

Breathing life  
into every moment



Pnoé Spa



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**A unique wellness  
oasis for those  
focused on  
self-care and  
inner health.**

Rejuvenation and recovery are at the core of the Spa and Wellness Center's goals and as such every visit is focused on soothing mind, body and soul through a series of holistic treatments that blend traditional and modern techniques.



A visit to Pnoé Spa marks the first step towards restoring balance and vitality. Experience unique moments through a carefully curated menu of holistic and natural treatments by the luxury spa brands Germaine de Capuccini & Dr. Barbara Sturm and trust our spa professionals to restore your inner glow.

In the Spa's calm and soothing environment, let tensions melt away, cast your gaze within, connect with what matters most and become reacquainted with the most brilliant version of yourself, ready to breathe new life into your everyday.

A sensational treatment menu with a wide range of services. Therapies that please the senses, care for the mind, body and spirit to experience optimal well-being that reflects on the beauty of your skin!

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# WELLNESS EXPERIENCE

We invite you to recharge in our state-of-the-art Wellness Area with marvelous natural aromas, created as a soothing heaven for our visitors. Indulge in a unique wellness experience among a wide range of luxurious spa facilities to achieve physical, emotional and mental wellbeing:

- Sauna
- Steam room
- Hydromassage
- Water Paradise experience showers
- Ice Fountain
- Ice Bucket
- Himalayan Salt Wall Relaxation Zone
- Digital Wellness Coach

**60' use with reservation – 50€**

Facilities Package

Package of 3 days use **120€/ pp**

Package of 5 days use **175€/ pp**



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# RECOVERY PROGRAMS

## Hyperbaric Oxygen Therapy

Hyperbaric oxygen therapy infuses the body with 50% more oxygen to speed up every healing process and reverse aging. The therapy takes place in a decompressed chamber infused with concentrated oxygen.

Hyperbaric oxygen is commonly used for overall health and wellness including anti-ageing and beauty, sports endurance and recovery, improving energy levels and in the treatment and management of chronic conditions and disease.

### Give yourself an extra boost!

- Express 30min session – **100€**
- Exclusive 60min session – **150€**
- Five 30min session package – **430€**
- Five 60min session package – **630€**

## Zerobody

The dry floatation that makes you feel good!

A unique and innovative patented system that allows dry floatation in zero gravity over 400 litres of warm water and includes scientific audio Brain Training programs.

- 5 audio-guide Mindfulness Programs
- 5 guided Breathing Techniques
- 5 relaxing music Tracks

Your body & mind live an unforgettable experience of deep regeneration, embraced by coloured lights & a soft lumbar massage.

### Mind Regeneration

- Reduces stress & anxiety levels
- Boosts mental health
- Improves sleep quality
- Enhances mood

### Body Regeneration

- Accelerates muscle recovery
- Relieves spinal tension & joint pain
- Stabilizes breathing & blood pressure
- Increases athletic endurance

### You just need to lie down and let it go!

- 20min session – **40€**
- Five 20min session package – **150€**

## Breathwork Therapy

Breathwork is a stress relief technique that brings physical relaxation & peace of mind. It is used to help improve a wide range of issues including anxiety, depression, chronic pain, emotional pain & trauma, thus boosting energy levels, positive thinking & promotes healthy people.

We have designed guided individual or group breathing exercises, meditation & body techniques to reinforce your physical, mental & spiritual wellbeing.

A tool for major transformation and healing!

### Private Breathwork Practices

- 30min – 70€
- 45min – 100€
- Five 45min. session package – 400€

### Group Breathwork Practices

(from 3 to 5 people)

- 30min – 50€ pp
- 45min – 70€ pp
- Five 45min session package – 250€ pp

**Our recommendation:** for maximum results & holistic feeling extend your wellness experience with the use of our Wet Area & choose amongst our Luxurious spa treatments.



