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# Wellness Your Way

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2026

  
PIDAL



| PIDALspa |

# Imprint

## Responsible publisher

Piscine intercommunale de l'Alzette  
(PIDAL)  
Lorentzweiler | Steinsel | Walferdange  
37, rue des Prés,  
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## Design

### MOSKITO

Moskito Productions S.A.  
20, rue des Sangliers, 7344 Steinsel  
T. : 26 33 44 82 | moskito.lu

## Printing

Reka  
Print run: 1.500 copies

We make every effort to ensure the accuracy of the information provided.  
However, pricing or typographical errors may occur.  
PIDAL reserves the right to correct such errors at any time without prior notice.

## Wellness Your Way

Saunas for unforgettable moments with friends in themed spa suites, exquisite beauty treatments, high-quality massages, luxurious relaxation areas, single or double treatment rooms...

All this makes PIDALspa an exclusive retreat for relaxation and beauty in the greater region. Whether you spend an hour or a whole day with us – let the following pages inspire you to enjoy a unique wellness experience.

## The Feeling of complete exclusivity

Our treatments draw their strength from nature – entirely dedicated to your well-being.

Trust the skilled hands of our therapists and experience the harmony of body and mind.

## Tailored Care for Your Needs

Experience exclusive facial care with the luxurious natural cosmetics line by VINOBLE, based on the valuable grape seeds of organically grown grapes from southern Styria.

These rich care products contain OPC antioxidants from certified organic cultivation, providing your skin with natural, high-quality care.

Dive into the innovative treatment techniques of the next generation with herbs2peel by ALEX COSMETIC.

This unique peel combines natural herbs, enzymes, minerals, and vitamins, gently worked into the skin. This stimulates skin renewal, improves circulation, and delivers a visibly fresh complexion.



# ENJOY, RELAX, EXPERIENCE.

The wellness area at PIDALspa is a true place of peace and well-being, dedicated to rejuvenating your senses and offering moments of absolute relaxation.





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# Relaxing Massages





# The Art of Pampering

Let our experienced therapists pamper you and enjoy a soothing escape for your body and soul. Choose a treatment based on your personal needs, and we'll take care of your well-being.

## Facial Massage *by Vinoble*

25 min. | € 46

*With precious grape seed oil*

This relaxing facial massage releases tension in the head and neck area, stimulating and firming the skin of the face and scalp. It promotes deep relaxation while activating cell regeneration. (Makeup removal included)

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## Back, Neck & Shoulder Massage *by Vinoble*

30 • 45 min. | from € 58

*With precious grape seed oil*

A soothing combination of relaxing and loosening techniques for the back and neck, perfectly rounded off with a subsequent head and facial massage.

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## Body Balance Massage *by Vinoble*

30 • 45 • 60 • 75 min. | from € 59

*With precious grape seed oil*

A vitalizing and stimulating full-body massage to relax and regenerate tense muscles. You'll feel invigorated.

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**“MASSAGE IS THE ONLY FORM  
OF PHYSICAL PLEASURE TO  
WHICH NATURE FORGOT TO  
ATTACH CONSEQUENCES.”**

*Robert Breault*

## Sports Massage

60 min. | € 89

*With warming rosemary oil, followed by a fascia roller treatment*

The sports massage is designed to enhance your physical performance and support improved recovery after exercise. Targeted pressure is applied with the fascia roller following the massage, relieving muscle tightness and boosting circulation. Includes 15 minutes of intensive warming in our infrared cabin.

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## Anti-Stress Massage

60 min. | € 103

*With cherry-vanilla oil*

Soothing massage strokes pamper your muscles and calm the central nervous system. Gentle gliding movements over the body, head, and face have a particularly positive effect on the vagus nerve, promoting deep relaxation and inner balance.

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## Anti-Cellulite Massage

45 min. | € 77

The anti-cellulite massage is a specialized treatment aimed at specifically reducing cellulite. The affected areas are stimulated with targeted kneading and rolling techniques to break down underlying fat cells. This process improves blood circulation and activates the metabolic process in cells and tissues.

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## Pure Point Massage

30 min. | € 59

Experience a gentle, targeted massage while remaining comfortably clothed. Warm compresses help release muscle tension with precision, easing stiffness and providing a deep sense of calm and harmony.

