



Long before the four elements of earth, air, fire, and water came into being, legend speaks of a fifth such pillar, often regarded as the source of everything around us. This unseen, intangible element was later given a name to reflect its basis as an origin for us all, and today, represents a source for our mind, body, and spirit to return to – Akasha.

At an Akasha spa, our goal is to inspire your wellbeing in a way that is befitting of our origins. Offering treatments and classes that are steeped in the core features of each element of earth, air, fire, and water, Akasha represents much more than traditional beauty and fitness experiences – it represents a renewed focus on yourself and your wellbeing.

With a broad range of treatments at our disposal, as well as working with carefully selected brands and experts, you will find that returning to your own source is never too far, nor too difficult.

Our facilities have been designed to make your wellness journey as seamless and as comfortable as possible. Consisting of two floors, our reception, changing rooms, gym, studio and two treatment rooms are located on the upper floor. The lower floor emphasises our commitment to serenity, as the swimming pool, watsu pool, aromatic hammam, private hammam, jacuzzi, sauna, other treatment rooms and relaxation areas all reside here. Our lounge – also located on the upper floor – is an informal dining space for guests, where you can enjoy cleverly put together healthy bites and light meals to further your wellness goals.

We hope to inspire you to return to your best self.

OUR BRANDS

At Akasha, we present to you an exquisite selection of spa experiences, carefully curated in partnership with some of the most prestigious and renowned luxury spa brands in the world.

Anne Semonin

Anne Semonin offers a beauty line with a holistic approach to specific skin concerns. Essential oils boosted by trace elements create a powerful cocktail of active ingredients for facial and body treatments tailored to skin.

Natura Bissé

Natura Bissé is an effective and result oriented beauty line offering facial and body treatments for all skin types.

U Beauty

U Beauty has a steadfast commitment to providing a simple, clean, and effective solution for all skin types, with an unwavering focus on achieving long-term results and preserving skin integrity. U Beauty's continued global acclaim is a testament to the brand's double patent-pending, cutting-edge SIREN Capsule Technology, which empowers lower-level actives to achieve more and deliver truly transformative results through a proprietary encapsulation delivery system.

The|Tides

The|Tides is a Dutch wellness and self-care brand offering a new class of products and treatments with unique Dutch ingredients such as magnesium, seaweed, algae's, sea salt and indigenous botanicals. These pure and sustainably sourced ingredients heal and nurture from the inside out and balance the excesses of living modern life.

Therabody

Therabody is rooted in the philosophy of harmonizing hands-on therapy with cutting-edge technology, offering distinctive treatments for both face and body. The Therabody range includes products designed to treat a wide range of physical ailments, to relieve stress and tension, to enhance recovery after training or injury, and to improve rest, mindfulness, and sleep.



PACKAGES

A Celebration for Two

A complete package for two in a duo room

Make the most out of your time together with a luxurious spa experience for two in our double treatment room. This celebration is a relaxing moment for two that includes a 50 minute massage with pressure of your choice, champagne and the finest seasonal fruits.

50 minutes – €405 (for two persons)

Restorative Bath Combination

Relaxing bath with a 60 min massage or facial

Should you wish to relax in solitary, experience Akasha's luxury suite for one. Begin in its own bath with champagne and the finest seasonal fruit platter, followed by a 60 minute massage or facial.

90 minutes – €240

Pampering Moments

Two 50 minutes treatments including lunch

Treat yourself or someone else to a full day experience at Akasha that includes two treatments of 50 minutes each and complimentary use of all Akasha facilities including lunch in the Akasha lounge.

120 minutes – €380

Relaxing Midweek

Relaxing massage with facial (upon availability on Wednesday/Thursday)

This package includes a 50 minute relaxing massage and a 30 minute effective facial treatment which uses the highest concentration of minerals and algae designed in harmony with your skin type.

