



spa sana

sooth the body
calm the mind



THE VILLAGE
BOUTIQUE & SPA



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FAR INFRARED CABIN

Far infrared Cabins are recognised by health practitioners worldwide as perhaps the most effective method of removing both chemical and heavy metal toxins from the body, which detoxes the body from viruses. Infrared heat helps develop the body's capillary network. This increases the blood circulation to your skin's surface. Together with infrared heat's super cleansing effect, you will notice an improvement in your skin's texture, complexion and tone.



BIO-SAUNA

Bio sauna is a milder version of the Finnish sauna with increased humidity, recommended for people who have a hard time with dry air and heat. A comfortable temperature with moderate humidity represents a particularly gentle and comfortable climate for relaxation and a sense of comfort, and thus has a relaxing effect on the muscles and has a beneficial effect on the body.



SALT INHALATION ROOM

The benefits are reduced stress and headaches, increased energy, and better sleep patterns. Salt ions purify the air and may increase lung capacity and reduce physical ailments for adults, children and athletes. Treatments are recommended to help keep the body healthy during flu or allergy seasons.



MEDITATION/RELAXATION ROOM

This area is specifically designed to relax the body after using the various cabins in the Spa area. With the salt tiled walls and comfortable chairs, this is the ultimate in relaxation.



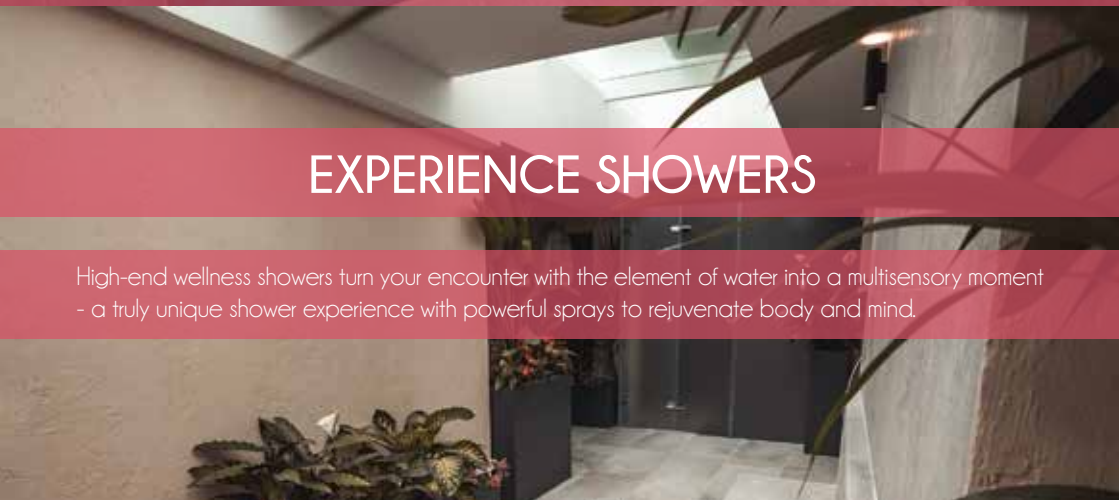
INDOOR POOL



ICE ROOM

Inside the Ice Room cabin, real ice flakes fall into an elegant basin, so that the users can apply them on the body for an immediate refreshing effect. The cabin's temperature is kept low thanks to the exceptional thermal insulation. The benefits being the reduction in pain medicine and hypersensitivity to pain. Improved joint and muscle function, and blood circulation.

Improved nutrient and oxygen supply to muscle tissue. Improved strength, joint mobility, mental acuity. Reduce and relieve skin irritation and fatigue.



EXPERIENCE SHOWERS

High-end wellness showers turn your encounter with the element of water into a multisensory moment - a truly unique shower experience with powerful sprays to rejuvenate body and mind.



KNIEPP FOOT BATHS

There are many health benefits for using the foot baths, for example strengthening the immune system. Combat headaches, sleep disorders and poor circulation. Helps counteract low blood pressure and stabilizes circulation. Perfectly suited alongside vascular training.

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For more info kindly contact us on:

T: (+356) 2798 8357

E: nfo@villagehotelmalta.com

www.villagehotelmalta.com

"It is health which is real wealth, and not
pieces of gold and silver"

Mahatma Gandhi



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