



TREATMENTS

RELAX YOUR MIND, ENERGIZE YOUR BODY

FACIALS

BY SOTHYS

Sothys Flash

2 people ④ 30 min € 75

A short organic certified facial treatment. Surface cleansing, peeling, mask, eye and day or night care.

Sothys Relax

④ 60 min € 125

An organic certified facial treatment with a fresh scent to invigorate the skin and make it glow immediately. Surface cleansing, peeling, epilation eyebrows, impurities removal, face and head massage, mask, serum, eye and day or night care.

Soins De Saison

2 people ④ 60 min € 125

A new seasonal treatment is introduced twice a year. This treatment is an extra nourishing treatment for the skin with fragrances that stimulate the senses. A fine treatment for soft and fresh-looking skin. **Without epilation.**

Eau Thermale Spa

④ 60 min € 125

A protective, soothing and balancing treatment specially developed for sensitive skin. This treatment is based on mineral water from Spa. The water has a unique, pure and constant composition that provides extra protection. A complete treatment that makes the skin less reactive.

Sothys Homme

④ 60 min € 130

This skincare treatment with high-quality products is designed for the specific needs of men's skin. An intensive anti-stress treatment to purify the skin and relax the mind.

Contour Yeux Cryo

Prescription Jeunesse

④ 45 min € 80

i.c.w. ④ 25 min € 70

This new eye contour treatment is a complete solution for the delicate skin around the eyes. A treatment that soothes swollen eyelids and reduces the appearance of puffiness and dark circles. It reduces fine lines and protects against external aggression, such as blue light. For a fresh, younger and more relaxed appearance. **Ideal in combination with a total facial treatment.**

INTENSIVE FACIAL TREATMENTS

BY SOTHYS

Secrets De Sothys

④ 90 min € 195

This very luxurious treatment by Sothys provides exceptional care that fulfils all wishes. Relaxation, hydration, rejuvenation, firmness and radiance. 4.5 years younger and more radiant after just 1 treatment.

Hydra Hyaluronic Acid 4

④ 90 min € 165

An intensive, high-quality, moisturizing institute treatment that combines 4 sources of hyaluronic acid with 2 patented active ingredients from Sothys. Specially developed for the hydration needs of the skin. Guarantees absolute hydration, refreshes and plumps the skin, giving it a new youthfulness.

Jeunesse

④ 90 min € 165

An intensive skin rejuvenating treatment aimed at counteracting visible signs of ageing such as wrinkles and sagging skin. Through 5 main stages and no fewer than 8 specific formulas, you will experience Sothys effectiveness combined with relaxation and expert care for visibly younger skin.

i.c.w. Hydra Hyaluronic Acid 4 and Jeunesse:

Extra boost

€ 20

Dermo booster: gives the skin an extra boost, enhances your daily skincare routine, and addresses specific skin concerns with pure, concentrated ingredients. It stimulates the upper layer of skin to remove dead cells for smoother, more radiant skin.

MASSAGES

Back, Neck & Shoulder

2 people ④ 25 min € 75

Total body

2 people ④ 50 min € 120

i.c.w. face & scalp

2 people ④ 75 min € 165

Hot stone

2 people ④ 50 min € 135

2 people ④ 75 min € 180

Pregnancy

④ 60 min € 140

Foot

2 people ④ 25 min € 75

Head & Face

2 people ④ 25 min € 75

Massages including essential oils € 5

BODY & FACIAL TREATMENTS

BY THALION

Hydra Mineral Relax

⌚ 60 min € 115

Hydra Mineral Flash

⌚ 30 min € 65

A hydrating and remineralising facial care with all the minerals and trace elements found in seawater. Combined with high molecular weight hyaluronic acid, the skin is plumped, clear and firm.

Scrub & Massage

⌚ 60 min € 135

During this relaxing exfoliation, the dead skin cells are first removed and the blood circulation stimulated. Then you will be given a wonderful body massage.

Facial, Scrub & Massage

⌚ 120 min € 240

A complete Thalion Hydra Mineral Relax combined with the scrub & massage.

Scrub, Wrap & Massage

⌚ 90 min € 190

i.c.w. Hydra Mineral Flash

⌚ 120 min € 240

A body wrap is a true ritual and a treat for body and skin. The products are based on various active ingredients from seaweed, algae and marine plants. We start with a body scrub, followed by a wrap, during which you can enjoy a relaxing scalp massage. At the end, you will receive a full body massage with a massage product of your choice.

Choose between a magnesium or calcium pack in advance:

- **Magnesium packing:** Contributes to healthy mental balance, very good for dry skin, eczema or psoriasis and reduces signs of stress.
- **Calcium packing:** Helps with insomnia or sleeping problems and supports vitamin C in building collagen and connective tissue. In calcium deficiency, the most common symptoms are muscle pain, muscle cramps and osteoporosis.

