

LE SPA

THALGO PACKAGES

6 Days

WEIGHT BUSTER

Medical Evaluation, Body Fat Measurement, Nutritional Consultation, Nutritional Menu x6 (Lunch/Dinner), 6x Supervised Thalassotherapy Programmes, Marine Prelude, Micronised Marine Algae Wrap, Hydrotherapy with Seaweed, Thalgosculpt (Chocolate & Ginger Wrap), Aromaceane, Toning Algae Wrap, Frigi Thalgo Wrap, Cold Marine Facial, 2x Sea Shower Jet, Sports Massage, Aromatherapy Massage, Anti-Stress Back Massage, Kinjoy Relaxation Experience, Personalized Exercise Programme, Sauna/Hammam, Herbal Tea of the Day.

Designed to target weight loss, this package has treatments for detoxification, slimming and toning. Combined with a calorie controlled diet and personalized exercise programme, this package will put you on the right track to a healthier lifestyle.

Duration: 20hours, (Exercise Programme & Meals additional to package duration)
C£1030.00

ANTI-STRESS PACKAGE

6x Supervised Thalassotherapy Programmes, Marine Prelude, Toning Algae Wrap, Hydrotherapy with Essential Oils, Watsu (Underwater Therapeutic Massage), Hot Stone Massage, Indian Head Massage, Reflexology, Le Spa Harmony Massage, Anti-Stress Back Massage, Aromadermy Facial, Hydra Moisture Source Facial, Thermal Eye Treatment, Sauna/Hammam, Herbal Tea of the Day.

The ideal stress relief package! Comprising of various body treatments, massages, facials and thalasso treatments, this package will bring relaxation to a tired body and mind.

Duration: 17hours
C£740.00

JUST FOR MEN

6x Supervised Thalassotherapy Programmes, Marine Prelude, Micronised Marine Algae Wrap, Toning Algae Wrap, Sea Shower Jet, Thalgo Men's Facial, Hot Stone Massage, Indian Head Massage, Le Spa Harmony Massage, Anti-Stress Back Massage, Sports Massage, Therapeutic Massage, Reflexology, Sauna/Hammam, Herbal Tea of the Day.

This package is tailored made for any man! Giving emphasis to massage and body treatments, this package will combat stress, muscle aches and pains and bring about an overall feeling of relaxation.

Duration: 17.25hours

£735.00

LADIES ONLY

6x Supervised Thalassotherapy Programmes, Marine Prelude, Micronised Marine Algae Wrap, Thalgosculpt (Chocolate & Ginger Wrap), Hydrotherapy with Seaweed & Essential Oils, Watsu (Under Water Therapeutic Massage), Hot Stone Massage, Indian Head Massage, Aromatherapy Massage, Aromadermy Facial, Deep Cleansing Moisture Quenching Facial, Thermal Eye Treatment, Manicure, Spa Pedicure, Sauna/Hammam, Herbal Tea of the Day.

A pampering ladies package! All your senses will be tantalized by various body wraps, thalasso treatments, facials and exotic massages with aromatic essential oils.

Duration: 19.25hours

£770.00

ANTI-AGING FOR LADIES

6x Supervised Thalassotherapy Programmes, Marine Prelude, Micronised Marine Algae Wrap, Thalgosculpt (Chocolate & Ginger Wrap), 2x Bust Modeling Treatments, Hot Stone Massage, Anti-Stress Back Massage, Aromatherapy Massage, Thalgogive Firming Facial, Wrinkle Control Facial, Thalgolift Facial, Thermal Eye Treatment, Sauna/Hammam, Herbal Tea of the Day.

A Superb package for women concerned with anti-aging. Through revolutionary products by Thalgo, this package includes both facial and body treatments for lifting, firming, toning and wrinkle control.

Duration: 17.5hours

£805.00

ELEMIS PACKAGES

6 Days

EQUILIBRIUM & PURITY

Medical Evaluation, Nutritional Consultation, Body Fat Measurement, 6x Nutritional Menu (Lunch/Dinner), Personal Exercise Programme, 6x Supervised Thalassotherapy Programmes, Exotic Lime & Ginger Salt Glow, Aroma Spa Ocean Wrap, Aroma Spa Ocean Float, 2x Detox Ocean Bath, 2x Fennel Cleansing Cellulite & Colon Therapy, Deep Tissue Massage, Skin Specifics Facial, Sea Shower Jet, Deep Tissue Back Massage, Advance Performance Facial, Aromatherapy Massage Sauna/Hammam, Herbal Tea of the Day.