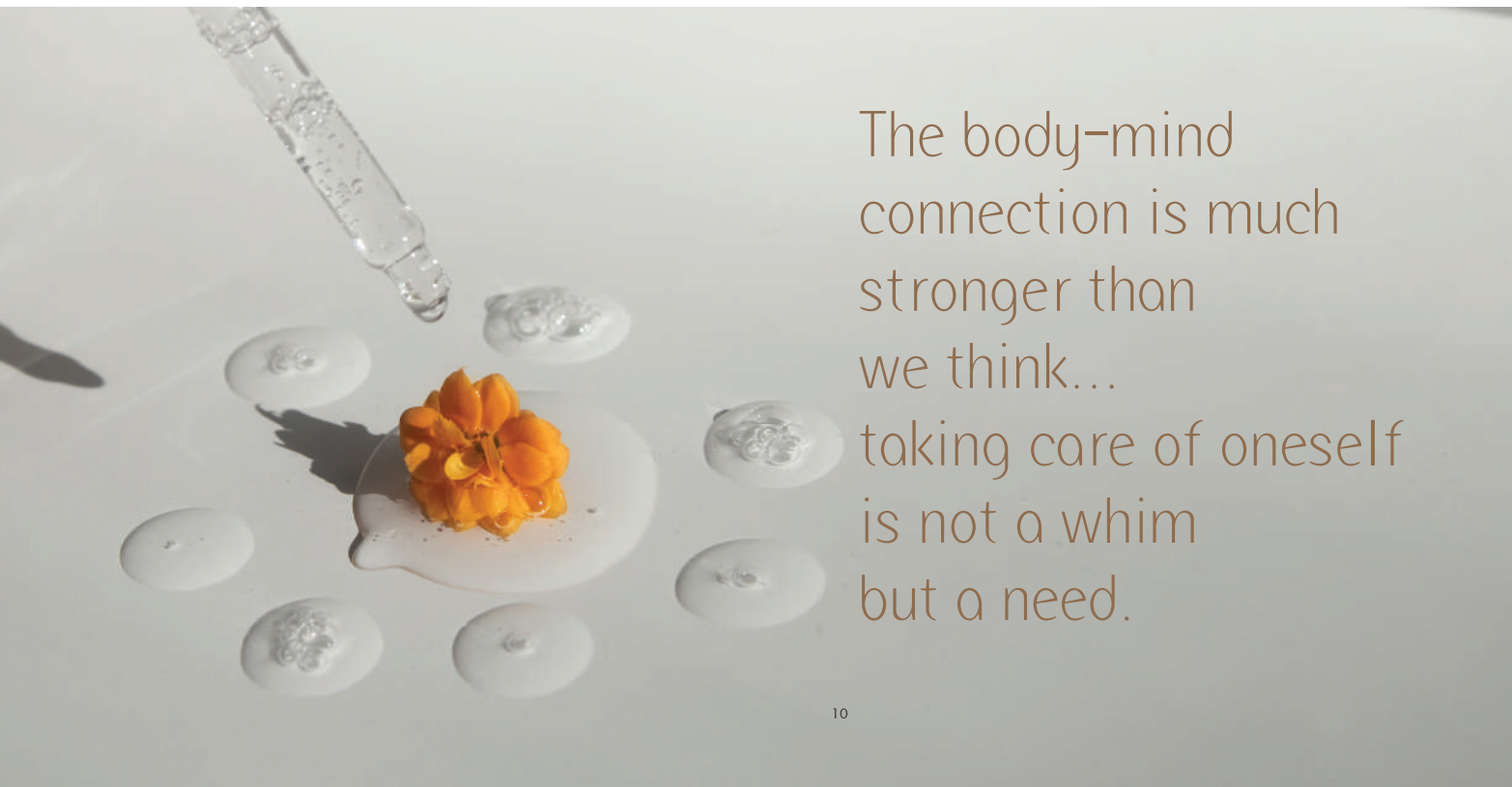
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# SIGNATURE RITUALS BY GERMAINE DE CAPUCCINI

Award-winning facial and body treatments with the purest raw materials and special application protocols designed for you only at Phocé Spa.



GERMAINE DE CAPUCCINI



The body-mind  
connection is much  
stronger than  
we think...  
taking care of oneself  
is not a whim  
but a need.

## **Detox Ritual**

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(Face & Body Detox Therapy /  
Recover – Regenerate – Health Boost) **115' – 210€**

Our team has created a complete detox experience to eliminate toxins and restore balance in the body. Enjoy a 15' steam bath followed by an exotic extra-sensory bamboo scrub to open the pores and remove dead cells, leaving a hydrated and extraordinarily luminous skin appearance. The experience continues with a detox massage with special algae cream rich in iodine & mineral elements and a cleansing facial treatment to remove impurities and gain a clean and refreshing skin appearance.

