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DANDELION

Spa & Health Club

MEMBERSHIPS

SPA	3 months	- 23.700
	6 months	- 42.000
	12 months	- 80.400
FITNESS	3 months	- 11.700
	6 months	- 22.700
	12 months	- 43.800
SPA & FITNESS	3 months	- 28.000
	6 months	- 51.000
	12 months	- 86.500

HOURS OF OPERATION

Spa Opening Hours: 8:00AM – 10:00PM, daily
Fitness Center: 6am – 23 pm; for hotels guests 24/7



To enjoy your spa experience to the fullest potential, please familiarize yourself with the Spa Guidelines.

AT TIME OF RESERVATION

Please inform the Reservation Agent of the following:

- + Allergies or medical conditions including pregnancy
- + If you have a gender preference for your Service Provider
- + If you have a request for a specific Service Provider
- + If you are celebrating any special occasions

Spa facilities are complementary to Hotel guests and 2300mkd per 2.5h for Spa guests who are not registered at the hotel.

ARRIVAL TIME

Please arrive at least 30 minutes prior to your scheduled treatment. This will allow time to enjoy the lounges, saunas, steam rooms, whirlpools and indoor pool. Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. Your will end on time, so the next guest is not delayed. The full value of your treatment will be charged.

WHILE VISITING THE SPA

PERSONAL BELONGINGS/VALUABLES

We cannot be responsible for any personal items and/or valuables brought into the spa or left in your locker. Please leave your valuables at home or in your room safe.

USE OF ELECTRONIC DEVICES

To protect the privacy of our guests and to preserve the guest experience, use of cell phones, electronic devices and cameras are prohibited in the spa. Cell phones and electronic devices must be turned off.

AGE REQUIREMENTS

Our Spa offers a wide range of treatments, however we do ask that our age restrictions are observed. Massage and body treatments are only available for guests aged 18 and over, whilst guests aged 16+ are welcome to experience our facial menu. Please note that parental supervision is required for guests aged below 18.

TREATMENT RECOMMENDATIONS

Shaving is not recommended prior to body treatments. Shaving is recommended, but not necessary for men prior to a facial. Your spa experience is your time, and you should delight in it to the fullest. If you experience discomfort due to room temperature, massage pressure, music volume or any other conditions, please notify your therapist immediately.

FOOD AND BEVERAGE

Guests are prohibited from bringing any outside food or alcohol into the spa. A guest appearing intoxicated will be denied access to the spa.

METHOD OF PAYMENT

We accept all major credit cards and cash in local currency. You may also charge services to your room bill.

CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the spa at least six (6) hours in advance of your appointment to avoid being charged the full service fee. Cancellations of packages or private parties require one week's notice.



MASSAGES

The art of massage is a centuries old healing technique used by civilizations from around the world to promote health, release tension and restore vitality to ones being. Massage techniques vary from culture to culture providing us with an array of different therapies that we know today. We have brought together the finest and most beneficial selection of Massage techniques from around the world to you.

	DURATION	PRICE
Aromatherapy massage – every day stress disappear with this heavenly aromatherapy massage with long, smooth strokes with light or medium pressure to relax, detoxify or stimulates. It will melt away tension and ease the stress for renewed energy.	60/90	2.800/4.000
Deep Tissue massage – dynamic, firm, long strokes that combines with pressure point work to release muscle tension, encouraging optimal circulation and alleviates fatigue.	30/60/90	1.800/3.100/4.300
Exclusive Sports Therapy – classic firm therapeutic moves and stretching techniques to release deep seated muscular tension while improving flexibility.	60/90	3.300/4.500
Relax Massage – smooth, gentle, flowing style to release muscular tension, improve circulation and promotes general sense of relaxation.	30/60/90	1.700/2.700/3.900
Soul connect massage – Guided massage, using meditation and breathing techniques combine with relax massage to achieve deep state of relaxation of all levels: mind, body and soul.	60/90	2.900/4.100
Couples massage – shared experience at the same time, same room, on separate treatment beds to create peaceful environment to balance peoples mind, body and energies. Available Relax and Deep Tissue Massage	60/90	5.000/7.400 5.600/8.000
Balinese Massage – Full body experience that involves combination of gentle stretches, acupressure, reflexology and aromatherapy to stimulate the flow of the blood, oxygen and qi (energy) and bring the sense of wellbeing, calm and deep relaxation.	60/90	3.200/4.000



FACIALS

We feel that beauty is a personal endeavor. Providing you with vast selection of treatments from an array of the finest products sourced from natural botanical plant extracts and innovative enhanced technologies, our facials deliver simplistic beauty with visible results.

DURATION

PRICE

[Comfort zone] Sublime Skin Pro Lift	60	6.800
Ultra lifting face and neck treatment with anti-aging action to combat wrinkles, loss of tone and volume, restoring fullness, tone and density to the skin. Suitable for all skin types.		
[Comfort zone] Sublime Skin Super Peel	60	5.000
An extraordinary multi active peel for all skin types ensures maximum effectiveness with double peel effect for deep skin renewal, smoothness and reduction of fine lines and wrinkles.		
[Comfort zone] Sublime Skin Ultra Glow	60	5.000
Intensive peel treatment that stimulates healthy cell turn over and promote even and radiant complexion, bringing luminosity and improve appearance of the dark spots. Suitable for uneven skin tone, hyperpigmentation and melisma.		
[Comfort zone] Hydra memory Facial	60	5.000
A deeply hydrating, antioxidant treatment rich in hyaluronic acid propose an innovative double hydration which guarantees immediate and prolonged hydration for 24h, restoring smoothness, elasticity, luminosity and contrast premature aging.		
[Comfort zone] Remedy Facial	60	5.000
An innovative, fortifying approach to sensitive, delicate skin. With a Prebiotic from sugar beets, promoting cutaneous resilience, and Marula Oil, this facial calms skin discomfort, relieves neuroinflammation and reinforces the skin's defense. For skins which are sensitive, fragile, sensitized and prone to redness. Ideal after sun exposure.		



