

# AnaGenesis Thalasso Spa Centre

## SPA MENU

### FACIAL TREATMENTS

#### **Express Mediterranean facial**

**25min - 40€**

This revitalizing facial includes a deep power cleanse, a mask of your choice that match your skin needs, lymph drainage techniques for rapid turnaround topped off with a relaxing scalp massage.

#### **Heart of the Ocean**

**50min - 80€**

This personalised facial ritual begins with a relaxing welcome massage after which the skin is gently cleansed and exfoliated. A serum packed with active marine ingredients is then applied with Thalgo's Heart of the Ocean massage, to relax the facial muscles and relieve tension in the arms, shoulders and neck. This is followed by a skin-specific mask to correct any skin concerns. The treatment finishes with an application of the right moisturiser, leaving the complexion restored to its natural beauty.

#### **Queen Bee antiwrinkle treatment**

**80min - 95 €**

A luxurious anti-ageing treatment that effectively addresses all possible signs of ageing of the epidermis. with high concentration in natural active ingredients and the powerful action of royal jelly, the products of the Queen Bee line are an elixir of youth for the demanding skin. In combination with the face massage enhanced with special techniques of lymphatic decongestion, wrinkle smoothing and muscle activation, the treatment gives unique firmness, luminosity and face lifting effect.

#### **Hyaluronic Smooth & Fill Facial**

**60min - 100€**

Correct the signs of ageing with this smoothing and filling Thalgo facial. After a relaxing welcome massage, a cleansing ritual is carried out followed by an exfoliation to smooth the skin and allow optimum penetration of the active ingredients. An expert anti-ageing massage lifts the features and helps the skin absorb in all the Hyaluronic Acid, while a Hyaluronic mask is applied to smooth the skin and leave your complexion glowing.

#### **Exceptional Ultimate Time solution Ritual**

**90min - 120 €**

This manual facelift using Thalgo's revolutionary massage technique EnergyLift, targets and tightens individual facial muscles and visibly lifts the entire face providing the Ultimate anti- ageing facial to combat all signs of ageing. Following a deep cleanse to prepare the skin, the massage encourages maximum toning and is combined with the special serum and Ultimate cream which reshape the facial contours. The Mask is then applied infusing the skin with Marine Bio-Cellulose. The treatment is completed with the Ultimate Time Solution Cream and Serum for the eyes and lips. Skin is left visibly smoother, brighter, lifted and nourished.

## BODY SOLUTIONS

### **Body exfoliation treatment**

**25min - 40€**

Choose between a sea salt, coconut shell and Bora Bora sand scrub with Monoi and jojoba oils or a brown sugar, sea salt and plant essential oils scrub. This treatment will promote rough patches elimination, smooth the skin and leave it beautifully soft. Perfect before sun exposure to ensure even and long-lasting tan.

### **3 Algae Wrap**

**45min - 60 €**

The original marine algae wrap, harnessing all the incredible benefits of seaweed. A special patented seaweed body wrap is applied to the specified areas infusing its minerals, vitamins and micro-nutrients to the body. This treatment activates circulation, increases metabolism, promotes body drainage and relieves aches and pains.

### **Aromaceane**

**80min - 85 €**

This ultra-relaxing treatment combines Aromatherapy with a marine body wrap to improve health and well-being. After a welcome massage to soothe tensions, the therapist performs reflex activity on the feet. The Natural Marine Mud body wrap is customised with essential oils, chosen to suit your specific concerns and applied to the body. You will be wrapped in a thermal blanket while it infuses its benefits. Once the wrap is removed, a light massage is carried out with the chosen blend of essential oils.

### **Marine Prelude**

**80min - 90 €**

The ultimate full body exfoliation designed to give super-soft skin. This treatment combines natural Marine Mud taken from the Dead Sea and natural Sea Salts. The body is treated to a marine salt exfoliation to eliminate dead skin and alleviate dry and rough patches. This is then followed by an application of marine mud to naturally remineralise and revitalise while a relaxing scalp massage eases tension. To finish, the whole body is treated with an ultra-nourishing body cream.

### **Silhouette High Precision shaping Treatment**

**50min - 80 €**

This high-performance innovative treatment tackles cellulite for amazing results! It features a unique Thalgo-exclusive Body Wrap which infuses pure oxygen into the deep skin cells to detoxify the skin and encourage the release and elimination of stored fats. Corrective concentrates packed with active ingredients are applied to target zones to refine and re-sculpt cellulite-prone areas and address lack of firmness. After a 25 minutes massage using techniques specifically designed to correct problems related to cellulite, the treatment finishes with the application of Intensive Correcting Cream or High Performance Firming Cream.

## FACE & BODY COLLECTION

### **Atrium Signature hydrating treatment**

**100min - 100€**

The treatment begins with a full body and face exfoliation to clean and prepare the skin for deep hydration and a wonderful even sun tan. Following comes a relaxing body massage with a soft, hydrating body cream to nourish the skin, relieve the muscles and unwind the mind. To top this unique experience, the face is then treated with a mask that suits its special needs. You shall leave the spa feeling completely relaxed and rejuvenated. The perfect choice before extended sun exposure.