## **Magic Gold Touch**

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(Antiage – Revitalize – Stimulate) **110' – 200€**

Maximum glamour and sophistication in a revitalizing body therapy based on "Marine Gold" that envelops the skin in a subtle Golden Wrap and an exquisite emulsion of Golden Nectar. Enjoy a soft massage with gold body wrap, rich in anti-aging properties, followed by the application of gold nectar body product, leaving the skin radiant, deeply hydrated & revitalized. The golden look that the products leave on the skin goes well with the bronze effect after a day at the beach. The body treatment is completed with an exquisite eye treatment for eyes in flames!

\*Enjoy this treatment in the afternoon for a more intense appearance of gold on the skin before your night out

## **Total Oxygen Rejuvenation**

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(Oxygenate – Detoxify – Prevent  
Premature Aging) **90' – 180€**

Oxygen is a valuable ingredient for the skin as it gives life to the cells and maintains their youthfulness. This excellent regenerative oxygen treatment combines 30' Hyperbaric Oxygen Therapy and 60' O2 facial treatment that act proactively and therapeutically against aging and as a shield against atmospheric pollution. The O2 facial treatment includes a wonderful bubble gel mask that produces oxygen bubbles on your skin, a special massage protocol and a cool crystal mask. The skin appearance is visibly more radiant and regenerated.

\*O2 facial treatment has been awarded as the best professional treatment in 2018 at the Vogue Beauty Awards.

## **Journey to Paradise**

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(Relax – Restore – Relieve) **80' – 160€**

A holistic treatment that uses pressure and movements to repair damage that may exist throughout the body. This package includes a foot massage complemented by a special wrap for tired legs, and a hair & scalp massage, based on specific movements which improve the blood circulation and help against migraines and headaches. Great treatment to restore and rejuvenate the mind and body.

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# FACE TREATMENTS

Germaine de Capuccini skincare powerhouse uses methodologies that stand out for more than fifty years with innovative products and meticulous protocols. All products have been developed with absolute respect for the environment while its natural ingredients are never tested on animals. Facial care is provided after a personalized diagnosis by our Aesthetician.

## Global Anti-age ON

(Firm – Restore – Regenerate) **75' – 150€**

Excellent anti-aging facial treatment based on epigenetics. Its stunning composition fills the wrinkles, rejuvenates, moisturizes the skin and activates the defense and cellular regeneration mechanisms. It contains hyaluronic acid, collagen activators and the exclusive ingredient of Germaine de Capuccini, the Zinc-Glycine complex. The ritual includes a massage with a special spoon, placed on ice and a unique metallic icy mask.

\*Winner of prestigious Highest Award at 20th IFSCC (International Federation of Cosmetic Chemists), considered the Nobel Prize of Cosmetics.

## Timexpert Rides Yoga

(Smooth Wrinkles – Skin Density – Firm) **70' – 140€**

Enhanced facial rejuvenation treatment that achieves smoother skin and a more relaxed expression in record time. Unprecedented benefits in reducing dynamic and static wrinkles. We achieve visible improvement of skin density thanks to facial cupping and facial yoga massage.

## Total Lift (IN)

(Lift – Tighten – Anti-age) **60' – 130€**

Anti-aging facial treatment for tightening that gives the feeling of lifting. It offers volume, density, lateral and vertical lifting, improving the oval of the face. Facial features are straightened and wrinkles are less visible.

## Timexpert Radiance C+

(Radiance – Rejuvenate – Relieve) **60' – 120€**

Enriched with vitamin C derivative and Japanese Ume plum extract, this treatment is the most powerful weapon against glycosylation, which causes premature aging. Aids in fighting more effectively against oxidative stress and thus against aging characterized by the appearance of dark spots, dehydration and dull tone. The skin radiates and feels smooth and refreshing.

