

Use of Jacuzzi

- The Jacuzzi must be reserved in advance. You may schedule your visit from 30 minutes up to one hour which will be priced according to amount of time.
- Private hire of the Jacuzzi and entire Terrace is available.
- If you would like to use any of our areas for a longer period of time, daily passes are available.

Age Requirement

Please note that for health and safety reasons, only adults above the age of 18 are permitted to use the Spa.

Cancellation policy

If you need to cancel your appointment, please notify us 24 hours prior to your treatment to avoid to avoid charges. Please note that any cancellations made within 12 hours prior to the scheduled appointment will be charged at 50%. Full charge will be imposed if you fail to come for your scheduled appointment.

Gift Certificates

An ideal gift for spa enthusiasts or simply anyone who enjoys being pampered, The M Spa offers a range of gift certificates. Please contact M Spa reception or speak with your therapist to learn more.

Refund and Exchange Policy

Unopened retail products can be exchanged within fourteen days of purchase if presented with the original receipt. No refunds will be issued on gift certificates

\*M Spa’s services are not intended to replace any medical or therapeutic treatments. Our therapists are trained in well-being and relaxtion rituals but do not provide primary treatment for any physical ailments. We encourage clients to seek the advice of appropriate medical professionals for any major or minor health concerns and kindly request that you inform your therapist of any allergies, illnesses and/or whether you are pregnant.

Dress code

Nudity is strictly forbidden in the communal areas of The M Spa except in the sauna and steam room where sheets and towels are available. We kindly ask you to wear a swimsuit while in the Jacuzzi.

Service charge and tax

For your convenience, a 10% service charge will be added for each service on your final bill. VAT is already included in all of our prices.

Opening Hours

- All treatments as well as use of The M Spa Wellness areas are available daily from: 10:00 – 21.00.
- The Fitness Center is open 24-hours daily
- We are pleased to offer our Sauna, Steam Room, Ice Fountain, Kneipp Path, Relaxation Room, Jacuzzi and Terrace from: 10.00 – 21.00 daily.
- Please contact us to reserve personal time in our Wellness Area.

Daily & Annual Passes

The M Spa also welcomes local clients who are not guests of the hotel. You may purchase a daily or annual pass to enjoy the benefits of our Wellness Area, Relaxation Room and Terrace any day of the week. Please see the pricelist or contact our concierge for more details.

Lockers and Linen

Lockers are at your disposal in the M Spa. Towels and bathrobes are available for guests using the fitness, treatment, sauna, steam room and relaxation facilities. We ask our guests to kindly place used linen in the baskets provided. The M Spa is not responsible for any items left in the lockers, locker rooms or spa premises.

Treatment Reservations

It is advisable to book your preferred treatment at least 24 hours in advance in order to ensure availability. Reservations can be made in person at The M Spa reception, by phone at +420.226.202.577, or by e-mail to [spa@emblemprague.com](mailto:spa@emblemprague.com)

Appoinment Information

We kindly ask you to arrive at the spa 15 minutes before your treatment so we may provide a comfortable check in. We offer our busy guests a reliable timetable; therefore arriving late will unfortunately limit your scheduled time and benefit.The treatment will end on time to prevent inconvenience to the following guest, and the same price will apply.

Use of Fitness and Wellness Area

- The M Spa welcomes both hotel and outside guests for any of our services.
- Guests who are booked for a 60-minute facial or body treatment are also welcome to use the fitness and wellness areas for 30 minutes upon availability.
- For the well-being of our guests we recommend that alcohol not be consumed prior to a spa treatment. For your safety, we reserve the right to refuse any guests that are under influence of alcohol or drugs.



by Pure Altitude

M SPA MASSAGES

**DEEP TISSUE MASSAGE\***  
**60 min / 90 min**  
Stress often causes muscles to become knotted and painful. Treatment unlocks this tension by targeting the deepest layers of muscle and relieving pain. Combining slow and deep pressure using skillful hand movements and techniques with joint manipulation and stretching, this invigorating massage will relax, restore and refresh your body.

**AROMATHERAPY MASSAGE\***  
**60 min / 90 min**  
A full body massage using a blend of luxurious essential oils selected specifically for you. Do you need to relax, balance or invigorate your senses? Our therapists will design this tailored treatment to provide a rejuvenating experience and a tranquil sense of well-being.

