



SPA TREATMENTS MENU

HOLLYWOOD TREATMENT - PACKAGES

You want to discover yourself?

You are on a turning point in your life?

You are attending an important event?

Because you are worth it.

Choose any facial treatment with anybody treatment and get 10% off on your bill.

Choose any facial treatment plus anybody treatment and compliment them with any traditional treatment and get 15% off on your bill.

Cancellation policy: Fees paid for any booked treatment will be charged to the Spa guest in case no show occurred.
Spa treatments may only be cancelled two hours prior the actual session time.

Attendance Time: 15 minutes prior the actual session time.

Treatment fees must be paid before treatment time.

Dress Code: Male guests during treatments must wear sport shorts, otherwise Spa therapists have the right to cancel the treatment and fees will not be refunded.



FACIAL TREATMENTS

HYDRA-MOISTURE TREATMENT (50 MINUTES / 60 JD)

Sun destroys skin dryness, bad mood? You need water. All skin essentially requires moisture; a powerful hydration-concentrate is infused deeply into your skin with many methods (ultrasound, massage). This treatment technique will result in a long-lasting "feel good" smooth skin.

LUXURY FACE CLEANING (55 MINUTES / 65 JD)

Do you feel that you need to clean your face, do you feel that it will change your mood. So its time to try our perfect cleaning facial and in the same time feel relaxed and comfortable.

Skin will be finer, smoother, cleaner, healthier and with a visible better texture. Products applied after are absorbed more effectively thus help to stimulate healthy skin cell renewal.

QUICK PICK ME UP (25 MINUTES / 50 JD)

Whenever you plan something nice or important, or you just want to look fresh, even if it was a long and difficult trip and need a "quick pick me up" treatment: Cleansing peeling, instant effect mask; just works perfectly.

DETOX TREATMENT (45 MINUTES / 50 JD)

Discover how easy it is to keep your skin looking fresh and youthful with less age spots this summer!

Environmental stress and increased UV exposure excise our skin's natural cell cleansing process leaving our skin looking exhausted and dull. This results in more waste products building up in our cells. Our skin starts to age prematurely and age spots appear. Using our special Detox treatment with scientifically proven ingredients can stimulate your skin to detox and slow down the ageing process within your skin. Age spots will be reduced and your skin will have maximum vitality and radiance.



FACIAL TREATMENTS

IDEAL ANTI AGING TREATMENT (55 MINUTES / 70 JD)

Innovation and quality creates beauty. The main complex of active ingredients is the PCM complex - containing extracts of pearls, caviar and magnolia. This activates dermal energy reserves and bio stimulator matrixyl peptide activates collagen synthesis. Legendary caviar extract is rich in proteins, and it provides smooth and refined skin leaving it unbelievably soft. Skin suffering from stress, fatigue, and/or pollution will be energized and revitalized through highly concentrated and effective ingredients.

BRIGHTENING FACE TREATMENT (45 MINUTES / 50 JD)

Janssen whitening treatment - Janssen Cosmetics offers effective pampering treatment for each care system. At the hands of trained beauty experts, you will experience a facial treatment that not only relaxes you down to the tips of your toes but visibly lightens your skin at the same time.

SOS TREATMENT FOR BURNED OR SENSITIVE SKIN (25 MINUTES / 45 JD)

Sensitive skin has to be treated carefully.

A mixture of plant extracts protects the skin against physical and chemical influences. The care system of Janssen cosmetics ensures that your natural barrier is fortified and reduces redness and irritation.

Sensitive skin contains no preservatives or allergic perfume ingredients.

MAN EXCLUSIVE (25 MINUTES / 45 JD)

A clearing splash of freshness to clean skin from black heads with massage, steam, exfoliating and mask.

DEAD SEA FACE TREATMENT (45 MINUTES / 55 JD)

If you want to feel a real benefit from 26 elements and minerals, from the nature you must try our amazing Dead Sea facial. Just try it.



