

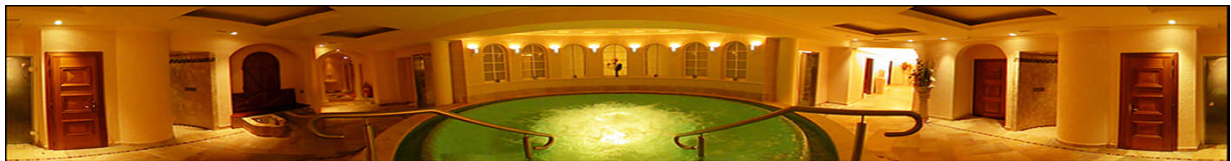
CHIKARMA LUXURY SPA PRICE LIST 2011 (Part A)

FACIALS	PRICE	FORTEDERMA	PRICE	
Free Skin Consultation	€ 0.00	Botox - Safe and effective method for soothing lines and wrinkles.	ON REQUEST	
Deep Intensive Catiovital - A beautifying facial to deeply revitalise and re-hydrate the skin	€ 70.00	Permenant Fillers - Adds volume immediately to the area and is not reabsorbed by the body. It is injected under the skin where it cannot be seen or felt and remains in place permanently.	ON REQUEST	
Renewed Radiance - Nourishing facial for dehydrated skin, this deeply hydrating facial is perfect for delicate and dehydrated skin, helping to gently renew and revive. thus reducing fine lines and signs of ageing.	€ 70.00	Lip Enhancement - injecting derma fillers into parts of the lip and surrounding area to enhance and add volume and to reduce surrounding wrinkles.	ON REQUEST	
Youthful You - Anti-Aging Algidud facial. This revolutionary treatment combines Dead Sea Mud and Seaweed to refine lines and wrinkles and produces instant firming results.	€ 70.00	Derma Fillers (lasts 6-9 months) - Careful injection to fillers can fill in the gaps from volume loss and stubborn lines which in turn will lift the skin to appear smoother and youthful.	ON REQUEST	
Perfect Harmony - Skin-Cleansing mud facial for problem skin. This purifying facial helps to re mineralise, soothe and rebalance, whilst deeply relaxing the mind, leaving you feeling confident and refreshed.	€ 70.00	Injectable Implants (lasts up to 24 months) - Primarily used to correct wrinkles, deformities and aging appearance of the face. Excellent for cheek augmentation and deep wrinkles.	ON REQUEST	
Mini Facial - A short cleansing and relaxing facial, to soothe and refresh.	€ 25.00	Volume Fillers (lasts up to 24 months) - Natural or Synthetic materials are injected into the skin to create a firmer, more youthful appearance by helping to plump the skin making it look fuller and healthier.	ON REQUEST	
Future - Tec Anti Aging Facial - Promising to effectively and painlessly tackle harsh face imperfections such as wrinkles, anti - ageing, pigmentation or acne.	€ 70.00	BEAUTY & BODY TREATMENTS		
Li'Tya Lowanna - Facial, Foot & Hand nourishing treatment plus head massage & scalp treatment with quandong hair mask.	€ 100.00	Future - Tec Cellulite Treatment - A relaxing treatment designed to stimulate lymphatic drainage and sluggish circulation. This treatment combines vacuum and laser to eliminate toxins, break down fatty deposits and soothe unwanted dimples.	€ 50.00	
Li'Tya Mikiri - A Facial with two different masks, hand or foot massage and head massage.	€ 80.00	Future - Tec Stretch Marks/Scar Tissue Treatment - Using ultrasound to remove dead skin cells and therapeutic laser to promote new tissue growth, this is the definitive healing treatment.	€ 50.00	
Li'Tya Mirri - Mini facial-suitable for all skin types. Cleanses, exfoliates, pressure point massage, mask head & neck massage.	€ 40.00	Lavish Lashes - Full Set - Thicker, longer and naturally abundant eyelashes, great for special occasions and regular daily wear.	€ 80.00	
Li'Tya Yirri - Vitality, Age Defense, protect, Balance or Align	€ 80.00	Lavish Lashes - Refills	€ 40.00	
Balanced Beauty - A Natural rebalanced facial to deep-cleanse and brighten normal and combination skins, eliminating impurities and soothing surface imperfections.	€ 70.00	St. Tropez Spray Tanning - This treatment leaves you with a sun-kissed tan and the results can last up to 7 days.	€ 30.00	
Li'tya The Dreaming - Facial, Hand and foot treatments, body exfoliation with oil and desert salts, body mud wrap, hair & scalp treatment, followed by a full body massage.	€ 180.00	Eyebrow OR Eyelash Tint	€ 15.00	