## Timexpert Hydraluronic

(Hydrate – Plump – Anti-age)

**60' – 120€**

A revolutionary hydration concept with exclusive formula creating an innovative facial treatment for visibly denser, dewier and more hydrated skin in all layers. A carefully selected combination of ingredients that plump, redensify and protect the skin's hyaluronic acid, making it a cosmetic alternative to medical-aesthetic injections.

## Men's C + Power

(Anti-fatigue – Rejuvenate – Hydrate)

**60' – 110€**

Specially designed for men's skin with lack of vitality and intense signs of fatigue. Enriched with vitamin C, birch juice and trace elements that rejuvenate the skin instantly and fill it with energy and glow while protecting it from external attacks that cause premature aging.

## Face Clarity

(Cleanse – Renew – Smooth)

**50' – 90€**

Universal and personalized treatment for all skin types, either oily, normal or combination. In record time it cleanses, purifies, balances the pH, renews and soothes the skin. Reveals a more uniform, luminous and pure face.

## Eyes in Flames – GuaSha Massage

(Luminosity – Depuff – Firm)

**45' – 90€**

A fast, effective solution that works instantly on the lines and wrinkles of the eye contour. This eye and lip treatment treats dark circles and puffiness, activates collagen & elastin and increases blood circulation, offering a rejuvenated look and smoother skin. Suction cup and quartz stone are used to perform eye & lip massage to enhance the results.





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# LUXURY FACIALS BY DR. BARBARA STURM

## Signature Sturmglow

**60 min – 225€**

The Signature SturmGlow Facial combines thorough cleansing, exfoliation and extractions to leave the skin super clean and refreshed. It also includes Dr. Sturm's Signature Anti-Aging Massage; a unique combination of massage techniques which help increase blood and oxygen flow, tone and define the facial muscles for an instant, youthful looking complexion.

**THE SCIENCE |** Long and short chain Hyaluronic Acid molecules in the HYALURONIC AMPOULE are infused into the skin and provide intensive hydration at both upper and deeper skin layers. The FACE CREAM RICH boosts moisture and antioxidants help restore and soothe the skin. Special massage techniques boost circulation, enhancing the production of collagen for effective skin repair.

**THE RESULTS |** This facial targets key areas of concern to instantly smooth fine lines, reduce puffiness, lift and define the cheekbones and jawline and give skin a youthful glow.

## Super Anti-Ageing Facial

**75 min – 300€**

The Super Anti-Aging Facial replenishes moisture reservoirs resulting in a smoother and more youthful complexion, while promoting the skin's natural barrier function and reducing the appearance of fine lines and wrinkles.

**THE SCIENCE |** Long and short chain Hyaluronic Acid molecules are combined with strong antioxidants and ingredients which help to repair damaged skin and support regeneration.

**THE RESULTS |** This facial visibly lifts the skin around the jaw and neck while reducing fine lines and reviving stressed skin.



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# BODY TREATMENTS

Captivating body treatments to obtain a sublime and unforgettable Spa experience.

Everything we do and feel has an impact on our health, finally showing on our skin, which is the mirror of our emotions. The body packages has been designed carefully according to your needs.

The therapist captures the emotions and determines the most suitable product for balancing your mood and making our treatments a unique and memorable experience.

## Vitamin C+ Body Mask

(Radiance – Firm – Anti-age)

**30' – 55€**

A natural touch of nourishment and renewal for the skin, leaving it instantly strengthened and velvety smooth.

\*retail product

## Spa Body Scrub

(Sooth – Detoxify – Radiance)

**30' – 55€**

A detoxifying body scrub infused with marine ingredients, designed to leave your skin radiant and elastic with the nourishing power of natural oils. The perfect way to prepare your skin for your vacation.

\*retail product

## Mediterranean Body Scrub

(Sooth – Hydrate – Regenerate)

**30' – 55€**

A body scrub crafted with natural ingredients from the Mediterranean Cretan land, enriched with orange blossom oil. It leaves the skin soft, healthy, and perfectly prepared for any subsequent treatment.

\*retail product

## Aloe and Mint Body Mask

(Hydrate – Refresh – Calm)

**30' – 55€**

A unique blend of hydration and soothing care for tired, dehydrated skin. The perfect mask for skin damaged by sun exposure.

