



The perfect mind, body and soul detox for the winter

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Located on the Boulevard de la Pétrusse in the heart of Luxembourg, this luxurious spa offers a unique combination of treatments that promote health and longevity. Enter this haven of peace and rejuvenation and leave with a much-needed feeling of wellbeing to get you through the winter months.

At the heart of Yoaké, The Ultimate Spa is the holistic approach adopted by its founder and manager Odette Tonnaer. With a medical background and a deep care for achieving long-term health in a natural way for her customers, she emphasises the importance of supporting the body in its natural regeneration process.

“What sets us apart is the fact that we pay close attention to the intelligence of the body in adapting to its environment and the demands of modern day life. This

is the reason why we have special detox sessions to help our clients handle the needs of their bodies in the winter season.”

Some of the special detox treatments include the Body Scrub Ottoman, the Infrared Detoxification and the Ultimate Detox & Revive. The traditional Ottoman scrub helps your body to shred old cells, exposing a fresh and rejuvenated new layer of skin. This accelerator and preparatory treatment will leave your skin more supple, smoother, softer and well purified.

As for the Infrared Detoxification, it triggers an effective and deep penetrating sweating process that releases more toxins than a standard sauna, boosting your body and getting rid of waste and grease. The treatment is followed by a natural cooling down of the body and a rehydration with

water and green tea served in the peaceful surroundings of The Ultimate Spa. Finally, the Ultimate Detox & Revive is the perfect pick-me-up when you are feeling sluggish or lethargic. This treatment combines sweet zesty pink grapefruit, fresh green rosemary and rich, woody juniper berry for a strengthening detoxifying effect. The outcome? Feeling invigorated and full of energy.

To complement the treatment provided by The Ultimate Spa, its therapists direct their customers to hand-picked partners specialised in food intake and aromatherapies to complete the detox. This allows for a 360-degree mind-body-soul approach to sustainable wellbeing. So, wait no more and book your appointment towards long-term health!

www.yoake.lu