MANICURE & PEDICURE		Ear Piercing	€ 11.00	
Express Manicure	€ 30.00	Boothcamp for Tummies - A tummy tuck in 1 hour. A waist-whittling treatment to reduce cellulite and fat deposits, stimulates circulation to detoxify.	€ 55.00	
Spa Manicure - Exfoliates and Hydrates the skin and also softens Cuticles.	€ 50.00	Boothcamp for Boobs - A boob job in 1 hour. Bust and upper body treatment to lift, plump and increase circulation with peptides to lift and tone.	€ 55.00	
Future-Tec Anti-Ageing Hand Treatment - Treat aged hands with a combination of laser and ultrasound to fade pigmentation patches, liver spots and smooth sundamaged skin.	€ 60.00	Boothcamp for Butts - Lift your butt in 1 hour - Buttock, Hip and Thigh treatment to reduce cellulite, detoxify plus fruit acid exfoliation for a sexy rear view.	€ 55.00	
Express Pedicure	€ 32.00	Ear Candle Treatment	€ 30.00	
Spa Pedicure - Exfoliates, Hydrates and softens, great for removal of hard skin.	€ 55.00	Colonic Irrigation	€ 100.00	
Dr.Fish Pedicure - A fish pedicure is a foot treatment that involves placing the feet into a tank filled with small fish called garra rufa. These fish enthusiastically devour dead tissue on the feet leaving them softer and easier to manage	€ 15.00	Solarium	€ 11.00	
Acrylic Nails Full Set	€ 39.00	Pressotherapy	€ 30.00	
Acrylic Nails Refills	€ 29.00	Infrared Therapy	€ 18.00	
Long Lasting Nail Polish - Full set	€ 20.00	Food Intolerance Test	€ 80.00	
Long Lasting Nail Polish - Remove & Apply	€ 30.00	Biofeedback	€ 25.00	
PREGANCY TREATMENTS		CHINESE TREATMENTS		
Mother Earth - The Cleansing Ritual begins with a foot cleansing ritual followed by a full body exfoliation using the luxurious Salt Brushing which will leave your skin silky smooth and soft. The Relaxation Ritual Silky black mud before being cocooned in warmth after which a relaxing scalp massage to relieve tension is followed by a warm shower. The Nourishing Ritual incorporates a moisturising application using the Spa Find Mineralising Body Lotion to relax and rehydrate your body.	€ 115.00	Ear Acupuncture - This is widely used for many conditions, including addiction, mood disorders, obesity, pain and other conditions.	€ 15.00	
Mother Nature - The Cleansing Ritual includes a facial cleansing and exfoliation, a full body exfoliation using the luxurious Salt Brushing. The Relaxation Ritual incorporates a full body massage that is followed by the application of warm mud, a facial massage including extracts and a hydrating mask, followed with a relaxing scalp massage. The Nourishing Ritual involves an application of Spa Find Mineralising Body Lotion to the body and the Spa Find Facial Moisturiser to the face.	€ 190.00	Tuina - Full Body (Chinese Massage) - A deep therapeutic Chinese massage which is effective to treat headache, sinusitis, pain syndrome, internal organ problems, sports injuries, skin problems and much more.	€ 80.00	
Mother Warmth - The Cleansing Ritual begins with a foot cleansing ritual followed by a full body exfoliation using the luxurious Salt Brushing which will leave your skin silky smooth and soft, after a warm shower. The Relaxation Ritual Coconut Oil massaged all over the body while lying on a full body pillow of comfort. The Nourishing Ritual incorporates a moisturising application using the Spa Find Mineralising Body Lotion to rehydrate your body.	€ 95.00	Tuina - Local Area (Chinese Massage)	€ 45.00	
