



Health Club

TRIUMPH 
PLAZA HOTEL



Aroma Therapy Massage

The gentlest of massages, effective in balancing the body and mind. A synergy of seamless massage techniques and blended essential oils to ensure you feel renewed and refreshed.

60 Min : 450 L.E

Classic Swedish Massage

Using a combination of gentle stretches and acupressure techniques to stimulate the flow of blood, oxygen and energy around your body, the swedish massage will bring a sense of well being, calmness, and relaxation to you and the rest of your clay.

60 Min : 450 L.E

Sport & Fitness Massage

This massage is designed for those who enjoy a stronger massage, are experiencing sore muscles, or have sportsinjuries. We begin by carefully warming the muscles, preparing you for a deep tissue massage to relieve tension in the muscles and the connective tissue.

60 Min : 450 L.E



Back, Neck & Shoulder

An express massage treatment that focuses purely on the back, neck and shoulders, the therapist will customize the pressure to focus on relaxation or focused relief of muscle tension.

30 Min : 300 L.E

Reflexology Massage

An express massage treatment that focuses on relieving tension, fluid retention and build up of toxins through massage of the foot and ankle.

30 Min : 300 L.E

Body Treatment

Body Scrub

This full body exfoliating treatment uses crystal salts to remove dead skin cells and reveal soft smooth skin.

60 Min : 750 L.E (Including 15 min massage)

Facial

White lumination

A Vitamin C based facial for those experiencing pigmentation, dark spots, or uneven skin tone, to brighten, radiate and glow your skin tone and give an instant burst of radiance resulting in a glowing skin tone.

30 Min : 300 L.E

Skin Escape for men

Suggested for men

Our trained therapists will assess your skin type and customise your facial to your specific needs using our selected range of male focused skin care products. It is recommended that for the most efficient facial men shave the day before the treatment.

30 Min : 300 L.E





Package

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| Wedding Package for 2 persons | 90 min (60 min massage + 30 min scrub) 1700 per couple (including complimentary jacuzzi) |
| Body Care | 90 min (60 min massage + 30 min scrub) 900 (including complimentary jacuzzi) |
| Facial Care: | 90 min (60 min massage + 30 min facial) 600 (including complimentary jacuzzi) |
| Spa Day Use: | 1500 L.E For Outsiders |

Other Services

Aerobic & Zumba classes for Adults & kids : price upon request
Personalized training and weight loss programs : price upon request
Nutrition diet plan and Catering : price upon request



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