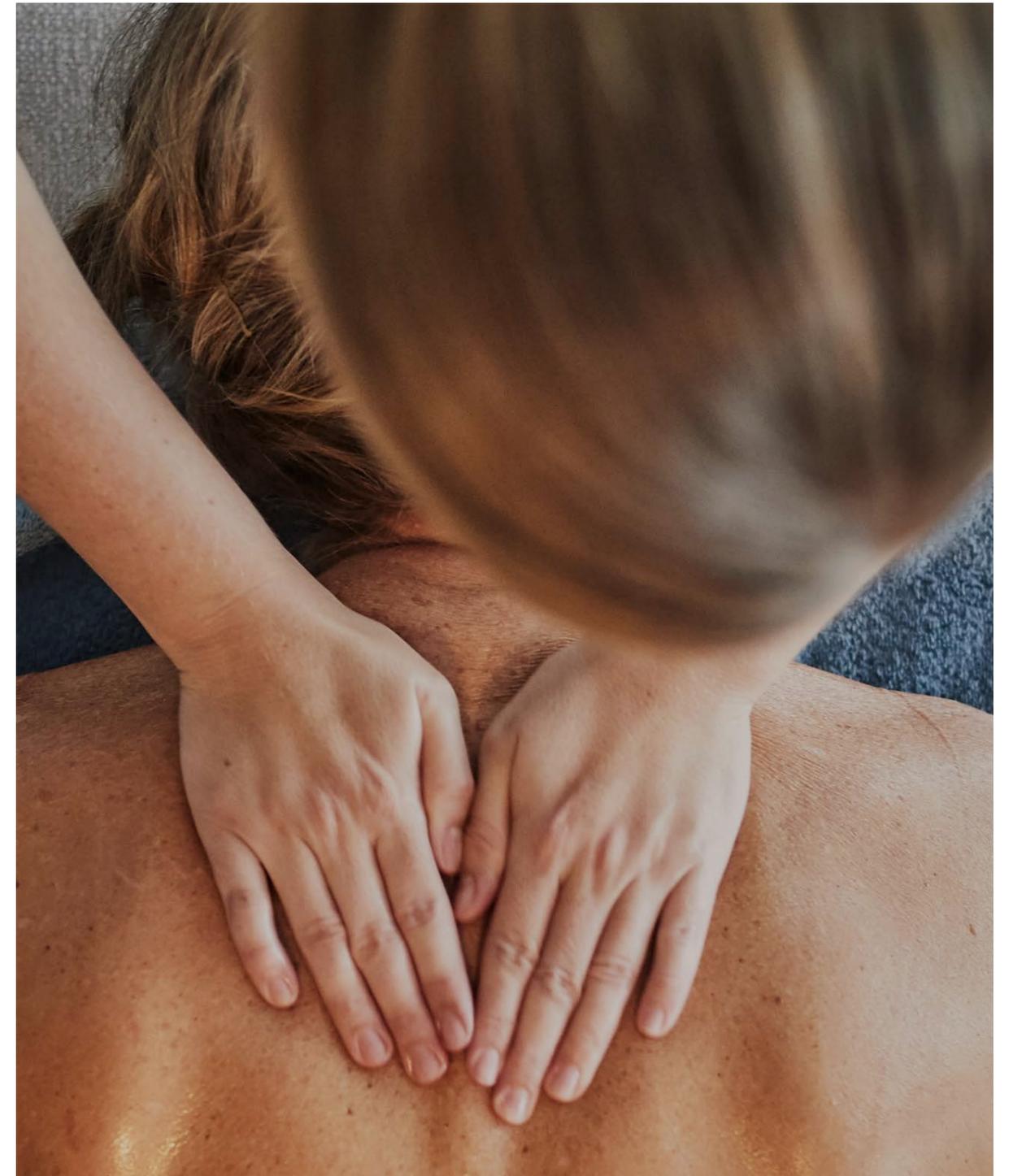
The spa and wellness area is also accessible for those not staying at the hotel. We look forward to welcoming you. Changing facilities are available and we provide you with a bathrobe and towels.