Yummy Tummy - This is a facial for your tummy, because its your tummy that needs the attention to maximise skin strength, health and elasticity. This combination treatment begins with an application of Gravid Pulse Point Oil and gentle skin brushing to increase circulation, gently exfoliate and improve the tonicity of the skin. A concentrated serum and deep treatment mask will be applied to soothe and moisturize the abdomen. Enjoy a gentle face and head massage which will release cranial and jaw tension followed by a deep neck and shoulder massage to ease you of the stresses associated with pregnancy as the Intensive Tummy Stretch ease Serum and mask take effect: * Improves strength and elasticity of skin * Stimulates cell regeneration * Helps heal and prevent stretch marks	€ 60.00	Acupuncture & Local Area Tuina	€ 70.00	
Lighten Up - * Reduction of lower leg Water retentio * Stimulates circulation * Relieves lower leg muscle stress. A mineral-rich foot soak and massage for lower legs and feet to help with poor circulation, water retention and the tiring affects of carrying an extra load. They don't call it a maternity marathon for nothing.	€ 30.00	Acupuncture - This treatment is useful in helping with a wide range of conditions, including aches and pains, colds and flu and even poor digestion.	€ 40.00	
Mellow Mama - A complete relaxing full body massage using our safe but effective pre- natal techniques to relax those specific lower back muscles that are carrying that beautiful bump.	€ 65.00	Acupuncture & Full Body Tuina	€ 100.00	
The Smoothie - All Supermamas, pregnant or not know the benefits of regular exfoliation to keep your skin super elastic. The Smoothie is perfect when you want a really relaxing massage combined with the fresh clean feeling of a gentlr exfoliation treatment.	€ 75.00	Acupuncture & Moxibustion - These deal with the prevention and treatment for diseases by needling and moxibustion methods.	€ 50.00	
4th Trimester Healing Hour - Your baby is here and you are in need of a little rejuvenation... This restorative massage treatment helps your body realign as you remember how to be one person again. ometimes new mothers need a little mothering too!!! This is the perfect present for new mamas.	€ 60.00	Guasha - An excellent way to relax body, mind and spirit. It enhances general health and vitality by easing tension in muscles, joints and meridian points.Improves circulation, lymphatic drainage and tones the body.	€ 15.00	
		Cupping (fix Cupping) - Cupping is now recommended for the treatment of minor pain, gastrointestinal disorder, lung diseases especially chronic coughing and asthma, paralysis.	€ 10.00	
		Cupping (Cupping Massage)	€ 45.00	
		MUDS AND SCRUBS		PRICE
		Dead Sea Salt Brushing	€ 40.00	
		Coffee & Hazelnut Body Scrub	€ 40.00	
		Dead Sea Mud In Hammam	€ 30.00	
		Coconut Full Body Scrub	€ 40.00	
		Serial Mud Chamber - 1 person	€ 65.00	
		Serial Mud Chamber - 2 person	€ 100.00	

Chikarma Holidays is a specialist holiday company to Malta & Gozo offering great prices in relation to Apartment, Hotels, Excursions & Cruises, Scuba Diving Packages, Car Hire, Airport Transfers and Yacht Charter

You can email us today on info@chikarmaworld.com if required. One of our customer service representatives will respond the same day.

www.chikarma.com - www.maltaapartmentbooker.com - www.chikarmadiving.com - www.divingholidaysmalta.com - www.maltacarhirebooker.com - www.maltahotelbooker.com



CHIKARMA LUXURY SPA PRICE LIST 2011 (Part B)

MASSAGES	PRICE	SPECIAL OFFERS	PRICE
Back Relaxing Massage	€ 40.00	Brush & Tone - Vibrogym, Inchwarp (legs), Dead Sea Salt Brushing, Dermalife, pressotherapy(lymphatic drainage) and a Full Body Relaxing Massage- 50 min.	€ 160.00
Full Body Relaxing Massage - Helps to ease away tension, relaxes body and mind.	€ 60.00	Sheer Luxury - Coffee & Hazelnut Body Scrub, Padabhyanga (foot & leg massage), Li'Tya Mikiri (facial with double mask, hand or foot and scalp massage), Spa Sante & Lava Shell Massage	€ 215.00
