

A woman is lying down, receiving a facial treatment. Two hands are using glass rollers on her face. The background is dark and moody, with a light-colored towel or cloth draped over her head and shoulders. A thick, wavy, light-colored line curves across the bottom left of the image.

Kate's Haven SPA

TREATMENTS

Your Spa Journeys

THE REVITALISING JOURNEY

⌚ 80 mins

A refreshing body journey with exfoliation, wrap therapy, massage, and pool time to leave skin softer and the body beautifully renewed.

Scrub, wrap, 25 mins back & neck massage, 1 hour use of pool

THE QUAIN ISLAND JOURNEY

⌚ 120 mins

A warming island-inspired journey combining hot stone massage, head spa therapy, and pool relaxation for deep comfort and peaceful restoration.

55 mins hot stone massage, 55 mins head spa, 1 hour use of pool

HAVEN ESCAPE JOURNEY

⌚ 180 mins

A complete pampering escape with head spa, pedicure, facial, and pool time for radiant skin, relaxed senses, and polished beauty.

55 mins head spa, pedicure, Glow Up Facial, 1 hour use of pool

HOPI EAR CANDLE

⌚ 40 mins

A gentle ear candle ritual with scalp massage and pool access, created for calm, comfort, and a peaceful wellness moment.

Hopi ear candles, scalp massage, 1 hour use of pool

OFFICE REMEDY PACK

⌚ 60 mins

A targeted tension-relief package with deep tissue back and neck work, Jacuzzi relaxation, and pool time for a quick reset.

Deep tissue back & neck, Jacuzzi session, 1 hour use of pool

ALL INCLUSIVE SPA DAY

⌚ 2 hours 30 mins
at the spa

A complete Gozo spa day with massage, facial, private Jacuzzi and sauna, pool time, hotel dining, and transport included.

Massage, facial, private Jacuzzi & sauna, 3-hour pool use, hotel food, transport around Gozo

Couples Packages

TOGETHER AT THE HAVEN

⌚ 120 mins

A romantic couples escape with side-by-side massage, private Jacuzzi and sauna, and pool relaxation for peaceful time together.

50 mins couples relaxation massage, private Jacuzzi & sauna, 1 hour use of pool

QUAINT COUPLES ESCAPE

⌚ 180 mins

A luxury couples journey combining massage, bespoke facials, private Jacuzzi and sauna, and pool time for complete shared relaxation.

Couples relaxation massage, bespoke facial, private Jacuzzi & sauna, 1 hour use of pool

THE COUPLE'S JOURNEY

⌚ 120 mins

A balanced couples package with upper body massage, express facial, private Jacuzzi and sauna, and pool relaxation together.

Back, neck & shoulders massage, express facial, private Jacuzzi & sauna, 1 hour use of pool

SPA DELIGHT FOR TWO

⌚ 180 mins

A shared pampering experience with couples massage, manicure, pedicure, private Jacuzzi and sauna, and pool time for two.

Couples relaxation massage, 1 manicure, 1 pedicure, private Jacuzzi & sauna, 1 hour use of pool

HAVEN FOR TWO

⌚ 210 mins

A full couples retreat with head spa, back massage, manicures, pedicures, private Jacuzzi and sauna, and pool relaxation.

Couples head spa, couples back massage, 2 pedicures, 2 manicures, private Jacuzzi & sauna, 1 hour use of pool

HEAD SPA EXPERIENCE

⌚ 210 mins

A shared head spa ritual with private Jacuzzi and sauna, plus pool access, designed for deep scalp relaxation together.

Couples head spa, private Jacuzzi & sauna, 1 hour use of pool

Jacuzzi & Sauna

PRIVATE JACUZZI SESSION

⌚ 30 mins

A private Jacuzzi experience for couples, offering warm water relaxation, comfort, and a peaceful wellness moment together.

PRIVATE SAUNA SESSION

⌚ 30 mins

A private sauna experience for couples, offering soothing heat, relaxation, and a quiet wellness pause before or after treatments.

PRIVATE JACUZZI & SAUNA SESSION

⌚ 60 mins

A private Jacuzzi and sauna experience combining warm water, heat therapy, and quiet relaxation for couples or two spa guests.

JACUZZI SESSION

⌚ 30 mins

A warm Jacuzzi session designed to relax the body, soothe tired muscles, and create a peaceful spa break.

SAUNA SESSION

⌚ 30 mins

A soothing sauna session using gentle heat to encourage relaxation, warmth, and a calm sense of well-being.

JACUZZI & SAUNA SESSION

⌚ 60 mins

A combined Jacuzzi and sauna session offering warm water relaxation, soothing heat, and a complete wellness facility experience.

Motherhood Spa Rituals

PREGNANCY MASSAGE

⌚ 50 mins

A gentle maternity massage designed to support comfort, relaxation, and well-being for mums-to-be, with pool access included.

1 hour use of pool included

THE MUM-TO-BE EXPERIENCE

⌚ 120 mins

A peaceful pre-natal ritual combining pregnancy massage, head spa, and pool time for comfort, calm, and gentle care.