80 minutes – €235



The Four Elements

An immersing full body journey designed according to the four elements of nature:

Water – An experience performed in warm water, whilst being supported by your therapist

Earth – A soothing foot massage

Fire – A restorative back massage combined with hot stones

Air – A tension relieving scalp massage

120 minutes – €310



MASSAGE THERAPY

Relax and revive the body from tension and stress with our tailored experiences. Combining the expertise of ancient and modern techniques, our therapists will personalise your chosen therapy for maximum benefits.

Relax

Soft pressure

A full body massage with centring and grounding techniques which bring a sense of calm and serenity.

60 minutes – €170

80 minutes – €215

De-Stress

Deeper pressure to relieve muscular tension and stiffness

Designed with deeply, strong releasing massage techniques that focuses on the whole body. This treatment will clear an overactive mind and relieve physical aches. Your therapist will guide you in maintaining a stress-free mind-set as you return to everyday life.

60 minutes – €190

80 minutes – €235

The Element Aroma

Aromatherapy treatment that relieves tension

With the usage of natural essences from plants and flowers bespoke to your individual needs, this balanced experience will leave you feeling harmonized.

50 minutes – €165

Hot Stone

A relaxing treatment that also relieves muscular tension through the heat of the stones

In this relaxing body massage, hot stones are used to stimulate the blood flow and to release muscle tension.

80 minutes – €205



Traditional Thai

An energizing treatment that also relieves tension in the muscles and joints

A treatment to release tension using stretching and deep massage techniques by the therapist's hands and feet. This treatment will be performed in the yoga studio and requires wearing comfortable clothing.

50 minutes – €145

Ayurveda

Deeply relaxes the mind and body

A traditional Indian body massage based on a calm, slow, soft pressure techniques that includes pouring of oil on the third eye and a scalp massage. A deep relaxing experience that leaves you feeling pampered.

80 minutes – €205

Seven Chakra Experience

Relaxing treatment that also leaves you energized

A treatment that searches the balance between all seven energetic body centres. The experience incorporates a soft pressure massage and the pouring of oil on the third eye while crystals are placed on the Chakra centres and energy is released in your body.

80 minutes – €205

Mother to Be

Relaxing massage that helps reduce lower back and hip pain

A special treatment created for the expecting or new mothers. A gentle soothing massage experience ensuring relaxation and reducing the feeling of heaviness. Suitable after the 17th week of pregnancy.

50 minutes – €195

Reflexology

Relaxes, energises and rebalances the mind and body

Pressure is applied to key reflex points of your soles, followed by a relaxing massage to stimulate energy flow.

50 minutes – €160



BODY RITUALS

Choose from a variety of rituals curated by our experts to detoxify, tone and revitalise your body. Combined with hand-on healing and relaxation techniques to quieten the mind from daily stressors.

Anne Semonin Perfect Skin Detoxifier

Full body exfoliation and spirulina-algae wrap

After an invigorating sea salt, lemongrass and peppermint scrub, you will be cocooned in a spirulina-algae wrap to release toxins and purify the skin while receiving a scalp massage.

60 minutes – €140

Anne Semonin Le Grand Cru

Indulge in opulence

Includes a full body scrub, anti-ageing body mask and poultices massage. From the Oenotherapy Collection is a deep revitalizing body exfoliation and nurturing anti-ageing body wrap that concludes with a wonderfully relaxing and soothing poultices massage.

140 minutes – €275

Anne Semonin La Sélection du Sommelier

Includes a fully body scrub and anti-ageing body mask

This Anti-Ageing Body Cocooning is an invigorating body scrub followed by a nourishing and anti-ageing body mask while you drift away with a wonderfully soothing scalp massage.

50 minutes – €185

Anne Semonin Cocooning Scrub & Massage Ritual

Full body exfoliation and massage

This ultimate exfoliating experience, a luxurious blend of sea salts, white sand, pink quartz crystal powder and aromatic oils which actively sweeps away dead skin cells, leaving skin wonderfully soft, silky, detoxified and youthfully radiant. This therapy concludes with an full body massage.

