



Aphrodite Hills
—The Retreat Spa—

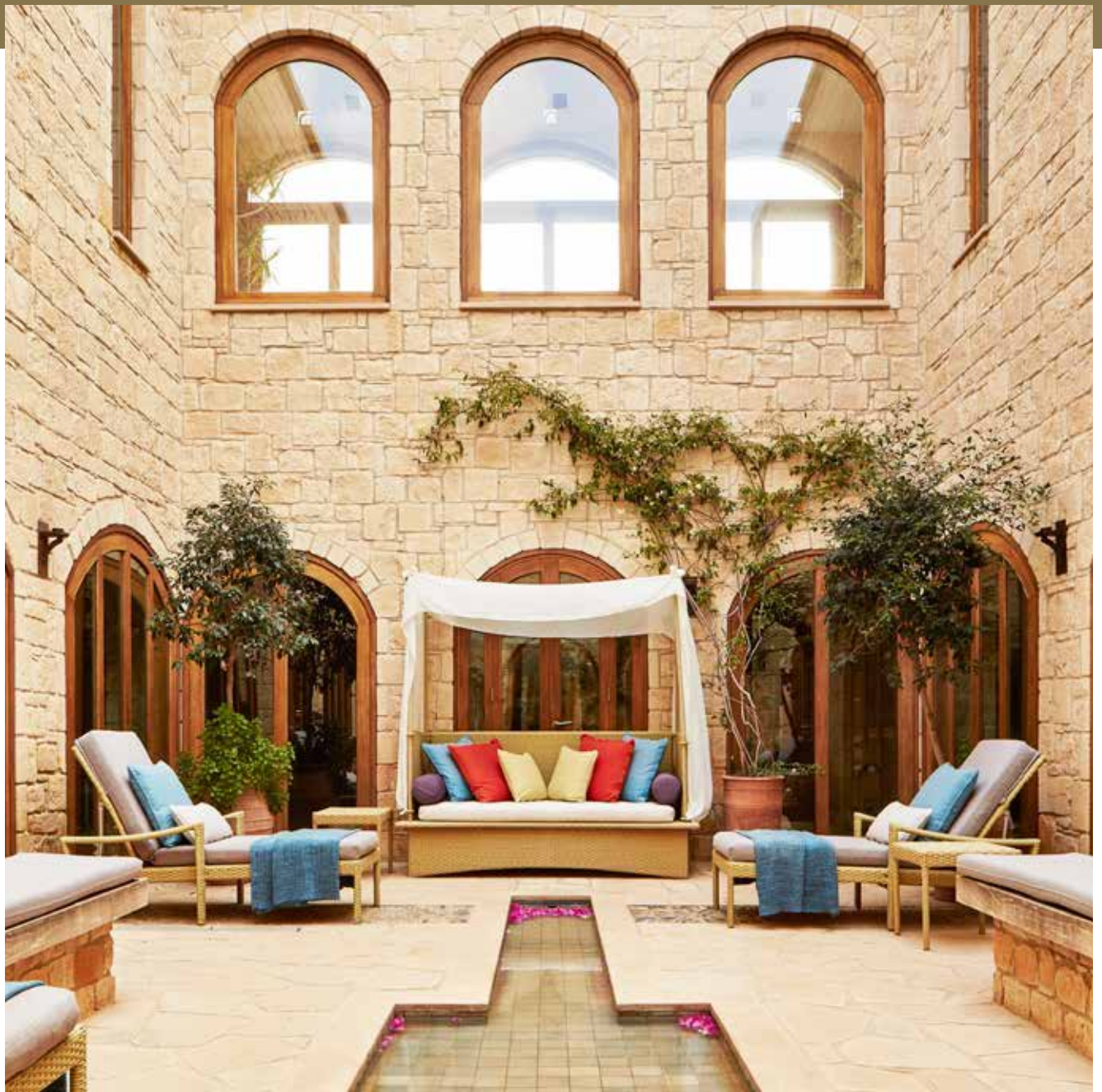


ATLANTICA
HOTELS & RESORTS

APHRODITE HILLS HOTEL

LUXURY, SERENITY, VITALITY





WELCOME TO THE RETREAT SPA

The Retreat Spa offers a haven away from the chaos of the world. Fragrant gardens with dancing fountains - everywhere views, scents and textures to delight the senses.

STYLISH, ELEGANT & PEACEFUL

In the belief that our surroundings contribute to our state of mind, emphasis was placed on the design of the spa to cultivate a sense of tranquillity. Stylish, elegant and peaceful, the Spa complements its natural surroundings beautifully and calls upon ancient traditions and techniques to take you on a journey of discovery.

VARIETY OF INDULGENT, PAMPERING TREATMENTS

The Retreat Spa offers a variety of indulgent, pampering Treatments and Packages.

In collaboration with the world-renowned Spa Company ELEMIS, our Treatment journeys are designed to deliver true luxury and escapism.

Utilising only the most natural and effective products, Treatments include Facials, Body Wraps, Exfoliations, Massages, Hydrotherapy, Stone Therapy, Manicures and Pedicures. All Retreat Spa Treatments can be prepared as a beautiful gift wrapped voucher... making the perfect gift for all occasions.

IN THE ELITE OF THE SPA INDUSTRY

The Retreat Spa at Aphrodite Hills has received some of the highest accolades in the spa industry by winning 'The Best Spa in Europe' in 2008 at the Professional Beauty Awards, 'The Best Spa & Golf in Europe' at the Spa Traveller Awards in 2013 & 2014, 'Best Luxury Resort Spa' in 2015 and 'Best Luxury Destination Spa' in 2016 at the World Luxury Spa Awards.







SPA DAY PACKAGES

SHINE BRIGHT €260

- ELEMIS Deeper than Deep Hot Stone Massage
- Lunch
- ELEMIS Superfood Pro-Radiance Facial or BIOTEC Radiance Renew Facial

AGAINST GRAVITY €270

- ELEMIS Targeted Toning Tightener
- Lunch
- ELEMIS Pro-Definition Lift & Contour or BIOTEC Lift-A-Firm Facial

LET GO €180

- ELEMIS Garden of England Rose Restore Relaxing Massage
- Lunch
- Re-Shape and Polish to Hands & Feet
- Wash & Blow Dry

BRIGHT FUTURE €230

- ELEMIS Thousand Flower Detox Wrap
- Lunch
- ELEMIS White Brightening Pigment Perfector or BIOTEC White Brightener

SMOOTH RESULTS €190

- ELEMIS Intensely Cleansing Salt Scrub Frangipani or Lime & Ginger
- Lunch
- Dynamic Resurfacing Precision Peel or BIOTEC Resurfacer

THE REAL DEAL FOR MEN €260

- ELEMIS Freestyle Deep Tissue Massage
- Lunch
- ELEMIS High Performance Energiser or BIOTEC Super-Charger Facial for Men
- Nail File & Buff

IT'S A LADIES WORLD €250

- Phytomer Leg Revive & Detox Back Massage
- Lunch
- ELEMIS Pro-Collagen Age Defy or BIOTEC Line Eraser Facial

SERIOUS ABOUT SKIN €240

- Phytomer Sea Holistic Massage
- Lunch
- Vie Collection 3D Wrinkle-Targeting Treatment Facial



SIGNATURE TREATMENTS

SENSORY RITUAL OF AROMA

Experience the sublime sensory delight of pure Aroma. Embrace yourself in the scent of Mediterranean Lime and Ginger and escape to another realm. Aromatic oils are applied to the body before being sprinkled with Lime, Ginger and Jasmine petal-infused exfoliators to renew and smooth your skin. Cleanse away the stress of the outside world before submitting to a full body Aromatic Massage. Warm sweet Orchid Oil and a mind-melting Head Massage conclude this aromatic ritual of Aroma.

90 minutes €135

FULL HAMMAM RITUAL

Within our ornate domed Hammam, this traditional steam bathing experience improves circulation, expels toxins, softens the skin and can be combined with our authentic Hammam Treatments for maximum benefits. The ultimate Hammam experience combining the benefits of Hammam steam bathing, the cleansing Retreat Spa 'Signature Loofah Soap' Scrub and a vigorous full body massage performed on a heated marble plinth; all guaranteed to make your skin glow and provide deep muscle relaxation.

* Please note swimwear is required for the above treatments.

90 minutes €130

INDIAN INDULGENCE RITUAL

A sublime ancient ritual to take you on an exotic journey of the senses... A warm Foot Bath will soak away tension followed by a Skin-Smoothing Foot Exfoliation with warming Indian spices. The journey continues with a decadent Massage with specially blended oils to relieve deep-seated stress from the tips of your toes to the ends of your hair! The treatment is concluded with a soothing and nourishing Milk Hair Treatment and grounding Frangipani Monoi Oil. The exotic mix of warmth, aroma and an indulgent Scalp Massage will allow you to drift into blissful relaxation.