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## Cupping Massage *by Pino*

30 • 45 min. | from € 58

### *Manual massage with “gliding” suction cups*

This specialized massage effectively releases deep tension in the back, stimulates blood circulation, promotes lymphatic flow, and activates the body's natural processes to enhance mobility. (Not suitable for pregnant women or individuals taking blood-thinning medication.)

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## Massage for expectant mothers

30 • 45 min. | from € 58

### *For the mother-to-be*

Pregnancy can be a time of joy and wonder, yet it often brings tension and concern for the little one. During this intimate and transformative period, it is essential for mothers-to-be to indulge in moments of relaxation and care for their bodies. This massage is designed to soothe and nurture, providing much-needed comfort. We recommend scheduling sessions from the fourth to the eighth month of pregnancy (in the case of a typical pregnancy).

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## Detox Honey–Ginger Massage

60 min. | € 101

### *A cleansing and revitalizing experience*

Warm up in the steam shower, followed by a full-body massage using an exclusive warm honey-ginger oil. Alternating invigorating and soothing massage techniques relax your body and leave your muscles feeling supple. A special massage honey and a beeswax wrap support your immune system and encourage the elimination of toxins. Experience a true sensory delight.

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## Hot Stone Massage

60 min. | € 104,50

*The art of inner calm (available October to March)*

Using warm basalt stones and flowing massage techniques, this treatment allows soothing heat to penetrate deep into your body, warming you from within. Your muscles relax, and energy blockages are released through the targeted use of heated stones.

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## Ayurveda Massage

60 min. | € 102

*The wisdom of Indian medicine*

This gentle and relaxing massage uses warm sesame oil, inspired by the traditional practices of Ayurveda, the ancient Indian science of life. It is perfect for releasing accumulated tension, calming the mind, and restoring energy balance while deeply relaxing the body. This massage is ideal for enhancing your well-being and revitalizing your energy potential.

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## Vital Peeling and Massage *by Vinoble*

75 min. | € 134

*The feeling of absolute freshness*

This body scrub combines salt and finely ground grape seeds from VINOBLE to remove dead skin cells, leaving your skin silky smooth with a harmonious body sensation. The relaxing massage with nourishing grape seed oil deeply hydrates your skin and provides a refreshing boost to your overall vitality.

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# Wellness Rituals



# Time Stands Still

Our wellness rituals combine massages with targeted care.  
Design your spa moment according to your preferences and needs.  
Escape from everyday life and embark on a sensory journey.





## Detox Honey–Ginger Ritual

80 min. | € 134

### *A detoxifying and rejuvenating experience*

Enjoy a honey-sugar scrub that pampers your body, followed by a steam shower for ultimate relaxation. A honey massage and a beeswax wrap for your back enhance your immune system, stimulate detoxification, and promote skin regeneration.

The experience is completed with a facial mask.

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## Anti–Stress Cherry–Vanilla Ritual

80 min. | € 122

### *Unparalleled relaxation*

Recharge your batteries with a unique combination of body scrub, steam shower, and relaxing massage. Feel rested and deeply relaxed with this anti-stress treatment featuring aromatic cherry-vanilla oils.

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## Head–to–Toe Ritual

180 min. | € 225

### *Unmatched bliss*

Take the time to let us pamper your entire body. Enjoy an exceptional beauty break with a back massage, a 60-minute VINOBLE facial treatment, a manicure, and a spa pedicure (without nail polish).

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# Relaxation for two

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The treatments presented on this page are exclusively offered as couple's treatments and are performed simultaneously in a shared cabin to ensure a unique experience for two.

## Back, Neck & Shoulder Massage *by Vinoble*

30 • 45 min. | from € 116

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## Detox Honey–Ginger Massage

60 min. | € 197

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## Anti–Stress Massage

60 min. | € 201

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## Body Balance Massage *by Vinoble*

30 • 45 • 60 • 75 min. | from € 118

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## Detox Honey–Ginger Ritual

80 min. | € 263

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## Anti–Stress Cherry–Vanilla Ritual

80 min. | € 239

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For full details of the treatments on offer, please consult the 'Massages' or 'Rituals' pages of our brochure.

# Body scrubs



# 100% natural

Carefully prepared by our therapists, these scrubs leave your skin soft, smooth, and deeply hydrated. Book as a standalone treatment or as a perfect preparation for a massage. Choose your favorite from natural or aromatic options made with cane sugar or sea salt.





