

Spa

AUGUSTINE



AUGUSTINE HOTEL
PRAGUE

THE
LUXURY
COLLECTION





SIGNATURE BODY RITUALS

ST. THOMAS BEER BODY RITUAL

An original, all-natural treatment, created using a secret recipe from the Augustinian Order of Monks. The ritual begins in the Hammam room with an exfoliation using finely-ground organic beer hops and nourishing St. Thomas dark beer, with salts to help regulate pH levels and phyto-extracts to promote detoxification and hydration. The treatment finishes with a deeply relaxing full-body lotion application.

90 min / 4 100 CZK

TRADITIONAL TURKISH HAMMAM RITUAL

Our popular signature treatment that will detoxify, purify and warm you up. Relax in the special hammam room, where eucalyptus sea salt scrub, traditional gloves and organic soap are employed to melt away your worries. Indulge your senses listening to the gentle splashing and tinkling of water flowing and let your consciousness drift back to your very essence, your deepest being.

60 min / 3 000 CZK

COUPLES TREATMENTS

TO ENHANCE THE ROMANCE, A GLASS OF PROSECCO AND ASSORTED CHOCOLATES WILL BE SERVED
WITH THE FOLLOWING TWO TREATMENTS

COUPLE CHAKRA CONNECT

Designed for couples to experience together, this massage ritual helps calm the nervous system and promotes reconnection on a physical, emotional and spiritual level. Focusing on the heart, sacral and crown chakras, it draws on the strength of three exquisite oils – rose (for enhancing peace and joy), orange blossom (for feeling of bliss) and jasmine (for stimulating the flow of love) – to encourage a beautiful union of body, mind and soul.

60 / 90 min / 5 600 / 7 500 CZK

LA VIE EN ROSE

Step into an enchanting and passionate treatment especially created for you two. Your journey will include a full body salt scrub leaving your skin soft to touch, followed by a deeply relaxing massage. Exquisite products based on organic damascena rose oil are used to delight your senses.

90 min / 7 500 CZK

BODY RITUALS

CHAKRA WELLBEING

As exceptional as it is holistic, this bespoke treatment is tailored to the needs of each individual. Based around seven blends of chakra-balancing essential oils, each unique ritual involves deep relaxation of the nervous system, sensuous lymphatic drainage and subtle healing of the chakras. Choose the longer version to further expand the benefits for your skin by incorporating the Energizing & Detoxifying Body Scrub.

90 / 120 min / 3 700 / 4 600 CZK

LAVENDER DREAMS

Breathe deep; inhale the calming and balancing benefits of wild lavender in this relaxing and rejuvenating spa experience. Your dream journey starts with an earthy minerals body exfoliation with eucalyptus' healing properties. Continues with a pampering head to toe full body massage with warm organic lavender oil.

90 min / 3 500 CZK

GINGER RENEWAL

An uplifting treatment featuring the stimulating effects and pain relieving benefits of ginger. Your experience starts with an earthy minerals body exfoliation with eucalyptus' healing properties and continues with an energizing full body massage using organic Ginger oil and warm healing lava stones.

90 min / 3 500 CZK

INTENSIVE BODY REPAIR TREATMENT

A nourishing skin care treatment designed to repair the skin damage such as dryness and roughness. After the body is exfoliated with Himalayan salt crystals, an organic beeswax body balm is applied as a mask. Results are immediate, leaving skin softer and brighter.

60 min / 2 800 CZK

BODY WRAPS

ANTI-CELLULITE BODY WRAP

In this deeply purifying treatment, an energising and detoxifying scrub is intensified by the addition of a mineral mud wrap, drawing deeper toxins from the cells and stimulating the lymphatic system. An anti-cellulite massage is performed to reduce the appearance of cellulite and improve the circulation. During the wrap, a head and face Marma massage is applied to promote radiance.

90 / 120 min / 3 700 / 4 700 CZK

MOOR MUD TENSION RELIEF BODY WRAP

Glorious moor mud is legendary for its powerful therapeutic properties and has been used for centuries to re-mineralize, soothe and rejuvenate tired muscles and dull skin. Applied in a full body wrap, including a face application. Therapeutic massage using firm, deep techniques is performed to target specific areas of tension and relax muscles.

