

The background is a dark green, almost black, marble with intricate, golden-yellow veins. A subtle grid pattern is overlaid on the image, with a vertical line on the right side and a horizontal line near the bottom. The text 'THIEF SPA' is centered in the upper left quadrant.

THIEF
SPA



Steals you away from everyday life

WELCOME TO THIEF SPA

Where the city meets the sea, we steal you away from everyday life and into a world of water and wellness, rest and relaxation.

THIEF SPA has stolen the best ideas from spa cultures all over the world and brought them home. The rituals from Turkish Hamams, Moroccan Rhassouls and German Aufgüsse are recreated with an intimate ambience inspired by the natural landscape of Norway – the shale and marshland, the sea and the special nordic light. With four amazing product lines such as Carita, Babor, Voya and Priori, we offer a rich and varied spa menu.

Welcome to THIEF SPA.



SOME OF THE TREATMENT ROOMS OVERLOOK THE OSLO FJORD.



THIEF SPA OFFERS A RELAXING ATMOSPHERE INSPIRED BY NORWEGIAN NATURE.

THIEF SPA

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PLEASE CONTACT THE SPA RECEPTION FOR OTHER TREATMENTS
NOT LISTED IN THE SPA MENU.
PHONE: +47 24 00 40 50 | E-MAIL: SPA@THIEFSPA.COM

BEFORE ARRIVAL

HOW TO SPA

- > Children under the age of 16 are not allowed in the spa
- > Mobile phones and cameras are not allowed in the spa
- > Please book in advance to ensure availability of desired treatment
- > Please inform us of any special health-related requirements upon reservation, e.g. pregnancy, hypertension or pacemaker
- > We regret that we cannot be responsible for the loss or damage of personal articles. We recommend that you leave your valuables at home or in your hotel room
- > Please arrive 15 minutes in advance of your appointment.
- > To get the most out of your treatment, we recommend a visit to the spa beforehand
- > Make sure you drink plenty of water during and after your spa experience and treatment

- > To cancel your appointment, we require 24 hours notice. Full service charges will be applied in cases of late cancellation
- > Towels, bathrobes and slippers are available at no charge in the spa reception
- > Swimwear can be purchased in the spa reception

SPA ETIQUETTE

Standard hygiene rules applies at THIEF SPA

- > Shower with soap before using the spa
- > Please sit on a towel when using the sauna; towels are available at no charge in the spa reception
- > Rinse the benches with water in the Hamam and steam room after use
- > Long hair must be worn up; hair ties can be purchased in the spa reception
- > To make everyone's spa experience more relaxing, we kindly request that you speak in a quiet voice

OUR PRODUCT LINES



Babor has more than 50 years' experience of developing effective and nourishing skincare products. With a spa philosophy built on holistic thinking, harmony and the power of nature, Babor's products let your skin enjoy the tenderness of spring water, mud and other natural active ingredients. Babor stands for German quality.

VOYA

Voya's products and treatments are eco-certified and 100% organic. The seaweed used for the treatments is harvested by hand on the Irish coast and carefully examined to ensure that it is ripe. The algae contain essential minerals and vitamins, which are easily absorbed by the skin, and benefit it greatly. Algae have been used in body treatments for generations.



Regardless of your skin type, Carita's products rejuvenate the skin and give it a radiant glow. All Carita's facial treatments use the Cinetic™ Lift Expert technology. This beauty device is the first to combine micro-currents, light therapy and ultrasound. The result is a gentle alternative to cosmetic surgery, which can be used for both facial and body treatments. Carita's skincare products have effective anti-aging qualities thanks to the sophisticated biotechnological ingredients.



Using the most innovative technologies available, Priori is a leading provider of anti-age products. The name Priori derives from the Latin "a priori", which means from cause to effect. The range of products makes a visible difference in wrinkles, pigmentation, skin aging, acne and coarse skin. Priori offers cosmeceutical products that are almost medication.

THIEF SIGNATURE



THIEF SIGNATURE is a gift package for those who want a bit of everything. Steal the highlights from the spa menu and combine them exactly with what you want. You simply pay for the time, and it is up to you how to spend it!

THIEF SIGNATURE is the perfect gift. You give a loved one the experience as a gift – the recipient mixes & matches their treatments.