An Elemis package designed to assist weight loss management, this is an extensive and intensive combination of treatments concentrating on detoxification, slimming and body toning. Combined with a calorie controlled diet and personalized exercise programme, this package will leave you physically and mentally rejuvenated.

Duration: 19.5hours (*Exercise Programme & Meals additional to package duration*)
£1220.00

JOURNEY OF INDULGENCE

6x Supervised Thalassotherapy Programmes, Exotic Lime & Ginger Salt Glow, Exotic Frangipani Body Nourish Float, Exotic Enriching Milk Bath, Deep Tissue Massage, Jasmine Flower Bath, Skin Specifics Facial, Exotic Coconut Rub & Milk Ritual Wrap, Aroma Spa Ocean Wrap, Hot Stone Massage, Advance Performance Facial, Exotic Hand Ritual, Sole Delight Foot Treatment, Indian Head Massage, Le Spa 4 hands Harmony Massage, Sauna/Hammam, Herbal Tea of the Day.

Enjoy the ultimate Elemis experience through a synergy of heavenly treatments for relaxation and revitalization.

Duration: 17.5hours
£1045.00

THALGO PACKAGES

3 Days

TIME FOR YOU

3x Supervised Thalassotherapy Programmes, Marine Prelude, Hot Stone Massage, Cold Marine Facial, Anti-Stress Back Massage, Sauna/ Hammam, Herbal Tea of the Day.

A great package for body rejuvenation and anti-stress management the Thalgo way.

Duration: 7.25hours

C£290.00

TIME FOR HIM

3x Supervised Thalassotherapy Programmes, Invigorating Body Gommage, Sea Shower Jet, Hot Stone Massage, Thalgo Men's Facial, Sauna / Hammam, Herbal Tea of the Day.

A fabulous men's package of invigorating treatments for stress and tension both for mind and body.

Duration: 7hours

C£275.00

TIME FOR HER

3x Supervised Thalassotherapy Programme, Marine Prelude, Thalgosculpt (Chocolate & Ginger Wrap), Relaxing Massage, Aromadermy Facial, Sauna / Hammam, Herbal Tea of the Day.

An introductory package for ladies to enjoy the benefits of Thalasso treatments guaranteed to leave you feeling pampered.

Duration: 7.5hours

C£315.00

ELEMIS PACKAGES

3 Days

SENSORY HEAVEN

3x Supervised Thalassotherapy Programmes, Exotic Lime & Ginger Salt Glow, Exotic Frangipani Body Nourish Float, Exotic Enriching Milk Bath, Deep Tissue Massage, Advance Performance Facial, Exotic Hand Ritual, Sole Delight Foot Treatment, Sauna/Hammam, Herbal Tea of the Day.

Escape in this synergy of treatments for body and face, allowing you to experience in the benefits and rich aromas of exotic oils.

Duration: 8.5hours

C£475.00

ESSENTIAL VITALITY

3x Supervised Thalassotherapy Programmes, Exotic Lime & Ginger Salt Glow, Deep Tissue Massage, Skin Specifics Facial, Aroma Spa Ocean Wrap, Detox Ocean Bath, Fennel Cleansing Cellulite & Colon Therapy, Kinjoy Relaxation Experience, Sauna/Hammam, Herbal Tea of the Day.

With treatments geared towards detoxification, cellulite and body well being, this package is ideal for any woman concerned with looking after herself.

Duration: 8.75hours

C£480.00

THALGO PACKAGES

2 Days

BODY & SOUL

2x Supervised Thalassotherapy Programmes, Marine Prelude, Indian Head Massage, Aromadermy Facial, Relaxing Massage, Sauna/Hammam, Herbal Tea of the Day.

An absolute must mini stress control package.

Duration: 6hours

C£238.00

RENEW & REFRESH

2x Supervised Thalassotherapy Programmes, Invigorating Body Gommage, Therapeutic Massage, Micronised Marine Algae Wrap, Cold Marine Facial, Sauna/Hammam, Herbal Tea of the Day.

A great mini revitalizing package to leave you feeling good.