Prior to your treatment

Please come to your appointment in a bathrobe or comfortable clothing. We kindly ask you to arrive showered for your treatment.

Spa area

The spa and wellness area is accessible to persons over 16 years of age. Bathing suits are mandatory.



TREATMENTS

relax your mind, energize your body

English

FACIALS

BY SOTHYS

SOTHYS FLASH ⌚ 30min | € 60

Surface cleansing, face peel, mask, day or night care.

SOTHYS RELAX ⌚ 60min | € 90

Surface cleansing, eyebrow epilation, peeling, impurity removal, face and head massage, mask, serum, eye and day or night care.

SOINS DE SAISON ⌚ 60min | € 90

(Possibly in pairs. Without epilation.)

A new seasonal treatment is introduced twice a year. This treatment is an extra nourishing treatment for the skin with fragrances that stimulate the senses. A fine treatment for soft and fresh-looking skin.

EAU THERMALE SPA ⌚ 60min | € 90

A protective, soothing and balancing treatment specially developed for sensitive skin. This treatment is based on mineral water from Spa. The water has a unique, pure and constant composition that provides extra protection. A complete treatment that makes the skin less reactive.

SOTHYS HOMME ⌚ 60min | € 100

These skincare products with high-quality products are designed for the specific needs of men's skin. An intensive anti-stress treatment to purify the skin and relax the mind.

CONTOUR YEUX CRYO PRESCRIPTION JEUNESSE
⌚ 45min | € 65
i.c.m. 25min | € 50

This new eye contour treatment is a complete solution for the delicate skin around the eyes. A treatment that soothes swollen eyelids and reduces the appearance of puffiness and dark circles. It reduces fine lines and protects against external aggression, such as blue light. For a fresh, younger and more relaxed appearance. Ideal in combination with a total facial treatment.

OVALE PARFAIT ⌚ 45min | € 60
i.c.m. 25min | € 45

Special treatment for firming the jaw contour, neck and décolleté. This effective treatment is perfect to combine with the eye contour treatment or in combination with a total face care.

CONTOUR YEUX + OVALE PARFAIT ⌚ 60min | € 90

INTENSIVE FACIAL TREATMENTS

BY SOTHYS

SECRETS DE SOTHYS ⌚ 90min | € 160

This very luxurious treatment by Sothys provides exceptional care that fulfils all wishes. Relaxation, hydration, rejuvenation, firmness and radiance. 4.5 years younger and more radiant after just 1 treatment.

HYDRA3HA ⌚ 90min | € 120

An intensive moisturising institute treatment, specially developed for the skin's hydration needs. This is due to the triple hyaluronic acid and bolete extract 1055. Prevent the signs of ageing and hydrate the skin with hydra3ha.

JEUNESSE ⌚ 90min | € 130

An intensive skin rejuvenating treatment aimed at counteracting visible signs of ageing such as wrinkles and sagging skin. Through 5 main stages and no fewer than 8 specific formulas, you will experience Sothys effectiveness combined with relaxation and expert care for visibly younger skin.

DETOX ENERGIE ⌚ 90min | € 130

This unique skin-enhancing treatment of the Détox-Energie series provides a natural boost of energy, brightens the complexion and resists the influences of environmental stress and pollution on the skin.

The active ingredients of organic Ginseng, organic elderberry extract and detoxifying peptides enable the skin to recover. With a course of three treatments, it is as if the skin has more oxygen and can breathe better.

ADDITIONAL TREATMENTS

EPILATION AND/OR TINTING

Eyebrows epilation *€ 20
Tinting eyelashes OR eyebrows *€ 20
Tinting eyelashes AND eyebrows *€ 30
Tinting AND tweezing eyebrows *€ 35
Tweezing AND tinting eyelashes AND eyebrows *€ 45

WAXING

Waxing upper lip OR chin *€ 20
Waxing upper lip AND chin *€ 30
Waxing underarms, bikini line OR armpits *€ 30
Waxing back, upper OR lower leg *€ 40
Waxing upper AND lower leg *€ 50

* in combination with facial or body treatment € 7.5 off

BODY TREATMENTS

BY THALION

SCRUB & MASSAGE ⌚ 60min | € 100

During this relaxing exfoliation, the dead skin cells are first removed and the blood circulation stimulated. Then you will be given a wonderful body massage.