Leg Massage - Ideal for tired, heavy and aching legs.	€ 40.00	Organic - Chocolate Face Massage, Tasmanian Peat Mud Bath & Li'Tya Mala Mayi (Includes: desert salt exfoliation, mineral rich mapi body mud wrap, paudi scalp massage and full body kodo massage).	€ 125.00
Chocolate Full Body Massage - Hydrates the skin and relaxes the body whilst improving serotonin levels in the brain.	€ 70.00	Natural - Serial Mud Chamber (Includes: sea salt brushing and mud treatment), Cleopatra Bath with Horses Milk or Aroma Bath, Li'Tya Miji Polama (hand treatment) Li'Tya Miji Jina (foot treatment) & Li'Tya Miri (mini facial).	€ 165.00
Aromatherapy Massage	€ 70.00	Asian - Balinese Massage, Ear Candle treatment with Indian Head Massage, Thai Reflexology, Sundryarya Vardhini (herbal facial) Thai Hand Massage and lunch at Can Thai	€ 290.00
Sports Massage - Relaxes Aching Muscles.	€ 70.00	A Taste of Asia - Thai Foot Massage, Lava Shell Massage and Indian Head Massage.	€ 125.00
La Stone Massage - A combination of hot and cold stones, help to relax and refresh body and mind.	€ 80.00	Head to Toe - Sugar Rub, Kodo Rock Massage, Spa Find Facial, Manicure & Pedicure	€ 220.00
Indian Head Massage - Helps sinusitis, migraines and ease tension around the neck and shoulders.	€ 40.00	Spa Experience - Li'Tya Yanko Jindealee (Includes: exfoliation, facial, hair & scalp massage) Spa Manicure, Spa Pedicure, Spa Find Tranquility (Includes: a combination of relaxing + deep tissue massage).	€ 205.00
Balinese Massage - A deep massage easing all the tension away whilst improving blood circulation.	€ 80.00	Evening Bliss - La Stone Therapy or Lava Shell Massage or Li'Tya Kodo Massage with Padabhyanga and Li'Tya Yirri Facial.	€ 155.00
Thai Full Body Herbal Massage	€ 80.00	Evening Spa Delight - Li'Tya Lowanna (Includes: facial, scalp massage, hand & foot nourishment + hair mask treatment), Thai foot Massage, orange drops body polish, Cleopatra Bath with Horse Milk & Spa Find Peace (stone massage).	€ 236.00
Reflexology	€ 70.00	Spa Date for Two - Full Body Massage, Padabhyanga, Trilogy Ritual or Serail Mud Chamber, Indian Head with Ear Candles or any Spa Find Facial.	€ 330.00
Lava Shell Massage - A Relaxing Massage using heat from the shell.	€ 70.00	Unwind - Express Manicure, Express Pedicure, Mini Facial and Back Relaxing Massage.	€ 105.00
Li'Tya Kodo Massage - A combination of pressure points and spiralling movements to relieve muscular aches.	€ 75.00	Beauty Day - Body Sugar Rub, Cleopatra Bath with Horse Milk, Mini Facial, Back Relaxing Massage and a Li'Tya Miji Jina (foot treatment).	€ 145.00
Li'Tya Kodo Rocks - Intergration of these ancient rocks with pressure points and spiralling movements aligned with the rhythmic Kodo body massage.	€ 75.00	Relaxing Day (A) - 2-3 hours in Spa Sante, 25 min Massage or Mini Facial and Lunch at IL-Giardino	€ 60.00
Thai Full Body Massage	€ 70.00	Relaxing Day (B) - Spa Sante, 50min Full Body Relaxing Massage or Spa Find Facial with Lunch at Taste.	€ 100.00
RITUALS		PRICE	
Belle Epoque - Relaxing, helps with pains and anti-ageing.	€ 85.00	Spoil Yourself - Coffee & Hazelnut Body Scrub, Chocolate Full Body Massage, Mini Facial or Ear Candle Treatment with lunch at Taste Restaurant.	€ 135.00
Trilogy (1 person) - This unique ritual will make you relax, detoxify, cleanse & hydrate your body.	€ 70.00	Detox - Seaweed Wrap, Alge Bath, Dermalife, Oxyspa and Infa Red.	€ 120.00
Trilogy (2 person) - This unique ritual will make you relax, detoxify, cleanse and hydrate your body.	€ 100.00	SPECIALISED TREATMENTS	
Balinese Boreh - The chief benefits of this application are stimulated circulation as well as helping warm the body, relieving aching joints and sore muscles as well as headaches	€ 100.00	Laser Hair Removal - Upper Lip - Removal of unwanted hair.	€ 35.00