Duration: 6hours

C£228.00

ELEMIS PACKAGES

2 Days

PATHWAY TO TRANQUILITY

2x Supervised Thalassotherapy Programmes, Exotic Coconut Rub & Milk Ritual Float, Skin Specifics Facial, Deep Tissue Massage, Hot Stone Massage, Sauna/Hammam, Herbal Tea of the Day.

A package to bring about harmony and serenity to a tired body and mind.

Duration: 6.5hours

C£330.00

PATHWAY TO BEAUTY

2x Supervised Thalassotherapy Programmes, Exotic Coconut Rub & Milk Ritual Float, Aroma Spa Ocean Wrap, Deep Tissue Massage, Advance Performance Facial, Sauna/Hammam, Herbal Tea of the Day.

A beautifying booster package through a sample of the best face and body treatments Elemis has to offer.

Duration: 6.75hours

£363.00

THALGO PACKAGES

1 Day

THALASSA DAY

Supervised Thalassotherapy Programme, Marine Prelude, Cold Marine Facial, Anti-Stress Back Massage, Le Spa Healthy Lunch, Herbal Tea of the Day. Sauna/Hammam

A day of sheer delight and relaxation.

Duration: 3.5hours (Spa Lunch additional to package duration)

£159.00

PAMPER DAY

Supervised Thalassotherapy Programme, Marine Prelude, Aromadermy Facial, Therapeutic Massage, Le Spa Healthy Lunch, Herbal Tea of the Day. Sauna/Hammam

A day of sheer bliss...after all you deserve it!

Duration: 4hours (Spa Lunch additional to package duration)

£184.00

TOP TO TOE DAY

Supervised Thalassotherapy Programme, Invigorating Body Gommage, Classic Facial, Indian Head Massage, Spa Pedicure, Le Spa Healthy Lunch, Herbal Tea of the Day, Sauna/Hammam.

A day of sheer pleasure...spoils yourself!

Duration: 4.5hours (Spa Lunch additional to package duration)

£190.00

ELEMIS PACKAGES

1 Day

DAY OF ESCAPE

Supervised Thalassotherapy Programme, Exotic Lime & Ginger Salt Glow, Deep Tissue Massage, Skin Specifics Facial, Sole Delight Foot Treatment, Le Spa Healthy Lunch, Sauna/Hammam, Herbal Tea of the Day.

A day of relaxation and escape...leave your worries behind!

Duration: 4hours (Spa Lunch additional to package duration)

C£245.00

DAY OF DELIGHT

Supervised Thalassotherapy Programme, Exotic Coconut Rub & Milk Ritual Float, Skin Specifics Taster Facial, Deep Tissue Back Massage, Sole Delight Foot Treatment, Exotic Hand Ritual, Kinjoy Relaxation Experience, Le Spa Healthy Lunch, Sauna/Hammam, Herbal Tea of the Day.

A day of sheer fun and delight for the senses...all of them!

Duration: 4hours (Spa Lunch additional to package duration)

C£265.00

DAY OF PURITY

Supervised Thalassotherapy Programme, Exotic Lime & Ginger Salt Glow, Aroma Spa Ocean Wrap, Deep Tissue Back Massage, Skin Specifics Facial, Kinjoy Relaxation Experience, Le Spa Healthy Lunch, Sauna/Hammam, Herbal Tea of the Day.

A day of sheer luxury to stimulate body and soul...an unforgettable experience!

Duration: 4.5hours (Spa Lunch additional to package duration)

C£270.00

DAY OF TOGETHERNESS FOR MOTHER & DAUGHTER

Supervised Thalassotherapy Programme, Elemis Exotic Frangipani Body Nourish Float, Skin Specifics Facial, Manicure, Spa Pedicure, Le Spa Healthy Lunch, Sauna/Hammam, Herbal Tea of the Day.

A unique day package for mother and daughter to enjoy relaxing treatments and spend quality time together...a lovely bonding experience!

Duration: 5hours (Spa Lunch additional to package duration)

C£475.00

LE SPA WEDDING PACKAGES

BRIDAL PACKAGE FOR YOUR SPECIAL DAY

Invigorating Body Gommage
Hydra Moisture Source Facial

French Manicure
Spa Pedicure
Make Up Trial
Hair Trial
Make Up on Wedding Day
Hair on Wedding day

A package of exquisite treatments which will ensure you spend less time worrying and more time enjoying the biggest day of your life while looking and feeling your most beautiful.