90 minutes €150

THERMAE EXPERIENCE

Our supervised Thermae Experience is a sequence of Greco-Roman Thermae Heat Rooms, with the added benefit of a beautiful Hammam and Sauna true to the classical bathing rituals of cleansing and relaxation. Progressively increasing in temperature whilst moderated by cooling showers and ice shavings, the experience includes:

Laconium: with low humidity, heat is provided through a stove and heated ceramic walls and benches. This initiates the detoxifying process.

Caldarium: helping to benefit the respiratory system and softening the skin, the temperature and humidity is not as hot and steamy as a modern steam room.

Sauna: the hottest of the heat rooms, the traditional Finnish Sauna has a hand-built stone oven providing a dry heat, assisting the process of eliminating toxins.

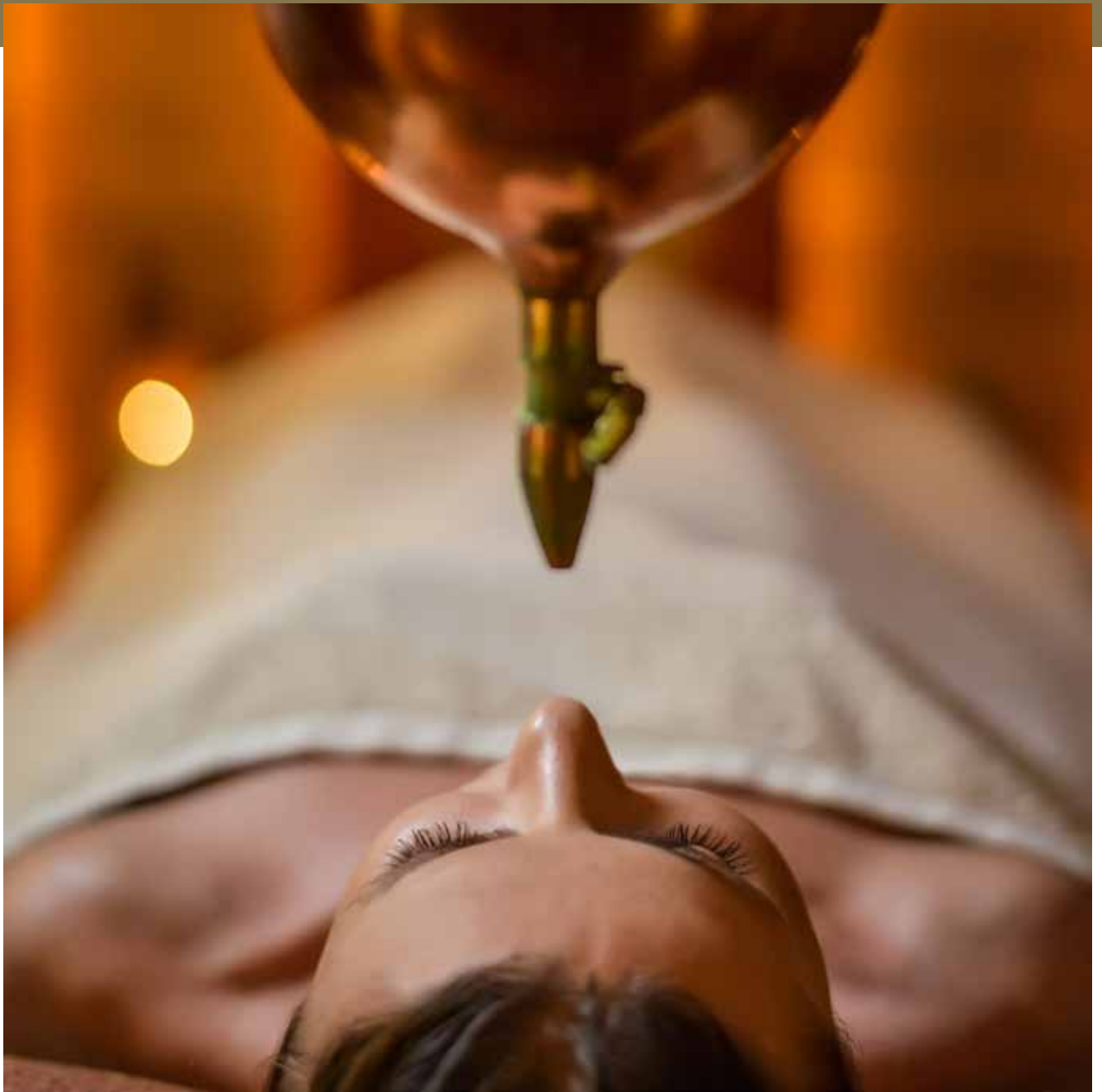
Hammam: with its ornate dome of traditional coloured glass creating beams of multi-coloured light the Hammam is a traditional middle-eastern ritual of cleansing and detoxifying.

Frigidarium or Showers: Cooling showers are taken between the heat room and the Frigidarium provides ice shavings to enhance the cooling process, stimulating circulation and refreshing the body between heat experiences.

Tepidarium: Completing the experience is the Tepidarium Room with heated loungers to relax and unwind your body and mind.

*Minimum 6 Persons - Please allow 2 hours' notice.

75 minutes €45



SPECIFIC MASSAGE TECHNIQUES & ALTERNATIVE THERAPIES

REFLEXOLOGY

Using ancient Chinese techniques, Reflexology works on the principle that all our organs are represented in the feet. By working on these points with acupressure, the Therapist can help to rebalance the system and obtain harmony to body and mind.

60 minutes €105

REIKI

Reiki Therapy originates from Japan and works to treat the person as a whole, to release stagnant energy and boost the body's own healing system, promoting physical, mental and spiritual well-being. A powerful therapy for stress reduction and relaxation.

75 minutes €90

INDIAN INDULGENCE

Indian Head Massage has been practiced for over 4000 years. Relieving tension from your shoulders, neck, head and face, the treatment is concluded with oiling of the hair, a traditional Indian practice to balance your hair, scalp and mind.

40 minutes €80

THAI MASSAGE

Performed on the floor, an ingenious system of movements, allows the therapist to manipulate, loosen and stretch the body, with techniques unique to this ancient massage. Working on the energy lines, which run throughout the body, it releases blockages, opens the chakras, increasing your energy and flexibility whilst inducing a peaceful mind.

60 minutes €130 / 90 minutes €190

ROYAL THAI MASSAGE

Using a relaxing blend of traditional Thai aromatic herbal oils, all tension is released from the body and mind with techniques unique to this sublime Oriental massage.

75 minutes €153

SWEDISH MASSAGE

A relaxing massage which releases tension, improves circulation and eases aching muscles.

60 minutes €95

THERAPEUTIC MASSAGE

Incorporates a variety of advanced modalities that enhance the body's natural restorative functioning. Light to firm touch is used to release tension, relax muscles, increase blood and lymph circulation, and impart a sense of calm

60 minutes €95

ELEMIS DEEPER THAN DEEP HOT STONE MASSAGE

Nothing gets into the centre of the muscle like a hot stone. Bathed in the intensely moisturising Frangipani Monoi Body Oil, a curated range of Balinese stones are selected to address exactly what you need. They are worked over the body, deep into the muscles, getting into areas of tension at a profound level, persuading the muscles to release their trapped energy. The result is sparkling vitality with the added bonus of intensely hydrated skin.