Peaceful pregnancy massage, head spa, 1 hour use of pool

MATERNITY WELLNESS SPA RITUAL

⌚ 120 mins

A nurturing maternity ritual with head spa, scalp massage, pedicure, and pool time to refresh expectant mothers.

30 mins head spa with scalp massage, pedicure, 1 hour use of pool

MUM & ME SPA POST-NATAL EXPERIENCE

⌚ 120 mins

A post-natal spa experience for two with head spa, back massage, private Jacuzzi and sauna, and pool relaxation.

55 mins head spa, back massage, private Jacuzzi & sauna, 1 hour use of pool

EXPECTING COUPLE'S PACKAGE

⌚ 120 mins

A thoughtful spa package for expecting couples, including massages, manicure, pedicure, and pool access before baby arrives.

One massage for him, one massage for her, manicure for her, pedicure for him, 1 hour use of pool

Men's Treatments

GENTLEMEN'S SPA MANICURE

⌚ 45 mins

A neat hand treatment for men, focusing on nail care, cuticles, grooming, and a clean, well-kept finish.

GENTLEMEN'S SPA PEDICURE

⌚ 45 mins

A professional foot care treatment for men, including nail grooming and foot refreshment for comfort, hygiene, and a clean finish.

MEN'S PAMPERING FACIAL

⌚ 60 mins

A refreshing facial designed for men's skin, focusing on cleansing, hydration, comfort, and a healthier, more energised appearance.



Facials

EXPRESS FACIAL

⌚ 30 mins

A quick refreshing facial designed to cleanse, revive, and hydrate the skin when time is limited but results are needed.

GLOW UP FACIAL

⌚ 45 mins

A radiance-boosting facial designed to refresh tired skin, improve luminosity, and leave the complexion bright, smooth, and glowing.

WRINKLES FACIAL

⌚ 45 mins

An anti-ageing facial focused on softening the appearance of fine lines, improving skin comfort, and creating a smoother look.

CLEAR & CLARIFY FACIAL

⌚ 45 mins

A clarifying facial designed to refresh congested, oily, or dull skin, helping the complexion feel cleaner and more balanced.

HYDRATION FACIAL

⌚ 75 mins

A nourishing facial designed to restore moisture, comfort, and freshness to dry, tired, dehydrated, or sun-exposed skin.

ANTI-AGEING FACIAL

⌚ 75 mins

A rejuvenating facial designed to refresh mature or tired skin, improve firmness, restore radiance, and soften visible signs of ageing.

HARMONIZING BALANCING FACIAL

⌚ 75 mins

A balancing facial designed to calm, refresh, and harmonise the skin, leaving the complexion comfortable, smooth, and restored.

Massages

RELAXATION MASSAGE

⌚ 50 / 65 / 80 mins

A gentle full body massage designed to calm the mind, ease everyday stress, and promote deep relaxation throughout the body

80 mins €90 | Eye mask and 1 hour use of pool included

SWEDISH MASSAGE

⌚ 50 / 65 / 80 mins

A classic massage using smooth, flowing techniques to ease tension, improve relaxation, and leave the body balanced.

Eye mask and 1 hour use of pool included

AROMATHERAPY MASSAGE

⌚ 50 / 65 / 80 mins

A relaxing massage using aromatic oils to calm the senses, ease tension, and create a deeply soothing spa experience.

Eye mask and 1 hour use of pool include

DEEP TISSUE MASSAGE

⌚ 50 / 65 / 80 mins

A stronger massage targeting deep muscle tension, stiffness, and tight areas, ideal for guests needing focused relief.

Eye mask and 1 hour use of pool included

HOT STONE MASSAGE

⌚ 70 mins

A warming massage using heated stones to relax tight muscles, calm the body, and create a deeply comforting spa experience.

Eye mask and 1 hour use of pool included

BACK, NECK & SHOULDERS MASSAGE

⌚ 25 / 45 mins

A focused massage targeting common tension areas in the back, neck, and shoulders for quick relief and improved comfort.

1 hour use of pool included

BACK OF THE BODY MASSAGE

⌚ 50 / 65 mins

A relaxing massage focused on the back, shoulders, legs, and feet, ideal for easing tiredness and body tension.

1 hour use of pool included

SCALP MASSAGE

⌚ 20 mins

A calming scalp massage designed to release head tension, relax the mind, and provide a peaceful moment of wellbeing.

Eye mask and 1 hour use of pool included

Body Renewal Rituals

POLYNESIAN ISLAND GLOW BODY SCRUB

⌚ 70 mins

A luxurious full body exfoliation and massage ritual inspired by island beauty, leaving skin smooth, soft, and glowing.

Full body exfoliation and massage

HERBELIA MUD

⌚ 70 mins

A body ritual using Herbelia muds for detox, slimming, or toning, designed to refresh skin and support body care goals.

Herbelia muds: detox, slimming or toning

AFTER SUN QUENCHING WRAP

⌚ 70 mins

A soothing after-sun body wrap with relaxing cream application and massage, ideal for sun-exposed, dry, or tired skin.