Detox, Scrub, Wrap & Massage

⌚ 90 min € 190

The combination of a purifying scrub, a specific massage and a wrap that draws away moisture and combats circulation problems. During the wrap, you will be given an invigorating foot massage. This treatment promotes the elimination of toxins, boosts energy and refines body shape.

BODY TREATMENTS

BY SOTHYS

Soin Signature

Indonésie Ancestrale

⌚ 60 min € 150

A unique treatment protocol, inspired by ancient Indonesian beauty rituals, that brings balance to body and mind. Warm scents of sandalwood and jasmine instantly transport you to Indonesia. The Mayonggo ritual includes a deep, enveloping full-body massage with acupressure and rhythmic movements, bringing you complete relaxation and a renewed connection with yourself.

Hanakasumi

⌚ 60 min € 150

A unique Japanese-inspired ritual, where special scrub tissues ensure wonderfully soft skin, followed by a relaxing massage for the back of the body. The comprehensive foot massage provides more energy and counteracts fatigue. An inspiring, invigorating and nourishing ritual with airy and soft fragrances of cherry blossom and lotus.

Sensations Orientales

⌚ 60 min € 150

Be enchanted by the aromatic fragrances of amber and myrrh. A treatment inspired by ancient Oriental rituals. Enjoy a delicious syrup, which is massaged in with a scrub stone. The Sensations Orientales is concluded with a massage, using a wonderfully fragrant warm oil. This oil nourishes and improves the skin.

Le Soin Excellence

Secrets De Sothys

⌚ 60 min € 170

i.c.w. Secrets de Sothys facial

⌚ 150 min € 335

A unique excellent ritual for the body. Immerse yourself in the scent of the Sothys rose and porcelain flower, combined with cyprus fragrances.

After a body scrub with granite de gommage, a full, relaxing, hydrating and nourishing body massage with a silky beurre de karité follows.



MANICURE / PEDICURE

Ultimate Luxury

Hand Treatment

⌚ 45 min € 80

i.c.w. extra hand- and arm massage ⌚ 15 min € 30

Indulgent care of your hands, including peeling and hand massage.

Ultimate Luxury

Foot Treatment

⌚ 60 min € 90

i.c.w. extra foot massage ⌚ 15 min € 30

Luxury pedicure treatment including peeling and foot massage.

GEL VARNISH

only i.c.w. manicure / pedicure

Gel varnish ⌚ 30 min € 60

Peeling off gel varnish ⌚ 15 min € 20

ADDITIONAL TREATMENTS

Epilation, tinting and/or waxing:

€7,50 off in combination with facial or body treatment

EPILATION AND/OR TINTING

Eyebrows epilation € 30

Tinting eyelashes or eyebrows € 30

Tinting eyelashes and eyebrows € 40

Tinting and tweezing eyebrows € 45

Tweezing and tinting eyelashes and eyebrows € 55

WAXING

Waxing upper lip or chin € 30

Waxing upper lip and chin € 40

Waxing underarms, bikini line or armpits € 40

Waxing back, upper or lower leg € 50

Waxing upper and lower leg € 60

Contact

B. Spa & Wellness is open daily.

Reservations can be made at the reception, by e-mail or telephone.

TREATMENTS	10–18 H	BOULEVARD DE WIELINGEN 1
SWIMMING POOL	8–20 H	4506JH CADZAND-BAD
SAUNA	13–20 H	T. +31 (0) 117 392 040
GYM	8–20 H	BSPA@BLANKETOP.NL
KIDS SPLASH HOURS	9.30–18 H	

Spa etiquette

Reservations

We recommend that you book in advance. This way you can be sure that the treatment can be carried out at the time of your choice. You can e-mail us at bspa@blanketop.nl or call us at +31 117 392 040.

Your appointment

We kindly ask you to be present at the reception desk 10 minutes before your appointment. Water and magazines help make your wait more pleasant. If you arrive late, we will of course do all we can to give you the best possible treatment, but it may have to be shortened or modified to accommodate other bookings.

Cancellation

Bookings are considered binding. We understand that cancelling an appointment is sometimes unavoidable, but in case of cancellation within 24h before the treatment, we have to charge you 100% of the amount.

Health

We ask you to indicate any health issues relevant to the treatment, such as allergies or injuries as well as pregnancy, during the booking process. This is not only important for your own well-being but also so that, where necessary, we can adapt the treatment to your specific needs.

Guests

The spa and wellness area is also accessible for those not staying at the hotel. We look forward to welcoming you. Changing facilities are available and we provide you with a bathrobe and towels.

Prior to your treatment

Please come to your appointment in a bathrobe or comfortable clothing. We kindly ask you to arrive showered for your treatment.

Spa area

The spa and wellness area is accessible to persons over 16 years of age. Bathing suits are mandatory.

Pregnancy

If you are not yet 15 weeks pregnant, we do not recommend massages.