Javanese Lulur - The entire ritual involves a massage, scrub, body mask, flower soak and a hydrating lotion.	€ 100.00	Laser Hair Removal - Middle & Top of Eyebrows - Removal For unwanted hair.	€ 65.00
Flower Bed Body Treatment - Goat butter, chocolate, salt mud and seaweed or chalk.	€ 65.00	Laser Hair Removal - Chin & Neck - Removal of unwanted hair.	€ 90.00
Flower Ritual - Body Scrub with a choice of Orange drops, coconut or seasalt, flotation wrap with a choice of goats butter, chocolate, salt mud, seaweed or chalk followed by a massage.	€ 110.00	Laser Hair Removal - Sides of Face - Removal of unwanted hair.	€ 75.00
Ayurvedic - Padabhyanga (foot & leg massage) - A highly relaxing massage, special oils are used to revitalise tired feet, as feet are the energy and have the nerve points to the rest of the body. The massage also harmonises the entire body. Good for: blood circulation, treats varicose veins & reduces swelling.	€ 40.00	Laser Hair Removal - Underarms - Removal of unwanted hair.	€ 95.00
Ayurvedic - Pinda Sweda (herbal powder bolus massage) - Hot medicated herbal plants are tied in a muslin cloth and made into a bolus, after warming it is applied all over the body. The therapy rejuvenates, nourishes, strengthens and also addresses pain related to the joints and sore muscles. Good for: arthritis, stiff joints and certain skin conditions.	€ 50.00	Laser Hair Removal - Fore Arms - Removal of unwanted hair.	€ 185.00
Ayurvedic - Shirobhayanga (head neck & shoulders) - A detoxifying upper body massage that has been used in India for years as home therapy. The massage is relaxing and focuses on the marma points and leaves the area rejuvenated. Good for: stress, strain and migraines.	€ 40.00	Laser Hair Removal - Bikini Full Removal - Removal of unwanted hair.	€ 140.00
Ayurvedic - Shirodhara Third Eye Drip (head, neck & shoulders) - Warm oils are gently poured in a slow dynamic movement over the forehead (third eye) in a continuous calm drip from a special vessel. Profoundly relaxing, switches off the chattering mind and induces rest. Good for: sheer bliss and relaxation, sinusitis, chronic colds & insomnia.	€ 75.00	Laser Hair Removal - Bikini Side & Top - Removal of unwanted hair.	€ 115.00
Ayurvedic - Abhyanga Snaman - An ancient oleation therapy where the therapist works synchronising strokes and massage techniques according to the circulatory and marma points. This therapy is followed by a steam and shower with Ayurvedic herbal bath powder (snaman) Good for: relaxation, detoxification, skin complaints, fatigue, anxiety, eczema & mobilising joints.	€ 100.00	Laser Hair Removal - Half Leg - Removal of unwanted hair.	€ 195.00
Li'Tya Mala Mayi - Exfoliation, silky warm mineral rich Mapi Body Mud Wrap, inspired Paudi Scalp Massage, ending with a full body Kodo massage.	€ 100.00	Laser Hair Removal - Full Legs - Removal of unwanted hair.	€ 350.00
Li'Tya The Dreaming - Facial, Hand & foot treatments, body exfoliation with oil and deserts salt, body mud wrap, hair & scalp treatment followed by a full body massage.	€ 180.00	Laser Hair Removal - Back & Shoulders - Laser removal for unwanted hair.	€ 250.00
The Physioacoustic Chair - Focuses on the musculoskeletal system, releasing stress and tension through deep body massage.	€ 15.00	Laser Hair Removal - Full Chest - Laser removal for unwanted hair.	€ 250.00
Find... Comfort - Find immediate comfort from this relaxing deep tissue body massage using Lomi Lomi techniques with the forearms, elbows & hands.	€ 80.00	Full Bikini Waxing	€ 22.00
Find... Heaven - Find Heavenly relaxation & calmness whilst being massaged with hot mud and salt poultices to relieve tension, uplift your senses and pamper you body.	€ 80.00	Bikini Line Waxing	€ 10.00