80 minutes – €210



Natura Bissé Diamond Well Living Scrub and Massage Ritual

Full body scrub and massage

Feel the exfoliating magic of Dead Sea salt crystals and rice powder and let yourself be carried away by the full body massage with aroma therapeutic dry oil. During this massage a warming gel is applied for extra focus on the tension areas including the neck, shoulders and lower back.

80 minutes – €195

Natura Bissé Vitamin C

Facial and body ritual

Designed for people seeking a warm and nurturing experience. The combination of sculpting mask with the richest products from the Mediterranean is ideal as a firming treatment that hydrates your skin.

90 minutes – €260

U Beauty Signature Sculpt

Visibly tightens, tones, and sculpts skin on the arms

This arm focused treatment is an innovative solution that revitalizes arms and shoulders. Experience visible tightening, toning, and sculpting, along with improved skin texture in just 15 minutes.

60 minutes – €169

U Beauty Body Resurfacing

A hydrating massage that smoothens and hydrates the skin

This resurfacing body ritual will leave your skin with over 48 hours of sustained hydration and visible renewal, unveiling the signature all-over body glow that radiates natural beauty. Enjoy the harmonious blend of exfoliation and deep hydration, revealing your smoothest, softest skin.

60 minutes – €169



BODY RITUALS

Choose from a variety of rituals curated by our experts to detoxify, tone and revitalise your body. Combined with hand-on healing and relaxation techniques to quieten the mind from daily stressors.

The|Tides Ocean Deep Recovery™ Detoxifying Fatigue Fighter

Embark on a journey to wellness

Improve your sleep quality, alleviate symptoms of jet lag and improve overall skin health. This deeply relaxing treatment reduces stress levels, eases fatigue, boosts immune and lymphatic systems, improves circulation and is purifying and detoxifying. It relaxes tensions and pain in muscles, joints and tissues.

90 minutes – €230

The|Tides Baby My Belly™ Pregnancy Massage

It's a stimulating lymphatic drainage, helps to reduce swelling, relieves heavy legs and balances the autonomic nervous system.

This treatment relieves muscle pain, cramping, tension and fatigue. Relieve anxiety and stress and improve your sleep quality while this treatment promotes mental clarity and improves focus, concentration and overall skin health. Suitable after the 17th week of pregnancy.

75 minutes – €235



The|Tides Back to Brilliance™ Calming and Grounding Relaxation Massage

This treatment includes a full body exfoliation and massage

This deeply relaxing treatment is for anyone who needs to restore their inner balance and strength, boost energy levels, reinforce resilience and improve body awareness and mental clarity.

80 minutes – €200



FACIAL CARE

Tailored to your skin's needs, our range of facial treatments target a variety of concerns. Choose from anti-ageing, energising, cleansing, rejuvenating and hydrating treatments.

Natura Bissé Skin Comfort

Deep hydration, suitable for sensitive skin

A facial treatment that gives maximum comfort for your skin. The ultimate answer to sensitive and reactive skin types that display conditions such as red spots, dilated capillaries or inflammations.

50 minutes – €170

Natura Bissé Citrus Essence

Vitamin C boost

This energizing facial treatment will revitalize and give your skin the energy and vitamin C boost it needs. The result is a luminous and well-nourished skin.

50 minutes – €170

Natura Bissé 3D Collagen Shock

Collagen boost

A facial treatment that helps restore essential elements needed to maintain plump, hydrated and wrinkle-free skin. For those who want to feel healthy, hydrated and fresh.

75 minutes – €235

Natura Bissé Inhibit Face Lift

Lifting Facial

Specifically designed to minimize expression lines and to improve global skin rejuvenation, thanks to a very powerful complete cocktail of active ingredients, applied through effective and energetic massage.

60 minutes – €225

Diamond Energy Facial

Energy boost

This high-end facial treatment promotes cell renewal for a firming and lifting effect. Uses a very intensive but pleasant massage to improve facial contours and skin volume.

60 minutes – €225

Natura Bissé Diamond Luminous

Brightening

Intensive treatment for skin with spots, caused by inflammation, sun damage or aging. Brightens and evens out existing pigmentation spots, giving your skin a clear and fresh look.