### **Glowing mother to be**

**85min - 110€**

Nurture your body at this precious time with a specially designed therapy to treat muscle aches, reduce fluid and imbue total rejuvenation of the face and body. The pregnancy specific massage and tailored facial combine into one seamless pleasure melting away fatigue and revealing a radiant you.

## SPA RITUALS

### **Pacifique Spa Ritual**

**80min - 90€**

Experience Pacifique, the exotic spa ritual inspired by four of the most beautiful islands in the heart of the Pacific Ocean. This luxurious treatment begins with the Exotic Island Body Scrub, a gentle vanilla-scented body scrub blended with pure white sand, sea salt and coconut husks that leaves the entire body feeling smooth and soft. The traditional Massage that follows incorporates a rhythmic Lomi-Lomi massage and warm sand pouches to loosen muscles and nourish the skin. Finally, Polynesian Sacred Oil is swept over the skin, its subtle golden pearls leaving a sunkissed glow and a delicate scent of flowers.

### **Indoceane Spa Ritual**

**100min - 110€**

Indocéane is an intoxicating spa ritual, taking you on a journey of ultimate relaxation across the continents. This sensual treatment commences with a Mediterranean influenced body exfoliation softening the skin which is then followed by an Ayurvedic-inspired massage using warmed oils and ancient Indian practices. The final step is an Asia originated Silky Smooth body wrap fragrant with sacred Lotus notes and enriched with Rice Bran Oil. The skin regains softness and lasting comfort.

## MASSAGE COLLECTION

### **Relax & Renew (soft pressure massage)**

**25min - 45€ / 50min - 65€**

A relaxing soft massage that uses the techniques of the Swedish massage to release the body tension and restore the body and mind's well-being.

### **Pure Rejuvenation (medium pressure massage)**

**25min - 55€ / 50min - 75€**

A medium pressure massage based on the philosophy of Swedish massage for those who enjoy a stronger approach. The muscles get relaxed, the body unblocks the mind unwinds.

### **Deep tissue massage (strong massage)**

**25min - 65€ / 50min - 90€**

A massage therapy that focuses on realigning deeper layers of muscles and connective tissue. The movements are slower and the pressure is deeper and concentrated on areas of tension and pain in order to reach the sub-layer of muscles.

### **Relaxing Back & Neck Massage**

**25min - 40 €**

Targeting these specific areas where all tense concentrates, this massage releases stress, ease the muscles and restores body comfort and well-being.

### **Face Head & Neck Massage**

**25min - 40 €**

A unique relaxing massage that removes body tension, promotes circulation and relaxes face muscles leaving your face looking younger and healthier. The stress blocking the upper part of the back is relieved and the body feels calm and rejuvenated.

### **Special Foot massage**

**25min - 40€**

A rejuvenating massage for tired feet. A short but completely salutary ritual that relieves, relaxes and nurtures the feet using reflexology and drainage techniques.

### **Anti-cellulite massage**

**25min - 60€**

Special targeted massage designed to increase blood circulation, eliminate toxins, stimulate the lymphatic system and reduce the appearance of cellulite. This massage alternatively squeezes and pinches the fat deposits and then kneads the muscles in the affected areas to roll the bulging fat away from the connective tissues. The skin surface feels smoother and toned.

### **Aromatherapy massage**

**50min - 80€**

Invigorating and relaxing massage that fully utilizes the aromatherapy expertise of APIVITA. Select a unique blend of essential oils (relaxing, revitalizing or muscle relieving) with exceptional benefits to your skin as well as your mood and let yourself get carried away in an unforgettable journey of the senses.

### **Sports Massage**

**50min - 100 €**

Treatment of sports related stiffness or injury with the use of special massage techniques. It can help maintain the body in generally better condition to endure sports or hard training and avoid pains caused by muscles' overuse, boosting performance and extending the life of your sporting career.

## SPECIAL MASSAGES

### **Candle Massage**

**50min - 80€**

A luxurious body massage with special aromatic candles for energy, relaxation and firming. Delicate, creamy warm candle flow on the body while a combination of manual massage, stretching, soft pressures and long strokes relax the muscles helping the body shed all tensions and the skin becomes silky soft and nourished.

### **Mummy to be Massage**

**50 min - 80€**

Pregnancy is a wonderful time that requires specially designed treatments. A full body massage will be performed avoiding sensitive areas and without the need to lie on the stomach. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a relaxing scalp massage.

### **Hot stones massage**

**70min - 90€**

Muscles yield to the gentle yet powerful warmth of the black basalt stones, releasing tension and imbuing a total sense of relaxation. The heated stones, infused with centuries of ancient energies are skilfully combined with the perfect blend of essential essences designed to stimulate the senses and unwind both body and mind.

### **Aroma face & body massage**

**80min - 100€**

This unique face and body massage draws on ancient ayurvedic techniques and use the art of Aromathology to influence your mood. The holistic massage leaves the face and body revitalized while restoring inner balance and harmony. This treatment gives the skin back its clean radiant complexion while having a relaxing or energizing effect on the body and mind.

