



Aphrodite Hills  
— The Retreat Spa —



ATLANTICA  
HOTELS & RESORTS

APHRODITE HILLS HOTEL

LUXURY, SERENITY, VITALITY



WELCOME



## RETREAT SPA MENU



# WELCOME TO THE RETREAT SPA



ESPA



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 AND 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 tranquility. 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 ESPA, 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 and 2014, 'Best Luxury Resort Spa' in 2015 and 'Best Luxury Destination Spa' in 2016 at the World Luxury Spa Awards.

## SPA DAY PACKAGES & SIGNATURE TREATMENTS



Time out is precious so to ensure that you get the most out of your day at the spa, allow our expert team to assist you to create your own special day to suit your individual needs from the array of A La Carte treatments offered. Alternatively we have put together some Spa Day Packages below for you to choose from.

All our individual treatments and Spa Day Packages include the use of the following facilities:

Full Changing Rooms and locker service  
Sauna  
Relaxation Gardens  
Tepidarium  
Herbal Tea

### RADIANCE

Total Holistic Body Care with Hot Stones  
Lunch  
Skin Radiance Facial  
€260

### RENEW

Lift & Firm Hip & Thigh Treatment  
Lunch  
Lift & Firm Facial  
€235

### ESCAPE

Back Face & Scalp Treatment  
Lunch  
Re-Shape & Polish to Hands & Feet  
Wash & Blow Dry  
€230

### JUST FOR HIM

Muscle Reviver  
Lunch  
Personalised Facial  
Nail File & Buff  
€204

Relax in the spa with the peace of mind that your children are being cared for and entertained in the safe and fun environment of the Kids Club. Please ask us for details on rates and special packages and indulge in the Spa..... You deserve it!

### 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.

75 minutes €45

\*Minimum 6 Persons – please allow 2 hours notice.

### 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 heated marble plinth; all guaranteed to make your skin glow and provide deep muscle relaxation.

90 minutes €130

\* Please note swimwear is required for the above treatments.



## SENSATORI SIGNATURE SPA TREATMENTS



### JOURNEY OF THE SENSES

Rediscover your senses with our Signature Treatment to reconnect body, mind and soul from head to toe.

Awakening all the senses, this journey starts with a Back, Neck & Shoulder Massage focusing on relieving tension and stress. A soothing Head Massage with warm Hair Mask will allow you to drift into blissful state of relaxation, before the energetic power and healing properties of volcanic hot stones are applied to your chakras. Your hands and feet will be massaged and cocooned with nourishing creams and warm stone wraps, whilst you partake on a journey with a blend of aromas and feelings that will leave your senses singing with delight.

75 minutes €115

### SENSORY RITUAL OF AROMA

Experience the sublime sensory delight of pure Aroma.

Embrace yourself in the scent of Mediterranean Rose and Orange Blossom and escape to another realm. Native aromatic oils are applied to the body before being sprinkled with crushed citrus peel, ground almonds, nutmeg and rose petals to exfoliate and smooth your skin. Cleanse away the stress of the outside world before submitting to a full body Aromatic Massage. A warm Hair Mask and mind-melting Head Massage conclude this aromatic ritual of Aroma.

90 minutes €135

## SPA DISCOVERY RITUALS

Allow yourselves to submit to indulgent rituals of cleansing and relaxation that will revive your senses and clear your mind.

### ESPA SUN SOOTHER RITUAL

This cooling and calming ritual is designed to soothe sun drenched skin. Beginning with a gentle body exfoliation with Aloe Vera and Peppermint, followed by a nurturing body envelopment using Marine Mud and ESPA Deeply Nourishing Body Cream to repair the skin. Finally a relaxing, nourishing body massage with ESPA oil rich in Calendula and Sweet Almond helps to restore comfort to the skin.