BODY TREATMENTS

You want to tone, tighten, and detoxify? You want to reduce the size of targeted body zones through a combination of oils, extracts of seaweed detoxifying salts? This mixture is applied in wrapping technique. The fact of the matter is, the more treatments the better the results.

DETOX BODY TREATMENT (75 MINUTES / 70 JD)

DEAD SEA BODY WRAP (75 MINUTES / 70 JD)

ANTI-AGING BODY TREATMENT (75 MINUTES / 65 JD)

FOR SKIN WITH CELLULITE (50 MINUTES / 55 JD)

FIRMING BUST LIFT UP FOR MORE VOLUME (50 MINUTES / 65 JD)

FEET FOR SPORT (25 MINUTES / 35 JD)

COCOA - CHOCOLATE WRAP (75 MINUTES / 75 JD)

In every step cocoa gives off the unmistakable character of its fragrance. It stimulates the sensation of the body's own pick-me-up in the brain and protects from stress.

GREEN TEA WRAP (75 MINUTES / 70 JD)

JAPANESE TEA CEREMONY

In far-flung Japan, the tea ceremony is a cultivated ritual which gives guests the opportunity for inner reflection. Tea is therefore also able to awaken good spirits and wise thoughts. There is no doubt that drinking tea is beneficial for health.

The biologically active substances contained in green tea "look after life" and, in figurative sense, are genuine anti-aging substances which keep the body and mind young for a long time.



TRADITIONAL TREATMENTS

SWEDISH MASSAGE (75 MINUTES / 85 JD) | (50 MINUTES / 60 JD)

Classic European massage technique of manipulating muscle with the use massages oils. For relaxing and improvement of circulation.

HOT STONE MASSAGE (75 MINUTES / 90 JD)

Relaxing, therapeutic treatment in which smooth stones heated in hot water are placed or stroked with light pressure on various areas of body.

THAI MASSAGE (60 MINUTES / 75 JD)

Full body treatment involving passive yoga-like stretching and pressure-points massage along the body's channels to release blocked energy.

FOUR HANDS MASSAGE (75 MINUTES / 145 JD) | (50 MINUTES / 100 JD)

Four-handed massage is a massage where two therapists work on your body at the same time, mirroring each others' movements. For instance, both your legs or arms are being massaged at the same time. One therapist works on the right side of your back while the other works on the left. Or one may start at your shoulders and neck while the other therapist may start with a foot massage...wow!!

CHINESE MASSAGE (75 MINUTES / 85 JD) | (50 MINUTES / 60 JD)

Massage technique developed in China in which the therapist applies pressure to specific points in the body to simulate and unblock the "meridians".

FOOT REFLEXOLOGY (45 MINUTES / 50 JD)

Chinese technique that uses pressure-point massage on the feet, to restore the flow of energy throughout the entire body.

TRADITIONAL TREATMENTS

MOROCCAN BATH / HAMMAM (50 MINUTES / 70 JD)

Bathing procedure that involves vigorous rubbing with hot water, soap and loofah followed by a rubdown.

AROMA MASSAGE (55 MINUTES / 70 JD)

Massage of the body and especially of the face with a preparation of fragrant essential oils extracted from herbs, flowers, and fruits; broadly: the use of aroma to enhance a feeling of well-being.

SPORTS MASSAGE

(75 MINUTES / 85 JD) | (50 MINUTES / 60 JD)

Sports massage focus on muscles relevant to the event. For athletes who train continuously, the goal is to enhance endurance, lessen the chance of injury and shorten the time needed to recover from an event. Sports Massage may utilize a variety of techniques such as classical Swedish Massage, trigger point therapy, and hydrotherapy.





CROWNE PLAZA® AMMAN

T. 00-962-6-551-0001

F. 00-962-6-551-0003

E. info.cpamman@ihg.com

W. crowneplaza.com/amman-amra

A. P.O.Box 950555, Amman 11195, Jordan

 [CrownePlazaAmman](#)

 [@CP_AMMAN](#)

