

A great day in Domina Coral Bay!



It was a great morning - the sun was already up, we felt wonderful and headed on our way to visit the Domina Elisir Spa. We were very excited about joining the Elisir Spa as guests for 3 weeks using the VIP membership offered through the EuroServices-Group, we heard that we would be the first couple to take advantage of that membership.

Upon entering the Spa reception, a fresh and friendly Italian girl named Rosanna greeted us. She left us with the keys to our lockers, towels and good wishes for a pleasant stay. She also explained that the Jacuzzi was based on the seawater concept.



After changing from our casual clothes into swimwear and taking a quick shower, we entered one of the warm Jacuzzi's (37°C). The sensation was heavenly - the jets were working on our necks and shoulders and the sound of the water was extremely soothing. We just lay there, so peaceful, opening and closing our eyes to watch the blue sky – I remember thinking to myself: **“Yes, now it feels like we are on vacation”!**



We moved onto the second Jacuzzi (32°C) for 15 minutes. Our blood circulation was running much better now, with water jets all around our bodies. Next, we took a third Jacuzzi, but this time one without jets to give our bloodstreams time to calm down. This Jacuzzi was made of fresh water that was naturally heated by the sun.



Then it was time to try the Turkish bath or the sauna. But which one was better and what was the difference? We found a Spa Therapist and asked him. The sauna has an in-built furnace, where you sit down on wooden banks. Temperature ranges between 80F and 100F and you have to supply water from time to time to the hot stones on the furnace to maintain the temperature. A Turkish bath has hot, humid steam inside of it with a temperature of 35°C-45°C. You just sit back and relax on ceramic banks and you don't have to do anything at all. We decided to go for the Turkish bath

because we were feeling lazy. After spending 20 minutes inside, we needed some resting time in the relaxing area directly in front of the Turkish Bath.

Because we were feeling so fresh and energised by then, we decided to join the open air Gym, which featured state-of-the-art equipment and a magnificent sea view. We started out with the cardio bicycle and the rowing machine, but soon after we started getting tired and wanted more pampering.



So we jumped back into the Jacuzzi one last time.

“Ahhhh, that's much better, just kicking back and relaxing without a care in the world”.

We would like to thank the whole team at Domina Coral Bay Elisir for their kindness and hospitality. And a special thanks to Dr. Nader O Shebini for making all this possible.

Karin & Sebastian from Germany