\*retail product



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# LUXURY BODY RITUALS

## The Magic of the Silk Route

(Tailor-made facial & body treatment /  
Nourish – Soften – Relax)

**90' – 190€**

Sublime therapy that begins with a delicious body exfoliation of bamboo, argan, olive and orange elements to deeply cleanse the skin, and continues with the application of the soothing “silk” wrap and exclusive massage movements. Offers a divine enjoyment of the senses that is hard to forget. At the end of the treatment, you will enjoy an express facial nourishing massage according to your skin needs.

\*non vegan

## Fit success

(Slim – Refine – Sculpt)

**75' – 135€**

This exclusive body protocol combines the age-old dry brushing massage technique to target generalized cellulite with a selection of the brand's best body treatments. An innovative system that works synergistically like a powerful fat burner as well as an effective drainer capable of diluting accumulations of fat and toxins.

\*retail product

## Flor de Sal

(Renew – Tan Activate – Hydrate)

**60' – 120€**

The first beauty treatment that combines the exquisite Baobab Oil and the valuable pure marine salt from Crete. An exclusive experience that renews and embellishes the skin, while harmonizing the senses.

\*retail product

## Lavender Serenity

(Nourish – Tone – Sooth)

**60' – 110€**

This exceptional combination of a body exfoliator and gel-cream wrap, enriched with lavender essential oil, gently removes dead cells and reduces dryness. It nourishes and softens the skin, leaving it beautifully smooth, elastic, and radiant. The calming lavender scent promotes inner peace and serenity.

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# MASSAGE COLLECTION

The massage is the oldest known healing art. Wonderful massages that combine the properties of the ingredients with the most relaxing movements, managing to restore the physical and energetic balance of the body, mind and spirit. Allow our experienced spa therapists to guide you in your final choice. All massages are applied with certified professional products.

## **Pnoé Breathing Massage**

(Regenerate – Relax  
– Pain Relief)

**60'/90' – 130€/175€**

A signature holistic massage combining relaxing and therapeutic movements designed to alleviate stress and neurotic tension, bringing refreshment and tranquility to both body and soul. Surrender in an aromatic veil of lavender and bitter almond essential oils, transporting you to a serene dimension of peace and calm.

\*four hands available

## **Candle Paradise**

(Nourish – Relax –  
Improve Sleep)

**50'/75' – 120€/160€**

A unique massage experience of ultimate relaxation, harnessing the benefits of a natural beeswax candle. As it melts, it transforms into a luxurious body butter infused with the exquisite oils of lavender, citrus, and olive, deeply nourishing and pampering your skin.

## Energy Body Massage

(Energise – Healing –  
Pain Relief)

**50'/75' – 125€/165€**

Deep pressure massage with specific techniques and focus on the trigger points that relieve muscle tension and stress, targeting the deeper layers of the muscles' connective tissue. Firm pressure from elbows and forearms loosen stiff muscles and joints for improved circulation and better overall flexibility.

## Hot Healing Stones

(Healing – Relieve inflammation – Tone) **75' – 160€**

The massage techniques are combined with the properties of the volcanic stones and the essential oils. The heated massage stones are placed on key points of the body, releasing the accumulated energy from the chakras, while inducing a feeling of total harmony, wellbeing and profound muscular relaxation.

## Back / Neck and Shoulders Stress Relief

(Reduce Tension – Relax – Healing)

**40' – 110€**

Choose between a back, neck, and shoulder massage or a full backside massage, all designed to release tension and reduce daily stress. The combination of essential oils enhances total muscle relaxation and provides a deep sense of tranquility.

## Prenatal

(Reduce Fluid Retention –  
Anti-fatigue – Relax)

**50' – 110€**

Specially developed for mothers to be, this experience combines massage techniques to relieve tension, soothe muscles and reduce pain caused by shifts in posture. Applying moisturizing almond oil, the skin is left feeling hydrated, soft and silky. This inspirational therapy connects mother and child with the strength of contact.





## Head Spa Therapy

(Relax – Beauty – Recover)

**60' – 130€**

This rejuvenating treatment helps relieve stress, jet lag, and all forms of discomfort while providing soothing relief from migraines and headaches. At the same time, it deeply hydrates and nourishes your hair, restoring its natural shine and protecting it from daily wear.