50 MIN | NOK 1345 | COMBINE TWO TREATMENTS

1 HOUR 30 MIN | NOK 2690 | COMBINE FOUR TREATMENTS

CHOOSE BETWEEN:

THIEF SIGNATURE | BODY PEELING

THIEF SIGNATURE | MASSAGE (BACK/NECK)

THIEF SIGNATURE | FORGOTTEN PARTS, SCALP AND FEET MASSAGE

THIEF SIGNATURE | MINI FACIAL

THIEF SIGNATURE | MILK BATH

THIEF SIGNATURE | EYE TREATMENT

THIEF SIGNATURE | RHASSOUL

ALL OF THE TREATMENTS LAST 25 MINUTES

FACIAL TREATMENTS



MEN

MEN ONLY | 50 MIN | NOK 1095

This treatment uses products that prevent ingrowing hairs and spots and, above all, that moisturises and soothes skin that is red and irritated after shaving. Men Only consists of cleansing, peeling, a mask and a relaxing massage with products that are tailored for men.

CARITA LIFT | 50 MIN | NOK 1295

Carita LIFT rejuvenates the skin. The treatment cleanses in depth, moisturises the skin to the maximum, and lifts and reduces fine lines thanks to the unique Cinetic™ Lift Expert technology.

ROUGH SKIN PRIORI | 50 MIN | NOK 1295

Priori offers cosmeceutical products that are almost medication. This is the perfect treatment for those who struggle with coarse skin, scars, blemishes or skin irritation and ingrowing hairs caused by shaving. It consists of a fruit acid treatment with lactic acid and a power package with antioxidants and other active ingredients.



———— WE ARE INSPIRED BY THE VITAL
FORCE OF THE SEA. THE MEDITATIVE WAVES,
THE NOURISHING ALGAE, CLEANSING BY NATURE.

FACIAL TREATMENTS



CARITA FACIALS

CARITA DIAMOND | 1 HOUR 30 MIN | NOK 6195 ✳ ONLY AT THIEF SPA

New in Norway! Let yourself fall into Carita's luxurious world of enjoyment and visible effects. Carita Diamond is a new anti-age treatment for people of all ages with real diamond powder. The diamond and tourmaline powder makes your skin glow. The unique Cinetic™ Lift Expert technology is used to reduce fine lines and rejuvenate your skin. This is more than just a treatment; it is an experience.

The Beauty Diamond Concentrate is included in the treatment. Use this at home for maximum effect.

CARITA EXPRESS | 25 MIN | NOK 795

A Cinderella treatment that beautifies you before a party! The Cinetic™ Lift Expert ensures visible effects in no time. The Carita Express lets you experience three effects in only 25 minutes: Deep cleansing, moisturising and lifting.

CARITA IDEAL | 50 MIN | NOK 1295

A classic facial for all skin types. Is your skin dry, sensitive or spotty? Carita Ideal is tailored to your skin type. Your therapist will choose between Carita Lagoon (moisturiser for dry skin), Carita Papaya Purity (cleansing for spotty skin) and Carita Douceur (nourishing for sensitive skin). The treatment focuses on anti aging and is tailored to the specific needs of your skin.

CARITA ULTIMATE LIFT FIRMING | 1 HOUR 45 MIN | NOK 2395

An exceptional anti-age treatment that provides a lift and improves the elasticity of the skin. The treatment includes a deep-tissue massage, sophisticated anti-age ingredients and Cinetic™ Lift Expert to treat and reduce the signs of ageing, providing visible and durable results. The treatment lifts your face, reduces fine lines and moisturises your skin.

BABOR AND PRIORI FACIALS

BABOR SEA CREATION | 2 HOURS | NOK 2995

Experience the mystery of the deep sea with this treatment based on active ingredients gathered 2,500 metres below the surface. The treatment is a holistic experience where the therapist uses shells, conches and hot stones. Extract from green algae, sea silk and pearl proteins help to restore the structure of the skin in order to bring back its original glow, vitality, elasticity and suppleness.

BABOR HIGH SKIN REFINER | 1 HOUR 30 MIN | NOK 1995

Our secret weapon against visible lines for the mature woman and man. Smooth out the signs of ageing with a rolling massage and sophisticated products. This treatment results in more supple, radiant and visibly smoother skin.