60 minutes €110 / 90 minutes €140



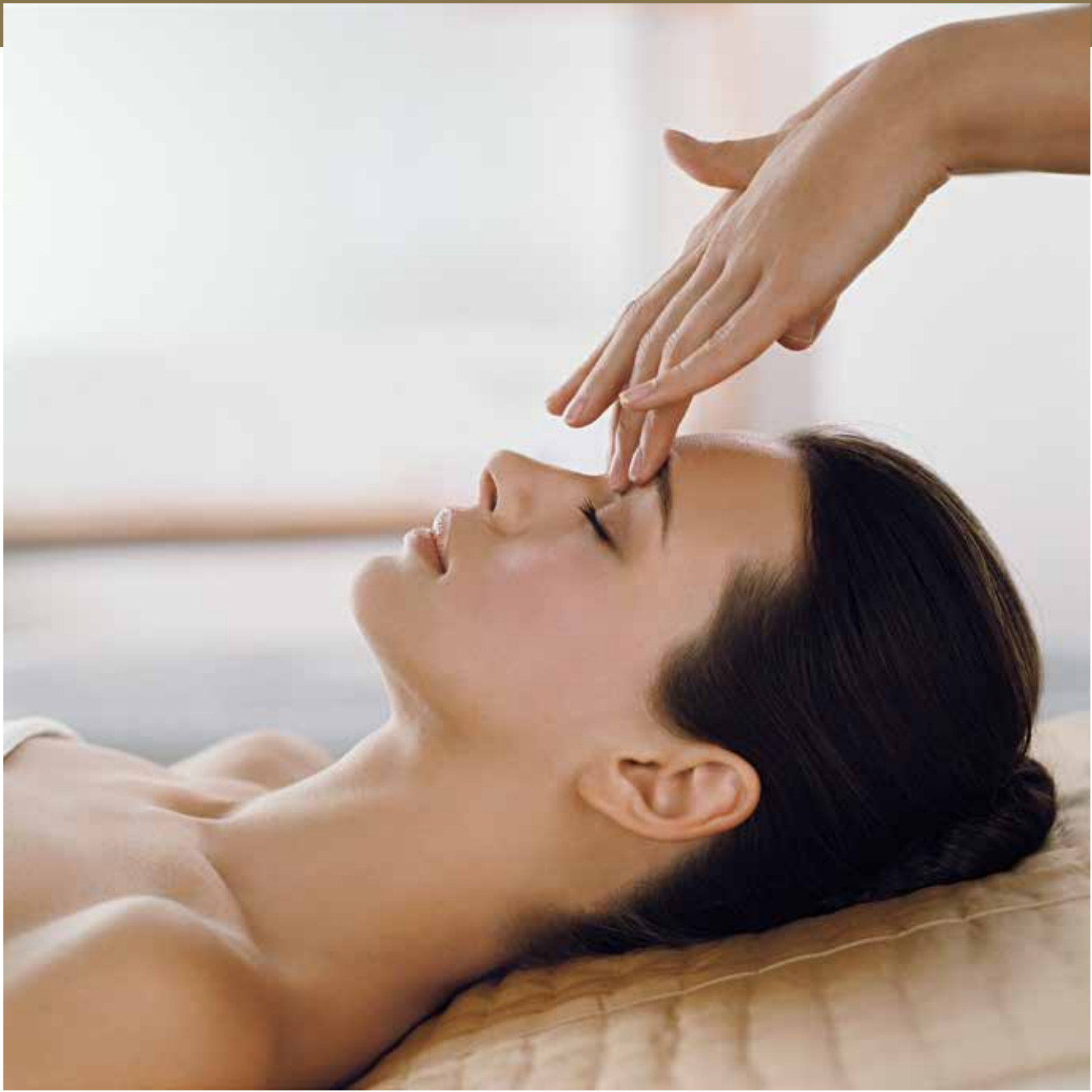


ELEMIS STORY

ELEMIS

ELEMIS is the pioneering British Skincare and Spa brand that treats over 6.5 million people each year and has the single largest influence on trends and developments in the global skincare and spa industry. The successful combination of powerful natural ingredients, cutting-edge formulation technology and proven clinical trials has enabled ELEMIS to bring to market some of the most influential anti-ageing skincare products and professional spa therapies the beauty industry has ever seen. Your skin, your body and your wellness lie at the heart of ELEMIS.

ELEMIS Therapists harness the power of nature and science to create ground-breaking formulations that genuinely transform your skin. ELEMIS scientifically controls every aspect of product formulation, ensuring quality, efficacy and exceptional integrity. From the seeds chosen and the type of soil used, to the selection of extraction process, ELEMIS ensures that all formulations have maximum therapeutic activity. Sublime sensory. Personally prescribed. The experience is exceptional; the results are real.



ELEMIS FACE TOUCH

PRO-COLLAGEN AGE DEFY

This is the treatment to tackle fine lines and wrinkles and help support the cellular structure of the skin. The proven benefits of marine-charged Padina Pavonica and Red Coral help plump out fine lines, whilst Indian Mulberry reduces skin-fatigue, helping relax wrinkles. A targeted lymphatic drainage massage re-energises and rejuvenates, while an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully nourished, younger looking skin.

30 minutes €60 / 60 minutes €110

DYNAMIC RESURFACING PRECISION PEEL

This highly potent contour resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone. Specifically designed to work in conjunction with your skin's unique structure, this pioneering precision layering protocol uses three layers of enzymes to nibble the dead skin away, revealing extraordinary results. This system delivers powerful exfoliation and renewal for smoother, younger looking skin, whilst a steam and extraction cleanses at a deeper level. A new start for new skin that has never looked better.

30 minutes €60 / 60 minutes €110

SUPERFOOD PRO-RADIANCE

This is a crafted nutritional boost for stressed, dull skin. Rich in superfoods, essential minerals and trace elements; Magnesium, Potassium, Zinc, Vitamins A & E, form a mineral army to jumpstart tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energising nutrients. Skin is left smoother, plumper and luminously radiant - stress-free and lit up with good health.

30 minutes €60 / 60 minutes €100

ANTI-BLEMISH MATTIFY & CALM

A deeply cleansing revelation for oily, unsettled, congested or hormonal skin. This mattifying facial helps combat oil and shine using the proven power of Lavender, packed full of blemish-banishing Linalyl Acetate. Lavender Cellular Recovery capsules, balancing toner and repair mask work in unison to regulate oil flow and calm the skin, while intuitive massage helps restore micro-circulation and re-oxygenate, improving tone and texture. A deeply detoxifying treatment for lastingly clear, bright skin.

30 minutes €60 / 60 minutes €100

PRO-DEFINITION LIFT AND CONTOUR

Powered by breakthrough technology targeting sagging jowls, cheeks and jawlines, this facial helps restore the architecture of the face. The Arjuna and Lupin-infused jowl and chin mask works on elasticity, whilst potent nutrients and stem cells found in Edelweiss and Tiger Grass help support the extra-cellular matrix. The structure of the skin is boosted through a unique deep, muscle toning massage from the scalp to the décolleté. The skin appears plumper and revitalised, creating a profoundly sculpted, youthful effect.

30 minutes €65 / 60 minutes €120

WHITE BRIGHTENING PIGMENT PERFECTOR

This powerful treatment restores even skin tone, targeting unwanted areas of pigmentation, redness and freckles. A combination of delicate oils and lotions, packed with Peony Root and Blackcurrant Seeds, are applied to skin before being washed away in a milky emulsion, taking the melanin with them. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The complexion is lastingly colour - corrected and illuminated.

30 minutes €60 / 60 minutes €110

SENSITIVE SKIN SOOTHER

Fragile skin needs special attention. A subtle, calming massage technique is used to help reduce the appearance of redness and strengthen the top layer of a delicate skin, protecting against daily stresses. The soothing properties of Moroccan Rose, Chamomile & Apricot are combined to gently cleanse and exfoliate, whilst the deeply nourishing Neroli mask leaves skin nurtured and comforted. Texture and tone are dramatically restored. Moisture levels are boosted. Skin is left supremely calm and confident.

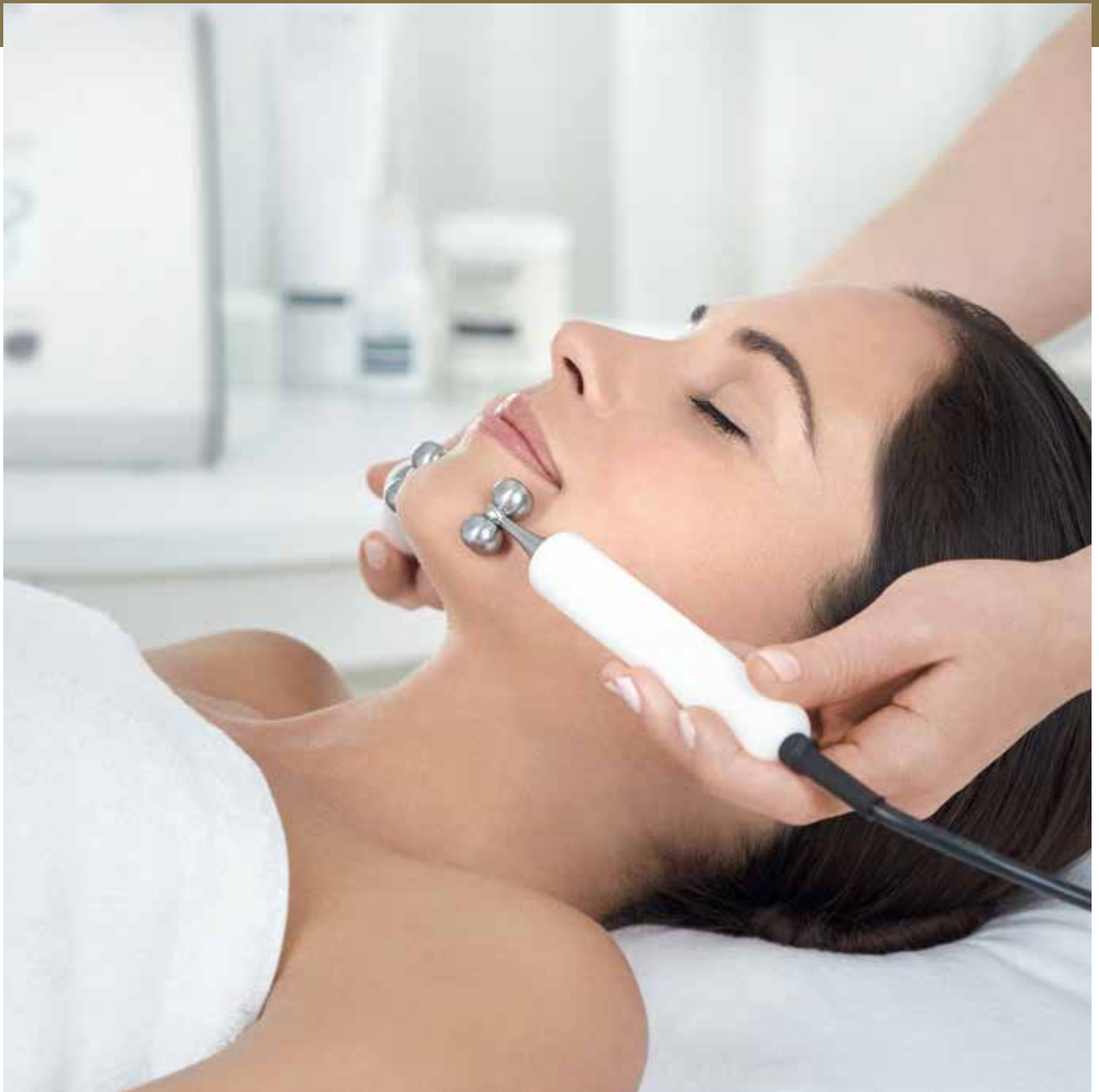
30 minutes €60 / 60 minutes €110

ADD- ON

FEAST YOUR EYES

Give puffy eyes their marching orders with this instantly reviving eye treatment. A warm Rosewood compress, and intensive eye mask rehydrate, soothe and lift, while you zone out with a de-stressing hand and arm massage. See the world through new eyes.