£260.00

GROOM'S PACKAGE FOR YOUR SPECIAL DAY

Invigorating Body Gommage
Thalgo Men's facial
Hot Stone Massage
Tea Tree Experience

A package of relaxing and stress relieving treatments that will allow you to look great and feel pampered for your big day.

£148.00

BRIDAL HAIR PACKAGE

Hair Mask
Hair Trail
Hair on Wedding Day

£80.00

BRIDAL MAKE UP PACKAGE

Make Up Trial
Make Up on Wedding Day

£55.00

LADIES LONG WEEKEND SPA BREAKS

3 Days

WELLNESS & VITALITY

2x Supervised Thalassotherapy Programmes, Marine Prelude, Thalgosculpt (Chocolate & Ginger Wrap), Hydrotherapy with Seaweed, Deep Cleansing Moisture Quenching Facial, Aromatherapy Massage, Herbal Tea, Sauna/ Hammam.

Allow yourselves to be revitalized, the right way, with an array of treatments involving ingredients such as chocolate, ginger, 100% pure algae and Dead Sea mud. We ensure you will leave feeling energised and yearning for more!

Duration: 7.5hours

C£320.00

RELAX & PAMPER

2x Supervised Thalassotherapy Programmes, Exotic Lime & Ginger Salt Glow, Visible Brilliance Facial, Deep Tissue Massage, Exotic Frangipani Wrap, Manicure, Spa Pedicure, Herbal Tea, Sauna/ Hammam.

The ultimate pampering package to eliminate all stress and pressure from your busy lifestyle. Treatments have been selected to cover all your needs and to relax you from head to toe. This package has it all!

Duration: 8hours

C£375.00

HENS SPA BREAK PACKAGES

3 Days

OCEAN RICHES

2x Supervised Thalassotherapy Programmes, Micronised Marine Algae Wrap, Relaxing Massage, Aromadermy Facial, Aromaceane, Anti-stress Back Massage, Indian Head Massage, Herbal Tea, Sauna/ Hammam

Reap the benefits Mother Nature has to offer by enjoying treatments with 100% pure algae, Dead Sea mud and aromatic oils targeted to melt that pre-wedding stress away.

Duration: 7.25hours

C£299.00

HEAVENLY PLEASURES

2x Supervised Thalassotherapy Programmes, Exotic Lime & Ginger Salt Glow, Deep Tissue Massage, Skin Specifics Facial, Hot Stone Massage, Exotic Frangipani Body Nourish Wrap, Herbal Tea, Sauna/ Hammam

'The' package of any girls' dreams! Treatments involving aromatics oils such as Frangipani, Lavender and Bergamot, will tantalise your senses and allow you to escape to your own nirvana.

Duration: 7hours

C£363.00

ELEMIS RITUALS

TAHITIAN DREAM

Exotic Frangipani Body Nourish Wrap
Jasmine Flower Bath

Duration: 1hr 20min

£96.00

ABSOLUTE SPA RITUAL

Deep Tissue Massage
Elemis Advance Performance Facial

Duration: 1hr 55min

£125.00

LADIES CLEANSING RITUAL

Detox Ocean Bath
Fennel Cleansing Cellulite & Colon Therapy
Elemis Skin Specifics Facial

Duration: 2hrs 15min

£158.00

MENS REVITALISING RITUAL

Exotic Lime & Ginger Salt Glow
Deep Tissue Massage
Elemis Skin I.Q Facial for Men

Duration: 2hrs 25min

£168.00

AROMA OCEAN SPA DETOX

Exotic Lime & Ginger Salt Glow
Cellutox Aroma Spa Ocean Float
Elemis Skin Specifics Facial

Duration: 2hrs 25min

£182.00

MYSTICAL JOURNEY

Exotic Coconut Rub & Milk Ritual Float
Deep Tissue Massage
Elemis Advance Anti-Aging Facial

Duration: 2hrs 45min

£211.00

MOTHER & DAUGHTER RITUAL

Supervised Thalassotherapy Programme
Exotic Frangipani Body Nourish Float
Elemis Skin Specifics Facial