90 / 120 min / 3 700 / 4 700 CZK



MASSAGES

HOLISTIC MASSAGES

STRESS RELIEF KUNDALINI BACK MASSAGE

This is a gentle and nurturing treatment that uses chakra and sound healing to activate and channel the Kundalini – the dormant energy at the base of the spine. This treatment is ideal for emotionally exhausted souls as it calms the sympathetic and parasympathetic nervous systems. This soothing treatment aims to bring your body back into a state of balance and awareness by focusing on the back and the backs of legs.

60 min / 2 800 CZK

TRADITIONAL TIBETAN KU NYE MASSAGE

Tension-releasing. Harmonising. Revitalising. This Tibetan body treatment balances the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils work together to stabilise the five sensory organs, while Tibetan techniques – cupping, kneading, and hot stone / poultice acupressure – help release physical and mental tension, harmonising from the tips of the toes to the crown of the head.

90 min / 3 400 CZK

MOTHER TO BE PREGNANCY TREATMENT

Subtle holistic treatment techniques supported by special music. This nourishing treatment combines rosehip seed and argan oil infused with extracts of lavender, geranium and rose to bring peace and harmony to mother and baby. Gentle Marma massage along meridian points to relieve aches and pains.

60 min / 2 800 CZK

CLASSICAL MASSAGES

SURRENDER

Melt away into total relaxation under a blend of an Eastern and Western massage techniques blend selected by your therapist. Customized to address your specific pain issues and significantly reduce stress.

90 min / 3 500 CZK

SWEDISH

Designed to reduce tension and mental fatigue by using light to medium pressure. It brings together a variety of techniques resulting in a feeling of wellbeing and total relaxation.

60 / 90 min / 2 800 / 3 500 CZK

DEEP TISSUE

Therapeutic massage using firm, deep techniques to target specific areas of tension, relax muscles and relieve pain. An ideal pre or post workout massage.

60 / 90 min / 3 000 / 3 700 CZK

HOT STONE

Smooth water-heated lava stones are used to perform a deep relaxing body massage, the heat warms up tight muscles and improves circulation. This treatment will balance and ground the body, leaving you feeling totally calm, yet energized.

60 / 90 min / 2 800 / 3 500 CZK

HEAD & NECK MASSAGE

This massage therapy is designed to deliver a deep state of relaxation, ease headaches and neck tension. A great choice to relax muscles and loosen stiffness. An ideal addition to any treatment.

30 min / 1 600 CZK

STEP INTO HEAVEN

Intense, yet relaxing treatment designed for tired legs accommodated with a feet warm bath and eucalyptus sea salt scrub. Tension is released, muscles are soothed, and blood circulation improved. An ideal addition to any treatment.

30 min / 1 600 CZK

BODY SCRUBS

AUGUSTINE SPA RECOMMENDS SCRUBS AS A PRE-TREATMENT TO A MASSAGE TO HELP REMOVE DEAD SKIN, IMPROVE CIRCULATION AND ACHIEVE GLOWING SKIN.

EUCALYPTUS TURKISH SALT SCRUB

An exhilarating thermal salt exfoliation rich in minerals and trace elements, eliminates dead cells that prevent skin from breathing, leaving it smooth and soft. This treatment perfectly prepares the skin for a massage.

30 min / 1 600 CZK

ENERGIZING & DETOXIFYING BODY SCRUB

Using the ionising properties of himalayan salt crystals, this body scrub is the ideal treatment for cellulite, stress and exhaustion. It removes the dead cells and nourishes the deepest layers of the skin.

30 min / 1 600 CZK

GENTLEMEN'S SPECIALS

GENTLEMEN'S BODY RITUAL

Body exfoliation with Turkish mineral scrub, with sea salt, eucalyptus and lavender, is followed by a full-body massage customized to your needs for relaxation or deep tissue release.

90 min / 3 500 CZK

BERRYPLUS REPAIR FACIAL

A masculine treatment designed to repair the skin damage caused by daily shaving, skin sensitivity, dullness, aging or everyday stress. With Raspberry extract which will feed your skin with vitamins, minerals and antioxidants for a radiant, youthful appearance.

60 min / 3 300 CZK

GENTLEMEN'S CLEANSING FACIAL

Our Gentlemen's Facial provides a customized treatment that includes deep pore cleansing, exfoliation and algae extract mask which will provide an instant hydration boost and leaving the skin feels completely refreshed. The treatment is Ideal for all skin types.