15 minutes €35



ELEMIS FACE TECHNOLOGY

BIOTEC LINE ERASER

Wrinkles are targeted with firming and toning micro-current pulses to stimulate the skin cells towards dynamic functionality. Circulation is improved, increasing the production of collagen and elastin, whilst the dermis is flooded with super Hyaluronic hydrating activators, sealed with a re-energising Amber balm. Red and blue light therapy warms and de-stresses the skin whilst a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines. A powerfully rejuvenating facial treatment.

60 minutes €130 / 90 minutes €160

BIOTEC ANTI-PIGMENT BRIGHTENER

This powerful, targeted skin-brightening treatment visibly illuminates the complexion, dynamically treating the appearance of uneven skin tone, discolouration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy is combined with a precision massage to help wash-out melanin and reduce dullness. A peel off mask of Vitamin C and Daisy extract reduces pigmentation, while mineral-rich Sea Algae intensely moisturises. The result is skin that is youthful, refined and naturally translucent.

60 minutes €120 / 90 minutes €155

BIOTEC BLEMISH CONTROL

A deep cleansing facial that detoxifies the skin and repairs damaged tissue. This treatment uses ultrasonic vibration, massage, steam and galvanic currents to thoroughly decongest and exfoliate. A powerfully anti-oxidant, anti-bacterial activator containing Salicylic Acid and inflammation-reducing Iris soothes and smoothes, while light therapy helps balance and clear the complexion, speeding up recovery.

60 minutes €110 / 90 minutes €130

BIOTEC RADIANCE RENEW

A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions. The ultrasonic peel pumps vibrational energy into the skin to exfoliate and stimulate the removal of impurities and dead skin cells, while the galvanic rejuvenating current harnesses the power of Elderberry and Orange flower extracts to restore moisture and vitality. Skin is left profoundly reinvigorated. Instantly clearer, visibly brighter and radiant

60 minutes €110 / 90 minutes €130

BIOTEC FIRM-A-LIFT

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting technology. Circulation stimulating Arjuna, Gardenia stem cells and Alaria Esculenta Seaweed are activated by micro-current pulses to tighten slackening skin. Galvanic currents infuse the skin with bio-active formulas that hydrate and tone. The extra-cellular matrix of the skin is visibly strengthened, restoring elasticity and tenacity for a contoured complexion that is remarkably lifted.

60 minutes €130 / 90 minutes €160

BIOTEC SKIN RESURFACER

This revolutionary resurfacing facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel reveals a noticeably smoother complexion using a combination of Lactic and Hyaluronic acids, Sandalwood, Thyme and Lemon Oils. Steam and extraction deeply cleanse and detoxify before massage and light therapy restores equilibrium. Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother.

60 minutes €120 / 90 minutes €155

BIOTEC SENSITIVE SKIN SOOTHER

The anti-redness treatment that calms and soothes sensitive skin. Using an activator rich in Frankincense and natural anti-inflammatory Willowherb, the skin is infused with oxygen to encourage cellular restoration, perfect balance and structural strength. Red light therapy operates in harmony with calming anti-oxidants to improve cell communication and the skin's natural ability to repair itself. The result is serene, smooth and sensational.

60 minutes €110 / 90 minutes €130

EYE DO

If the eye area will insist on being lazy and sluggish, it needs to be reminded who's boss. ELEMIS BIOTEC technology stimulates and tightens the delicate skin, but gently. Puffiness and dark circles are sent packing. Only vibrant eyes are left present and correct.

30 minutes €55

SAVE YOUR NECK

Make sure your neck is running a tight ship with this targeted toning treatment. We will help the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring. People will wonder what you've done.

30 minutes €55



FACE TOUCH

HIGH PERFORMANCE SKIN ENERGISER

This is the hard-working facial for ageing, stressed, dehydrated skin and tired eyes. An energising treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. It maximises cell regeneration, whilst steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst targeted scalp and foot massages deeply relax. Finally, the uniquely nourishing Pro-Collagen Marine Cream for Men is worked into a receptive, revitalised skin for a vibrant and energised result.

60 minutes €110

FACE TECHNOLOGY

BIOTEC SUPER-CHARGER FOR MEN

This is the facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. A triple hit of ultrasonic peeling, steam and galvanic current delivers a deep clean, simultaneously exfoliating and powering-up Kalpariane's anti-wrinkle properties and Samphire's hydrating potency. An oxygen infusion is the final blast of energy for real, best face forward results. A multi-tasking, time efficient solution.

60 minutes €120 / 90 minutes €155

BODY

MUSCLEASE AROMASPA OCEAN WRAP

The power of Aromatherapy combined with the riches of the ocean. This beautiful, aromatic heated seaweed body mask containing muscle warming blends of Pine and Rosemary Essential Oils, helps ease the pain of arthritis, fatigue and aching muscles. Whilst cocooned, let your thoughts drift away.

75 minutes €120

DEEP CLEAN & DASH

Wake up and smell the low-investment high yield with this exfoliating, anti-fatigue number. From soothing shave oil and a refining Thai drainage massage to an instantly refreshing eye treatment - this is a shortcut to the new face of you.

15 minutes €30

MAN MAINTENANCE

Real men get moisturised. And cleansed with galvanic current. And blasted with energising oxygen. They get smoothed with Kalpariane and hydrated with Samphire. De-aged, de-stressed and de-fatigued with massage. Real results for real men, you see.

30 minutes €55

FREESTYLE DEEP TISSUE MASSAGE

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Your Therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.

30 minutes €65 / 60 minutes €110 / 90 minutes €140



ELEMIS BODY

SCRUBS & WRAPS

BODY NECTAR NOURISHING WRAP - SWEET ORCHID OR FRANGIPANI

This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. An emotionally grounding experience for skin that has never felt silkier.

60 minutes €90

INTENSELY CLEANSING SALT SCRUB - LIME & GINGER OR FRANGIPANI

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin

30 minutes €65

DETOX & CELLULITE

THOUSAND FLOWER DETOX WRAP

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

60 minutes €120

TARGETED TONING TIGHTENER

Tightening and toning are the pillars of this treatment. A powerful blend of salts, minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen and backs of arms. Choose a localised treatment for 30 minutes: Arms, Hips & Thighs, or Abdomen Arms, Hips & Thighs, or Abdomen €70

90 minutes €140

CELLUTOX AROMA SPA OCEAN WRAP

Let your thoughts drift away, whilst cocooned in a comforting wrap of rich Marine Algae and detoxifying Juniper and Lemon.

Enjoy a facial massage and destress scalp treatment or soothing foot massage. Helps refine the appearance of cellulite and relieve the discomfort of fluid retention.