Embarking on a Wellness journey with us where wellness is not just experienced but deeply personalized and profoundly effective.

THERAGUN

Change the way you move

Theragun Massage – A combination of hand on massage techniques optimized with percussive therapy using the Theragun to improve your recovery, performance, sleep, mobility and stress, by decreasing muscle soreness and fatigue, releases tension and knots, and increasing circulation and lymphatic flow.

THERAFACE

The ultimate device for facial health therapy.

TheraPRO Reboot Facial – a customized facial to whatever your skin needs the most with the inclusion of intensifying technologies to target collagen production, firming and toning, acne, inflammation or pigmentation. Performed with [Comfort Zone] products.

Relax Day (Relax Massage 60', Facial of choice 60', spa usage 120')

Detox Day (Montalcino Mud treatment, Facial of choice 60', spa usage 120')

Spa Day (use of the spa facilities)

DURATION

PRICE

60/90

4500/5500

60

6.100

240

9.000

240

10.000

150

2.300



BODY TREATMENTS

Cleanse, refresh and renew with our carefully selected body treatments. Each treatment is designed to start detoxification process, stimulates and nourish the body d providing a precious moment of wellness and inner calm, returning you on your journey refueled, refreshed, and balanced.

Body Active Massage – Intensive re-mineralizing, remodeling and firming treatment promotes skin toning and tightening while restore hydration, reducing muscle tension, stimulates and oxygenates tissues. Ideal for those who practice sports activity and want to boost remodeling effect and at the same favor cooling down, toxin elimination, muscle tone and balance, as well as concluding treatment in anti-cellulite cycles.

Salt Massage Ritual – An extraordinary ancient ritual for the body which begins with warm Himalayan salt stones which glide over the body to bestow relaxation, alleviate tension, stress and anxiety. An exhilarating salt scrub is applied using a combination of precious pink Himalayan salt and a nourishing aromatic oils is applied to completely detoxify the body, ease aches and pains, stimulate the metabolism and restore vitality and balance.

Montalcino mud - An intensive treatment with thermal waters from Montalcino in Tuscany, with detoxifying action to purify, clean and counter cellulite. A blend of essential oils promotes a profound purification of the tissues, while the Fucus and Laminaria Algae promote lipolytic action. Ideal to remove accumulated toxins and restore skin's vitality.

CELLULITE Shaping Massage – Intensive massage treatment for reducing, remodeling, toning and revitalizing. Profound increase metabolic activation, Reactivation of lymphatic and blood circulation, reliving of the muscle tension and promotes a good functioning of the intestine.

DURATION

PRICE

60

3.400

60

4.000

60

3.800

60

4.000



ENHANCEMENTS

Upgrade your treatments by choosing one or more of our carefully designed service enhancements. Enhancement improve spa experience without increasing treatment time and are available as incorporated additions to your facial, body and massage. All enhancements are required to be booked and received with a treatment.

Hot Stones Muscle Melt - Smooth hot stones radiate heat deep into the muscles to loosen and relieve deep set tension and stress. **700**

Revitalizing Hand and Feet Scrub – Infused with aromatherapy oils this treatment will deeply clean, detoxify, soften, smooth and hydrate. **700**

Leg lightweight experience – Elevate your leg care routine with innovative Cryo leg gel for instant soothing and rejuvenating experience, leaving you with the feeling of refreshed and revitalized legs. **700**

Back peeling – remove dead skin cells and dirt while intensively hydrating the skin in this hardly reachable area. **700**

Eye collagen Pads – rejuvenating eye treatment design to firm and tone eye area, soothes puffy eyes and helps to diminish fine lines. **1.000**

Theragun – Percussive therapy with 16mm amplitude that reaches 60% deeper into muscles than average massage. Get the relief and recovery your body needs. **1.000**

TheraFace Mask – Full face coverage with 648 medical grade LED lights for maximum treatment efficiency in the short period of time, improving the appearance of fine lines and wrinkles, skin radiance, luminosity, firmness and smoothness. **1.000**

TheraFace PRO: **2 ENHANCEMENTS 1.000**

- Percussive facial therapy
- Microcurrent therapy
- Led light therapy
- Cold and Hot Therapy

PRICE

WELLNESS ENHANCEMENTS

DANDELION

Spa & Health Club

The logo for Dandelion Spa & Health Club features the word "DANDELION" in a white, uppercase, sans-serif font. A white curved line starts under the letter 'A', goes under the 'N', and then loops around the 'I' and 'O' to end under the 'N'. A detailed dandelion seed head is positioned at the top of the 'I' and 'O', with its stem extending down to the 'I'.

Skopje Marriott Hotel

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