SCRUB, WRAP AND MASSAGE ⌚ 90min | € 140

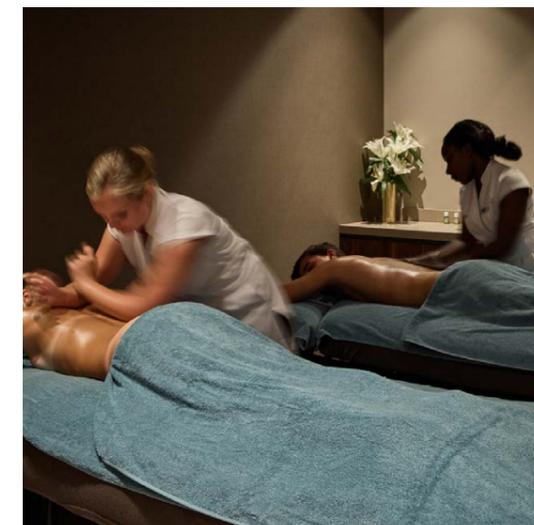
A body wrap is a true ritual and a treat for body and skin. The products are based on various active ingredients from seaweed, algae and marine plants. We start with a body scrub, followed by a wrap, during which you can enjoy a relaxing scalp massage. At the end, you will receive a full body massage with a massage product of your choice. Make your choice between a magnesium or calcium pack beforehand:

· **Magnesium pack:** Contributes to healthy mental balance, very good for dry skin, eczema or psoriasis and reduces signs of stress.

· **Calcium pack:** Helps with insomnia or sleeping problems and supports vitamin C in building collagen and connective tissue. In calcium deficiency, the most common symptoms are muscle pain, muscle cramps and osteoporosis.

DETOX, SCRUB, WRAP AND MASSAGE ⌚ 90min | € 150

The combination of a purifying scrub, a specific massage and a wrap that draws away moisture and combats circulation problems. During the wrap, you will be given an invigorating foot massage. This treatment promotes the elimination of toxins, boosts energy and refines body shape.



BODY TREATMENTS

BY SOTHYS

HANAKASUMI ⌚ 60min | € 115

A unique Japanese-inspired ritual, where special scrub tissues ensure wonderfully soft skin, followed by a relaxing full-body massage. The comprehensive foot massage provides more energy and counteracts fatigue. An inspiring, invigorating and nourishing ritual with airy and soft fragrances of cherry blossom and lotus.

SENSATIONS ORIENTALES ⌚ 60min | € 115

Be enchanted by the aromatic fragrances of Amber and Myrrh. A treatment inspired by ancient Oriental rituals. Enjoy a delicious syrup, which is massaged in with a scrub stone. The Sensations Orientales is concluded with a massage, using a wonderfully fragrant warm oil. This oil nourishes and improves the skin.

LE SOIN EXCELLENCE
SECRETS DE SOTHYS ⌚ 60min | € 135
i.c.m. **Secrets de Sothys facial 150min** | € 270

A unique excellent ritual for the body. Immerse yourself in the scent of the Sothys rose and porcelain flower, combined with cyprus fragrances.

After a body scrub with granite de gommage, a full, relaxing, hydrating and nourishing body massage with a silky beurre de karité follows.

MASSAGES

BACK, NECK, SHOULDER MASSAGE ⌚ 25min | *€ 55

TOTAL BODY MASSAGE ⌚ 50min | *€ 90

TOTAL BODY MASSAGE ⌚ 75min | *€ 120
(incl. face + scalp)

HOT STONE MASSAGE ⌚ 50min | € 95
⌚ 75min | € 125

BAMBOO MASSAGE ⌚ 35min | € 65
(Back of body)

PREGNANCY MASSAGE ⌚ 60min | € 105

FOOT MASSAGE ⌚ 25min | € 55

HEAD AND FACE MASSAGE ⌚ 25min | € 55

* including essential oils € 5