75 minutes €120

ENERGY BOOSTING & MUSCLEASE

HOT MINERAL BODY BOOST MASSAGE

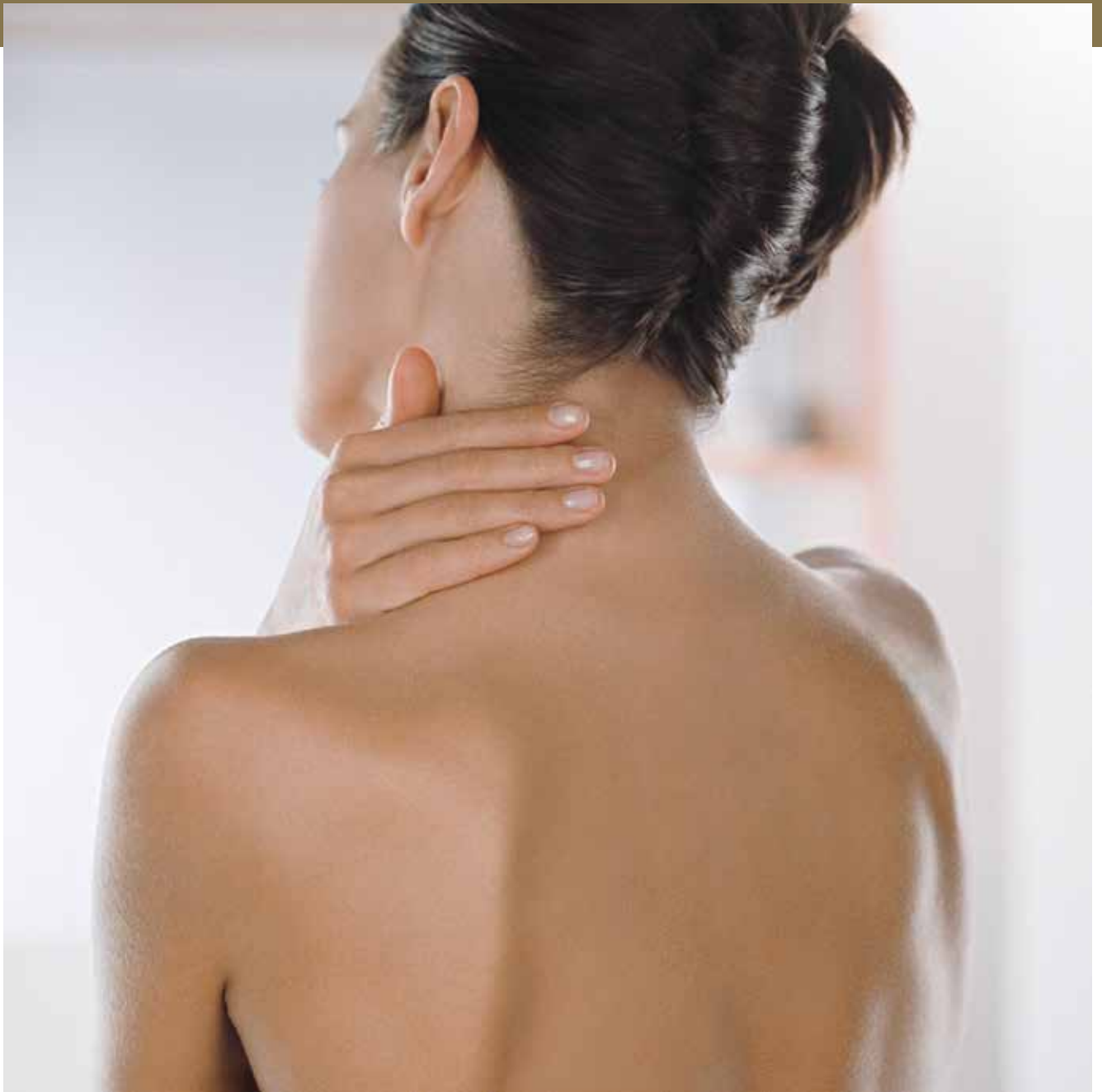
This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, mineral-charged experience of skin conditioning, metabolic balancing and energising wellness.

60 minutes €120

MUSCLEASE AROMASPA OCEAN WRAP

The power of aromatherapy combined with the riches of the ocean. This beautiful, aromatic heated seaweed body mask containing muscle warming blends of pine and rosemary essential oils, helps ease the pain of arthritis, fatigue and aching muscles. Whilst cocooned, let your thoughts drift away.

75 minutes €120



ELEMIS MASSAGE

FREESTYLE DEEP TISSUE MASSAGE

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30 minutes €65 / 60 minutes €110 / 90 minutes €140

GARDEN OF ENGLAND ROSE RESTORE RELAXING MASSAGE

Take a walk in an English rose garden with this lavishly hydrating body massage and micro-wrap. The unique trio of Rose, Camelina and Poppy Seed Oils maintain and restore elasticity, whilst encouraging skin renewal. The skin is anointed with nourishing oils whilst a nurturing Rose Balm and bespoke massage comfort the skin, and ground the spirit. Skin is left exquisitely moisturised, intensely supple and deliciously scented.

60 minutes €110 / 90 minutes €140

ELEMIS DEEPER THAN DEEP HOT STONE MASSAGE

Nothing gets into the centre of the muscle like a hot stone. Bathed in the intensely moisturising Frangipani Monoi Body Oil, a curated range of Balinese stones are selected to address exactly what you need. They are worked over the body, deep into the muscles, getting into areas of tension at a profound level, persuading the muscles to release their trapped energy. The result is sparkling vitality with the added bonus of intensely hydrated skin.

60 minutes €110 / 90 minutes €140

HOT MINERAL BODY BOOST MASSAGE

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. The heated minerals are a catalyst to warm and deeply relax the body, perfectly prepping for the nourishing Amber Balm, while the mind is whisked off to invigorating shores with the aromatic Ocean Spa. Completed by a restorative facial massage, this is a revolutionary, mineral-charged experience of skin conditioning, metabolic balancing and energizing wellness.

60 minutes €120

ELEMIS PREGNANCY

PEACEFUL PREGNANCY MASSAGE

This unique pregnancy massage is a profoundly nurturing and tranquil oasis. An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted - along with wisdom, empathy and respect.

75 minutes €120

PEACEFUL PREGNANCY FACE & BODY EXPERIENCE

Tried and tested safe massage techniques are combined and adapted to each stage of pregnancy. Helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet, while easing the mind and uplifting the spirit.

2 hours 15 minutes €190

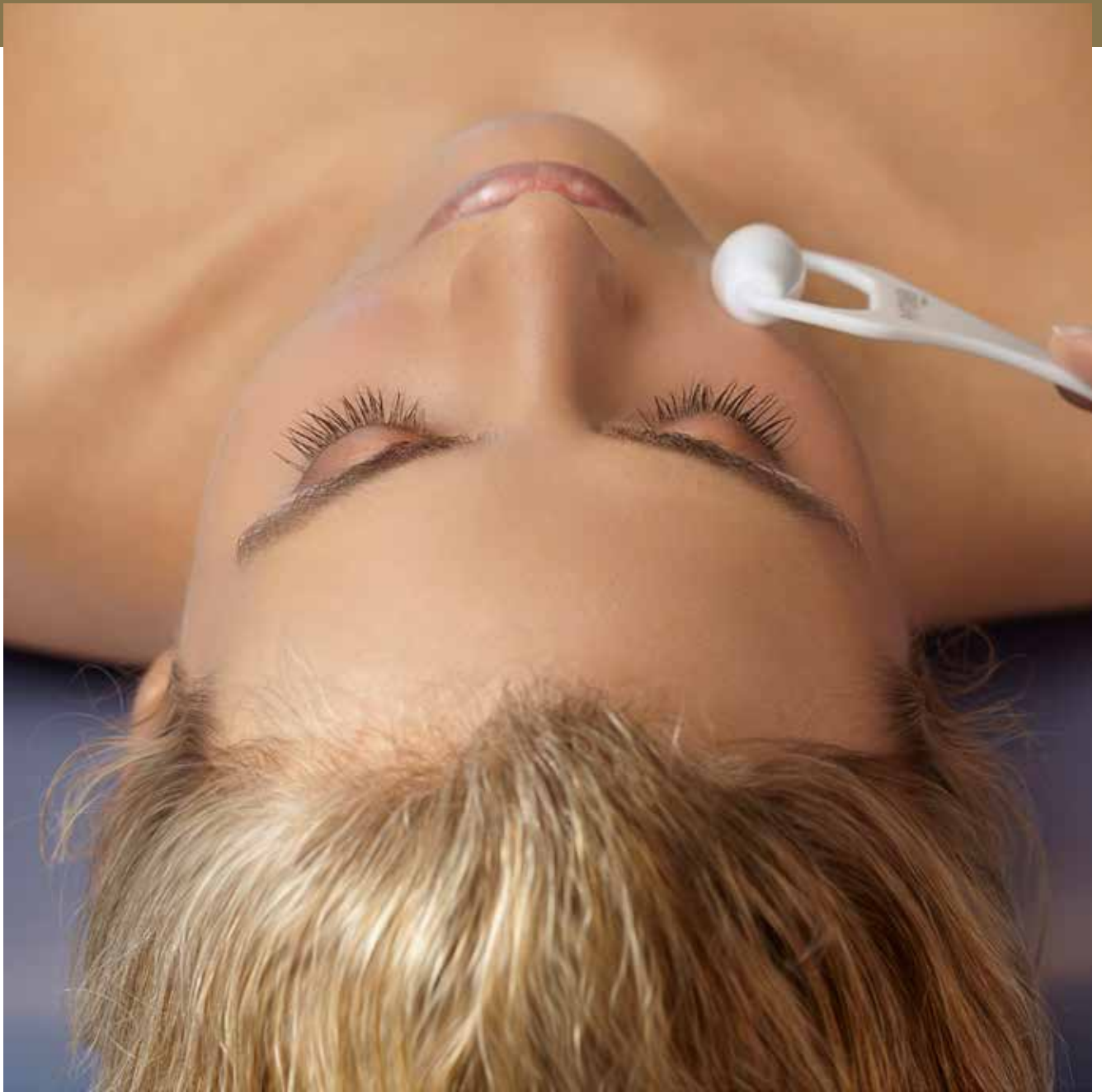




PHYTOMER

Rich in vital minerals and trace elements, the sea is our source of life and equilibrium. Phytomer, meaning: plants of the sea, follows the principles of Thalassotherapy or “Marine Therapy” in order to restore balance and beauty through innovative skin and body care treatments.