## Purifying Scrub *by Vinoble*

20 min. | € 42,50

This purifying scrub, made with finely ground grape seeds, sea salt, and precious grape seed oil, is our classic exfoliation treatment. It effectively removes dead skin cells, stimulates blood circulation, and leaves your skin refreshed.

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## Aromatic Cherry–Vanilla Scrub

20 min. | € 42,50

A premium scrub with cane sugar and cherry-vanilla oil, ideal for dry and rough skin. This treatment removes dead skin cells, leaving your skin soft, smooth, and revitalized.

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## Barrique Wine Scrub *by Vinoble*

20 min. | € 47,50

A luxurious, smoothing scrub with Barrique wine from VINOBLE, vitamins, sea salt, grape seeds, and grape oil. This anti-aging cocktail rejuvenates your skin, leaving it feeling fresh and renewed.

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# Beauty Treatments



# Beauty & Radiance

Enhance your natural beauty with our cosmetic treatments designed to reveal the glow of your skin. Entrust your face and body to our experts, who use state-of-the-art products and techniques to provide you with a care experience that ensures absolute relaxation and revitalization.



## herbs2peel “*Beautypeel*” by Alex Cosmetic

With the herbs2peel “Beautypeel” treatment, your skin becomes noticeably clearer and more radiant. This peel is made from natural herbs, enzymes, minerals, and vitamins, which are gently worked into the skin. The treatment stimulates the skin renewal process, enhances circulation, and delivers visible results.

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### Post-treatment recommendations

Avoid sauna, sun, and tanning beds for 24 hours. Not suitable for those with grass or pollen allergies. Do not use harsh products (e.g., alcohol, tea tree oil). Mild redness and a “needling effect” are normal, as the herbal treatment penetrates the skin.





## B-Peel Anti-Aging Hydra-Booster

60 min. | € 109

*For very dry, mature skin in need of a volume boost*

Facial cleansing, B-Peel, toning, high-frequency therapy lifting boost, active ingredient elixir, high-performance mask with massage, eye care, and finishing care.

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## B-Peel Clarity

60 min. | € 109

*For severely blemished skin*

Facial cleansing, B-Peel, deep cleansing, toning, high-frequency acne therapy, Mint-Clarity mask with massage, eye care, and finishing care.

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## B-Peel Detox

75 min. | € 129

*For dull, tired, and stressed skin*

Facial cleansing, B-Peel, toning, high-frequency therapy, active ingredient ampoule, The Black Mask, eye care, Detox Mousse Pack with massage, and finishing care.

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## B-Peel Recuperate

75 min. | € 129

*For couperose-prone, red, and sensitive skin*

Facial cleansing, B-Peel, deep cleansing, toning, high-frequency therapy, active ingredient ampoule, eye care, Instant Recoup Relief with massage, Bio Face & Neck Mask, and finishing care.

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## AHA Peel – “New Skin”

60 min. | € 119

*Suitable for all skin types (except inflamed acne)*

Facial cleansing, AHA hydroxy acid peel, toning, high-frequency therapy, active ingredient ampoule, high-performance mask with massage, sunscreen, and finishing treatment.

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## Skin Smoothie – Thermo Berry Peel

50 min. | € 89

*For very dry, regeneration-needing skin*

Facial cleansing, Thermo Berry Peel, toning, active ingredient ampoule, elixir with massage, eye care, lip care, and finishing treatment.

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## Face “Young skin” *by Vinoble*

45 min. | € 74

### *Facial treatment with deep cleansing for a balanced complexion*

Includes cleansing, enzyme peel, deep cleansing, clarifying serum, soothing mask, and day/night cream.

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## Face 60 min. *by Vinoble*

60 min. | € 104

### *Hydrating and regenerating facial care*

Includes cleansing, enzyme peel, light cleansing, serum, facial massage, antioxidant or regenerating mask, and day/night cream.

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## Face 90 min. *by Vinoble*

90 min. | € 132,50

### *Intensive anti-aging facial treatment*

Includes cleansing, enzyme peel, light cleansing, concentrated cocktail, intensive facial massage, eye contour care, intensive anti-aging mask, and day/night cream (including eyebrow shaping).

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## Radiant Eyes & Brows

For a striking look, we offer eyelash and eyebrow tinting, eyelash lifting, and eyebrow waxing. These treatments can be booked individually or combined with a facial care treatment.