**COUPLES MASSAGE\***  
**60 min / 90 min**  
The Couple's Massage allows significant others, mother-daughter duos and best friends to enjoy a relaxing side-by-side experience in the same treatment room with each guest having their own therapist. The tandem treatment not only provides the physical benefits of a restorative massage; it also enables couples to get closer and reconnect.

**SWEDISH MASSAGE\***  
**60 min / 90 min**  
In this classic, stress-relieving full body massage, our therapists use medium pressure and various hands on techniques that improve circulation, reduce pain and joint stiffness to provide complete body relaxation.

M SPA RITUALS

**CRYSTAL STRESS RELIEVING RITUAL\***  
**90 min**  
This relaxing treatment melts away stress leaving your body and soul calm and refreshed. It starts with full body exfoliation to remove dead skin cells and is followed by a personalized, restorative, full body massage using a blend of luxurious essential oils.

**M SPA BODY RITUAL\***  
**120 min**  
This treatment invigorates each of your senses while nourishing your skin and relaxing your body. It starts with full body exfoliation and is followed by a nourishing, warm body wrap combined with a mini-facial and scalp massage.

*All our wraps include a relaxing face and scalp massage\* with pressure point therapy.*

**M SPA TOP TO TOE RITUAL\***  
**180 min**  
You will be completely pampered in this personalized treatment designed specifically for you and your body. Both the 90-minute facial and 90-minute body massage will be customized to provide you with the ultimate wellness experience.

**EXCLUSIVE PURE ALTITUDE TREATMENTS**  
In all body and facial pure altitude experiences we use only pure altitude products with unique and pure ingredients from the French alp. All our therapist have been especially trained by the pure altitude expert to insure that the combination of products and treatment will give you the maximum benefit.

PURE ALTITUDE MESSAGES

**CANDLE RITUAL**  
**60 min / 90 min**  
Full body massage using the luxurious Pure Altitude candle balms all over your body. This treatment is fantastic for dehydrated skin - it is ultra-repairing and innovative. The treatment will nourish your skin in depth and envelope your body in gentle warmth.

**PURE ALTITUDE RITUAL**  
**60 min / 90 min**  
This full body massage is signature to Pure Altitude Spas. We perform specialized hand and forearm techniques that provide deep relaxation in combination with a re-energizing ritual that includes the application of hot towels and aromatic essential oils to stimulate your senses.

**ENERGETIQUE DES ALPES RITUAL**  
**90 min**  
This rejuvenating full-body treatment is designed to boost your energy while stimulating your senses. We begin your massage using techniques to foster your lymphatic drainage which helps the body cleanse itself of toxins, then followed by an Alp Salt poultice massage to replace tension and stress with renewed energy and well-being. Using a unique combination of extracts from Alpine plants and herbs with essential oils, this treatment will leave you feeling balanced and invigorated.

PURE ALTITUDE JOURNEYS

**COMME LE NEIGE BODY TREATMENT**  
**60 min**  
This unique treatment is a luxurious indulgence for your skin. We begin with full body exfoliation

using the Pure Altitude "Cristaux de Neige" Scrub, followed by a hydrating, warm body wrap using Pure Altitude "Comme le Neige" Cream Bath and a gentle face and scalp massage. Your skin will be silky, smooth, and fully nourished, and your body will be completely relaxed and restored.

*All our wraps include a relaxing face and scalp massage\* with pressure point therapy.*

**ANTI-STRESS BODY TREATMENT**  
**60 min**  
This is the perfect nourishing experience for your body and mind. We begin with the Pure Altitude" Brown Sugar & Honey Scrub" followed by a soothing and detoxifying full body wrap. The end result is silky, smooth skin and a tranquil, refreshed state of mind.

*All our wraps include a relaxing face and scalp massage\* with pressure point therapy.*

**PURE ALTITUDE FOR HER**  
**180 min**  
Indulge yourself with Pure Altitude's exclusive and unique ingredients from the French Alps. We offer a purifying body scrub followed by a warm and soothing wrap than a 60-minute Aroma body massage to deeply rejuvenate body, mind and soul. This head to toe experience finishes with a facial that will leave your skin radiantly glowing.

*This wrap include a relaxing scalp massage with pressure point therapy.*

**PURE ALTITUDE FOR HIM**  
**180 min**  
This "just for gentlemen" experience features Pure Altitude's unique cleansing body scrub followed by a warm wrap to eliminate impurities. Once you're refreshed, we'll give you a 60 minute sport massage to sooth tense muscles as well as a relaxing, deep-cleansing facial designed specifically for your skin type.

