



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 **4,200**



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



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SPA program

Paradise

EGP **4,200**



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

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Egyptian Hammam

EGP **3,600**



120
MIN

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

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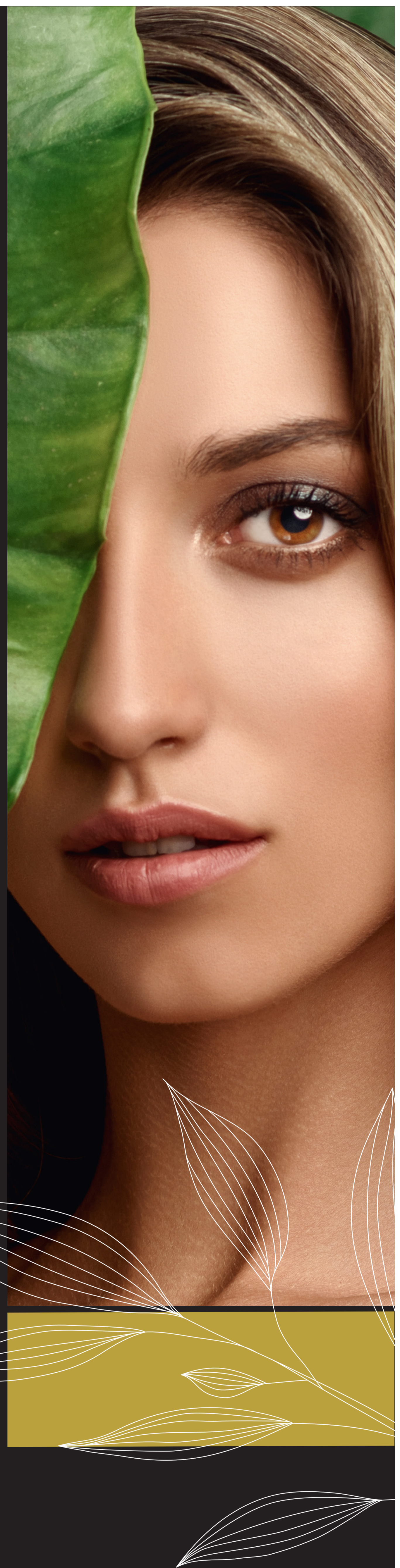
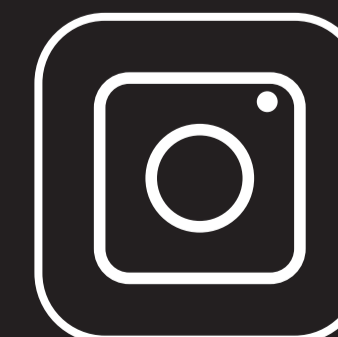
Program Friends VIP

EGP 8,000

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

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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 **2,800** **Medical**



EGP **2,800** **Sporty**



EGP **2,800** **Relaxing**



EGP **3,500** **Hot Stone**

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Sauna Programs



EGP **1800**

**Sauna & Steam
& Jacuzzi**



EGP **1200**

Sauna & Steam

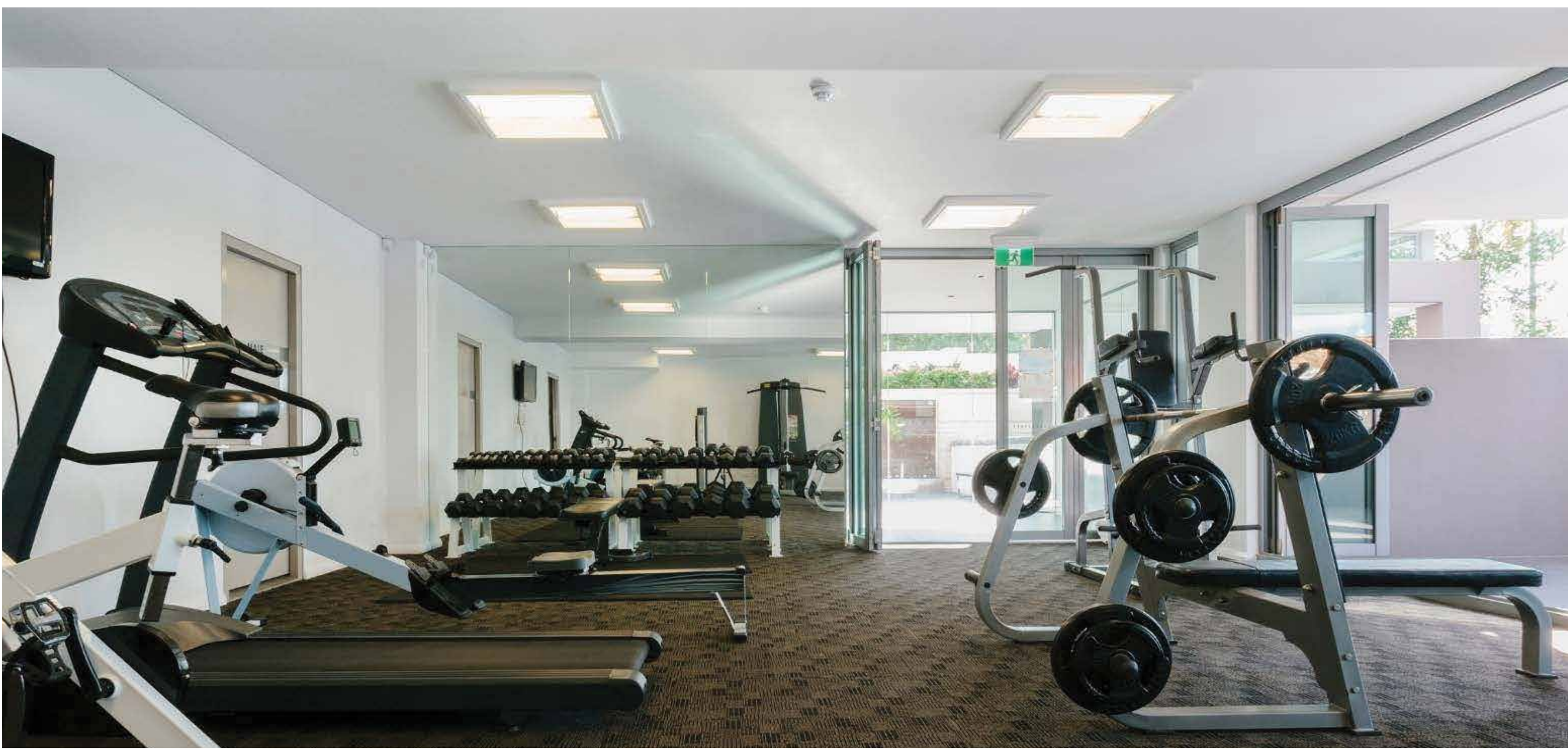


EGP **600**

**Sauna or Steam
or Jacuzzi**

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GYM

Sessions

FREE

Your fitness journey starts here
Join our gym for FREE!

No fees, no excuses.
Just results.

open daily from 8 AM to 8 PM
Exclusive only for hotel guests

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NEW ALAMEIN CITY
NORTH COAST

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KINDLY CONTACT:**



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