### Eyelash Lift

55 min. (*Tinting not included*) | € 79

70 min. (*Tinting included*) | € 89

The “Lash Lifting” treatment gives your lashes an elegant curl and a longer appearance. A breathtaking WOW effect.

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### Eyelash And/Or Eyebrow Tinting

10 -15 min. | from € 17,50

Achieve a naturally made-up look right after waking up. Lasts 3-4 weeks and can be combined with any of our facial treatments.

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### Hair Removal

price on request

Available for upper lip, chin, eyebrows, ears, nose, face, underarms, arms, bikini, full bikini, lower legs, back, and chest.

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# Our products







# VINOBLE COSMETICS

## Unisex products

High-potency formulas delivering visible results, inspired by vinotherapy concepts. Suitable for all ages and skin types.

## 100% vegan

Made with natural, cruelty-free ingredients, free from harmful substances, and packaged in environmentally friendly materials.

## Sustainable

100% “Made in Austria”, crafted in-house with zero-waste packaging for eco-conscious care.

## Customized

Our therapists tailor treatments to your unique needs and preferences, offering personalized advice for optimal skincare.



## Cosmetic solutions for skin concerns

Specialized and professional solutions in the form of cosmetic products and modern skincare concepts designed to address virtually any skin condition.

## High-tech active ingredients

Targeted solutions with tailored skincare products for every skin type, combined with effective treatment methods (e.g., herbs2peel).

## Cruelty-free

Made with natural ingredients, free from harmful additives, and not tested on animals.

## Premium quality “Made in Germany”

Globally acclaimed cosmetics “Made in Germany”. Skincare products that combine the best of nature with advanced active ingredients in synergistic formulations, delivering visible results.







# Hand & Foot Care



# Care & Sophistication

Indulge your hands and feet with the attention they deserve. Whether you're looking for a classic manicure, an intensive pedicure, or a luxurious spa experience with scrubs, massages, and polish, our treatments are designed to leave your hands and feet feeling pampered and rejuvenated.



## Manicure

60 • 75 min. | from € 59,50

Nail cutting and shaping, hand soak, cuticle removal, hand massage, and nail polish.  
(Additional booking: Shellac).

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## Wellness Manicure

60 • 70 • 75 min. | from € 59,50

Sea salt scrub, hand soak, nail cutting and shaping, cuticle removal, soothing hand massage, nail care, without nail polish.  
(Additional booking: nail polish or nourishing sheet mask).

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## Japanese Manicure

45 min. | € 55

Nail cutting and shaping, hand soak, cuticle removal, specialized nail treatment, and sealing with keratin, vitamins A & E, silica, and beeswax.

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## Pedicure

60 • 75 min. | from € 62

Nail cutting and shaping , foot soak, callus removal, foot cream application, and nail polish.  
(Additional booking: Shellac).

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## Wellness Pedicure

60 • 70 • 75 min. | from € 62

Sea salt scrub, foot soak, nail cutting and shaping, cuticle removal, callus removal, soothing foot massage, nail care, without nail polish.  
(Additional booking: nail polish or nourishing sheet mask).

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## Medical Pedicure

60 min. | € 77,50

Specialized medical pedicure including removal of thickened calluses, corns, ingrown nails, and nail fungus.  
(For hygienic reasons, nail polish is not included).

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## Pack Spa Deluxe

100 • 120 min. | from € 96,50

A soothing foot soak in a luxurious PediSpa chair, perfectly tailored pedicure and manicure (with or without nail polish, as well as a nourishing sheet mask), relaxing foot and hand massage with exclusive pomegranate/argan oil.

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# Private Spa Suites



# Luxurious Retreat

Immerse yourself in an exclusive space and let yourself be pampered in the private ambiance of our three luxurious spa suites. Whether alone, as a couple or in a group, you can reserve one, two, or even all three suites to enjoy perfect relaxation in a private atmosphere.

## Herba Suite

120 min. | € 75

Exclusive access to the private sauna in our Herba Suite area – perfect for undisturbed relaxation, whether alone or as a couple.

- Basic package - includes only the private sauna.

