

1926
L'ESPRIT DES THERMES

SLIEMA ANCIENT BATHING SPA MALTA

TREATMENT MENU

WELCOME TO 1926 L'ESPRIT DES THERMES

Rooted in the ancient rituals of Roman and Hellenic baths, L'esprit de Thermes is a sanctuary of rejuvenation and stillness.

This space was created not simply to pamper, but to transport, where water, scent, light, and silence work in harmony to restore the senses.

Whether you join us for a quiet afternoon escape or an immersive ritual, your time here is designed to nurture both body and spirit.

THE RITUAL JOURNEY

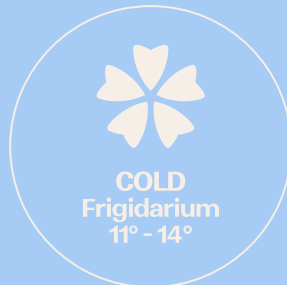
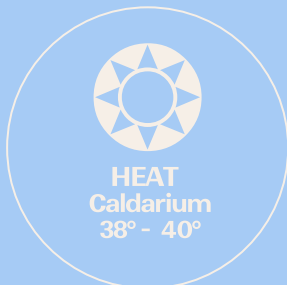
ANCIENT BATHING RITUAL - 60 MIN

Inspired by the Roman thermae, our bathing journey follows an ancient path of purification, contrast, and renewal. This curated sequence invites you to pause, immerse, and restore, just as generations once did in sacred spaces devoted to balance and well-being.

CLEANSE

Shower & Body Scrub (10 min)

THERMAL BATHING SEQUENCE



RESTORE

Relaxation Lounge & Herbal Tea (10 min)

9AM - 9PM | €40 per person



REBIRTH THE SPIRIT OF NEPTUNE

CALM & TRANQUIL RITUAL

Immerse yourself in serenity with our Calm & Tranquil Ritual. Your experience begins with a gentle bathing sequence, designed to relax tired muscles and quiet the mind. This is followed by a customized Jade Stone Massage, using the natural healing properties of jade to release tension, promote detoxification, and restore inner balance.

Renowned for its cooling and calming effects, jade helps the body eliminate toxins, slow cellular aging, and strengthen the immune system, leaving you feeling refreshed, grounded, and renewed.

Rituals (Massage and Bathing)

- 90min → Total: €110
- 120min → Total: €155

Massage

- 30min → Total: €80
- 50min → Total: €125

MASSAGE UPGRADES

- Face Mask – €25
- Body Exfoliation – €40
- Parafango Body Mask – €50-150
- Body Mist – €20



GODDESS AWAKENING

REVIVE & RESTORE RITUAL

Rejuvenate your body and soothe tired muscles with our Revive & Restore Ritual. Begin your experience with a thermal bathing sequence, designed to enhance circulation and relax your muscles, preparing you perfectly for the next phase. The treatment continues with a tailored Himalayan Salt Stone Massage, which offers a range of health benefits, from reducing stress and anxiety to boosting circulation and detoxifying the body. The combination of heat and Himalayan salt works together to reduce inflammation, promote post-exercise recovery, and leave you feeling refreshed, revitalized, and balanced.

Rituals (Massage and Bathing)

- 90min → Total: €110
- 120min → Total: €155

Massage

- 30min → Total: €80
- 50min → Total: €125

MASSAGE UPGRADES

- Face Mask – €25
- Body Exfoliation – €40
- Parafango Body Mask – €50–150
- Body Mist – €20



THE IMPERIAL ESCAPE

VITALITY & ENERGY RITUAL

The Ultimate Fusion Experience (deep tissue, hot stone, bamboo sticks).

Unwind with our signature 80-minute ritual, a masterfully curated treatment designed to dissolve deep-seated tension and restore your body's natural flow. This powerhouse combination targets the muscles from every angle, blending ancient techniques with modern therapeutic pressure.

- Deep Tissue: Precision work to release chronic knots and stiffness.
- Hot Stones: Volcanic heat to soothe the nervous system and soften muscle fibers.
- Bamboo Sticks: Firm, bamboo rolling for deep myofascial release and lymphatic drainage.

Rituals (Massage and Bathing)

- 140min → Total: €210

Massage

- 80min → Total: €180

MASSAGE UPGRADES

- Face Mask – €25
- Body Exfoliation – €40
- Parafango Body Mask – €50-150
- Body Mist – €20



VENUS BLISS FACIAL FOR ETERNAL BEAUTY

Convey your beauty, elegance, and timeless allure, drawing inspiration from the Roman goddess of love and beauty

60 minutes of non-invasive facial treatment delivers a jet stream of different serums which helps to reduce fine lines, wrinkles, improving and lifting the skin.

Just Facial Starting From
→ Total: €250

THE THERMAL SUAVITIES

At our thermal spa, we are committed to providing you with a serene and revitalising experience. To ensure your visit is as relaxing and enjoyable as possible, we kindly ask you to review the following information:

RESERVATIONS

Advance booking is highly recommended to secure your preferred treatment times, especially during peak periods or if you plan to visit us multiple times during your stay. Walk-in appointments are welcome, subject to availability. Please contact our Spa Reception for assistance with bookings or requests on our App.

HEALTH CONCERNS

Please inform us of any medical conditions, cardiovascular conditions, pregnancy, acute illness or fever, skin conditions, skin allergies, injuries, or physical limitations that may affect your treatment or use of our spa facilities. Your safety and well-being are our top priorities.

ATTIRE

For your convenience, you may arrive at the Spa in your bathrobe and slippers provided in your guest room. Lockers are also available. Outdoor footwear is not permitted in the thermal spa.

MINIMUM AGE

The minimum age requirement for bathing ritual and treatments is 18 years.

GIFT CERTIFICATES

Surprise a loved one with the gift of relaxation. Spa gift certificates are available for purchase and make an ideal present for any special occasion. Please enquire at the Spa Concierge for more details.

PREGNANCY

We strongly recommend consulting your physician before scheduling any services like bathing rituals or treatments, especially in the first semester.

LATENESS AND CANCELLATION POLICY

We kindly ask that you arrive 10 minutes before your scheduled appointment. Arriving late may result in a shortened bathing and treatment time out of courtesy to the next guest. Cancellations made within 24 hours of the appointment will incur a 50% charge.

OPENING HOURS

Spa Treatments: Monday to Sunday

Spa facilities' hours may vary seasonally. Please check with the Spa Reception for current availability.

SPA ETIQUETTE

Our thermal spa is a sanctuary of peace and relaxation. To preserve this tranquil atmosphere, we kindly ask that you respect the privacy and comfort of others by keeping noise to a minimum and refraining from the use of mobile phones or cameras. For your convenience, lockers are available where you may store your phone, as mobile device usage is not permitted within the spa. We also recommend leaving valuables in your room safe, as the spa cannot be held responsible for any lost or stolen items.

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SLIEMA ANCIENT BATHING SPA MALTA

1926 Les Bains
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Spa treatments are available Monday to Sunday from 10:00 to 19:00.
Opening hours subject to seasonal change.