

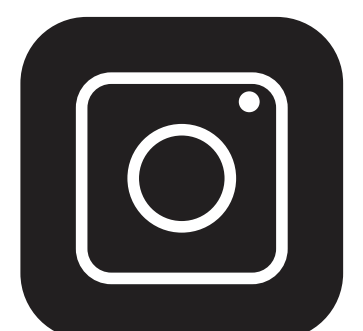


Friends Group
Beauty & Spa

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.

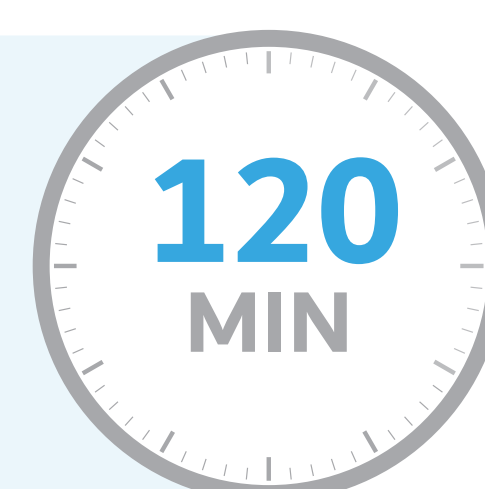




SPA program

Red Sea

EGP **3,000**



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





