



spa

by Pure Altitude

EXCLUSIVE PURE ALTITUDE TREATMENTS

In all of our body and facial Pure Altitude experiences, we use only Pure Altitude products with unique and pure ingredients from the French Alps. All our therapists have been specially trained by Pure Altitude experts to ensure that the combination of products and treatments will give you the maximum benefits.

Please note that all prices quoted in € are estimated prices only.

OUR SELECTION OF MESSAGES

CANDLE MASSAGE (our top selling massage)

60 min / 3 500 Kč (140€)

90 min / 4 200 Kč (168€)

This full body massage uses luxurious Pure Altitude candle balms all over your body. This treatment is fantastic for dehydrated skin, and it is ultra-repairing and pampering. The treatment will nourish your skin in depth and envelope your body in gentle warmth.

PURE ALTITUDE MASSAGE

60 min / 3 500 Kč (140€)

90 min / 4 200 Kč (168€)

This full body massage is signature to Pure Altitude Spas. We perform specialized hand and forearm techniques that provide deep relaxation in combination with a re-energizing ritual that includes the application of hot towels and aromatic essential oils to stimulate your senses.

COMME LE NEIGE BODY TREATMENT

90 min / 4 500 Kč (180€)

This unique treatment is a luxurious indulgence for your skin and is ideal to release tension and stress. We begin with a full body exfoliation, using the Pure Altitude “Cristaux de Neige” scrub, followed by a warm, hydrating body wrap, using the Pure Altitude “Comme la Neige” body cream, and a gentle face and scalp massage. Your skin will be silky, smooth, and fully nourished, and your body will be completely relaxed and restored.

Hot Stones Massage

90 min / 4 500 Kč (180€)

A full-body massage where hands and forearms, combined with hot stones, relax and heat the muscles, dissolving all the tension in your mind and body. The massage begins with application of stones on the back and a deep massage of the legs, followed by a neck, shoulders and head massage.

Monoï Massage

90 min / 4 200 Kč (168€)

120 min / 4 700 Kč (188€)

A relaxing full body massage with luxury oil contains extract of *gardenia jasminoides* which has calming effect to nervous system. Gentle and slow flowing massage using more effleurages by hands and forearms. A neck, shoulders and head massage is included. Face massage is included in 120 minutes version. We recommend a head massage with heated oil and hair wrap.

Back and Face

90 min / 4 700 Kč (188€)

A popular time-saving combination that includes a deep back massage and a short skin treatment with Pure Altitude’s signature ‘Digi’ facial massage and tired skin revitalizing mask. During the mask application, you will enjoy a neck, nape, and head massage. This is not a full body massage.

Frequent Traveller

90 min / 4 500 Kč (180€)

Step into heaven with a back, nape, neck, head and foot massage. It is an ideal treatment to release tension and stress after long term travelling. This treatment includes a foot scrub and hot stone application. It is not full body massage.

Digital De-Stress

90 min / 4 500 Kč (180€)

An ideal treatment for anyone who works in an office and spends their whole day at the computer and on the phone.. This treatment focuses on the upper back, neck, shoulders, head and hands. Our therapist give your hands special care with a scrub and massage, relaxing your forearms and palms. It is not full body massage.

TOP TO TOE FOR HIM OR HER

180 min / 6 900 Kč (276€)

Indulge yourself with Pure Altitude’s exclusive and unique ingredients from the French Alps. This treatment consists of a purifying body scrub, followed by an Aroma body massage to deeply rejuvenate your body, mind, and soul. The treatment then continues with a warm wrap and finishes with a facial that will leave your skin radiantly glowing. Please talk to your therapist about how you would like to divide the time and remember to relax and enjoy!

MANUAL LYMPHATIC DRAINAGE

90 min / 4 500 Kč (180€)

This light pressure massage increases lymph flow and is fully detoxifying, relaxing and regenerative. It supports the immune system, boosts metabolism and improves your physical health. Treatment is available upon request.

OUR SELECTION OF FACIALS

BULLE D’OXYGENE FACIAL

60 min / 4 900 Kč (196€)

120 min / 5 200 Kč (208€)

This traditional, **cleansing facial** is designed to relax your facial muscles and make your complexion glow. It includes a pressure point facial massage that leaves you looking more youthful and radiant. This facial is great for men as well!