60 minutes – €190



Natura Bissé Stabilizing Experience

Balancing and hydration

This treatment restores the purity of the skin, which tends to shine or can develop blemishes and acne. The special combination of prebiotics, acids and retinol renews the skin texture, reduces large pores and balances the skin by controlling sebum production and hydrating the skin.

50 minutes – €170

Anne Semonin Made to Measure

Personalized facial with mixology

A complete and effective facial treatment which uses the highest concentration of minerals and algae designed in harmony with your skin type.

50 minutes – €195

The| Tides Gracious Tides™ Wellness Facial

Myofascial and Asian inspired massage techniques stretch and lift the skin

Incorporates powerful plant and mineral ingredients with high touch skin therapy. A facial mask, along with a hand, arm and feet massage creates a state of profound relaxation and gives the skin a healthier glow version of itself.

75 minutes – €160

U Beauty Precision Glow Facial

Firms, lifts and contours, leaving skin hydrated and glowing

This glow boosting facial treatment delivers a hydration boost and antioxidant shield for optimum skin barrier function. It fills and plumps the appearance of fine lines and softens expression lines. Through a careful cleanse, exfoliation, lymphatic massage and hydrating facial mask with Chinese Meridian scalp massage it will instantly lift and contours for firmer-looking skin.

60 minutes – €199

U Beauty Siren Glow Facial

De-puffs, detoxifies and encourages softer, smoother skin

The Siren Glow facial delivers hydration, softens lines, and offers an immediate lift. It enhances circulation, resulting in dewy radiance and glass-like skin. The benefits include de-puffing, firming, and improved product penetration. Experience a symphony of renewal as elastin and collagen production is promoted. Embrace a youthful canvas with minimized signs of aging.

90 minutes – €235



TECNOLOGY ENHANCED TREATMENTS WITH THERABODY

TheraBody Foot, Hand, and Scalp Massage with Theragun Mini

Elevates your wellbeing

Providing a unique sensory experience, this treatment offers a somatic reflexology foot massage, pressure point hand massage using the Theragun Mini, and a hands-on scalp massage to alleviate any built-up tension in the body. You will enjoy the use of the SmartGoggles, to relieve eye strain and induce a more relaxed state. Enjoy the comfort of the RecoveryTherm Hot Wrap for the duration of the treatment to reduce pressure.

60 minutes – €160

TheraBody Full Body Massage with Dual Theraguns

Deep Restaurative massage with deep pressure

A bespoke journey of relaxation and rejuvenation through the Signature Customized Full Body Massage, seamlessly integrating traditional Swedish, deep tissue, and sports massage techniques. Guests will also experience hands-on lymphatic drainage and dual Theraguns for acupressure, stress relief, and jet lag recovery.

60 minutes – €170



Enhanced Facial with TheraFace Pro

Radiance redefined

This facial combines the comfort of RecoveryAir Jet Boots and the sophistication of the TheraFace Pro. As you luxuriate on the RecoveryTherm Hot Wrap, Akasha's expert therapists will perform a bespoke facial using its premium product lines. Adding onto the "High Touch, High Tech" experience, the TheraFace Pro will be used to promote muscle relaxation, complemented by a hands-on lymphatic drainage facial massage. You will also enjoy a soothing hand and arm massage with the Theragun Mini. This holistic approach ensures not just radiant skin but an all-encompassing sense of rejuvenation.

60 minutes – €175



HAMMAM EXPERIENCES

The Akasha Hammam treatments aim to purify and revitalize the body through the use of steam, exfoliation, and detoxification techniques.

Stimulating Hammam

Improves blood circulation and renews skin texture

A traditional ritual performed in the private hammam designed to remove dead skin cells. Use of raffia grass to stimulate blood circulation and to revive the skin. Use of exfoliation glove to cleanse.

30 minutes – €140

Traditional Turkish Hammam

Relaxing treatment that improves skin texture

Enjoy a nourishing date body scrub before relaxing and cleansing your body in a natural olive oil foam bath. The treatment is performed in the private hammam cabin and helps releasing tension and feeling pampered.

