



***Friends Group***  
*Beauty & Spa*



# SPA programs



- Hammam is a hydrotherapy treatment with hot steam, which miraculously affects both the mental and physical condition of each person.
- The main distinguishing feature of the Hammam is the highest humidity.
- The temperature in such conditions is felt much stronger than in a dry one.



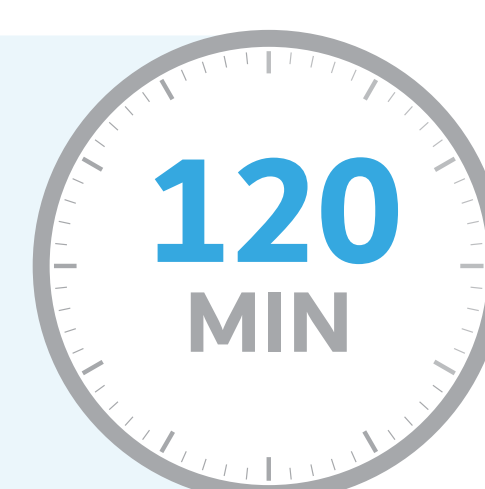




## SPA program

# Red Sea

EGP **3,000**



- Charcoal scrub
- Mud mask
- Steam bath
- Sauna
- 50 mins massage







## SPA program

# Paradise

EGP **3,000**



- Rose scrub
- Chocolate or rose mask
- Steam bath
- Sauna
- 50 mins massage







# Egyptian Hammam

EGP **2,600**



- Egyptian scrub
- Coconut mask
- Peeling
- Steam bath
- Sauna
- 50 mins massage



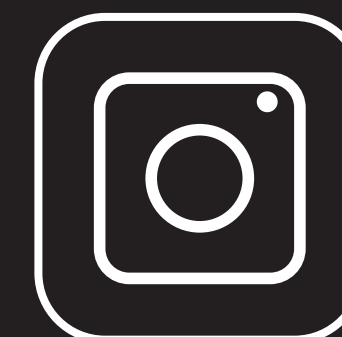


# Program Friends VIP

EGP 4,800

150  
MIN

- Full body sea salt scrub with natural oils
- Natural organic wrap with a detox drainage massage
- Natural facial scrub
- Rose scrub
- Clay mask
- Steam bath
- Sauna







# Massage Therapy



- Massage allows your muscles to relax and improves blood flow to the brain.
- If the body is stressed, a massage can reduce tension and motivate deep relaxation.
- Regular massage sessions may ease chronic pain, speed recovery from many sports injuries, supple your muscles, and improve concentration.