BABOR CLASSIC | 50 MIN | NOK 1095

A classic facial based on your skin type and condition. The treatment includes thorough cleansing, Babor's intensive mask for increased circulation, peeling and a relaxing facial massage. The therapist will give you expert advice on how to continue the treatment at home.

DR BABOR HOLLYWOOD STYLE | 1 HOUR | NOK 1595

Would you like a dramatic boost to your looks without injections or surgery? This treatment includes cleansing, special peeling and Dr Babor's collagen booster complex to replenish the skin's natural moisture, as well as a scalp and facial massage to eliminate stress. After this treatment, you will definitely be ready for the red carpet!

PRIORI IDEBENONE / ADVANCED AHA

BRUSHING TREATMENT | 6 TREATMENTS | NOK 3795 | TREATMENT FOR OPTIMAL SKIN IMPROVEMENT

BRUSHING | 30 MIN | NOK 795 | WITH FRUIT ACIDS FOR IN-DEPTH EFFECTS

Priori offers cosmeceutical products that are almost medication. This treatment is recommended as a remedy for optimal skin improvement. The brushing treatment with fruit acids rejuvenates the skin and reduces lines and wrinkles.

PRIORI DELUXE ANTI-AGING TREATMENT | 50 MIN | NOK 1395

A superior facial that really boosts your skin. In addition to the brushing treatment with fruit acids, you get a facial massage with a soothing balm, as well as a firming mask. Priori's Deluxe treatment moisturises and exfoliates your skin.



———— NATURE IS OUR TREASURE CHEST.
SEAWEED, ALGAE, SPRING WATER AND MUD
HAVE ALWAYS BEEN A NATURAL PART OF OUR
BODY TREATMENTS.

BODY TREATMENTS



BODY

VOYA DETOX – WRAPPING TREATMENT WITH REAL LAMINARIA ALGAE

2 HOURS 20 MIN | NOK 2795 | WITH SPA

2 HOURS | NOK 2195 | WITHOUT SPA

This is the crème de la crème ritual from VOYA. The product line is eco-certified and based on organic treasures from the deep blue sea. This signature treatment for the face and body uses fresh Laminaria algae from the Atlantic that have been hand-picked along the Irish coast. While having a deeply detoxing effect, the algae also work as an intense moisturiser and increase the elasticity and firmness of the skin. The fusion of VOYA's stimulating body scrub with finely crushed algae and VOYA's famous «Angelicus Serratus» oil makes for a wonderful beginning. Afterwards, you can relax in the tub with a custom-made bath. The treatment continues with a facial massage, followed by being wrapped with VOYA's fresh Laminaria algae. While the algae work their magic, you can enjoy a relaxing scalp massage. As soon as you see the immediate effects of the algae, you will surely feel like a goddess arising from the ocean.

CARITA BODY SCRUB | 25 MIN | NOK 695

Carita's legendary Rénovateur peeling has been used for skin exfoliation since 1960. With its unique formula based on sunflower seeds and essential oils from thyme, cloves and lemon, it leaves the skin bright, soft and with a radiant glow.

CARITA PERFECT BODY – ANTI AGE AND LIFTING | 1 HOUR 30 MIN | NOK 1895

Carita Perfect Body is the optimal firming and shaping body treatment for adult skin. The legendary Rénovateur peeling leaves the skin soft and smooth. Next, you will be rubbed in a body mask using draining and stimulating massage techniques. The treatment is completed with the Cinetic™ Lift Expert technology that combines gentle, vibrating currents with a massage focusing on the areas that need a lift. We recommend Caritas Perfect Body Cream to prolong and enhance the results of the treatment.

BABOR MOISTURISING WRAP

50 MIN | NOK 1295

75 MIN | NOK 1595 | INCLUDING BACK/NECK MASSAGE

Babor's spa philosophy builds on holistic thinking, harmony and the power of nature. The products contain nourishing components from spring water, mud and other active ingredients. This treatment consists of an intense moisturising body wrap, which leaves you glowing, with skin as soft as silk. The treatment is perfect for those with dry and/or irritated skin, or for those who simply want to pamper themselves.