**Includes:** Body exfoliation and wrap - body massage - scalp massage

2hr €155

### ESPA RETREAT ORANGE RITUAL

Cyprus is famous for its beautiful oranges and ESPA appreciate the general health and skin benefits of this special citrus fruit, rich in Vitamin C and anti-oxidants. This truly relaxing and therapeutic treatment draws strongly on the benefits of Orange and is aimed at inducing total calm to the mind and body while nourishing and restoring radiance to the skin.

The treatment combines a massage with warm orange-rich essential oils and hot stones and a skin brightening facial.

**Includes:** Body massage with warm oil and hot stones – Radiance Restoring Facial

2hr €155

### GOLFERS TONIC

After a hard day on the greens, this Treatment soothes aching muscles and targets the back, neck and feet. Enjoy a soothing Foot Soak & Scrub followed by an Exfoliation to the back before enjoying a Massage. The Treatment is concluded with a therapeutic Leg & Foot Massage - the perfect treatment to restore energy to a weary back, feet and legs.

**Includes:** Foot Soak, Exfoliation, Foot & Leg Massage, Back Exfoliation & Back Massage.

60 minutes €99

## FACIAL TREATMENTS, INTENSIVE & AGE DEFYING



Our facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you with skincare products chosen for your individual needs to achieve the best possible results.

### SKIN DIAGNOSIS - SKIN SCANNING

Truly understand your skin and learn how best to treat it in order to achieve long-term visible results. A full skin diagnosis using the skin scanner will highlight underlying issues in the skin which cannot be seen with the naked eye.

30 minutes €35

Price is redeemable when you purchase 2 or more ESPA products

### ESPA LIFT & FIRM FACIAL

An advanced facial using Super Active™ products to improve skin tonicity and firmness and enhance cellular regeneration. This facial uses Tri-ActiveR ingredients combined with specialised facial massage lifting techniques to help combat the signs of ageing, stimulate collagen production and deliver intensive results; the benefits of which can be seen immediately.

90 minutes €130

### ESPA LIFT & FIRM EYE TREATMENT

Perfect for those who are concerned with the first signs of ageing around the eyes.

An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.

30 minutes €45

### ESPA ADVANCED ENZYME FACIAL

A powerful and highly effective facial to boost cell regeneration and give an instantly smooth, radiant complexion.

A deep brush cleanse is followed by an intense Enzyme Peel containing botanical extracts and Pumpkin Enzymes to deeply exfoliate and remove dead skin cells. After a soothing massage using Rose Quartz Crystals to help cool and calm, a Lifting and Smoothing Mask is applied, containing concentrated Seaweed Extracts, Argan Oil and Menthol, to give your skin a more plumped and firmer appearance.

90 minutes €130

### ESPA LIFESTAGE FACIAL

A highly effective age defying facial which delivers immediate and visible results.

Using Natural Encapsulation Technology together with a unique blend of 10 pure and concentrated actives, which are stage released into the epidermis for up to 8 hours to achieve their ultimate performance potential. This facial will help to reduce the first signs of ageing by firming sagging skin, stimulating elasticity, smoothing lines and wrinkles & promoting radiance.

90 minutes €140

# ESPA SKIN SOLUTIONS



## ESPA OPTIMAL SKIN PROFACIAL

Reveal your skin's true potential with this targeted Facial that unites the ESPA Optimal Skin Collection with expertly tailored facial techniques - suitable for all skin types and ages.

60 minutes €95

## ESPA PERSONALISED EXPRESS FACIAL

Your Therapist will select the most suitable Facial for your skin. Every ESPA Personalised Facial includes a Consultation, SkinVision Analysis, Cleanse, Exfoliation, Face Oil Application and a Personalised Face Mask, followed by a soothing Scalp Massage and finished with a Booster Serum Application to suit your skin type.

30 minutes €55

## ESPA SKIN RADIANCE FACIAL

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance.

A special application of ESPA Skin Radiance Moisturiser; rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

60 minutes €95

## ESPA SKIN PURIFYING FACIAL

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance.