30 minutes – €145



Hammam Detox Wrap Experience

Detoxifying treatment includes scrub and spirulina algae mask

Wrap your body in a cocoon of Spirulina micro-algae to stimulate toxin release and purify the skin. This treatment involves full body date scrub, head massage, use of exfoliating glove, preparing the skin for the green algae and luminaria body mask.

50 minutes – €190

WATSU EXPERIENCES

The watsu pool is an exclusive treatment space dedicated to water therapy, a signature of Akasha. The pool is heated to an optimum temperature to enable deep relaxation and a journey through movement, freeing your body in ways impossible on land.

Poetry in Water

Mild shiatsu on water

Eyes closed, ears immersed, body-neutral water will melt your perception of shape and space as you experience a lack of gravity. A series of gentle twists, organic movement patterns and yoga like stretching is performed in the water, these are tailored to fall in sync with your inner rhythms to elongate your spine and unwind your body.

30 minutes – €135

Watsu

Shiatsu on water

Unique and intimate water treatment performed in the private watsu pool. With the help of floats, the therapist will alternate movements and stretches timed with breathing exercises creating an extremely relaxing environment

50 minutes – €185



MIND BODY DISCIPLINES

Akasha invites you to embark on a transformative journey through our diverse range of mind and body disciplines. Embracing the powerful connection between mind, body, and spirit, our carefully curated selection of practices, including yoga, meditation and more, offers a gateway to inner harmony, self-awareness, and holistic wellbeing. Whether you seek to cultivate inner peace, enhance your physical vitality, or deepen your spiritual connection, our expert instructors and serene environment are here to guide you on a path of self-discovery and personal growth.

Personal Training

Elevate your fitness journey with personalized training sessions at Akasha, where our experienced trainers empower you to achieve your health and wellness goals through tailored workouts and expert guidance.

60 minutes – €90
90 minutes – €130

Private Yoga (all types)

Discover the transformative power of yoga in a personalized and private setting, as our skilled instructors curate customized sessions to deepen your practice, enhance flexibility, and nurture your mind-body connection, guiding you towards optimal well-being.

60 minutes – €95
90 minutes – €135

Private Mat Pilates

Experience the benefits of Pilates with our dedicated instructors, who will create a personalized workout tailored to your individual needs, helping you improve core strength, posture, flexibility, and overall body awareness in a tranquil and supportive environment.

60 minutes – €90
90 minutes – €130

Private Boxing

Unleash your inner strength on a personalized boxing journey, where our expert trainers will guide you through a private boxing class designed to enhance your technique, build endurance, improve cardiovascular fitness, and instil confidence, empowering you to reach new heights of physical prowess and mental resilience.

60 minutes – €90
90 minutes – €130



Meditation

Delve into the healing and relaxing power of meditation, experiencing the ancient therapeutic tradition through personalized one-on-one sessions at Akasha.

60 minutes – €90

Sound Healing Meditation

Immerse yourself in the transformative realm of sound healing meditation, where our expert facilitators utilize the mesmerizing resonance produced by metal bowls to create a profound and immersive experience. Through deep, penetrating vibrations, this private session induces a state of deep relaxation, repairs the mind, and alleviates stress, anger, depression, and fatigue, whilst also lowering blood pressure. It will improve your sleep quality, promotes relaxation and concentration, and sparks creativity, leaving you with a renewed sense of balance, harmony, and inner peace.

60 minutes – €95



WELLNESS EXPERTS

At Akasha, we believe in providing a comprehensive approach to wellness, which is why our team of wellness specialists extends beyond our in-house practitioners. We proudly offer a diverse roster of external experts who are available for private consultations or classes, ensuring that you have access to a wide range of specialized knowledge and personalized guidance. Whether you seek one-on-one sessions with a nutritionist, a tailored fitness program with a personal trainer, or expert advice from a wellness coach, our network of experts is here to support you on your journey towards optimal wellbeing, empowering you to thrive in every aspect of your life.