**BODY RELAX**  
**120 min**  
A complete rejuvenating experience designed to delight and replenish your body and soul. We begin with a cleansing Pure Altitude "Cristaux de Neige" body polish and warm body wrap. Next, we will immerse you in a blissful 60 minute, gentle and relaxing Aroma body massage to provide the peace and tranquillity needed to restore and reconnect with yourself.

*All our wraps include a relaxing face and scalp massage\* with pressure point therapy.*

**FREQUENT TRAVELLER**  
**45 min**  
If you've been on the road, flying between cities, you need a little extra care and attention to ease the stiffness and fatigue of travel. This treatment begins with a reflexology massage of your feet to ease the stress and strain of travel followed by a leg massage to decongest and alleviate pain. It finishes with a combination of techniques that focus on pressure points, frictions and deep kneading of the neck and scalp. A thoroughly relaxing must-try massage - especially for those suffering from insomnia or an on-the-go stressful lifestyle.

PURE ALTITUDE FACIALS

**BULLE D'OXYGENE FACIAL**  
**60 min**  
This traditional cleansing facial is designed to relax your facial muscles and make your complexion glow. Includes a pressure point facial massage that leaves you looking more youthful and radiant.

**SEVE DE VIE FACIAL**  
**90 min**  
This facial is specially targeted for anti-ageing and radiance boosting treatment that will leave you with a more luminous and younger-looking complexion. Absolutely divine facial.

**LIFT ALPES FACIAL**  
**90 min**  
Anti-ageing and lifting treatment for visible lifting and plumping up the face .This stimulating facial provides the maximum boost for the elasticity in your skin.

**PURITY FOR MEN FACIAL**  
**60 min**  
This is a purifying and hydrating treatment designed especially for men. We offer in-depth cleansing of the skin to regain freshness, resiliency and purity that provides a more youthful and revitalized appearance.

MANICURES AND PEDICURES

**CLASSIC MANICURE**  
**60 min**  
Traditional, classic manicure including an express hand massage and nail polish application of your choice.

**DELUXE MANICURE**  
**75 min**  
A unique, luxurious manicure including a scrub, a relaxing hand massage\*, a moisturizing masque and nail polish application

**DELUXE PEDICURE**  
**90 min**  
A luxurious pampering pedicure to relax and restore your feet. It includes a scrub, followed by a relaxing massage to ease away tension along with a moisturizing masque application and a complete pedicure

**MANI PEDI COMBO**  
**100 min**  
Enjoy a luxurious pampering experience for your hands and feet. This treatment will relax and restore your hands and feet while nourishing your skin and leaving you looking beautiful. It includes a scrub, followed by a relaxing massage to ease away tension along with a moisturizing benefits.

*\*All our treatments are non-therapeutic, non-medicinal, well-being and relaxation rituals.*

ADD ON TREATMENTS

**ECLAT DE GIVRE MINI FACIAL\***  
**30 min**  
An express facial that will give you a quick but satisfying taste of all the benefits of Pure Altitude's product line, leaving you with an immediate and gorgeous glow.

**BACK MASSAGE\***  
**30 min**  
A deep relaxation massage of the back and shoulders to relieve tension.

**NECK, FACE & SCALP MASSAGE\***  
**30 min**  
Inspired by Indian head massage techniques this treatment provides immediate stress relief and establishes a proper balance between body, mind and spirit.

**FOOT MASSAGE\***  
**30 min**  
This reflexology foot massage is inspired by ancient traditions and rituals to relieve stress and tension throughout your body.

**EXPRESS NAIL POLISH\***  
**30 min**  
An express, classic manicure with nail polish for people on the go.

**SCRUB RITUALS**  
**30 min**  
BROWN SUGAR & HONEY SCRUB or CRISTAUX DE NEIGE SCRUB - Essential starters for any and all of our body treatments. Pure Altitude scrubs remove dead cells, cleanse and plump the skin while leaving you feeling refreshed. prepare the skin.

**CRISTAUX DE NEIGE SCRUB**  
**30 min**  
Comforting, full body scrub.

**BROWN SUGER & HONEY SCRUB**  
**30 min**  
Comforting, full body scrub.