Duration: 3hrs

£334.00

COUPLES RITUAL

For Him
Supervised Thalassotherapy Programme
Elemis Skin I.Q Facial for Men
Elemis Exotic Frangipani Body Nourish Float

For Her
Supervised Thalassotherapy Programme
Advance Performance Facial
Elemis Exotic Frangipani Body Nourish Float

Duration: 3hrs 25min

£364.00

“A LA CARTE”

Supervised Thalassotherapy Programme	43.00
Medical Evaluation	33.00
Sea Shower Jet	24.00
Anti-Stress Back Massage	24.00
Medical Massage (25minutes)	24.00
Therapeutic Massage	38.00
Relaxing Massage	38.00
Reflexology	38.00
Indian Head Massage	38.00
Reiki	38.00
Watsu (Under water therapeutic relaxing massage)	43.00
Shiatsu Massage	43.00
Tui Na	43.00
Thai Massage	43.00
Medical Massage (55minutes)	48.00
Sport Massage	52.00
Royal Thai Oil Massage	52.00
Aromatherapy Massage	52.00
Le Spa Harmony Massage	57.00
Hot Stone Massage	62.00
Le Spa 4 Hands Harmony Massage	115.00
Kinjoy Relaxation Experience	9.00

THALGO TREATMENTS

Thermal eye treatment	28.00
Classic facial	36.00
Aromadermy facial	38.00
Micronised marine algae facial	38.00
Cold marine facial (suitable for men)	38.00
Thermal relaxing facial	38.00
Thalgomen Ocean Facial	38.00
Deep Cleansing Moisture Quenching Facial	43.00
Hydra-Moisture Source Facial	52.00
Wrinkle Control Facial	57.00
Absolute Re-hydrating Facial	62.00
Thalgogive Firming Facial	67.00
Thalgolift “L’Elixir”	72.00
Bust modeling treatment	33.00

Invigorating body gommage	33.00
Micronised marine algae wrap	43.00
Frigi Thalgo wrap	43.00
Toning algae wrap	43.00
Aromaceane (essential sea mud treatment)	43.00
Marine prelude (refining sea mud treatment)	48.00
Thalgosculpt (chocolate & ginger treatment)	67.00
Hydrotherapy with essential oils	38.00
Hydrotherapy with salts	38.00
Hydrotherapy with seaweed and essential oils	38.00

ELEMIS TREATMENTS

Elemis Skin Specifics Taster Facial	33.00
Elemis Skin Specifics Facial	57.00
Elemis Advance Performance Facial	72.00
Elemis Advance Anti-Aging Facial	81.00
Elemis Urban Cleanse Facial for Men	67.00
Elemis Skin I.Q Facial for Men	72.00
Elemis Deep Tissue Muscle Massage	62.00
Elemis Deep Tissue Back Massage	33.00
Elemis Exotic Lime & Ginger Salt Glow	43.00
Elemis Ceremony of Sun	57.00
Elemis Sole Delight Foot Treatment	33.00
Elemis Exotic Hand Ritual	33.00
Elemis Exotic Coconut Rub & Milk Ritual Wrap	67.00
Elemis Exotic Coconut Rub & Milk Ritual Float	77.00
Elemis Exotic Frangipani Body Nourish Wrap	67.00
Elemis Exotic Frangipani Body Nourish Float	77.00
Elemis Aroma Spa Ocean Wrap	81.00
Elemis Aroma Spa Ocean Float	91.00
Elemis Exotic Enriching Milk Bath	38.00
Elemis Detox Ocean Bath	38.00
Elemis Warming Ocean Bath	38.00
Elemis Jasmine Flower Bath	38.00
Elemis Fennel Cleansing Cellulite & Colon Therapy	72.00

LE SPA SIGNATURE TREATMENT

Journey of the Senses- Foil Wrap	72.00
Journey of the Senses- Dry Float	81.00

ADDITIONAL A LA CARTE TREATMENTS

Make-Up	19.00
Make-Up Lesson	24.00
Bridal Make Up	38.00
Eyelash and Brow Tint	9.00

Eyebrow Shape	4.50
Full Leg Wax	19.00
Half Leg Wax	13.00
Full Arm Wax	13.00
Half Arm Wax	9.00
Full Bikini Wax	13.00
Bikini Line Wax	9.00
Under Arm Wax	7.00
Upper Lip Wax	5.50
Nail Paint	5.50
French Nail Paint	7.00
Manicure	21.00
French Manicure	24.00
Spa Pedicure	31.00
Pedicure Deluxe	33.00
Light Concept Nail Maintenance	33.00
Acrylic Nail Maintenance	38.00
Nutritional Consultation	28.00
Body Fat Measurement	19.00