\*retail product

## Feet Rejuvenation

(Relieve – Release Energy Flow – Energize) **30' – 75€**

This delightful foot and lower leg massage will stimulate circulatory and lymphatic systems to leave hard working feet walking on air. The perfect retreat after a long day of sightseeing or shopping.

\*retail product

## Lymphatic

(Unblock – Improve blood circulation – Tone)

**45' – 100€**

This gentle massage targets the lymphatic system, an essential part of the immune system. It boosts blood circulation, giving your skin a healthy glow, helps reduce post-injury swelling, and, last but not least, provides a deeply relaxing experience!

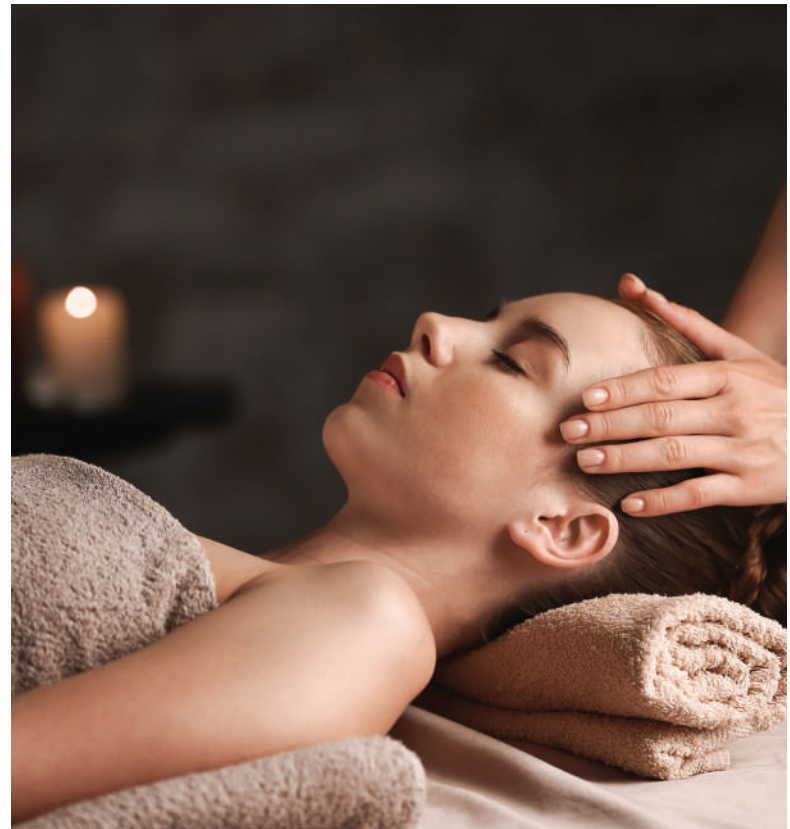
\*retail product

## Anti-cellulite

(Anti-Cellulite – Firm – Tone)

**40' – 90€**

Slimming and firming massage that achieves a substantial improvement of the skin, produces more firmness, suppleness and a lifting effect and definition of contours. The specific massage techniques on the legs and buttocks with the combination of algae cream stimulates blood circulation, activates lipolysis and transforms cellulite into firmness.





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# COUPLES WELLNESS GETAWAY

Share unique moments of relaxation and memorable spa experience and travel to a place where you are just the two of you.

## **Detoxifying Wellness for Two**

(Detox – Regenerate – Recharge)

**120' – 420€**

This explosive body treatment invites you to enjoy a fresh exfoliation with a taste of the sea and a sensational Marine body wrap with slimming and detoxifying effect that contains a great richness of minerals, vitamins, trace elements and iodine. The treatment is complemented by a detoxifying massage with nourishing oil that combines the antioxidant properties of green tea and the photo-protective action of Urucum extract. Tea is rich in tannins and antioxidant polyphenols while its oily nature has a healing effect on the skin and provides protection against loss of hydration.

## **Hydrating Wellness for Two**

(Nourish – Sooth – Soften)

**110' – 380€**

Authentic massage with golden drops of warm candle that melt all over the body. Choose between notes of lavender, olive or citrus, which calm the senses and hydrate the skin. After the massage enjoy a facial treatment to hydrate and refresh the skin. This excellent treatment uses Royal Jelly to improve the durability of the skin, in order to maintain its beauty and youthfulness, provide immediate intense hydration and give vitality to dull, tired or sunburnt skin.