60 min / 2 800 CZK

AUGUSTINE, A LUXURY COLLECTION HOTEL, PRAGUE

ESSENTIAL MANICURE

Maintain amazing results and keep nails in good condition. This treatment includes adjustment of the nails shape, cuticles work and application of hand cream.

30 min / 1 100 CZK

ESSENTIAL PEDICURE

An intensive feet care includes foot soak, exfoliation, hydrating masque and nails grooming. Feel refreshed and revitalised while your feet are pampered.

60 min / 1 900 CZK

THE ROYAL EXPERIENCE

You'll be taken care of from head to toe with a combination of several extravagant treatments in one escape. Your royal experience starts with the traditional Turkish Hammam body ritual to revitalize body and mind, continues with a gentlemen's cleansing facial and finishes by hand grooming treatment. It does not get more exquisite than this majestic treatment.

- Traditional Turkish Hammam
- Customized cleansing facial
- Mini manicure

150 min / 5 900 CZK

FACIALS

AUGUSTINE SPA RECOMMENDS THAT A PERSONALISED PROGRAMME IS CONTINUED AT HOME TO ENHANCE THE BENEFITS OF THE FOLLOWING FACIALS.

ANTI-AGING CAVIAR FACIAL

A luxurious facial that firms, lifts and minimizes the appearance of wrinkles with protein caviar and powerful antioxidants. This amazing facial includes an intensive eye treatment designed to reduce dark circles, puffiness and rejuvenate this delicate area for instantly brighter eyes. Results are immediate, leaving skin looking younger and luminescent.

90 min / 4 400 CZK

CELL HYDRATING FACIAL

This replenishing and hydrating treatment is our solution to quench thirsty skin and combat dehydration. A hyaluronic acid that is naturally found in the skin prevents premature aging, free radicals cells damage and reactivates the natural hydration levels. Your complexion will be dewy, supple and beautifully radiant.

60 min / 3 300 CZK

ANTIOXIDANT VITAMIN C FACIAL

Vitamin C has been proven to be effective as a skin treatment for many conditions including hyper-pigmentation (brown spots), dull and tired skin. This oxygenating, anti-aging facial immediately illuminates skin to provide a healthy and brighter appearance. Available for every skin type.

60 min / 3 300 CZK

SENSITIVE SKIN FACIAL

This ultimate facial is ideal for those who generally have sensitive skin, redness, rosacea or reactive skin caused by environmental conditions. A healing, calming Arnica extract mask provides instant comfort and protection by nourishing, soothing, decongesting and minimizing redness.

60 min / 2 800 CZK

DEEP CLEANSING FACIAL

Cleansing Facial is an effective solution for detoxifying skin and keeping skin soft and smooth. This purifying treatment customised to each skin type, includes a pore extraction to eliminate impurities and improve skin clarity, maintain a blemish-free complexion and optimize skin condition.

60 min / 2 800 CZK



HANDS & FEET

PLEASE ADVISE THE SPA RECEPTIONIST AT THE TIME OF BOOKING IF YOU HAVE A SHELLAC NAIL POLISH
WITH ANY OF THE FOLLOWING SERVICES SO THAT ADDITIONAL TIME MAY BE ALLOCATED.

MINI-MANICURE

Maintain amazing results and keep nails in good condition. This treatment includes adjustment of the nails shape, cuticles work and application of hand cream.

30 min / 1 100 CZK

MANICURE

A classical manicure includes adjustment of the nails shape, cuticles work and hands massage for deep hydration and a luxury nail grooming with polish.

60 min / 1 900 CZK

PEDICURE

A classic foot and nail treatment includes a foot soak, exfoliation, hydrating masque, nail grooming and polish. Feel refreshed and revitalised while your feet are pampered.

75 min / 2 100 CZK

MANI-PEDI COMBO

A classic treatment that incorporates mini-manicure and pedicure in one journey. Your toes and nails will be pampered and cuticle groomed. One application of polish is included in the package. Add 15 minutes in length of the treatment if you like to have both nails and toes polished for the final touch.