HAIR SALON

Treatment Shampoo	2.50
Treatment Conditioner	4.50
Hair Mask	From... 14.00
Ladies Haircut	From... 17.00
Men's Haircut	14.00
Children's Haircut	6.00
Children's Trim	2.50
Colour Full	From... 33.00
Colour Flash	From... 24.00
Highlights Cap	From... 28.00
Highlights Foil Short Hair	From... 33.00
Highlights Foil Medium/Long Hair	From... 43.00
Perm	From... 43.00
Setting	From... 14.00
Swim in Style	4.50
Coiffure De Soir	24.00
Tea Tree Experience for Men	From... 14.00
Bridal Hair	From... 48.00
Wash & Blow Dry	Short Hair 14.00
	Medium Length Hair 19.00
	Long Hair 24.00

TEENAGER TREATMENTS

Le Spa has now opened its doors to our teenage guests with fun and enjoyable treatments uniquely designed for them. At Le Spa we identify the

importance of a health lifestyle so through this selection of teen treatments we would like to encourage teenagers to embrace the opportunity to benefit and enjoy our services.

Teen's Spa Manicure	17.00
Teen's Spa Pedicure	24.00
Deep Cleansing Facial with consultation	43.00
Strawberry & Kiwi Back Scrub	48.00
Relaxing Back Massage	24.00
Make-up	19.00
Make-up Lesson	24.00
Teen's Hair Cut and Styling	from...28.00
Elemis Jasmine Flower Bath	38.00
Elemis Exotic Enriching Milk Bath	38.00

Le Spa is committed to providing a safe environment for all of their guests; therefore it is compulsory for children to be accompanied by a parent or guardian for the duration of their visit. A bathing suit or underwear is required for bath treatments and body treatments.

- ☐ THALASSOTHERAPY & SPA TREATMENTS ARE ONLY AVAILABLE FOR ADULTS, EXCEPT FOR THE SPECIFIED TEENAGER TREATMENTS.**
- ☐ AS LE SPA IS EXTREMELY POPULAR AMONG OUR GUESTS, IT IS HIGHLY RECOMMENDED THAT PACKAGES AND A LA CARTE TREATMENTS ARE BOOKED IN ADVANCE.**
- ☐ PLEASE NOTE THAT A MINIMUM ONE-HOUR NOTICE IS NEEDED FOR CANCELLATION OTHERWISE A 50% CANCELLATION FEE WILL APPLY AND CHARGED TO YOUR ROOM. WE THANK YOU FOR YOUR UNDERSTANDING.**
- ☐ ALL PRICES ARE QUOTED IN CYPRUS POUNDS AND ARE INCLUSIVE OF ALL TAXES.**

LE SPA ETIQUETTE

- ☐ Please arrive 10 minutes before your treatment. Prior to your treatment you will be requested to complete a medical evaluation form, compulsory for medical reasons.**
- ☐ You will be given a locker, which contains a bathrobe, towel and slippers.**

- **Please remove all jewelry and clothing, leaving on your undergarments. For some treatments, you will be provided with disposable undergarments by your therapist.**
- **If your treatment, involves water therapy you are required to wear a swimsuit.**
- **Please make sure that your valuables are kept in your locker. The Management cannot be held responsible for the loss of any personal possessions.**
- **During treatments, please let your therapist know if you are comfortable or uncomfortable, too warm or too cold, if the music is to your liking, or if their pressure is too light or too firm. Your comfort and care is our greatest concern and priority.**
- **If you have a particular injury or physical condition, please explain it to the therapist. They can suggest appropriate adjustments to the treatment for your comfort and enhancement.**
- **There is no pressure to talk during a treatment. It is entirely up to you. If you have any questions or would like to talk, certainly do so. The therapist will take their cues from you. If you are quiet they will be too.**
- **Mobile phones are not permitted in Le Spa treatment rooms. This is the time for your body and mind to release the worries and stresses of the day.**
- **We hope you enjoy this interlude of pampering and relaxation.**
- **Your comments are always welcome.**