Find... Peace - Find peace of mind and tension releases from this deeply relaxing massage journey using rebalancing hot mineral stones from Hawaii	€ 80.00	Half Leg Waxing	€ 12.00
WRAPS & BATHS		Full Leg Waxing	€ 21.00
Dead Sea Inch Wrap Full Body - The inch wrap body treatment has been designed to help you lose inches and reduce cellulite.	€ 50.00	Upper Lip Waxing	€ 5.00
Dead Sea Inch Wrap Legs or Tummy	€ 40.00	Arm Waxing	€ 12.00
Cleopatra Bath with Horses Milk	€ 35.00	Under Arm Waxing	€ 7.00
Algae Bath	€ 30.00	Back Waxing	€ 25.00
Seaweed Wrap	€ 40.00	Eyebrow Shaping Wax	€ 8.00
Tasmanian Peat Mud Bath	€ 30.00	WATER TREATMENTS	
BODY PROFILE TREATMENTS		PRICE	
Slimming Programme - 6 weeks - Detox Diet for 2 weeks - Personalised Diet for 4 weeks - Food Intolerance test - Thermo Scan test - Body Stat Test: To determine the percentage of: Fat, Water & Muscle - Metabolic rate - Maximum Caloric	€ 210.00	Douche Au Jet	€ 15.00
Slimming Programme - 10 weeks - Medical Check Up - Blood test - Detox Diet for 2 weeks - Personalised Diet for 8 weeks - Food Intolerance test - Thermo Scan test - Body Stat Test: to determine the percentage of: Fat, Water & Muscle - Metabolic rate - Maximum caloric value - Treatments: 3 Vibrogym - 3 Ultrasound - 3 Aqua Detox - 7 Aqua-Aerobic - 7 sessions with personal gym trainer - 2 Metabolic treatments - 2 Detox Treatments - 2 Slimming Treatments	€ 477.00	Pedi Jet	€ 15.00
Detox & Weight Loss - 3 day intensive programme - Day One - Hydrofution - Stressbuster - Colonic Irrigation - Aqua Detox - Spa Sante or Seaweed Application (Belle poque) - Cleopatra Bath with Horses Milk - Oxyjet Facial - Day Two - Seasalt Brushing - Lymphatic Drainage Massage - Stress Buster - Aqua Detox - Reflexology - Algae Bath - Oxy Spa - Day Three - Anti Cellulite Massage Stressbuster - Colonic Irrigation - Aqua Detox - Spa Oceana - Hydrofution	€ 900.00	Dermalife	€ 30.00
Post Natal Programme - 4 day intensive programme - Day 1 - Detox Diet for 2 weeks - Salt Brushing - Algo Therapy - Algae Bath - Day 2 - Ultrasound - Vibrogym - Oxy Spa - Day 3 - Dermalife - Inchwarp Legs or Tummy - Day 4 - Ultrasound - Vibrogym - Presso Therapy	€ 310.00	Oxyspa Session	€ 40.00
Anti Stress - 5 day intensive programme - Day 1 - Dead Sea Salt Brushing - Mud in Hammam - Algae Bath - Stress Buster - Day 2 - Douche Affusion - Algae Bath - Pedi Jet - Algotherapy - Day 3 - Algae Bath - Douche Affusion - Back Relaxing Massage - Day 4 - Oxy Spa - Stress Buster - Douche Colonne - Algae Bath - Day 5 - Seaweed Wrap - Shiatsu Face - Stress Buster - Algae Bath	€ 330.00	Thalasso Therapy Class- Patients only	€ 11.00
Anti Rheumatic - 5 day intensive programme - Day 1 - Assessment with Physiotherapist - Algotherapy - Thalasso Class - Pedi Jet - Day 2 - Dead Sea Salt Brushing - Algotherapy - Douche Affusion - Algae Bath - Day 3 - Dermalife - Mud in Hammam - Thalasso Class - Pedi Jet - Day 4 - Algotherapy - Douche Colonne - Pedi Jet - Stress Buster - Day 5 - Mud in Hammam - Thalasso Class Dermalife - Hands and Feet Paraffin Wax	€ 330.00	PreNatal Water Workouts	€ 5.00
Chikarma Holidays is a specialist holiday company to Malta & Gozo offering great prices in relation to Apartment, Hotels, Excursions & Cruises, Scuba Diving Packages, Car Hire, Airport Transfers and Yacht Charter		Aqua Aerobics Class (1 class)	€ 9.00
You can email us today on info@chikarmaworld.com if required. One of our customer service representatives will respond the same day.		Aqua Aerobics Class (15 classes)	€ 90.00
www.chikarma.com - www.maltaapartmentbooker.com - www.chikarmadiving.com - www.divingholidaysmalta.com - www.maltacarhirebooker.com - www.maltahotelbooker.com		Pool Membership (1 day)	€ 11.00
		Pool Membership (3 Months)	€ 100.00
		Pool Membership (1 Year)	€ 200.00