BABOR MUD WRAP

50 MIN | NOK 1295

75 MIN | NOK 1595 | INCLUDING BACK/NECK MASSAGE

This is the perfect treatment if your skin feels sallow and grey. The volcanic mud cares for all the key features of the skin and supplies it with vital minerals and trace elements.

Babor's mud wrap is cleansing, it increases circulation, revitalises and brightens the skin, and makes it glow. The treatment is particularly suitable for those with blemished skin or poor circulation.

BABOR SOS – INTENSIVE REPAIR MUD WRAP

1 HOUR 15 MIN | NOK 1795

A treatment made for problem areas, such as stiff, sore muscles, inflammation and rashes. The special wrap is applied where you need it the most. While it takes effect, you receive a massage, as well as practical and effective advice. The treatment increases circulation, and has a warming and anti-inflammatory effect. The mud wrap is also suitable for blemished skin, particularly on the back. In case of rashes, we apply a special cream consisting of eight homeopathic ingredients with soothing and healing qualities.

BABOR ANTI-CELLULITE TREATMENT

50 MIN | NOK 1195

25 MIN | NOK 795 | WITHOUT PEELING

You will notice a visible improvement on your thighs and buttocks after just one treatment. You will be «mummified» with bandages soaked in the most effective ingredients that increase your metabolism and circulation, while draining excess fluid. Depending on your normal rate of circulation, the skin may redden more or less after the treatment. Afterwards, the result is a visibly smoother and more even skin. We recommend having 6-8 treatments to achieve the best results.

———— BARE FEET IN SOFT SAND, PRETTY
HANDS RUNNING THROUGH THE WATER. IN
THIS DRY AND COLD CLIMATE, WE REALLY NEED
TO TAKE CARE OF OUR HANDS AND FEET.

HANDS AND FEET



HANDS AND FEET

THIEF SPA MANICURE EXPRESS | 30 MIN | NOK 595

Gentle care for your hands and nails. This manicure leaves your hands soft and pretty. A good choice before a Gelish treatment.

THIEF SPA PEDICURE | 50 MIN | NOK 1095

THIEF SPA Pedicure begins with a footbath combined with a nice massage in our special spa pedicure chair. Your feet and calves are scrubbed, massaged and treated with a moisturising lotion. Your nails are cared for, leaving your feet well-groomed and delicate. We recommend adding a Gelish treatment for a durable result. This treatment is for clean and healthy feet.

THIEF SPA GELISH

Gelish is permanent nail polish that lasts for up to 21 days. The polish is a hybrid; a mixture of gel and nail polish. It hardens under a UV light, which makes it dry instantly, providing a pretty, shiny and natural result. You can choose between a wide selection of colours, and the technique works for your fingers as well as your toes.

ONE COLOUR | NOK 595

TWO COLOURS | NOK 695

ONE COLOUR FEET | NOK 695

TWO COLOURS FEET | NOK 795

GELISH FOR NAIL EXTENSIONS | NOK 295

_____ WITH THEIR CURVES AND SHAPES,
NO TWO BODIES ARE ALIKE. FROM THE TIME
OF THE FIRST CIVILASATIONS IN MESOPOTAMIA,
ROME AND CHINA, THE BENEFICIAL EFFECTS
OF MASSAGE HAVE BEEN RECOGNISED.

MASSAGE



MASSAGE

CARITA SILK REVELATION | 50 MIN | NOK 1395

Let your body and mind relax with this wonderful massage. The silky soft body balm by Carita is worked into your skin with a selection of different soft, deep-tissue techniques and rhythms. An alternative and magical experience that leaves you with renewed energy and amazingly soft and smooth skin.

CARITA HOT STONE CARESS | 50 MIN | NOK 1395

Prepare for complete relaxation and pure joy with this ritual massage experience. The combination of round, warm lava stones and Carita's body oil releases all the tension from your body, leaves your skin nicely soft and enables you to truly unwind.

CLASSIC AND SELECTED MASSAGE TREATMENTS

CLASSIC MASSAGE | 50 MIN | FROM NOK 1095

CLASSIC MASSAGE | 1 HOUR 15 MIN | FROM NOK 1595

BACK AND NECK MASSAGE | 25 MIN | FROM NOK 695

MASSAGE FOR PREGNANT WOMEN | 1 HOUR 15 MIN | FROM NOK 1695

We carry out several types of massage, such as therapeutic massage, sports massage, Thai massage, etc. Please contact us directly and let us help you find the massage that best suits your needs.