Relaxing cream application and massage

Head Spa Rituals

HEAD SPA ONLY

⌚ 55 mins

A relaxing scalp and hair wellness ritual with cleansing, conditioning, massage, masks, and serum for complete head relaxation.

HEAD SPA AND BACK MASSAGE

⌚ 85 mins

A relaxing combination of head spa therapy and back massage, designed to ease tension and refresh scalp, hair, and body.

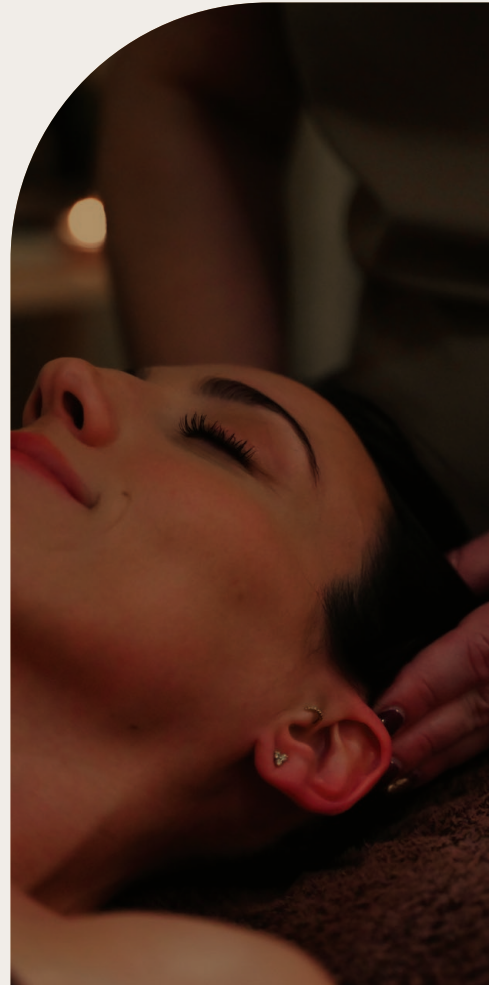
Herbelia muds: detox, slimming or toning

HEAD SPA AND FULL BODY MASSAGE

⌚ 120 mins

A complete relaxation experience combining head spa therapy with full body massage for total scalp, hair, and body renewal.

Relaxing cream application and massage



Hands & Feet

EXPRESS MANICURE

⌚ 30 mins

A quick hand and nail refresh including essential nail care, ideal for neat, clean, and polished hands.

EXPRESS PEDICURE

⌚ 30 mins

A quick foot and nail refresh designed to leave feet cleaner, neater, and ready for sandals or special occasions.

LUXURY MANICURE

⌚ 120 mins

A pampering hand treatment with detailed nail care and relaxation, leaving hands soft, neat, refreshed, and beautifully cared for.

LUXURY PEDICURE

⌚ 75 mins

A pampering foot treatment with detailed nail and foot care, designed to leave feet soft, refreshed, and beautifully groomed.

Day by the Pool

JUST DAY BY THE POOL

By Reservation

A relaxing pool day experience with spa facility access, ideal for guests wanting peaceful leisure time at the hotel.

Monday - Sunday • 10% off spa treatments

Memberships

1 Month

MEMBERSHIP

Ideal for guests or locals looking for short-term access to the hotel's wellness facilities, with a **complimentary 25-minute Back, Neck and Shoulders Massage included.**

3 Month

MEMBERSHIP

Perfect for guests or local clients who want regular wellness access over a longer period, with a **complimentary 25-minute Back, Neck and Shoulders Massage included.**

6 Month

MEMBERSHIP

Designed for those who want consistent wellness access over six months, with a **complimentary 55-minute Relaxation Massage included.**

Annual

MEMBERSHIP

A full-year wellness option for those seeking long-term relaxation and self-care, including a **complimentary Head Spa and Full Body Massage.**



All membership packages include a **10% discount on all spa treatments** and on **food and beverage** from the hotel.



Spa Policy

RESCHEDULING & CANCELLATIONS

Kindly notify us in advance for any rescheduling or cancellations. Late cancellations or no-shows may be charged.

NO SMOKING

Smoking is not permitted anywhere within the spa or wellness areas.

NOISE & DISTURBANCE

To preserve a peaceful atmosphere, guests are kindly asked to avoid excessive noise or disturbance.

MOBILE PHONES

Please keep mobile phones on silent and limit their use within the spa.

VALUABLES

We recommend leaving valuables at home or in your hotel room. The spa is not responsible for lost or misplaced items.

CHILDREN

Children must be supervised at all times. Access to spa facilities may be restricted according to age and treatment suitability.

MEDICAL CONDITIONS

Please inform us of any medical conditions, allergies, pregnancy, injuries, or recent surgeries before your treatment.

GIFT CERTIFICATES

Gift certificates are non-refundable and must be presented at the time of booking or appointment. Terms and expiry dates apply.



A family of wellness brands by



For any queries or to book a treatment, please contact our team on
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WWW.MSPASGOZO.COM