## Herba Suite+

180 min. | € 130

Enjoy a private aroma sauna with a comfortable steam shower and a cozy relaxation corner. (2 people)

- Self-applied scrub
- Hydrating face mask (sheet mask)
- Water, fruit juice and light snacks
- Private sanitary facilities
- 1 bottle of Crémant





## Vinum Suite

180 min. | from € 180

Indulgence over 40m<sup>2</sup> with a private aroma sauna, Sano Spa Whirlpool, experience shower, and large daybed. (2-5 people)

- Wine Barrel Bath by Vinoble (Sano Spa Whirlpool)
- Grape seed salt scrub for self-application
- Regenerating/Hydrating face mask (sheet mask) by Vinoble
- Water, fruit juice and light snacks
- Private sanitary facilities
- 1 bottle of Crémant



## Terra-Mare Suite

180 min. | € 165

Luxurious oriental steam bath, hammam loungers, and a cozy relaxation nook. (for 2 people)

- Foam cleansing on heated hammam loungers (15 minutes)
- Steam bath with rainfall shower
- Hydrating face mask (sheet mask)
- Water, fruit juice and light snacks
- Private sanitary facilities
- 1 bottle of Crémant



## Event Suite

240 min.

### *Celebrate in Exclusive Surroundings (6-15 people)*

The Perfect Venue for Your Special Occasion.

Celebrate your special moments in an extraordinary setting!

Our private spa suites provide the ideal backdrop for a bachelorette party, a birthday, or simply a unique getaway with friends. Enjoy a stylish space entirely dedicated to your well-being, and experience a memorable and personalized occasion. Reserve your private suite now and create unforgettable memories!

- Price on request





The background of the image is a close-up of a wall made of horizontal stone tiles. The tiles are dark grey or black with a speckled texture, separated by thin, light-colored mortar lines. In the top-left and bottom-left corners, there are green, elongated leaves of a plant, possibly a willow, which are slightly out of focus. The title 'Spa Guidelines' is written in a large, white, serif font, positioned on the left side of the image. A small white tilde symbol is located in the bottom-left corner.

# Spa Guidelines

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# Your Perfect Spa Experience

## Tips for a Relaxing Visit

To make your visit to PIDALspa as enjoyable as possible, we've put together some helpful tips for you.

### **Before Your Arrival**

- Please plan enough time to relax and prepare for your treatment. We recommend arriving at the reception at least 10 to 15 minutes before your scheduled appointment.

### **What to Bring**

- Bathrobe and Towels: For your comfort, wearing a bathrobe is required. You are welcome to bring your own, or you can rent one on-site for € 8,50.
- Slippers: For hygiene reasons, slippers are mandatory. You may bring your own or purchase a pair at the reception for € 3,50.
- Hygienic Underwear: Complimentary disposable underwear is provided for specific treatments requiring additional hygiene. Alternatively, you may wear a swimsuit if you prefer.

## **Access and Facilities**

- **Reception:** The PIDALspa reception is located on the first floor (main reception). An elevator is available for your convenience.

## **Before Your Treatment**

- **Waiting Area:** Once you've put on your bathrobe, feel free to relax in our cozy waiting area. Your therapist will meet you there to escort you to your treatment.
- **Beverages:** Complimentary water and a selection of teas are available while you wait.
- **Relaxation Area:** After your treatment, we invite you to unwind in our relaxation area and savor the conclusion of your wellness experience.

## **Spa Etiquette**

- **Peace and Consideration:** Please help maintain a tranquil atmosphere by speaking softly and turning off electronic devices.
- **Mobile Phones:** Phones are allowed, but we kindly ask you to set them to silent mode.
- **Respect for Other Guests:** Please respect the privacy of other guests and follow the instructions of our staff.

## Good to know



### Appointments

We recommend booking your desired appointment well in advance. You can easily book your preferred treatment online at [www.pidal.lu](http://www.pidal.lu) or in person at our reception during opening hours.

Alternatively, you can schedule your appointment by phone at: +352 33 91 72 -1.



### Gift Cards

All our treatments and programs are available as gift vouchers. Visit our Spa Shop at [www.pidal.lu](http://www.pidal.lu) for beautiful gift ideas, including VINOBLE products, ALEX COSMETIC products, or personalized vouchers.



### Age Restriction

PIDALspa is not suitable for children or adolescents under 14 years of age. Thank you for your understanding.