SPA program

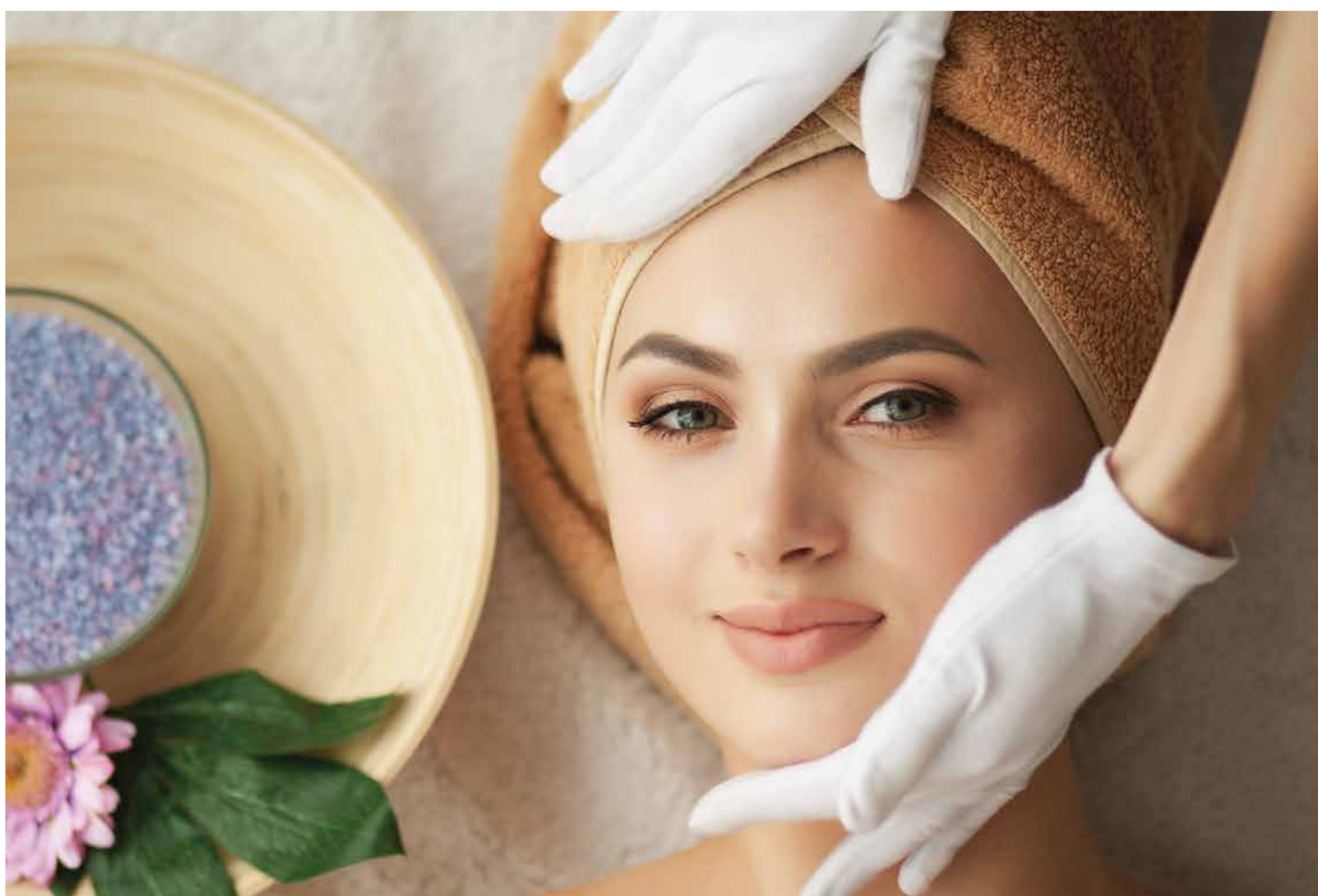
Paradise

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**

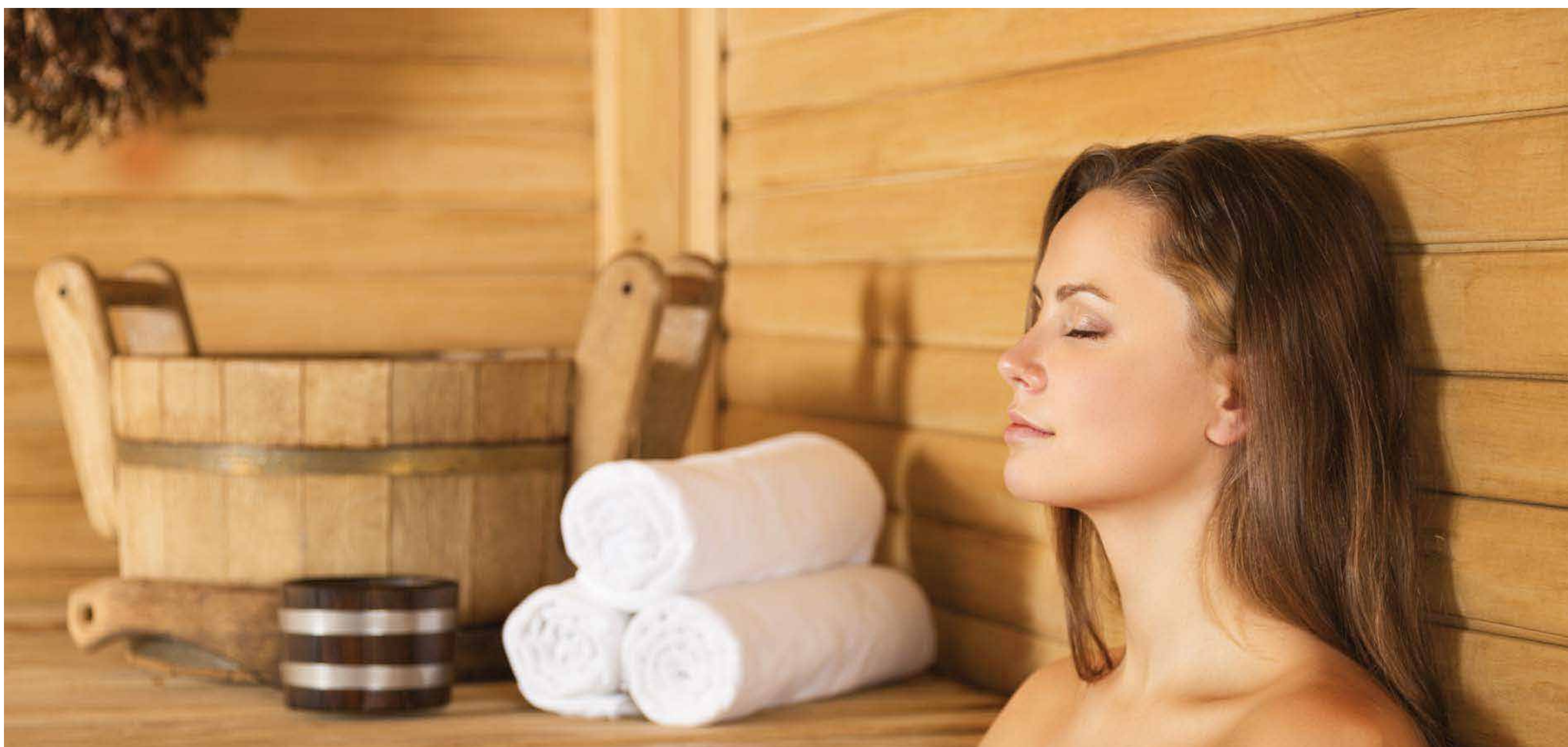


EGP **2,100** **Relaxing**



EGP **2,800** **Hot Stone**





Sauna Programs



EGP 900