ESSENTIAL SPA INFORMATION

Akasha Spa Day Pass Deluxe

Non-hotel guests may purchase a €90 Akasha Spa Day Pass Deluxe. Experience up to three hours of access to the swimming pool, sauna, hammam and jacuzzi. While relaxing, enjoy a refreshing juice and a plate of seasonal fruit. Please bring your own swimsuit and a valid ID to check-in. Minimum age is 18 years. Please reserve in advance as availability is limited. Treatments from Monday till Thursdays are included two hours access to the pool, jacuzzi, sauna and hammam.

Opening Hours

Monday to Sunday 6.30 a.m. to 10 p.m.
Treatments are available from 9 a.m. to 9 p.m. daily, subject to availability. Bank holidays opening hours are subject to change. Please check with the spa reception.

Children

Resident children aged 3 to 14 years are welcome to the pool, under the supervision of an adult, from 7 to 10 a.m. daily. Children under 16 years are not permitted to enter the gym, hammam, sauna and jacuzzi at any time. Please note that treatments are available for guests aged 18 years and older.

Spa Facilities

Consisting of two floors, our reception, lounge, changing rooms, gym, studio and two treatment rooms are located on the upper floor. The lower floor emphasises our commitment to serenity, as the swimming pool, watsu pool, aromatic hammam, private hammam, jacuzzi, sauna, other treatment rooms and relaxation areas all reside here. Resident guests and spa day guests have unlimited access to the spa facilities.

Lounge

The lounge is an informal dining space, serving drinks, healthy bites and light meals.

Spa Etiquette

The Akasha spa is a relaxing and tranquil environment. Please respect all spa guests' rights to privacy and serenity. The use of mobile phones, laptops, cameras is permitted only in the Lounge Bar.

Arrival Time

To enhance your spa experience, we encourage you to arrive 30 minutes prior to your scheduled appointment time. Upon arrival into the spa you will be requested to complete a health questionnaire. If you have any health concerns please check at the time of booking to ensure that your chosen treatment is suitable. Please understand that late arrivals will result in the treatment time being shortened accordingly.

What to Bring with You

You will be provided with a robe, towel and flip flops during your time at Akasha. For body treatments, we can supply disposable underwear. For hammam or watsu treatments, please bring your own swimwear. Swimwear is compulsory in our spa facilities.

Loss or Damage

Lockers are provided during your time at Akasha. We regret that we cannot be held responsible for any loss or damage of personal possession.

Cancellation Policy

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled treatment time.

Gift Vouchers

Personalised gift vouchers are available for a single treatment, combination of treatments, spa days or for a specific value.

In-room Treatments

If you would prefer to have treatments in the comfort of your room, please call Akasha on 2401 and note that there will be an additional charge.



APPOINTMENTS AND DIRECTIONS

Scheduling an Appointment

To schedule an appointment, please contact our staff who will guide you in choosing your perfect treatment. We advise booking in advance to ensure your preferred time and treatment is available. Pre-payments are required at the time of booking. Individual consultations are carried out before all treatments. Due to scheduling demands, we cannot always guarantee your choice for a particular therapist. If you have a preference for the gender of your therapist, please state this when you book your treatment. Credit card details are required at the time of booking.

Bookings can be made via telephone:

2401 from your in-room telephone or

call +31 (0)20 5700 068

Via e-mail: host@akasha.nl or

online via: www.conservatoriumhotel/wellness

Or scan the below QR code to book direct:



Directions to the spa from your guestroom

To access Akasha from your guestroom, simply follow the 'Akasha' signs in the hallway. The spa can be accessed directly with the elevator towards Akasha from the 1st to 6th floor as well as from the Penthouse Suite. For guests staying on the 7th and 8th floor, please use the main elevator on your floor down to 5th floor and follow the signage in the corridors to elevator that will take you down to the spa and gym. We hope you have a relaxing and rejuvenating experience at Akasha during your stay.