The use of marine extracts bring about gentle and immediate results while it fosters the long-term improvement and health of the tissues. For over 40 years, Phytomer has been the oceanic source of healing, balance, well-being and beauty.



PHYTOMER

FACE THERAPY

PIONEER TREATMENT FACE, LIPS & DÉCOLLETÉ - YOUTH REVEALING

The ultimate biotechnological performance combined with an exceptional youth massage for smoother, firmer skin that glows with new radiance.

75 minutes €115

ACNIPUR BLEMISH SOLUTION TREATMENT

A deep-cleansing program with proven effectiveness against blemishes for visibly healthier-looking, clearer skin and a complexion that regains all of its freshness.

60 minutes €90

BODY WRAPS

MARINE BODY WRAPS

A choice of 3 high-performance marine body wraps combined with a complete body massage to help eliminate toxins, break down fat or re-invigorate skin tissues.

60 minutes €110

FIRMING BODY WRAP

A highly active gel wrap is applied and then massaged in order to firm the skin, tighten tissues and combat skin slackening.

60 minutes €110

LEG REVIVAL

A targeted treatment to comfort and relieve tired legs, as well as help restore their appearance. Following exfoliation, this treatment is based on a technique of wrapping the legs in a refreshing gel which stimulates elimination before carrying out a draining massage to bring a sensation of lightness and relief. Results: Softer, lighter, beautiful looking legs.

35 minutes €70

MASSAGE

DETOX BACK MASSAGE

A relaxing massage of the back, scalp and feet, combined with detoxifying marine products. The back can become knotted with tension. In order to unpick these knots, this treatment combines deep cleansing with a super-relaxing back, scalp or foot massage.

40 minutes €60

SEA HOLISTIC MASSAGE

An ultra-relaxing treatment with the gentle warmth and fragrant scent of Lavender flowers. A combination of light strokes, pressure and stretching, this very original body massage using Thai-inspired Sea Boluses eliminates tension knots one by one and restores balance to the body. Exfoliation using Sea Salt Crystals and a radiance-boosting facial treatment restore all the skin's natural luminosity and softness.

75 minutes €115





VIE COLLECTION ADVANCED COSMECEUTICALS



Directly inspired by aesthetic medicine, VIE Collection anti-aging solutions are marked by the influence of cosmeceuticals. VIE Collection treatment protocols and retail skin care products replace or supplement aesthetic medicine treatments. They echo the latest trends in the most commonly practiced dermatological rejuvenation and cosmetic procedures





FACE THERAPY

3D WRINKLE-TARGETING TREATMENT

Dare to look young with this cosmeceutical intervention. The 3D Wrinkle Treatment engenders exceptional youth results with three interventions, targeting three specific zones - the upper face, lower face and facial contour. It is inspired by Botox injections to 'relax' wrinkles, Hyaluronic Acid injections to fill them in, and surgical facelifts for their smoothing and toning effect. Wrinkles are reduced, the skin is smoothed and the facial contour is sculpted.

60 minutes €130

L-THERAPY PHOTO YOUTH TREATMENT

This is a treatment inspired directly by Aesthetic Medicine Procedures. VIE COLLECTION has developed a cosmeceutical protocol that echoes rejuvenation techniques using light: Which is inspired by the precision of the LASER to visibly act on localized uneven pigmentation and the benefits of LED to act on skin firmness, radiance and evenness.

60 minutes €130



BATH THERAPIES

ELEMIS CELLUTOX HERBAL BATH SYNERGY

A potent blend of detoxifying Algae, Sea-Buckthorn and Sea Fennel extracts with detoxifying pure essential oils of Juniper and Lemon. This powerful combination works to help break down cellulite and combat the build-up of toxins.

30 minutes €50

ELEMIS MUSCLEASE HERBAL BATH SYNERGY

This deeply soothing, spray-dried fusion of warming Maritime Pine, Rosemary essential oil and mineral-rich Algae help to ease muscle spasm, stressed joints and tense neck and shoulders.

30 minutes €50

ELEMIS SKIN NOURISHING MILK BATH

This award-winning formula has a rich Milk Protein base of nourishing vitamins, amino acids and minerals. Natural plant Collagen feeds the skin, whilst keeping it soft and supple. Excellent for sensitive and excessively dry skin.

30 minutes €50

PHYTOMER OLIGOMER® PURE

The art of modern Thalassotherapy in a bath filled with marine ingredients, to re-mineralize the body. This bath therapy will bring back the feelings of relaxation and ultimate well-being. Oligomer is a sodium reduced seawater concentrate; it contains all of the active components of seawater, notably 104 trace elements necessary for the balance and vitality of the skin. It delivers remineralising properties to strengthen the skin and recharge it with energy.

30 minutes €40

PHYTOMER OLIGOMER® SILHOUETTE

This bath treatment with Oligomer Silhouette is a true technological exploit by PHYTOMER and It concentrates the exceptional slimming properties of an ancient algae to eliminate excess fat stored in the skin. Helps reactivate the elimination of fat and to stimulate lipolysis that promotes its breakdown. This bath therapy works great, before a Phytomer Contouring Body Treatment.

30 minutes €40

AROMA BATH TUB JOURNEY WITH UNDERWATER MASSAGE

Choice of any of the above Bath Therapies with an Underwater Massage, a great way to achieve a deep massage all over the body. Helps improve circulation and leave the body invigorated and renewed.

For Detox & Cellulite choose: Cellutox Bath Synergy

For Muscle Aches & Pains choose: Musclease Herbal Bath Synergy

For Nourishing & Hydration choose: Skin Nourishing Milk Bath

For Re-Balance choose: Oligomer Pure

For Remodelling choose: Oligomer Silhouette

30 minutes €60



GOLFERS

All year-round Golf at Aphrodite Hills, the first ever leisure and golf development of its kind in Cyprus. Aphrodite Hills Golf Resort is home to a magnificent 18-hole championship golf course, dedicated 3-hole Golf Academy and magnificent Clubhouse, designed for golfers of all standards and ages. Spreading out over 6,289 metres and overlooking the site where Aphrodite, the goddess of love, is said to have emerged from the sea, our golf course is truly a unique location in which to test your skills with friends. The award-winning golf course was officially opened in 2002 and was designed by the acclaimed architect, Cabell Robinson. Robinson has designed Aphrodite Hills to be the perfect mix of challenging pot bunkers, manicured fairways of lush Bermuda grass and generous tiered greens. Visually spectacular, the course expands through indigenous olive and carob trees and is built on two plateaux, separated by a dramatic ravine with outstanding views over the Mediterranean. And the staggering 130 metre gorge dividing tees at the 7th hole is an enticing challenge for all lovers of this beautiful game. The buggy is included with our golf rounds; this gives the golfer the opportunity to absorb the stunning natural beauty of the surrounding area whilst making the drive around the extensive and dramatic layout.

FACE THERAPY

RED LOBSTER CALMING FACIAL FOR GOLFERS

This Facial benefits from calming and soothing properties and it is ideal if your skin has been “sun-kissed” during a game. Skin will look radiant and rested whilst deeply hydrated. Any irritation and redness will be handled with care and your complexion will be renewed completely.

60 minutes €100

FEAST YOUR EYES - EYE RECOVERY TREATMENT

This 15-minute Eye Booster Treatment will deeply relax and hydrate the eye area. Ideal for someone that had to snooze the alarm in the morning, it feels like an hour of more sleep. In addition, it relaxes wrinkles around the eye area and offers a healthy glow.