115 min / 2 800 CZK

BEAUTY

WAXING UPON REQUEST
MAKE-UP UPON REQUEST
HAIR BLOW DRY UPON REQUEST

EYEBROW SHAPING

15 min / 450 CZK

EYELASH / EYEBROW TINT

15 min / 450 CZK

SPA PACKAGES

ALL PRICES INCLUDE VAT. DISCOUNTS DO NOT APPLY TO PACKAGES.

THE ULTIMATE BLISS

Voted best treatment concept by GALA Spa Awards.

Reawaken the body and mind with this award-winning treatment, featuring uplifting keynotes of sandalwood, ylang ylang and jasmine. The experience includes a full body scrub using herb-infused Himalayan salt crystals, followed by an enriching massage with organic body oil, and finishes with a soothing holistic facial for glowing and radiance.

120 min / 5 100 CZK

DREAMTIME JOURNEY

This soporific treatment draws on pure essential oils, Marma massage and chakra healing to relax the nervous system and restore the natural rhythm of sleep. Based on the knowledge that cellular repair is faster during rest, it incorporates a slow rhythmic body renewal, body treatment and soothing facial to promote relaxation, while cellular-rejuvenating ingredients – such as royal jelly and orange blossom – do their work.

120 min / 5 100 CZK

BUSINESS EXPRESS

An ideal package for the busy executive: release tension with a tailor-made Surrender Massage followed by a deep cleansing Facial and a mini manicure. Leave feeling refreshed, relaxed and well-groomed.

- Customized Surrender massage
- Deep cleansing facial
- Mini manicure

150 min / 5 900 CZK

DETOXIFY & RESTORE VITALITY

Feel lighter and look younger with treatments designed to remove the toxins built up through city living and constant travelling. Experience a moor mud Wrap, Full body lymph drainage massage and Antioxidant Vitamin C Facial to help return radiance and firmness to the skin.

- Moor Mud Body Wrap
- Antioxidant Vitamin C Facial
- Full Body Lymph drainage massage
- Seasonal fruit salad

180 min / 6 900 CZK

TIME REVERSAL

A luxurious treatment designed to remove visible signs of ageing, the Time Reversal journey begins with a Lavender Dreams body ritual to help skin feel smoother and firmer. It continues with anti-ageing caviar facial and luxury manicure. Leave feeling refreshed and years younger.

- Lavender Dreams Body Ritual
- Anti-aging Caviar Facial
- Luxury Manicure
- Seasonal fresh fruit salad

240 min / 8 500 CZK

FITNESS & WELLNESS AREA

Welcome to The Augustine Spa's Fitness & Wellness Area, a luxurious space to unwind and relax. Open 24 hours a day, the Fitness Area boasts the latest Technogym equipment for cardiovascular and muscular training, as well as separate stretching areas for strengthening and toning. Personal training sessions and lifestyle consultation services are also available from The Augustine Spa's team of qualified experts.

The Wellness Area is open daily from 9:00 am to 9:00 pm and features:

- An aromatherapy Finnish sauna
- An aromatherapy and colour-therapy steam room
- Two experiential rain showers
- Relaxation area

Hotel residents enjoy complimentary access to the Fitness and Wellness Area; day passes are available for Non-resident guests.

Day Pass / 650 CZK

PERSONAL TRAINING

Develop a personalised training plan with The Augustine Spa's internationally certified Personal Trainers.

60 min / 1 300 CZK

FITNESS & LIFESTYLE CONSULTATION

A detailed consultation to evaluate lifestyle, diet and fitness levels to help create a customised fitness plan.

90 min / 2 200 CZK

PRIVATE YOGA TRAINING

Achieve inner balance, strength and flexibility with The Augustine Spa's qualified Yoga teachers.

60 / 90 min / 1 500 / 2 200 CZK

AN IDEAL PACKAGE FOR THE BUSY EXECUTIVE

Enjoy regular access to The Augustine Spa's luxurious environment, state-of-the-art facilities and personalised service with an Augustine Spa membership.

Members also enjoy the following exclusive benefits:

- Unlimited use of The Augustine Spa's Fitness & Wellness Area facilities
 - 20% discount on all spa treatments
 - 20% discount on all retail products
- 20% discount at the Augustine Restaurant, Refectory Bar and The St. Thomas Brewery
 - One complimentary 3-hour treatment programme of your choice*
 - A complimentary introductory session with a personal trainer*
 - Development of a training plan with a personal trainer*
 - One complimentary guest day pass per month
- Complimentary entrance to all group activities such as yoga or seminars
 - Complimentary refreshments, organic fruits and amenities
 - Complimentary valet parking
 - Exclusive member-only promotions

Individual, joint and corporate membership programmes are available; please contact The Augustine Spa Concierge for further details. To maintain the intimate environment and the privacy of our guests, memberships are restricted in number.

