

Destination Spa.

Located on the edge of the High Ardennes and surrounded by the spellbinding Fagnes and moors, the town of Spa caters to all tastes. So, you will have no difficulty finding the right hotel or accommodation to prolong the well-being that you have come to experience at the Thermes de Spa. The Spa Tourist Office will be more than happy to assist you.

ACCOMMODATION AND HOTELS : SPA TOURIST OFFICE

Place Royale 41
4900 Spa
Tel. : 087/79 53 53
officetourismespa@skynet.be

www.spa-info.be



The Baths :
Everyday from 10 a.m. to 9 p.m.
Frydays to 10 p.m.
Sundays to 8 p.m.

The Treatments :
Everyday from 9 a.m.

THERMES DE SPA COLLINE D'ANNETTE ET LUBIN

4900 SPA – Belgium
Tel. : +32 (0) 87 77 25 60
Fax : +32 (0) 87 77 50 66
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Photos: Eurothermes - Sothys

Resp. Edit.: G. ANDRÉ - Colline D' Annette et Lubin - 4900 Spa

01/2006

Experience the well of being.

The Baths

Access without an appointment for several hours of relaxation and well-being.

Adults € 17,00 (all inclusive)

Children € 12,00 (from 6-years-old). Turkish Bath + sauna from 10-years-old with a supplement of € 4 and must be accompanied by an adult. No access to the fitness area or the Wood room.

Family/group/student prices. Subscriptions.

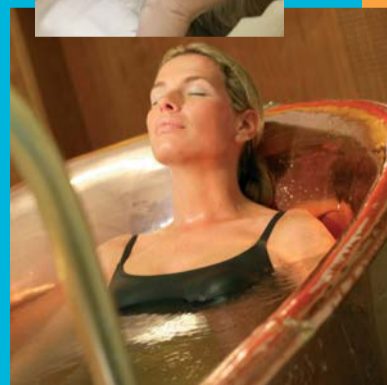
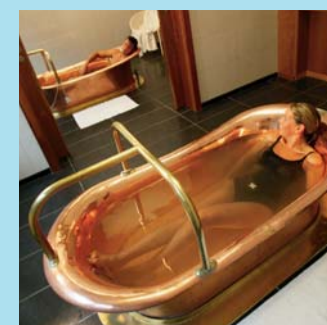
By appointment:

- Massages: wide selection (from € 35)
- Beauty treatments (with SOTHYS products - from € 39)
- Balneotherapy treatments (baths, showers, etc., from € 28)

Bar cafeteria

Parking

Funicular



The Mother and Baby Institute

Mother and Baby cure (5 days) € 695
Five days with your baby to restore tone and regain your figure.

Carbonated bath, massage shower of Spa, manual massage, body peeling, facial treatment, glowing complexion light, hypo gym, Soft Pack, baby massage, mother and baby carbonated bath, Aqua Harmony baby, walks with baby (subject to availability), nursery day fee.

For Mother: everyday access to baths and lunch.



Price valid until: November 2006.
Prices subject to change.



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The Well-being, Health and Beauty Centre

"A la carte" treatments

By appointment (even last minute)
(Subject to having paid for entry to Baths or taking a cure):

Wide choice of:

- Massages _____ from € 35
- Balneotherapy treatments _____ from € 28
- Beauty treatments _____ from € 39

Programmes and cures

By appointment. Programmes include treatments, unlimited access to the Baths and a creative, healthy lunch every day of the treatments (except for those followed by *).

1/2 day cures:

- Première Découverte (First Discovery)*:
Carbonated bath, massage _____ € 75
- Découverte Beauté (Beauty Discovery)*
Facial treatment, Niagara bath _____ € 88
- Découverte prénatale en couple (Pre-natal Discovery for couples)* _____ € 95
Aqua Harmony for the expectant mother and aquatic relaxation for the couple.



1 to 5 day cures:

Except in cases where treatments are specified, you can design your own programme by selecting your desired treatments when you make your reservation. You can choose from the following:

A = Balneotherapy	B = Beauty	C = Massage	D = Wellness
Carbonated bath Niagara Bath Thermal Shower	Basic facial treatment Back treatment Body wrap	25' massage Underwater massage Massage Shower of Spa	Soft Pack, Aquarelax 25' Pressotherapy

Un Jour à Spa (A Day at Spa)
2 A treatments and 1 C treatment (or D) _____ € 109 (€ 115 / weekends and holidays)

Journée Plénitude (Deluxe Day)
2 A treatments (or 1 A and 1 D), and 1 B treatment _____ € 119 (€ 127 / weekends and holidays)