15 minutes €30

BODY THERAPY

GOLFER'S MASSAGE - PREP FOR THE WIN

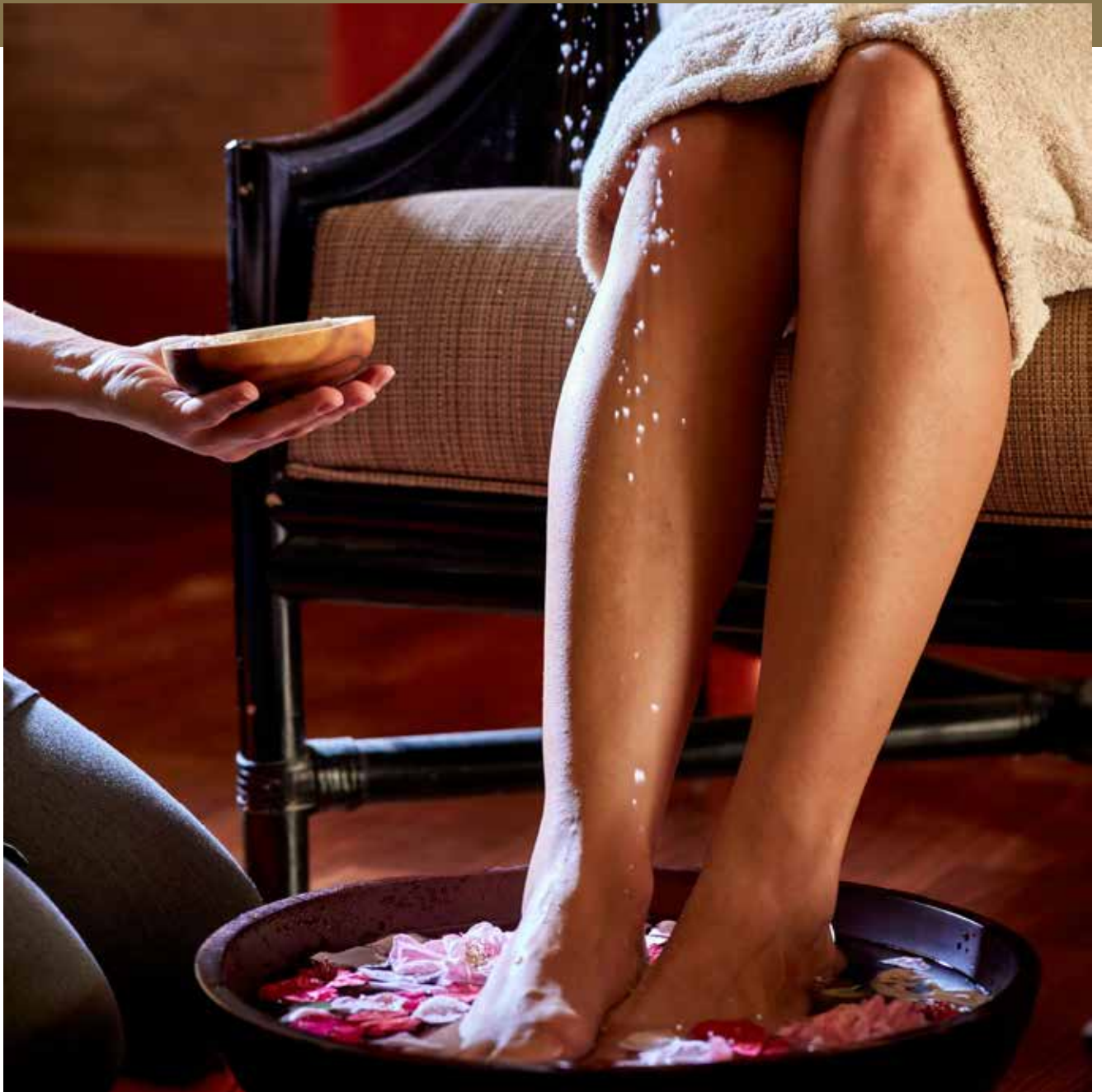
This Body Massage is inspired and created for the winners. Helps ease the pressure on your lower legs to feel uplifted and ready for action. Recommended the day before or at least 3 hours before you get in the field. Leaves your legs and lower back free of tension giving your whole body a unique and more flexible flow. We will ensure your swing is relaxed and that you enjoy every shot with no pain or aches. Designed for those that go for the win.

60 minutes €120

GOLFER'S MASSAGE - POST-RECOVERY

Designed to release any tension and aches on arms, upper and lower back, as well as neck and shoulders. This is a ‘pat on the back’ for a good day of golf and a push for the next round. Customised to the needs of each golfer this treatment will make sure you are left with no pains, aches and the flexibility you need to continue the game or just enjoy the memories of a great golf trip.

60 minutes €120



HANDS & FEET

ELEMIS GARDEN OF ENGLAND ROSE RESTORE HAND TREATMENT

Hand massages are alarmingly relaxing. And this is the last word in conditioning, restorative, anti-ageing hand treatments. Targeting age spots and dryness, you'll waft out with the softest little paws and a blissed-out smile on your face.

30 minutes €45

ELEMIS BEST FOOT FORWARD

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Hot wax softens and smoothes to leave feet as supple and fragrant as a Rose

30 minutes €45

RETREAT SPA MANICURE

A full Manicure Treatment including Exfoliation, Mask with cuticle work, a soothing Hand Massage followed by an application of nail varnish of your choice.

55 minutes €62

FRENCH MANICURE

A full Spa Manicure followed by an application of French nail polish.

70 minutes €65

TINTING & SHAPING

Eyebrow Tint 10 minutes €16

Eyelash Tint 25 minutes €20

Eyelash & Eyebrow Tint 25 minutes €25

Eye Brow Shape 10 minutes €16

MAKE-UP

Day Make-Up 25 minutes €45

Evening Make-Up 45 minutes €70

Make-Up Lesson 70 minutes €100

RETREAT SPA PEDICURE

A full Pedicure Treatment including a bubbling Spa Bath to soothe your tired feet, Exfoliation, Mask with cuticle work and a relaxing Foot Massage, followed by an application of nail varnish of your choice.

70 minutes €80

FRENCH SPA PEDICURE

A full Pedicure Treatment including a bubbling spa bath to soothe your tired feet, exfoliation, cuticle work and a relaxing foot massage, followed by an application of French nail polish.

85 minutes €85

THERAPEUTIC PEDICURE – NO POLISH

A Spa Bath will soften and soothe your feet before the removal of hard skin which can cause discomfort. An Exfoliation Mask Cream will smooth your skin followed by a relaxing Foot Massage

70 minutes €80

RE-SHAPE & POLISH €20

RE-SHAPE & FRENCH POLISH €22

RE-SHAPE & GEL POLISH €40

SOAK-OFF GEL POLISH REMOVAL €15

WAXING

Full Leg Wax 40 minutes €40

Full Leg & Bikini 40 minutes €50

Half Leg Wax 25 minutes €35

Bikini Line Wax 10 minutes €18

Full Bikini Wax 25 minutes €35

Under Arm Wax 10 minutes €18

Upper Lip & Chin Wax 10 minutes €18

Back Wax 25 minutes €35

Chest Wax 25 minutes €30

Arm Wax 25 minutes €30

Eye Brow Wax 10 minutes €16



WEDDINGS AT THE RETREAT SPA

Let our qualified and professional team take care of your essential final touches, so that you look your absolute best on the day.

BRIDES ESSENTIALS

- Make-up & Trial
- Bridal Hair & Trial
- Hands & Feet Nail Polish of your choice €320

WEDDING PARTY ESSENTIALS

- Make-up
- Wash & Blow Dry
- Hands & Feet Nail Polish of your choice €120

BRIDAL HAIR

- Brides Hair €120
- Brides Hair with Trial €170
- Bridesmaid Hair €65
- Bridesmaid Hair with Trial €110

MAKE-UP

- Bridal Make-Up (includes Trial) €150

HENS PARTY RETREAT DAY

Have your Hen party at the award-winning Retreat Spa, the ultimate way to relax for the 'bride to be'. Enjoy a day of fun and pampering with your closest friends and make it a special day to remember.

Choose one Spa Treatment from the following:

- Deeper than Deep Hot Stone Massage 30 minutes
- ELEMIS FACE Touch 30 minutes
- Intensely Cleansing Salt Scrub - Lime & Ginger or Frangipani 30 minutes
- Use of Spa Facilities and Healthy Lunch & Fresh Smoothie

*Minimum 4 persons required

€75 per person

HONEYMOON RETREAT DAY

The Honeymoon Retreat Day is the ideal way for you to escape for some essential time together. The day is designed so that the two of you can enjoy the benefits of our tranquil Spa Facilities, and enjoy the delights of our Couple's Suite where you can submit yourselves into the hands of our specialized Therapists and indulge in simultaneous treatments.

- Sensory Ritual of Aroma
- Lover's Retreat Lunch
- ELEMIS FACE Touch 60 minutes

€465 per couple



SPA ETIQUETTE

In the interests of the comfort, safety and relaxation of all our guests we ask that the following guidelines are followed at all times.

GENERAL:

The Retreat and its environs are strictly NO SMOKING areas.

We do not allow mobile phones in our customer areas, please leave them switched off in your locker.

Please leave all items of value in your locker. The Retreat Spa is not responsible for any loss or damage of personal belongings.

Please conduct all conversations at levels consistent with a relaxing Spa environment.

The Retreat Spa and fitness facilities are available to persons aged 16 or over.

Always shower before using pool facilities and between heat rooms. A robe should be worn in all common areas and swimwear is compulsory in all Thermae Heat

ROOMS.

Pool towels can be found in all appropriate areas, please do not take shower towels outside.

All facilities are subject to availability.

LOCKER ROOMS:

In single-sex Heat Rooms swimwear is not compulsory, but please consider the wishes of fellow guests.

A towel should always be placed on sauna benches between you and the bench.

Please do not leave toiletries in showers or wet vanity areas.

Please do NOT add oils or other products to the sauna bucket water without first speaking to a member of the Management team.

Please place all used towels in the baskets provided.

FITNESS AREAS:

Please use the hand towels provided to wipe down fitness equipment after use.

Outdoor shoes should not be worn in any fitness areas. Appropriate fitness attire and trainers are required at all times.

WHEN TAKING A TREATMENT:

Please arrive in good time to enjoy the facilities and ensure that you are ready to be collected by your Therapist at the allotted time.