LUXURY SPA FACIAL TREATMENT

60 min / 3 500 Kč (140€)

An amazingly relaxing, deeply nourishing and anti-aging facial treatment that includes a massage using Pure Altitude’s luxury Elixir with maca root, as well as a gold eye and face mask. You will receive a neck, shoulders, head and hand massage with nourishing creme and a hand wrap during the gold mask application.

DAILY AND ANNUAL WELLNESS PASSES

The M Spa also welcomes local clients who are not guests of the hotel. You may purchase a Wellness Pass or Annual Pass to enjoy the benefits of our Wellness Centre (sauna, steam room, and Kneipp path), Relaxation Room, and Private Terrace (subject to availability) any day of the week.

Wellness Pass – 3 Hours – 950 CZK (35€) per person. The entrance for hotel guests is complimentary.

Please note that with treatments and Jacuzzi rentals, special discounts to the Wellness Pass apply.

Annual Pass – 3 000 CZK (120€) / person / month. This includes access to the Fitness Centre and Wellness Centre plus various discounts. Please enquire at the reception in our Spa.

PRIVATE ROOFTOP TERRACE & JACUZZI HIRE

Experience beautiful views of Prague Castle and the city rooftops from our relaxing Rooftop Terrace and Jacuzzi. The price is set for 2 people. Unless otherwise indicated, the Jacuzzi rental does not include access to the Wellness Centre nor private use of the Terrace.

30 min / 1 000 CZK (40€) for 2 guests (excludes prosecco as well as private rental of the terrace)

60 min / 1 850 CZK (75€) for 2 guests (excludes prosecco as well as private rental of the terrace)

60 min Private Rental for 2 guests (includes a bottle of prosecco, private rental of the Terrace, and 30-min-ute access to the Wellness Centre) / **3 100 CZK (125€)**

60 min Private Rental After Hours* (includes a bottle of Champagne and private rental of the Terrace) / **5 000 CZK (200€)**

Extra Guest – 400 CZK (15€)

**After hours is defined as any time between 21:00 – 24:00. (The last reservation is at 23:00.)*

Age Requirement

Please note that The M Spa is an adult sanctuary, and for health and safety reasons, only persons above the age of 18 are permitted to use the spa and its facilities. This applies to hotel guests as well as the use of the Fitness Centre.

Cancellation Policy

If you need to cancel your appointment, please notify us 24 hours (for individual appointments) and 48 hours (for 2 or more appointments) prior to your treatment to avoid charges. Please note that any cancellations made within 24 hours prior to the scheduled appointment will be charged 50%. Treatments cancelled within 12 hours will be charged the full price. The full charge will also be imposed if you fail to come for your scheduled appointment.

Gift Certificates

The M Spa offers a range of gift certificates, which are ideal gifts for spa enthusiasts or simply anyone who enjoys being pampered. Please see the voucher page on our web for more info.

Refund and Exchange Policy

Unopened retail products can be exchanged within fourteen days of purchase if presented with the original receipt. No refunds will be issued on gift certificates.

Dress Code

Nudity is strictly forbidden in the communal areas of The M Spa except in the sauna and steam room where sheets and towels are available. We kindly ask you to wear a swimsuit while in the Jacuzzi.

Lockers and Towels

Lockers and towels are at your disposal in our spa. We kindly ask our guests to place used linens in the baskets provided. The M Spa is not responsible for any items left in the lockers, locker rooms, or spa premises. We encourage our hotel guests to arrive at The M Spa in the robes and slippers that are provided in your guest room.

Appointment Information

We kindly ask you to arrive at the spa 10 minutes before your treatment, so that we may provide a comfortable check in and the opportunity to utilize our wellness area. We offer our busy guests a reliable timetable; therefore, arriving late will, unfortunately, limit your scheduled time

and benefit. The treatment will end on time to prevent an inconvenience to the following guest, and the same price will apply. For the well-being of our guests, we recommend that alcohol is not consumed prior to a spa treatment. For your safety, we reserve the right to refuse any guests who are under the influence of alcohol or drugs.

Private Functions

We can arrange private rentals and private bookings of The M Spa and its facilities. For more details, please contact our Spa Concierge.

* The M Spa's services are not intended to replace any medical or therapeutic treatments. Our therapists are trained in well-being and relaxation rituals but do not provide primary treatment for any physical ailments. We encourage clients to seek the advice of appropriate medical professionals for any major or minor health concerns and kindly request that you inform your therapist of any allergies, illnesses and/or whether you are pregnant.

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open
monday to friday: 13:00 - 21:00
saturday and sunday 12:00 - 21:00
(including public holidays)