Phone: 24 00 40 50. E-mail: spa@thiefspa.com



THIEF SPA HAS STOLEN THE BEST IDEAS FROM SPA CULTURES AROUND THE WORLD, RECREATING THEM WITH A TWIST IN AN INTIMATE AND NORDIC ATMOSPHERE.

SPA TREATMENTS



SPA TREATMENTS

THIEF HAMAM

1 PERSON | 50 MIN | NOK 1295

2 PERSONS | DUO TREATMENT (1 THERAPIST) | 50 MIN | NOK 995 PP

2 PERSONS | DUO TREATMENT (2 THERAPISTS) | 50 MIN | NOK 1295 PP

GROUPS (1 THERAPIST) | NOK 995 PP

THIEF HAMAM is a Turkish bathing ritual that builds on ancient traditions. Before bathrooms in private homes became common, people went to the local hamam to wash. At the same time, it was – and still is in many cultures – an important social meeting place.

We recommend visiting the steam bath before your treatment in the THIEF HAMAM, as it leaves your body warm and your skin soft and ready for the treatment. On the heated hamam bench, the therapist begins with a thorough body scrub that effectively cleanses the skin, removes dead skin cells and increases the blood flow. This is followed by a ritual application of warm lather and a light massage, before your hair is washed and your scalp is massaged.

After the treatment, you will feel completely relaxed, and your skin will be fresh and glowing. We recommend drinking plenty of water and relaxing after treatment.

THIEF RHASSOUL | 30 MIN | NOK 695 PP | MAX CAPACITY 14 PERSONS

THIEF RHASSOUL is a Moroccan tradition that we have brought home. The name derives from the volcanic mud that is central to the treatment, taken from the foot of the Atlas Mountains. The mud is 100% organic and it cleanses, exfoliates, heals and softens your skin. The treatment takes place in a steam room. First, the skin is prepared with an effective salt scrub. Then the therapeutic mud is rubbed onto your skin. After 15 minutes, the mud is washed off with warm water in the special tropical showers. An effective and relaxing treatment for both smaller and larger groups.

THIEF GUSS | 50 MIN | NOK 295 PP | MAX CAPACITY 30 PERSONS

THIEF GUSS is our take on the traditional German Aufguss. The ritual is performed in a Finnish sauna. The THIEF GUSS master creates a unique and addictive sauna experience, pouring water and essential oils on the hot stones, while explaining the significance of the oils. Together, the light, sounds and stories create a very special atmosphere. Using towels and different techniques, the heat and the scent from the oils are spread throughout the room, helping you to relax, cleansing, detoxing, increasing your blood flow and energy level, improving your immune defence mechanism and lowering your blood pressure. In the THIEF GUSS, we also focus on Dr Kneipp's methodology using variations between hot and cold temperatures.

THIEF GYM



THIEF GYM ✦ NEW IN NORWAY

THIEF GYM introduces the ARTIS Line from market-leading Technogym in Norway with top-trained instructors. ARTIS Line provides a tailored training experience for everyone, regardless of form.

The cardio machines come with an on-screen Android-based platform, and offer virtual training experiences in motivational environments. Both the cardio and the strength training equipment can send the results to the user, either through a QR code or NFC technology. The workout can then be stored in Technogym's training app. The treadmills are adjusted to the users in order to provide the most effective and comfortable workout, whilst the strength training machines are the result of extensive research that has been carried out to find the best biomechanical movement.

With the ARTIS Line, Technogym and the THIEF GYM are setting a new standard for training equipment.

PERSONAL TRAINER

THIEF GYM offers personal trainers to motivate you and ensure that you get the most out of your training.

THIEF SPA
PHONE +47 24 00 40 50
SALMAKERSVENN MARIUS JANTZENS PLASS 3
0252 OSLO
EMAIL SPA@THIEFSPA.COM
WWW.THIEFSPA.COM

DESIGN FETE TYPER

THIEF SPA

PHONE +47 24 00 40 50

SALMAKERSVENN MARIUS JANTZENS PLASS 3

0252 OSLO

EMAIL SPA@THIEFSPA.COM

WWW.THIEFSPA.COM

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