This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

60 minutes €95

## ESPA DE-SENSITISER FACIAL

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished.

De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

60 minutes €95

## ESPA RE-HYDRATION FACIAL

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished.

Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

60 minutes €95

## ESPA ENZYME FACIAL

This powerful and highly effective natural facial peel dramatically smoothes, softens and evens skin tone.

A brush cleanse, followed by an intense Enzyme Peel containing botanical extracts and Pumpkin Enzymes deeply exfoliates and removes dead skin cells, followed by an application of soothing Rose Quartz Crystals to help cool and calm, revealing an ultra smooth, glowing complexion.

60 minutes €95



# ESPA BODY TREATMENTS



We offer a complete range of solution led ESPA body treatments and massages, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

**ESPA BACK, FACE & SCALP TREATMENT with hot stones**  
Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

**Includes:** Back exfoliation and hot stone back massage – personalised facial – scalp massage  
**90 minutes €160**

## ESPA TOTAL HOLISTIC BODYCARE

An indulgent body treatment to melt away tension and bring your body and mind back into harmonious balance. The treatment begins with body brushing and exfoliation to soften the skin; an indulgent massage follows, using nourishing essential oils soothes tired, aching muscles. Finally, a comforting head massage with gentle stretching allows you to relax and unwind.

**Includes:** Body scrub – body massage – scalp massage – hot stones (optional)

**Without stones - 90 minutes €140**

**With stones - 2hr €160**

## ESPA PERSONALISED HOLISTIC RITUAL

This treatment combines a body wrap and massage to restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

Following body exfoliation, a Marine Algae or Mud wrap is applied and the scalp gently massaged. Once you have taken a refreshing shower, a tailor made aromatherapy massage takes place, leaving you with a sense of well-being, cleansed and revitalised. Choose from the following:

Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner

**Includes:** Body exfoliation – Algae or Mud wrap – scalp massage – Aromatherapy massage

**2hr €150**

## ESPA PERSONALISED BODY WRAP

Following and salt & oil full body exfoliation with your choice of Relaxing, Invigorating or Detoxifying ingredients, a Marine Algae or Mud wrap is applied to the body. Indulge in a soothing scalp massage whilst cocooned before taking a refreshing shower. The treatment is concluded with a hydrating body lotion.

**Includes:** Body exfoliation – Algae or Mud wrap – scalp massage - hydration

**60 minutes €110**

## ESPA LIFT & FIRM HIP & THIGH TREATMENT

A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture.

Using potent marine extracts, iced mitts, a deep detoxifying massage and specialised stomach massage techniques to help cleanse and purify the colon, giving excellent results. Ideal for people concerned by the appearance of cellulite. A course of 6 treatments is recommended.

**Includes:** Skin brush – detoxifying Salt and Oil Scrub – detoxifying massage to specific area – specialised colonic massage techniques

**60 minutes €99**

## ESPA GENTLE BODY POLISH

A gentle refining scrub that removes impurities and dead skin cells; skin is left soft and hydrated. Ideal prior to any body treatment or massage.

**30 minutes €55**

## ESPA SALT & OIL SCRUB

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage.

**30 minutes €55**

## MATERNITY & HYDROTHERAPY



### ESPA PRE NATAL TREATMENT

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy.

Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise.

A course of 6 treatments is recommended following the first trimester of pregnancy.

**Includes:** Back exfoliation (if required) – body/scalp massage – this treatment is tailored to your specific needs.

60 minutes €95

### AROMA BATH TUB JOURNEY

Aromatherapy essential oils combined with high pressure water jets melt away stress and calm your senses. Select from a choice of Detoxifying, Energising, Fitness, Resistance, Restorative or Soothing.