# Pricelist





Relaxing Massages	⌚	€
Facial Massage <i>by Vinoble</i>	25 min.	€ 46
Back, Neck & Shoulder Massage <i>by Vinoble</i>	30 min.	€ 58
	45 min.	€78,50
Body Balance Massage <i>by Vinoble</i>	30 min.	€ 59
	45 min.	€ 79,50
	60 min.	€ 105
	75 min.	€ 131
Sports Massage	60 min.	€ 89
Anti-Stress Massage	60 min.	€ 103
Anti-Cellulite Massage	45 min.	€ 77
Pure Point Massage	30 min.	€ 59
Cupping Massage <i>by Pino</i>	30 min.	€ 58
	45 min.	€ 78,50
Massage for expectant mothers	30 min.	€ 58
	45 min.	€ 78,50
Detox Honey-Ginger Massage	60 min.	€ 101
Hot Stone Massage	60 min.	€ 104,50
Ayurveda Massage	60 min.	€ 102
Vital Peeling & Massage <i>by Vinoble</i>	75 min.	€ 134

Wellness Rituals	🕒	€
Detox Honey-Ginger Ritual	80 min.	€ 134
Anti-Stress Cherry-Vanilla Ritual	80 min.	€ 122
Head-to-Toe Ritual	180 min.	€ 225

Relaxation for two	🕒	€
Back, Neck & Shoulder Massage <i>by Vinoble</i>	30 min.	€ 116
	45 min.	€ 157
Detox Honey-Ginger Massage	60 min.	€ 197
Anti-Stress Massage	60 min.	€ 201
Body Balance Massage <i>by Vinoble</i>	30 min.	€ 118
	45 min.	€ 159
	60 min.	€ 205
	75 min.	€ 257
Detox Honey-Ginger Ritual	80 min.	€ 263
Anti-Stress Cherry-Vanilla Ritual	80 min.	€ 239

Body Scrubs	🕒	€
Purifying Scrub <i>by Vinoble</i>	20 min.	€ 42,50
Aromatic Cherry-Vanilla Scrub	20 min.	€ 42,50
Barrique Wine Scrub <i>by Vinoble</i>	20 min.	€ 47,50

Beauty treatments	⌚	€
B-Peel Anti-Aging Hydra-Booster	60 min.	€ 109
B-Peel Clarity	60 min.	€ 109
B-Peel Detox	75 min.	€ 129
B-Peel Recuperate	75 min.	€ 129
AHA Peel “New Skin”	60 min.	€ 119
Skin Smoothie - Thermo Berry-Peel	50 min.	€ 89
Face “Young Skin” <i>by Vinoble</i>	45 min.	€ 74
Face 60 min. <i>by Vinoble</i>	60 min.	€ 104
Face 90 min. <i>by Vinoble</i>	90 min.	€ 132,50
Eyelash Lift	55 min.	€ 79
	70 min. <i>(Tinting included)</i>	€ 89
Eyebrow Tinting	15 min.	€ 23,50
Eyelash Tinting	10 min.	€ 17,50
Hair Removal	on request	on request
Hand & Foot Care	⌚	€
Manicure <i>(new application/removal)</i>	60 min.	€ 59,50
	75 min.	€ 69,50
Wellness Manicure	60 min.	€ 59,50
	70 min.	€ 67,50
	75 min.	€ 69,50

Validity of rates: The indicated rates are applicable as of January 1, 2026, and are subject to change without notice.

Japanese Manicure	45 min.	€ 55
Pedicure <i>(new application/removal)</i>	60 min.	€ 62
	75 min.	€ 72
Wellness Pedicure	60 min.	€ 62
	70 min.	€ 70
	75 min.	€ 72
Medicale Pedicure <i>(nail polish is not included)</i>	60 min.	€ 77,50
Pack Spa Deluxe	100 min.	€ 96,50
	120 min.	€ 120

Private Spa Suites	⌚	€
Herba Suite <i>(max. 2 people)</i>	120 min.	€ 75
Herba Suite+ <i>(max. 2 people)</i>	180 min.	€ 130
Vinum Suite <i>(2-5 people)</i>	180 min. • 2 people	€ 180
	180 min. • 3 people	€ 215
	180 min. • 4 people	€ 265
	180 min. • 5 people	€ 315
Terra-Mare Suite <i>(max. 2 people)</i>	180 min.	€ 165
Event Suite <i>(min. 6, max. 15 people)</i>	on request	on request

## | PIDALspa |

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