# Massage Programs



EGP **2,200**

**Medical**



EGP **2,200**

**Sporty**



EGP **2,100**

**Relaxing**



EGP **2,800**

**Hot Stone**







# Sauna Programs



EGP **600**

**Sauna & Steam  
& Jacuzzi**



EGP **400**

**Sauna & Steam**

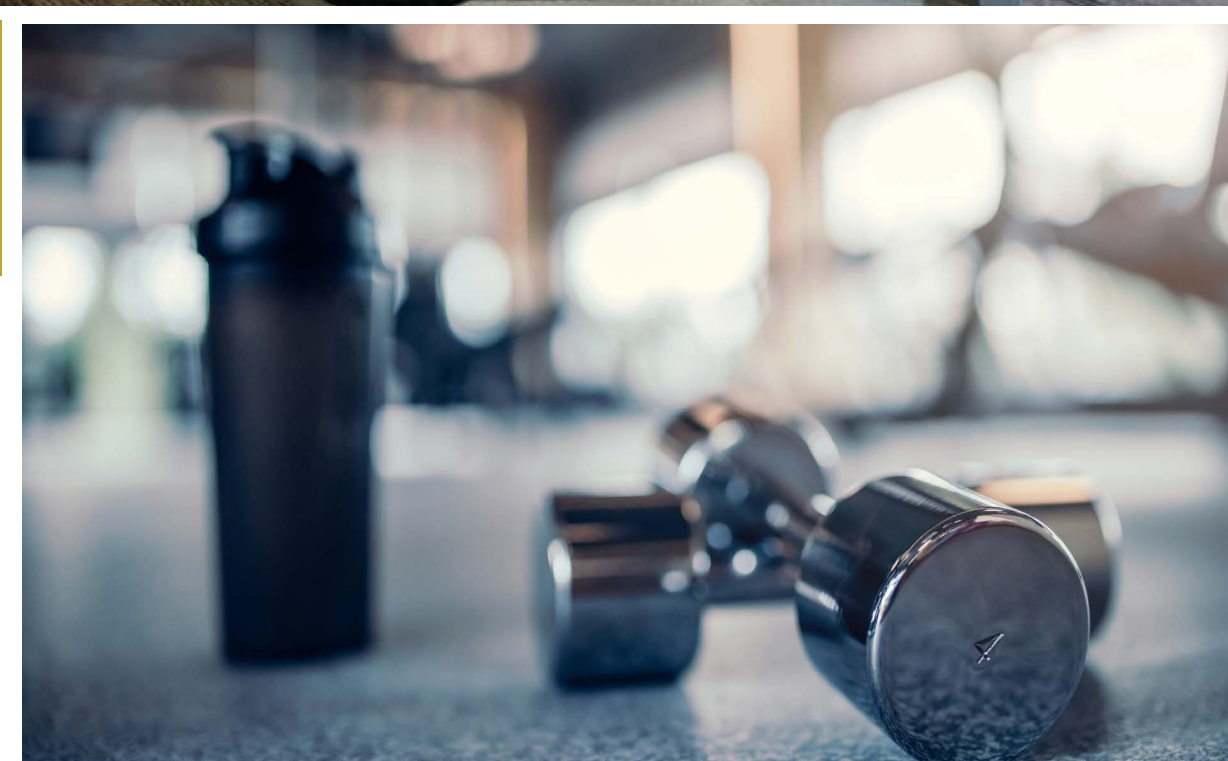
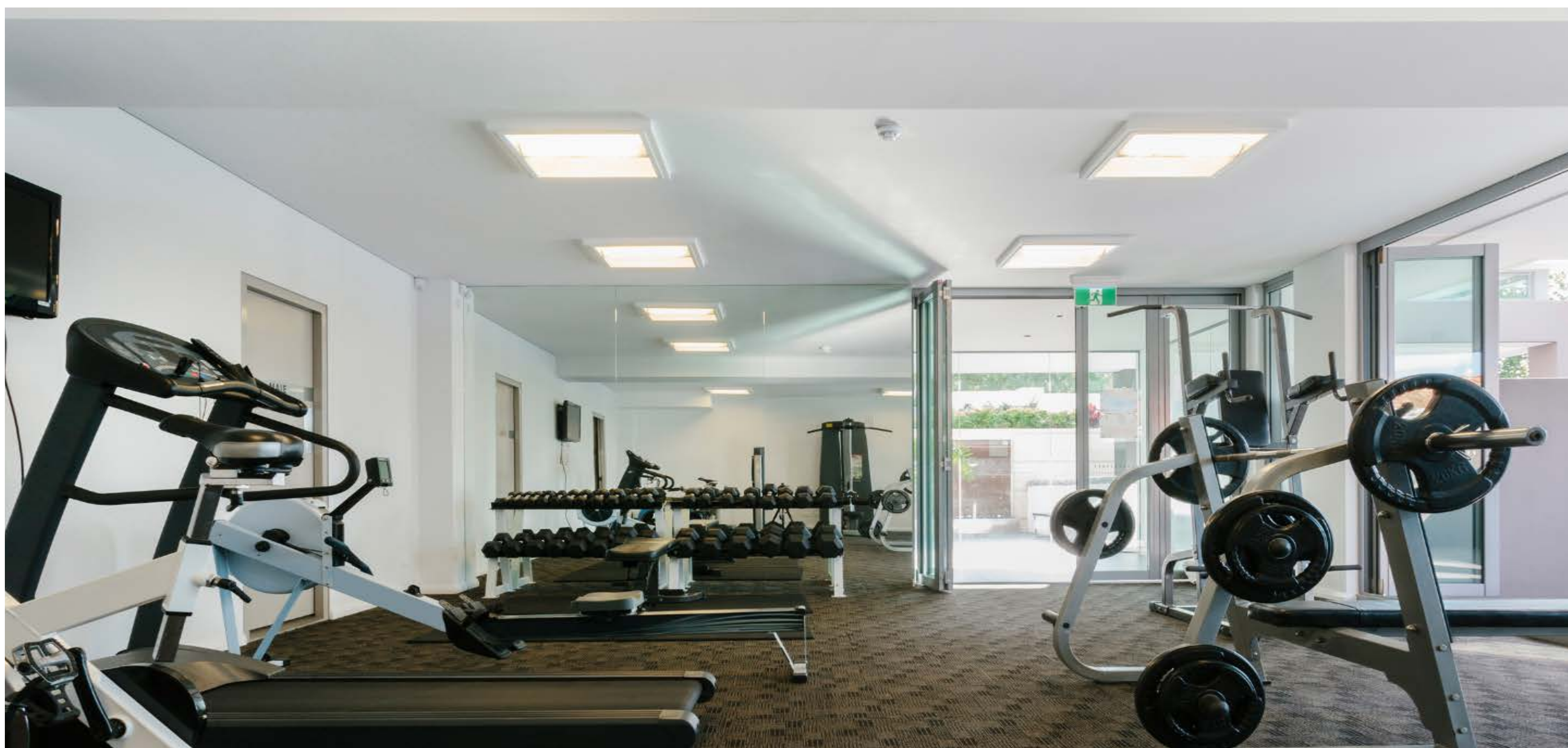


EGP **300**

**Sauna or Steam  
or Jacuzzi**







# GYM

## Sessions



EGP **400**

**One session**



EGP **800**

**Two sessions**



EGP **1200**

**Three sessions**



Operated by

**Friends Group**  
*Beauty & Spa*







**ONE ELEVEN HOTEL**  
NEW ALAMEIN CITY  
NORTH COAST

**FOR RESERVATIONS OR INQUIRIES  
KINDLY CONTACT:**



**Mobile No.**

**012 0777 60 33**



**EXT.**

**1011**