Individual membership fees:

10 visits / 6 000 CZK

3 months / 9 000 CZK

6 months / 17 000 CZK

12 months / 30 000 CZK

**Benefits exclusive to 6 and 12-month memberships only.*

SPECIALS

GIFT CERTIFICATES

Treat someone special to a day of relaxation with a personalised Augustine Spa gift certificate, available for a single treatment, a Day Package, or up to a specific value. The perfect gift for birthdays, Christmas, anniversaries or simply to show that you care.

SPA PARTIES

Celebrate a special occasion or prepare for an important event in the private atmosphere of The Augustine Spa. For corporate, wedding and other group bookings please contact our Spa Reception on +420 266 112 273.

PRODUCTS

ALL OF THE AUGUSTINE SPA'S QUALITY TREATMENT PRODUCTS ARE AVAILABLE FOR PURCHASE AND WE WOULD BE HAPPY TO PROVIDE THEM BEAUTIFULLY WRAPPED FOR PRESENTATION AS GIFTS.

KERSTIN FLORIAN

Kerstin Florian combines its cornerstone of "inner health, outer beauty" with the ancient healing traditions of Europe. Its products are infused with the earth's richest natural ingredients sourced from the highest quality resources.

ILA

Ila has been at the forefront of the "beyond organic" movement, producing products that are free from synthetic chemicals and contain a rare level of natural energy. This is achieved by sourcing the finest raw ingredients directly from local producers who cultivate and harvest them in harmony with nature.

ESSENTIAL INFORMATION

AFTER YOUR TREATMENT

It is very important to drink plenty of water before and after your treatment. Take time to relax, as this will help to ensure that you experience the full benefits of your treatment.

ARRIVAL

Please arrive at least 15 minutes prior to your scheduled appointment time. This will allow us time to create your own unique treatment whilst you relax with a soothing cup of freshly-brewed signature tea before your treatment. Treatments will start and finish on time in order not to inconvenience the next guest.

CANCELLATION POLICY

Please note a cancellation fee of 100% of your treatment cost applies if you cancel your appointment less than 12 hours before the scheduled time. Cancellation fees will be charged to your credit card. Appointments will only be held for a maximum of 15 minutes.

CHILDREN

Children under the age of 16 must be accompanied by an adult. Please take note that you are responsible for the well-being of your child and should be respectful of our other guests. Children under the age of 14 are not allowed to use the sauna or steam room.

IN-ROOM TREATMENT CHARGE

A 20% surcharge applies to treatments performed in guest rooms during The Augustine Spa's opening hours (9:00 am – 9:00 pm); a 30% surcharge applies to treatments outside opening hours.

PRECAUTIONS

Please notify us if you are pregnant or if you have any disabilities or physical ailments such as high blood pressure or heart conditions. Please remember to drink enough water when using a sauna or steam room. Out of respect for all of our guests, we kindly ask you to cover yourself with a towel in our relaxation area.

SERVICES

A towel, bathrobe and slippers are provided for your comfort in the spa. For hotel guests, we recommend wearing the robe and slippers provided in your room. Our changing rooms are fully equipped with hairdryers, shampoo, conditioner, body wash and lotion. Safety boxes are provided in the changing rooms. Please note that the spa cannot assume liability for items in safety boxes.

SPA APPOINTMENTS

We recommend appointments are booked in advance of arrival so that we can accommodate your needs. If you are not staying at the Augustine Hotel, a credit card will be required to hold your reservation. For best results, we recommend that men shave on the day of a facial. For women we recommend shaving or waxing either the day before or shortly after a treatment.

SPA ETIQUETTE

We respectfully request that you leave your pagers and mobile phones turned off to preserve our tranquil environment. The Augustine Spa is a smoke-free, alcohol-free environment. The hotel management reserves the right to refuse access to anyone whose dress or behaviour may disturb or endanger other guests at the spa or its surrounding areas.





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