

Urban Spa

PILLOWSHOTELS.COM/AMSTERDAM

Welcome to the Urban Spa. Escape the bustling city of Amsterdam and experience a feeling of total tranquillity within a short amount of time.

Take a breath and completely unwind with one of these treatments for body and soul.

Enjoy.

Hydrobed massage

Ultimate relaxation in a short amount of time. The hydrobed uses high pressure jets of water to massage the skin and stimulate the circulation. Simply lay down with your clothing on and just enjoy.

30 minutes 40

Hands & Feet

Soft Hands Manicure

A full pampering treatment. A manicure including an exfoliating scrub, caring mask, relaxing massage and optional normal nail polish.

60 minutes 60

Revitalising Feet

A pampering goodness. A pedicure including an intense cleaning, exfoliating scrub, nourishing mask and a relaxing massage. Application of normal nail polish is optional.

60 minutes 60

Unwind in the private sauna

Book your own private sauna. Including relax area, water, fresh fruit and homemade sweets.

60 minutes 75

Massage

Neck & Shoulders Stress Detox

Stress and work often go hand in hand. This therapy focusses on the neck and shoulders, releasing overall tension.

15 / 30 minutes 25 / 40

Neck, Shoulders & Scalp Relief

A classic relaxation massage of the scalp, neck and shoulders. For those moments where you just want some time for yourself. Just relax! 15/30 minutes 25/40

Soothing Scalp Session

This massage loosens the dead skin cells on the scalp, increases blood flow and evenly distributes the natural oils and stimulates hair growth.

15 minutes 25

City Escape Foot Massage

A perfect choice after a long day of strolling around the city.

15 minutes 25

Gentle Hands Massage

Reduces feelings of stress and is uttermost relaxing.
15 minutes 25

Nails

| Express Manicure (nail polish optional) French Manicure Gel Nails Manicure BIAB Manicure Perfect Cuticles Manicure Gel Nails Pedicure BIAB Removal Gelbottle removal | 35 50 50 80 45 40 30 |
|--|--|
| Brows | |
| Waxing or threading Tinting Waxing/threading and tinting | 30 20 50 |
| Waxing | |
| Full Legs Half Legs Brazilian Wax Bikini Wax Full Leg & Brazilian Wax Full Arms Half Arms Under Arms Back Chest Lip Facial threading | 50 32.5 50 30 90 37.5 30 27.5 40 40 15 30 |