

Marine Care Centre at the Kempinski Hotel San Lawrenz Spa

Marine Care Centre at the [Kempinski Hotel San Lawrenz](#) in Gozo, Malta incorporates therapeutic elements of the sea in their Spa treatments.

After long and enjoyable days spent playing in the Mediterranean summer sun in June 2007, it was time to take the opportunity during our stay at the Kempinski Hotel San Lawrenz to spend some time at the Marine Care Centre at the Kempinski Hotel San Lawrenz Spa for a little extra pampering for our bodies.



Mariella and Sandi

Debra: After looking at the Spa's extensive Marine Care Treatment Menu, and a consultation with Spa Manager, Sandi Apap, I decided to have a Dead Sea Salt Brushing and Wrap, which is a nourishing treatment that aids desquamation and improves skin texture.

Sandi led me to the treatment room attractively furnished with a sea theme with pretty shells hanging on the walls. The treatment began with me lying on a plastic sheet on the massage table, as she massaged my body with coconut oil, which imparted a heavenly aroma in the air as well as to my skin. She followed the application of the coconut oil massage by brushing my body with a Dead Sea scrub to exfoliate and smooth my skin. I love having scrubs whenever my body starts to feel like a piece of silver that is getting a bit tarnished, and needs a good "polishing" to bring back its natural beauty.

The scrub completed, it was now time for the wrap part of the treatment. Sandi first placed a towel over my coconut oiled and Dead Sea salt-brushed body, then she wrapped me in the plastic sheeting, and finished by covering me with a warm blanket. Instructing me to rest for 15 minutes, I closed my eyes comfortably warm and snug under my wrap, listened to the low background music, and began to experience my own "sauna" under the blanket, as the coconut oils and the Dead Sea scrub baked into my skin adding needed nutrients. The 15 minutes flew by, and suddenly Sandi was gently nudging me awake from my cocoon-like reverie. After Sandi unwrapped me, I stepped into the shower to remove the coconut oil and the Dead Sea salt scrub, and emerged with my skin beautifully glowing, "polished," and feeling refreshed.

Edward: I selected to have a Water Massage with a Precious Milk Bath. Mariella, the Spa Receptionist, led me to the treatment room, and set up my bath. I spent the next 30 minutes relaxing in a comfortable 37°C (98° F) milk bath, where I experienced 40 sequences of massage jets that changed every 45 seconds. The jets alternated pressure from low to medium to high, beginning with medium to high pressure on my feet, low to medium pressure on my calves and knees, low to medium pressure on my hips, medium to high pressure mid-back, and medium to high pressure on my shoulders. As the jets ended on the shoulders, the

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sequence began again on my feet. The combination of massage and milk bath was not only soothing for muscles but also nourishing for my skin. No wonder Cleopatra enjoyed her milk baths.



Indoor Heated Pool

After our treatments, we met beside by the indoor pool kept at an inviting 31° C (88° F), and relaxed on the comfortable lounges, reflecting and savoring our pampering Spa experiences at the beautiful and spacious 1700 square meter spa.

In addition to providing water massages, scrubs and wraps, the Marine Care Center has a full spa menu of masks, eye treatments, facials, body peelings, bust modeling treatments, deep back cleansing treatments, massages including stone therapy, beauty treatments, anti-stress programs, slimming programs, toning and firming programs, silhouette and refining programs, and more. There are also steam baths, a Jacuzzi, and a solarium.

Whether you are looking to indulge in a single Spa treatment, or to spend a true luxury experience of a spa holiday, the Marine Care Center at the Kempinski Hotel San Lawrenz Spa offers something for everyone.

In addition to the **Marine Care Center at the Kempinski Hotel San Lawrenz Spa**, the Spa also features a **Softouch Ayurvedic Centre**.

Read other articles on the **Kempinski Hotel San Lawrenz** and the **Maltese Islands** in the **Destinations, Hotels and Resorts, Restaurants, Chefs' Recipes, Spas,** and [Adventures](#) sections.



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For information on the **Maltese Islands**, please visit: **Malta Tourist Authority**, www.VisitMalta.com, and **Heritage Malta**, www.HeritageMalta.org.

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