TIME LOST THROUGH LATE ARRIVAL WILL RESULT IN A SHORTENED OR AMENDED TREATMENT BEING OFFERED WITHOUT REFUND.

Underwear or suitable swimwear should be worn in the Treatment Room and during treatments.

For some treatments, you may be offered disposable underwear.

Your Therapist will use suitable towel draping at all times.

CANCELLATION POLICY:

Please note that a 24-hour Cancellation Notice is required for all bookings and services otherwise 50% of the total treatment price will be charged. Credit card details may be required in order to confirm a booking.



HAIR SPA SERVICES

Just like your skin, your hair and scalp require expert advice and attention to enhance its natural beauty. 'Alterna' hair care is sulphate, paraben and phthalatesfree and offers truly personalised hair care to address your specific needs. Allow our expert Hairdresser to diagnose and prescribe the perfect hair care regime, style or service for you.

LADIES

Hair Cut €30

Blow Dry - Short Hair €23

Blow Dry - Long Hair €27

Hair Curl €35

Hair-Up €65

Full Head Colour €47

Full Head Root Tint €40

Full Head Highlights €100

Full Head Highlights Long Hair €110

Half Head Highlights €65

Half Head Highlights Long Hair €75

Hair Relaxer €90

Colour Remover €60

GENTS

Gents Shampoo & Cut €23

Gents Cut Dry €17

KIDS CUT

Cut & Style €15

HAIR REPAIR & SCALP TREATMENTS

Hydrate - For dehydrated hair and scalp

Repair - For damaged hair and split ends

Volumize - To give volume to fine hair

Shine Define - To enhance shine to dull hair

Clear Scalp - For dandruff and flaky scalp conditions

Balance Scalp - To soothe and calm sensitive scalps and help prevent hair loss

30 minutes €30

ALTERNA INTENSIVE HAIR THERAPY

Ten - to transform hair from ordinary to extraordinary

30 minutes €50

Caviar Repair - to reconstruct your damaged hair with strand building proteins

60 minutes €100



PAMPER SPA 8 - 12 YEARS OLDS

At the award-winning Retreat Spa, we understand that our younger guests also want to be pampered; therefore, we have created exclusive Spa Treatments tailored for children aged 8 - 15 years old, whilst thoughtfully preserving the tranquillity for our adult guests.

TWINKLE TOES PEDICURE

Let us soak and scrub your feet in Zesty Mandarin & Mango before shaping and polishing your toes. Choose from a selection of tropical colours.

20 minutes: €25

SLEEPY FEET PEDICURE

Including a Foot Soak, Scrub, Foot Mask & Massage, this soothing Pedicure will leave your feet smooth and sleepy; perfect for boys or girls who do not want to add colour to their toes.

20 minutes: €25

FANCY FINGERS MANICURE

A file and scrub to the hands, including a Mini-Hand Massage with Milk, Honey & White Chocolate Cream, followed by a polish from a choice of rainbow colours.

20 minutes: €25

TWO PEAS IN A POD MANICURE OR PEDICURE

Fancy Fingers Manicure or Twinkle Toes/Sleepy Feet Pedicure for two children.

20 minutes: €45

GET MUDDY

Skin Nourishing Milk Bath applied in combination with Frangipani Monoi Oil with a relaxing Head and Neck Massage and then left on the hair for added benefits.

15 minutes: €8

SKIN SPARKLE FACIAL

A soft and gentle cleansing Facial which includes a Mini- Face Massage, a nourishing Face Mask & soothing Eye Pads.

30 minutes: €30

BEACH BOY FACE RESCUE

A gentle hydrating Facial which is perfect for rescuing and nourishing the skin of beach boys,

30 minutes: €30

PAMPER PACKAGES

PRINCESS FOR THE DAY

- Twinkle Toes Pedicure
- Fancy Fingers Manicure
- Skin Sparkle Facial
- Hair Mask
- Smoothilicious Spa Smoothie

1 hour 30 minutes: €80

SUPER HERO

- Sleepy Feet Pedicure
- Beach Boy Face Rescue
- Hair Mask
- Smoothilicious Spa Smoothie

1 hour 30 minutes: €80



PAMPER SPA 13 - 15 YEARS OLDS

TEEN SPA MANICURE

A file and scrub to the hands, including a Mini-Hand Massage with Milk, Honey & White Chocolate Cream and choice of dazzling colours.

40 minutes: €35

TEEN SPA PEDICURE

Let us soak, scrub and massage your feet in Zesty Mandarin & Mango before shaping and polishing your toes in a choice of glamorous colours.

40 minutes: €35

SOLE MAN TEEN PEDICURE

Including a Nail Trim, Foot Soak, Scrub, Foot Mask & Massage. This Pedicure will leave your feet looking and smelling like new!

40 minutes: €35

GEL POLISH - HANDS OR FEET

Long-lasting Gel Polish in a fabulous colour of your choice.

55 minutes: €40

GEL POLISH NAIL ART - HANDS OR FEET

Add some glitzy glam Nail Art on to your full Gel Polish.

15 minutes: €10 for 2 nails

FACE IT FACIAL

The perfect teen Facial for boys to rebalance and cleanse. Includes a gentle Exfoliation, Massage, Deep Cleansing Mask and steamed towels.

30 minutes: €40

CLEANSE & REFRESH FACIAL

Including gentle Cleansing & Exfoliating, this Facial helps remove impurities from the skin leaving it looking and feeling refreshed and rebalanced.

30 minutes: €40

TEEN LUMINOUS FACIAL

A gentle cleansing Facial incorporating a Scalp Massage and hydrating Face Mask with soothing Eye Pads.

30 minutes: €40

PAMPER PACKAGES

TEEN SENSATION

- Teen Spa Manicure
- Teen Spa Pedicure
- Teen Luminous Facial
- Smoothilicious Spa Smoothie

2 hours: €100

LAZY BOY

- Sole Man Pedicure
- Face It Facial
- Get Muddy
- Smoothilicious Spa Smoothie

1 hour 30 minutes: €75

MOTHER & CHILD PAMPER PACKAGES

Deepen the unique bond between mother and child... spending quality time together.

Mother & Child Express Spa Manicures - 40 minutes: €60

Mother & Child Express Spa Pedicures - 40 minutes: €60

Mother & Child Express Spa Facials - 30 minutes: €70

TIME FOR TWO PAMPER PACKAGE

Mother

Express Spa Manicure

Express Spa Pedicure

Express Spa Facial

Frangipani Hair Treatment

A glass of chilled Sparkling Wine

Daughter/Son

Fancy Fingers / Teen Manicure

Twinkle Toes / Sleepy Feet / Sole Man / Teen Pedicure

Skin Sparkle / Beach Boy / Teen Luminous / Face It Facial / Hair Mask

Smoothilicious Spa Smoothie

2 hours: €200

MOTHER & CHILD PAMPER PACKAGES PAMPER SPA ETIQUETTE

Whilst you are waiting for your children to be pampered, you can relax in the beautiful surroundings of our Secret Garden or you may choose to have a treatment from our Adult Spa Menu or use the Gym.

- Relax in the soothing surroundings of our Secret Garden - Free of charge.
- Treatment of your choice from our Spa Menu - to be the same length or lesser time than the Pamper Treatment or Package - See Retreat Spa Menu
- Use of Gym (sweat towel only) - €7

In order to preserve the tranquillity of all our guests and ensure the safety of your children please take note of the following conditions:

- Children cannot be left unattended in the Spa and a parent or guardian must be present in the Retreat Spa for the duration of the Spa Treatment or Package.
- All Spa Treatments require signed consent by the parent and child and you must inform us if your child has any allergies or conditions which may prohibit them from having a treatment.
- Children are excluded from the use of all Spa facilities including relaxation areas, Secret Garden, Heat Rooms and Pool.
- Please ensure your child does not have any items of value on them. The Retreat Spa is not responsible for loss of or damage to your child's personal belongings.
- Food and drink should not be brought into The Retreat Spa for consumption during your child's visit. Water is available on request and Spa Smoothies are included in some Pamper Packages.
- Please arrive in good time to complete the Health & Lifestyle Questionnaire and ensure that your child is ready to be collected by their Therapist at the allotted time.

TIME LOST THROUGH LATE ARRIVAL WILL RESULT IN A SHORTENED OR AMENDED TREATMENT BEING OFFERED WITHOUT REFUND.

- Please note that at no time will we ask your child to remove any clothing to perform a treatment. Please ensure that your child has suitable attire with loose fitting trousers which can be rolled up to the knee for Pedicures and low cut or vest tops for Facial Treatments.
- Lockers are only provided for Adult Spa Treatments when they are taken from our Adult's Spa Menu.
- We do not allow mobile phones in any of our Spa areas - please leave them switched off.
- Please ask your child to conduct all conversations at levels consistent with a relaxing Spa environment.
- Children must be collected promptly at the end of their treatment.
- A 100% additional charge will be applied for late collection of your child.

The Retreat Spa Aphrodite Hills

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For guests at the Aphrodite Hills Hotel, Cyprus

Please call direct on ext. 8100 for any enquires.