Sauna & Steam
& Jacuzzi



EGP 600

Sauna & Steam



EGP 400

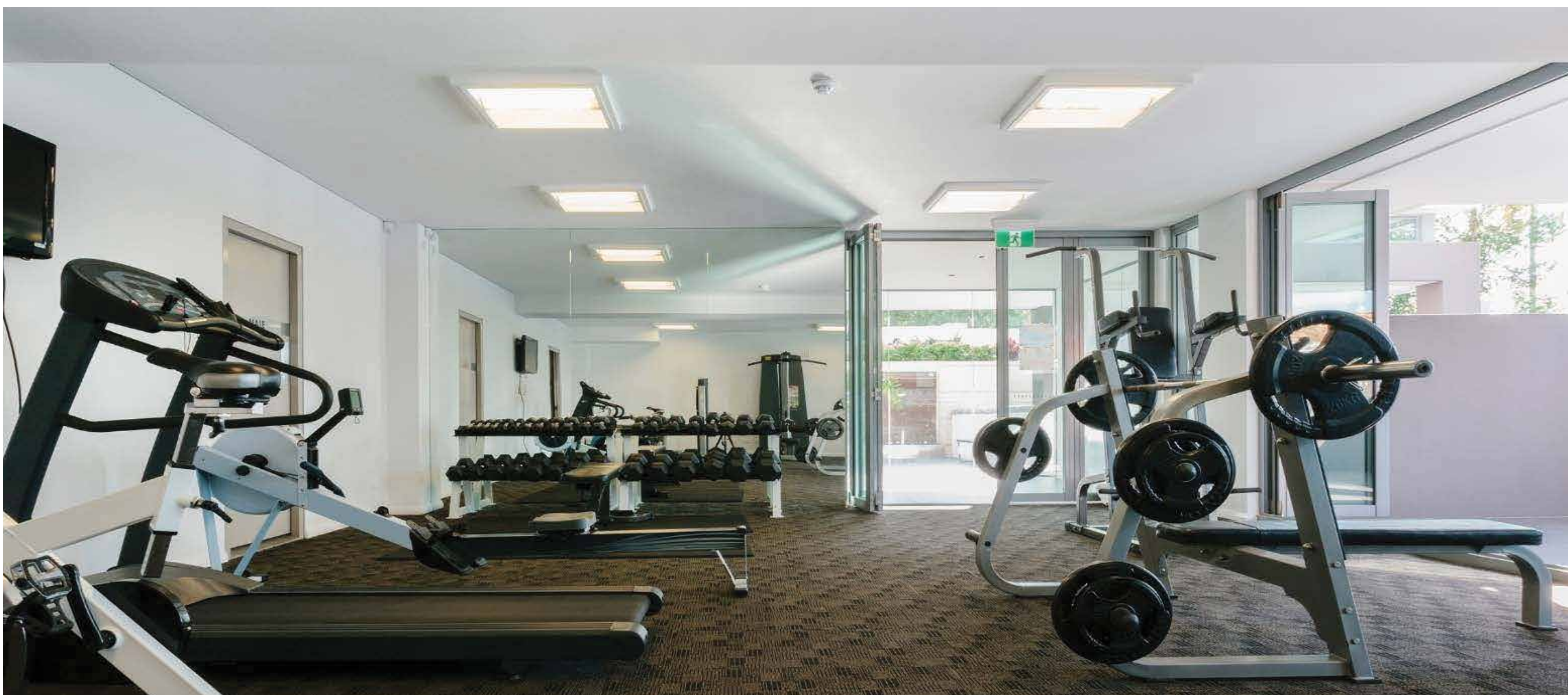
Sauna or Steam
or Jacuzzi



Operated by

Friends Group
Beauty & Spa



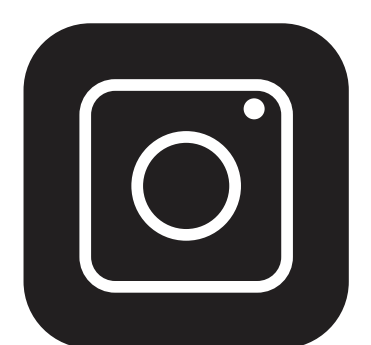


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