Special Spa - NEW
Carbonated bath, complete massage, 1 B treatment and 1 D _____ € 175
(€ 185 / weekends and holidays)

Journée Privilège Dame (Ladies Privilege Day) (except Sundays)
Complete massage, Soft pack, peeling, body wrap, Niagara bath or Thalaxion bath, personalized beauty treatment _____ € 235 (€ 245 / Saturdays and holidays)

Journée Privilège Homme (Men's Privilege Day) (except Sundays)
Complete massage, Niagara bath, carbonated bath, Soft pack, personalized beauty treatment, back treatment _____ € 235 (€ 245 / Saturdays and holidays)

Journée Tourbe (Peat Day) (except weekends)
Peat bath, 1 A treatment and 1 C treatment _____ € 123

Deux Jours à deux (Two Days for Two)
(Treatments spread over 2 days depending on the day of arrival and lunch for 1 day).
3 A treatments (or 2 A and 1 D) and 1 C treatment _____ € 280 (€ 295 / weekends and holidays)

Spa Nature (3 days)
Peat bath, 4 A treatments (or 2 D), 2 B treatments and 2 C treatments and walks (subject to availability) _____ € 360

Tourbe Santé (Peat and Health) (5 days +) *
Consultation by a thermal doctor advised.
Peat bath and carbonated bath (everyday) _____ € 295

Spa Santé (Spa Health) (5 days)
8 A treatments, 2 D, 5 C treatments and walks (subject to availability) _____ € 565

Silhouette Intensive (Intensive Figure) (5 days)
Consultation at your arrival by a thermal doctor and treatment determined with the doctor's agreement including mesotherapy (by the doctor), pressotherapy, endermology and walks (subject to availability) _____ € 685

Ligne du Corps (Body shaping) (5 days)
4 A treatments, 1 B treatment, 2 C treatments, 3 D, 2 Thalaxion baths, 3 endermology treatments and walks (subject to availability) _____ € 590

Special programmes without lunch:

(These non-changeable programmes can be concentrated into a 1/2 day)

Tradition Thermale (Thermal Tradition) _____ € 95
Carbonated bath, thermal shower and massage shower of Spa

Thermal Bien-être (Thermal Well-being) _____ € 107
Carbonated bath, Niagara bath or Thalaxion and facial treatment.

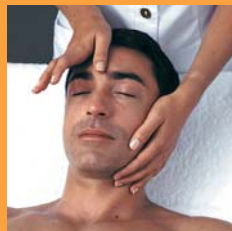
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EURthermes



The Baths

The two Baths, one indoor and one out, cover an area of 800m² where you can enjoy the hydro massage facilities. *The Baths (Les Bains)* are as pleasurable in winter as they are in summer. Aquaerobics, water fountains, a counter-flowing stream, water jets, geysers, whirlpool seats and bubbling



couches tone, relax and massage you, with natural mineral water heated to 32°C from the Clementine spring. For total revitalisation, the *Fitness and Relaxation Room (Espace Forme et Relaxation)* offers steaming Turkish Baths, saunas, refreshing showers and a muscle toning area. You can lie down and let your mind and body drift away soothed by music and fragrances under a Wood light - a unique experience promoting calm and inner peace.

Well-being, Health and Beauty Centre

In the *Well-being, Health and Beauty Centre (Centre Bien-Être, Beauté et Santé)*, the traditional know how of Spa really takes precedence. Here you will find our famous treatments using natural carbonated mineral water rich in trace elements from the Marie-Henriette spring. And you can't forget the

equally celebrated Fagnes peat treatment. You also have a vast choice of balneotherapy treatments and massages. In the *Beauty Room (Espace Beauté)* you will discover ways to radiate well-being. You can entrust your skin and figure to our beautician specialists trained with Sothys' skill and expertise. Sothys, one of the top names in beauty, dedicates all its knowledge and high quality standards to pamper you luxuriously. A wonderful way to enhance your beauty...

The Mother and Baby Institute

In an exclusive wing set aside for them, young mothers can begin to regain their figures, lose extra kilos and relax and replenish their energy without being far from their baby. An infant formula room, day nursery and continuous assistance by specialised staff, puts everything in place to ensure the

mother's total peace of mind while she undergoes treatments. During the five-day cure, the mother alternates between her own treatment and intimate moments with her baby. This treatment even includes a relaxing massage for her baby by expert hands or an initiation into Aqua Harmony while allowing infinite tender moments between mother and baby.