30 minutes €50

### AROMA BATH TUB JOURNEY with underwater massage

Under water massage is a great way to achieve a deep massage all over the body. The treatment helps reduce cellulite and improve circulation leaving the body renewed and invigorated. Select from a choice of Detoxifying, Energising, Fitness, Resistance, Restorative or Soothing Aromatherapy Bath Oil Blends to increase the therapeutic benefits.

30 minutes €60

# MASSAGE



## SWEDISH MASSAGE

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

60 minutes €95

## SWEDISH BACK MASSAGE

Ideal for those requiring focused attention on the back, the therapist will intuitively release tension in your back, neck & shoulders using a fusion of different techniques, individualized to leave you feeling relaxed, supple and soothed.

30 minutes €55

## DEEP TISSUE MASSAGE

Recharge your body and kick start your circulation with this deep tissue massage. The masseur will help to relieve tension from specific areas of the body, either to release muscle stiffness due to overexertion in the gym or to improve fluid retention and poor circulation associated with cellulite conditions.

60 minutes €95

## SPORTS MASSAGE

Treatment of soft tissue injury or sports related injury through specialist sports massage techniques. This session can also be used as an injury prevention tool keeping you in top condition for your chosen sport, alleviating aches and pains caused by overuse of muscles and improving flexibility.

60 minutes €110

## ESPA MUSCLE MELT

A condensed Massage for those who suffer with tension related headaches and neck strain. If you have little time to spare, this deeply soothing Back, Face and stress-releasing Scalp Massage is an ideal way to melt away tension and relieve tight muscles.

**Includes:** Back Massage and Scalp Massage

40 minutes €80

## ESPA AROMATHERAPY MASSAGE

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Choose from the following:

Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner

**Includes:** Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage

60 minutes €99

90 minutes €145

# ORIGINS OF THE EAST & STONE THERAPY



Calling upon ancient traditions and techniques with their origins in the East, each treatment is designed to restore one's natural state of equilibrium and take you on an exotic journey to China, Japan, India, Indonesia or Thailand.

## 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

## 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 Hair Mask and grounding Shirodara Warm Oil Flow. The exotic mix of warmth, aroma and an indulgent Scalp Massage will allow you to drift into blissful relaxation...

90 minutes €150

## ORIENTAL SCALP & FOOT MASSAGE

Submit to a soothing and indulgent head, shoulder and scalp massage with a nourishing and warm hair mask followed by a rejuvenating foot massage. Excellent for the relief of tension headaches & tired aching feet, this treatment will relieve deep seated stress from the tips of your hair to the tips of your toes.

30 minutes €60

## THAI BACK MASSAGE

This traditional Thai massage increases mobility by a sequence of unique ancient stretching and pressure techniques that alleviate tension in the back, neck and shoulder area, releasing blockages, leaving you feeling supple and renewed.

30 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

## RELAX STONE MASSAGE

Hot Stone Massage is a unique treatment of heated volcanic stones applied with essential oils to the body in ways that bring about relief to sore and stiff muscles, releasing tension, to bring about tranquility and a more balanced flow of energy. This combination focuses on massage and stone placement to offer a complete holistic approach and sensory journey. Stimulates the body's own ability to release stress and restore peace, bringing about a state of deep relaxation.

75 minutes €120

# ESPA FOR MEN



Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

## ESPA AGE REBEL FACIAL

An effective, age-defying facial designed to deliver immediate results to tired looking skin, and reduce fine lines and wrinkles.

Includes: Brush cleanse - steam – Enzyme Peel – facial massage – toning mask

90 minutes €130

## ESPA PERSONALISED FACIAL

This expert facial is specifically tailored to you, and will include deep cleansing, exfoliation, steam and gentle extraction where needed, and a treatment specific massage and mask.

Finally, ESPA skincare products including an intensive booster serum are chosen to suit your individual needs to achieve maximum results.

