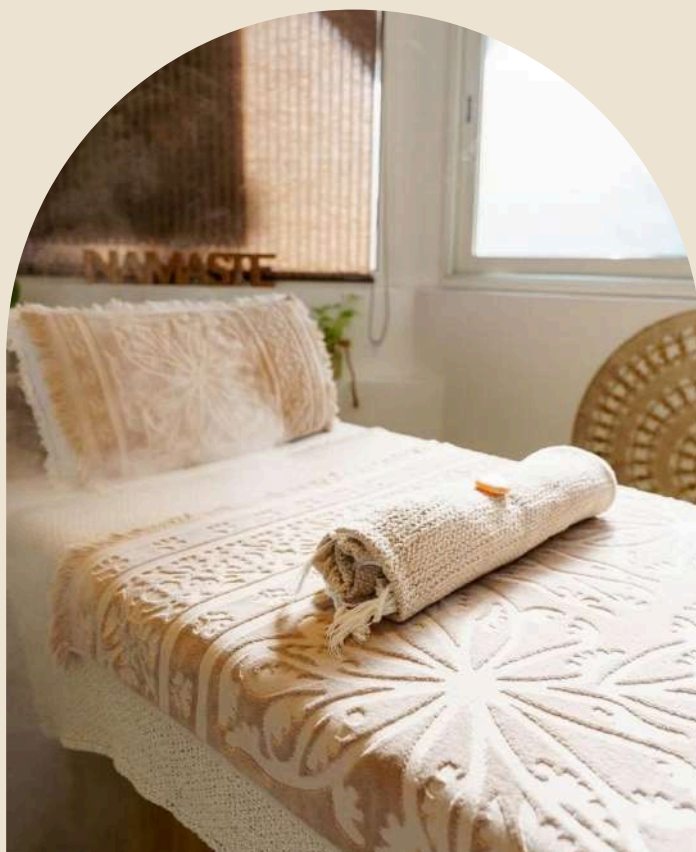


TREATMENT MENU

Spa by

La Playa

REVITALIZE YOUR BODY & MIND



Hamman · Massage · Facial Treatments

BOOK NOW

WhatsApp +590 690 31 27 10 · fabienne@spabylaplaya.com

Relax · Reconnect · Renew

A sanctuary for relaxation, beauty & well-being

Step into a peaceful space dedicated to relaxation, beauty and the harmony of body and mind.

At Spa by La Playa, we offer a carefully selected range of treatments inspired by wellness traditions from around the world.

From the warmth of the hammam to relaxing massages, nourishing body rituals and rejuvenating facial treatments, every experience is designed to help you slow down, reconnect with yourself and enjoy a moment of well-being.



OUR WELLNESS EXPERIENCES

Hammam

A warm and relaxing steam experience designed to cleanse and prepare the skin.

Massages

A selection of massage techniques designed for relaxation, comfort and muscular release.

Facial Treatments

Nourishing and revitalizing treatments designed to cleanse, hydrate and care for your skin.

Body Rituals

Complete spa experiences combining several treatments for a deeper moment of relaxation.

Take a moment for yourself

Hammam

A traditional steam experience combining warmth and humidity to create a deeply relaxing moment.

The heat helps soften the skin and prepares it for exfoliation, leaving it feeling smoother, softer and refreshed.

It is also a wonderful way to slow down, relax and enjoy a peaceful moment away from everyday life.

THE EXPERIENCE

Warm steam environment

Skin cleansing and exfoliation

Preparation for body treatments

Deep relaxation

A soothing wellness ritual



Prepare your body. Relax your mind.



BODY RITUALS

Hamмам Package wellness experiences

Signature rituals combining hammam, exfoliation, massage and nourishing treatments for a complete spa experience.

La Playa Signature

Hamam

Black soap body scrub

Body massage

80 MIN €180

2 HOURS €230
Includes body clay wrap

After-Sun Jasmine Ritual

Hamam

Jasmine body exfoliation

Shea butter massage

Facial treatment

LED mask

2 HOURS €230

3 HOURS €310
Includes foot massage

Detoxifying Ritual

Ayurvedic body massage with warm oil

Foot massage

Scalp massage

Hamam

Ayurvedic salt scrub

Clay & honey body wrap

2 HOURS €230

3 HOURS €330
Includes facial hydration treatment



BODY CARE RITUAL

La Sultan de Sabba

A luxurious body care ritual inspired by oriental beauty traditions.

This experience combines exfoliation with nourishing shea butter and beautifully scented oils to leave the skin feeling soft, smooth and cared for.

THE RITUAL

Body Scrub

Helps remove dead skin cells and refresh the skin.