\*Excellent choice for honeymooners



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# SPA BACHELOR /ETTE EXPERIENCE

## Glamorous Bride

120' – 200€

Fantastic Bridal preparation with Radiance C+ combination treatments, derived by Orange Blossom Body Treatment and Radiance C+ Facial for the glow you need at your most important life moment.

## Charming Groom

120' – 200€

Prepare your body and your face for this beautiful moment of your life. Exceptional full body relaxing massage will help the mind to regulate anxiety and stress by achieving an optimal state of relaxation. Energising and detoxifying facial treatment with fresh and light texture will provide your skin with clarity and luminosity.

## Bachelor /ette Party

80€ pp

Use the Spa Wet Area facilities to prepare your skin for a glowing face and body treatment, then relax in the Salt Area while enjoying sparkling wine and luxurious snacks. Have fun and indulge in the unforgettable benefits of this unique experience!



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# SERVICES

## **Fitness Center 24 hours open – Free of Charge**

Upon reservation for 60' use.



## **Personal Training**

60' – 70€

Reservation required in advance.



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# HOW TO SPA WITH US



## **OPERATION HOURS**

Daily 10:00 – 19:00

## **HYGIENE PROTOCOL COVID-19**

Our goal is to provide and guide you into an immersive relaxation experience while at the Spa. For this reason, we have taken advanced measures to protect our guests prior to their arrival, ensuring them a safe and serene journey. For the safety of our guests and staff, if you or a family member has experienced any of the following symptoms in the last 7 days, please contact the Spa before your arrival, appointment or use of the premises to obtain more information: cough, fever, shortness of breath, sore throat or headache. As a reminder, if you or a family member has recovered from any of these symptoms in the last 14 days, we kindly ask you to inform the Spa prior to your arrival.

## **RESERVATIONS**

Please contact the Spa reception to book an appointment. We recommend making a reservation to guarantee your preferred treatment and time.



## **CANCELLATION POLICY**

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We understand that plans can change, and we will do the best to accommodate your needs. However, as all Spa time is under reservation, should you need to cancel or change your booking kindly inform our team 24 hours before your time slot to avoid billing. Otherwise, cancellations made less than 6 hours before the treatment(s) time will result in you being charged 50% of the treatment(s) cost.

## **BEFORE YOUR ARRIVAL**

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As many Spa treatments serve to improve blood circulation through the application of special body pressure techniques, we advise against eating a heavy meal before your treatment. However, a light snack is appropriate. Alcohol is forbidden before any Spa treatment. We recommend that you do not bring your valuables into the treatment room. The Spa bears no responsibility for the loss of any personal belongings. Please wear a bathing suit for treatments including water.

## **UPON YOUR ARRIVAL**

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Kindly arrive at least 15 minutes before your appointment. Delayed arrival will reduce the available time for your treatment. It will therefore reduce its effectiveness and your pleasure. This is your moment, and we want you to enjoy the experience to the fullest. Please let us know about any preferences you have regarding room temperature, pressure and music. Your care is our highest priority.

## **DURING YOUR STAY**

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The Spa is dedicated to maintaining an environment of peace and tranquility. Help us by respecting our atmosphere of privacy and quiet by putting your mobile phone on flight mode during your Spa stay. Smoking, alcohol and eating at the Spa are prohibited.

## **PREGNANCY**

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In our catalogue, you will find specially formulated treatments for women during pregnancy and for those who are nursing. Please allow the Spa team to guide you, helping you choose which treatment is the most suitable during this special time.

## **GIFT CARDS**

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Gift vouchers are available for any treatment, combination of treatments or home care products and are an ideal gift for someone you love and want to show some care for. Gift vouchers are non-refundable and must be presented during treatment or purchase.

## **HEALTH QUESTIONS**

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Please inform us at the time of booking of any medical condition or special needs. This will allow the Spa team to guide you in selecting the right treatments. Before any treatment, our staff will ask you to fill in a medical questionnaire. We fully comply with the EU's General Data Protection Regulation.

## **AGE REQUIREMENTS**

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The Spa is suitable for guests over 16 years of age.





  
Pnoé Spa

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