60 minutes €95

## ESPA BACK, FACE & SCALP TREATMENT with hot stones

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back exfoliation – back massage with hot stones – facial – scalp massage

90 minutes €160

## ESPA AROMATHERAPY MASSAGE

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Choose from the following:

Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner

Includes: Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage

60 minutes €99

90 minutes €145

## ESPA MUSCLE REVIVER

A condensed Massage for those who suffer with tension related headaches and neck strain. If you have little time to spare, this deeply soothing Back, Face and stress-releasing Scalp Massage is an ideal way to melt away tension and relieve tight muscles.

Includes: Back Massage and Scalp Massage

40 minutes €80



# HANDS & FEET



### 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

### 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

### 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

# 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
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### HENS PARTY RETREAT DAY

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

Choose One Spa Treatment from the following:

- Swedish Back Massage
- Personalised Express Facial
- Gentle Body Polish

Use of spa facilities including:

Infinity Pool & Sundeck  
Sauna  
Gym

Healthy Lunch & Fresh Fruit Smoothie

€65 per person

\*Minimum 4 persons required

### 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

Skin Solution Facial

€465 per couple

## 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 phthalates free 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	€22
Blow dry Long hair	€26
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	€60
Half Head Highlights Long Hair	€70
Hair Relaxer	€90
Colour Remover	€40

### GENTS

Gents shampoo & cut	€22
Gents Cut Dry	€15

### KIDS CUT

Cut & style	€15
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### HAIR REPAIR & SCALP TREATMENTS

Hydrate - For dehydrated hair & scalp  
Repair - For damaged hair and split ends  
Volumise – 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

# 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.

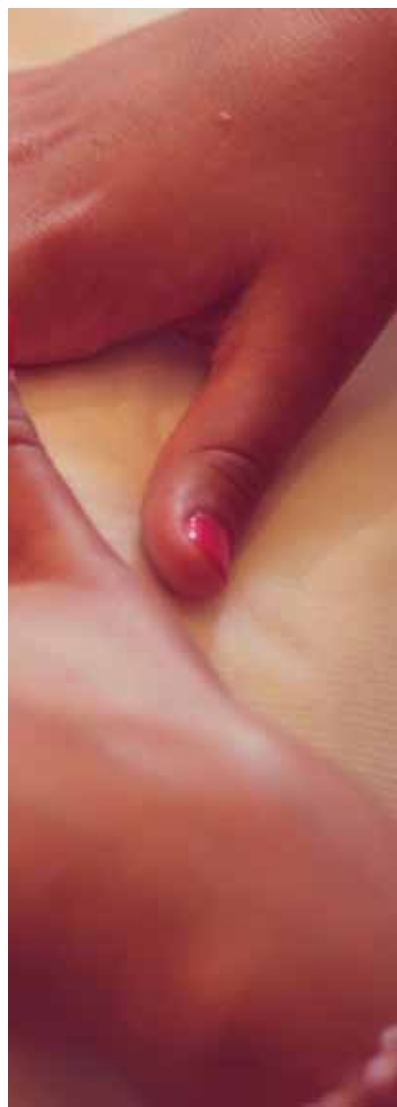
## When taking a treatment:

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 WITH RESULT IN A SHORTENED OR AMENDED TREATMENT BEING OFFERED WITHOUT REFUND.

Underwear or suitable swimwear should be worn into 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 24 hours 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.





## PAMPER SPA MENU



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.

# PAMPER SPA

## 8 - 12 YEARS OLDS



### PAMPER MENU

#### 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

Pink Hair & Scalp Mud is applied with a relaxing Head and Neck Massage. The nourishing hair mud is 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, surfers and outdoor adventurers.

30 minutes: €30

### PAMPER PACKAGES

#### PRINCESS FOR THE DAY

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

1 hour 30 minutes: €80

#### SUPER HERO

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

1 hour 30 minutes: €80

# PAMPER SPA

## 13 - 15 YEARS OLDS



### PAMPER MENU

#### 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

Get Muddy Hair Mask

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

Get Muddy Hair Mask

Smoothilicious Spa Smoothie

2 hours: €200

# 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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