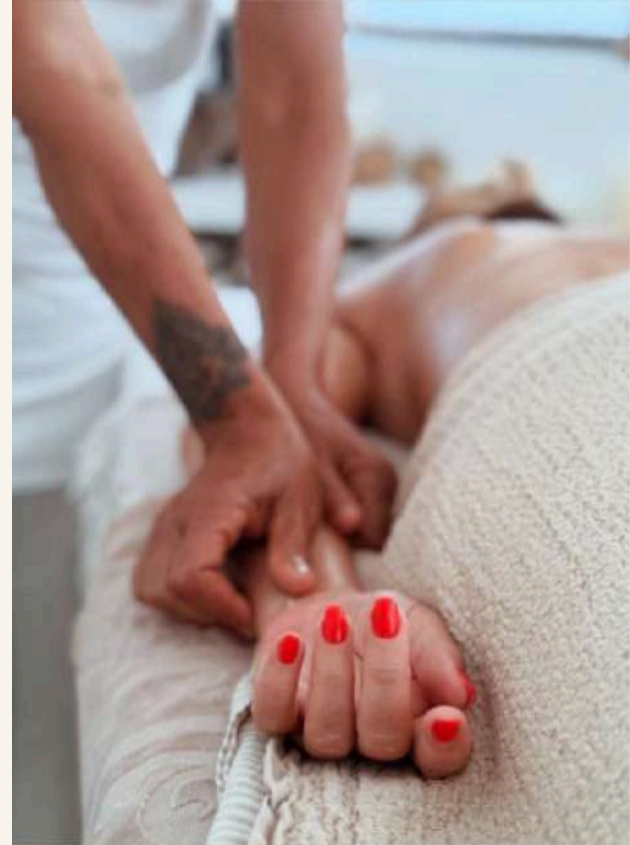
Shea Butter

Provides rich nourishment and comfort to the skin.

Nourishing Oils

Leave the skin feeling soft, hydrated and delicately scented.

Soft · Nourished · Radiant



MASSAGE

Deep Tissue Massage

Deep Pressure · Muscle Release · Relaxation

A deeper massage using targeted techniques to work on the muscles and connective tissues.

Ideal for guests who enjoy a more intense massage and want focused attention on areas of muscular tension.

IDEAL FOR

Deep muscular tension

Areas of physical stress

Guests who prefer firmer pressure

Relaxation after physical activity

A deeper massage experience

50 MIN

€145

80 MIN

€185

Swedish Massage

Long, Flowing Movements · Well-Being

A classic technique using long, flowing movements and gentle-to-moderate pressure to encourage relaxation and release everyday tension.

The slow, rhythmic movements create a calming experience for both body and mind.

AN IDEAL CHOICE FOR

Full-body relaxation

Everyday muscular tension

Stress relief

First-time massage guests

A calm and soothing experience

50 MIN €140

80 MIN €180

*Slow down. Breathe. Let
go.*





MASSAGE

Hot Stone Hawaiian Massage

*Warmth · Flowing Movements · Deep
Relaxation*

The warmth of heated stones combined
with flowing techniques inspired by
Hawaiian Lomi Lomi massage.

Warmth and rhythmic movement come together in a
deeply relaxing, enveloping experience.

— *Warm your body. Calm your mind.*

THE EXPERIENCE

Warm volcanic stones

Flowing massage movements

Full-body relaxation

Comforting warmth

A deeply soothing experience

50 MIN €140

80 MIN €180



MASSAGE

Bamboo Massage

Rhythm · Pressure · Lightness

Bamboo sticks become an extension of the therapist's hands, creating rhythmic, targeted movements across the body.

The technique combines firmer pressure with flowing movements for a unique and invigorating massage experience.

THE EXPERIENCE

Targeted massage movements

Helps release muscular tension

Invigorating body treatment

Promotes a feeling of lightness

Relaxing and sensory experience

50 MIN €140

80 MIN €180

— *Find your balance. Feel lighter.*



MASSAGE

Prenatal & Postnatal Massage

Gentle · Comforting · Restorative

A gentle massage experience designed to provide comfort and relaxation during pregnancy and after childbirth.

PRENATAL

Prenatal Massage

A carefully adapted treatment offering a peaceful moment of relaxation and comfort for expectant mothers.

Please note: prenatal treatments are adapted according to the stage of pregnancy and individual circumstances. Please consult your healthcare professional when appropriate.

POSTNATAL

Postnatal Massage

A relaxing treatment designed to support comfort and recovery after childbirth, helping you enjoy a restorative moment for your body and mind.

50 MIN €140

Ayurvedic Abhyanga

*Warm Oils · Indian Tradition · Deep
Relaxation*

A traditional Ayurvedic oil massage
performed with warm oils and flowing
massage movements.

This nurturing treatment offers a deeply relaxing
and sensory experience while nourishing the skin.

THE EXPERIENCE

Warm Ayurvedic oils

Flowing massage movements

Full-body relaxation

Nourishing skin care

Inspired by traditional Indian wellness
practices

80 MIN €180

Full Body Massage

50 MIN €140

Head Massage / Face Massage / Chest Massage / Abdominal Massage

*Ancient wisdom. Modern
well-being.*





FACIAL WELLNESS

After-Sun Facial

Detoxifying · Hydrating · Rejuvenating

A complete facial ritual designed to cleanse, exfoliate and nourish the skin while providing a relaxing spa experience.

THE RITUAL INCLUDES

Cleansing

Exfoliation

Hydrating mask

Facial massage

Moisturizing treatment

50 MIN €140

80 MIN €180

Radiance through ritual

Kobido

Ancestral Japanese Facial Massage

A traditional Japanese-inspired facial massage focused on gentle, rhythmic movements across the face.

Combined with jade stone techniques, this treatment provides a soothing and revitalizing facial experience.

THE EXPERIENCE

Facial massage

Jade stone

Relaxation

50 MIN €140

FOR ONE OR FOR TWO

Spa Packages



FOR TWO

Duo Massage

Couples massage

DUO 50 MIN €250

DUO 80 MIN €330

FOR TWO

Duo Hammam

Steam room duo

DUO 80 MIN €350

SINGLE

Relaxation Package

50 min massage

50 min facial treatment

PACKAGE €250

THREE DAYS

3-Day Spa Package

Hammam – 50 min

Massage – 50 min

Facial treatment – 50 min

PACKAGE €400

Excluding sports massage and Deep Tissue Massage.

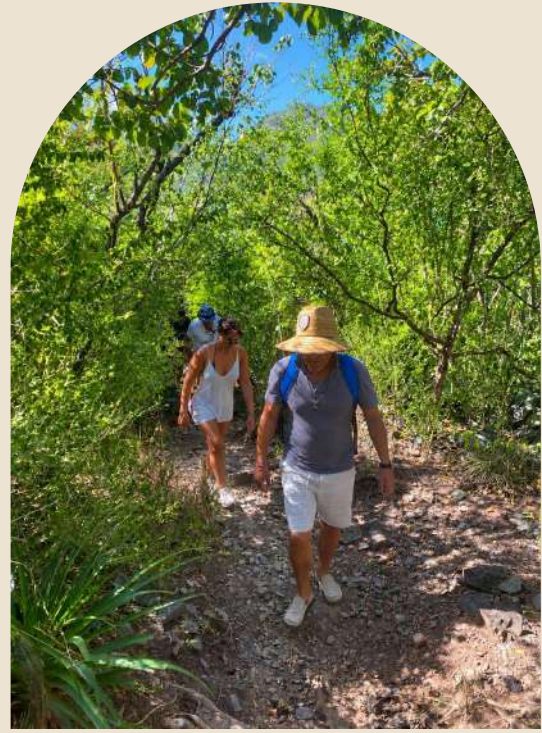
					
<i>Un cadeau pour toi...</i>		Pour	For		
<i>A gift for you...</i>		Offert par	From		
		Valeur ou Soins	Value or Treatment	Hamam Gommage Massage	
		Date	Date	Valable 6 mois Valid 6 months	

Gift vouchers available

For getting the vouchers drop a message or call Fabienne - 0590 690 31 27 10



Take time to breathe.
Yoga Classes



Discover the Island Hiking

One of the most beautiful day of
relexation and natural in Saint-
Martin.

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SPA BY LA PLAYA

Relax · Reconnect · Renew



MASSAGE

Therapeutic Healing Massage

Fully dressed massage

Shiatsu Massage is a Japanese therapy that uses gentle pressure applied with fingers, thumbs, and palms to promote relaxation, relieve muscle tension, and restore balance to the body's natural energy flow.

THE EXPERIENCE

Targeted massage movements

Helps release muscular tension

Invigorating body treatment

Promotes a feeling of lightness

Relaxing and energy experience

50 MIN €140

80 MIN €180

Reiki Healing Massage

Fully dressed massage

Reiki Healing Massage is a gentle, energy-based therapy that combines light touch and Reiki techniques to encourage deep relaxation, reduce stress, and promote a sense of inner balance and well-being.

— Find your balance. Feel lighter.

BOOK YOUR TREATMENT

Your wellness moment starts here



Taketime to relax.

Take time to breathe.

Take time for you.

Whether you are looking for deep relaxation, a rejuvenating facial, a traditional hammam experience or a complete body ritual, Spa by La Playa welcomes you for a personalized moment of well-being.

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EMAIL

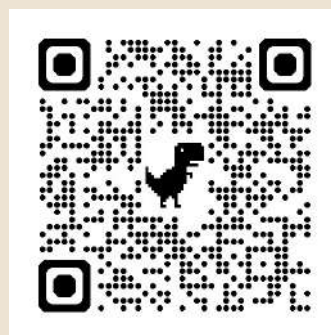
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