## WET AREA

### **Bath Rituals**

**20min - 30€**

This relaxing underwater massage, through the different water jets aimed at various points of the body, helps tissue oxygenation, boosts circulation and encourages lymphatic drainage to eliminate toxins and revive the body. You can choose between algae for detoxifying, essential oils or a Cleopatra's milk bath for deep hydration.

### **Vichy shower**

**25min - 30€**

Indulge in a sensational trip of complete relaxation under a range of warm rain showers combined with chromotherapy that will drive away all the tension.

### **Chromotherapy cubicle**

**40min - 50€**

A special machine that helps maximize the penetration of the marine elements of the algae. After the algae paste is wrapped around the body, the hot steam released forces the skin pores to open, resulting in slimming and elimination of toxins. During this procedure a chromo therapy session takes place to help you relax and unwind.

## Hydro jet shower

12min - 20€

A special massage performed with the use of a water jet with a variation in pressure depending on the desired outcome. It tones the circulatory system, relaxes the muscles, combats cellulite and promotes body drainage.

## Solarium Session

6 to 10 min - 12€

## NAILS & WAX

### WAXING

|                |     |
|----------------|-----|
| Full leg       | 30€ |
| Half leg       | 20€ |
| Full arm       | 20€ |
| Half arm       | 10€ |
| Under arm      | 10€ |
| Classic bikini | 15€ |
| Over lip       | 10€ |

### NAIL TREATMENTS

|                                  |     |
|----------------------------------|-----|
| Classic nail polish change       | 15€ |
| French nail polish change        | 20€ |
| Classic manicure                 | 35€ |
| French manicure                  | 45€ |
| Classic pedicure                 | 45€ |
| French pedicure                  | 55€ |
| Gel polish by OPI (hands)        | 50€ |
| Gel polish by OPI (feet)         | 65€ |
| French Gel polish by OPI (hands) | 55€ |
| French Gel polish by OPI (feet)  | 65€ |

## Additional hand massage

10min - 10 €

A relaxing hand massage with special cream to improve circulation and nurture the skin leaving your hands soft and beautiful.

## Additional foot massage

10min - 10 €

Let your self be pampered with a soothing foot and lower leg massage using special draining moves that will leave you feeling light and relaxed.

## Quick fix face mask

15min - 15 €

Why not take advantage of your treatment time and pamper your face skin with a face mask from our vast variety that will attend to your skin's special needs?

## **SPA ETIQUETTE**

### **Operating hours**

The Spa operates from 10:30am till 7:00pm daily.

### **Spa Entrance / Age restrictions**

The use of the Gym area is free of charge for hotel customers. Kindly be informed that the gym and pool area are not supervised by a specialist/ please take care at all times. Children under the age of 14 are not allowed to use the facilities.

### **Book your appointment**

To ensure availability for your treatments and book your preferred time, you are kindly advised to book your appointments in advance. For your convenience, please dial extension 12 from your room. Our staff will be happy to assist you.

You are advised to arrive at the premises at least 10 min earlier than your appointment in order to get ready and fill in the necessary documents.

### **Late arrival / Cancellation policy**

In case of late arrival, your spa treatment time might need to be shortened to accommodate for the next appointment but will be paid in full. In case of cancellation, the spa needs to be notified at least 6 hours in advance so that no cancellation fee will be charged. Should you fail to inform us, the full charge will be automatically shown in your bill. In case of proven illness, the appointment may be rescheduled.

### **Dress code**

Changing rooms with lockers are provided in the spa area, where you can find complimentary bath robes and slippers. Disposable underwear is provided for your treatment. During the use of the wet area and common facilities swimwear is mandatory. You are kindly requested to shower before your treatment or use of the facilities.

### **Signage**

Informative signage relating to different areas of the spa are meant to advise customers on the best use of the facilities and should be adhered with respect at all times. Failure to comply with the written instructions, may result to our staff requesting you to leave the premises.

### **Health problems / Pregnancy**

You are kindly advised to fill the medical form that will be handed over to you at spa reception and provide all possible relevant information. Please inform reception and your therapist for any health problems you might be facing or discomfort you might experience during your treatment.

In case of ongoing or possible pregnancy, the spa personnel must be notified in advance so you can be advised on the appropriate treatments and use of cosmetics.



## **General guidelines**

Running, diving and/or behaving in a dangerous way within the spa facilities is strictly forbidden and may result to unnecessary accidents. We hold no responsibility for your personal welfare.

The use of mobile phones and electronic gadgets is not allowed in the spa facilities as a courtesy towards the other customers.

You are kindly advised not to bring any valuables in the spa. We take no responsibility for any losses.

Smoking, eating and alcohol consumption is not permitted in the spa area.

Guests under the influence of alcohol or drugs will not be allowed in the premises.

## **Method of payment**

We accept cash or credit payments as well as direct charge to your room (valid only before check out). In that case you are kindly asked to present your card key holder with your room number.

## **Make your own spa program**

For any purchase of 5 treatments (manicure-pedicure, solarium & waxing are excluded) selected from this spa brochure, our spa offers a 15% discount. This offer is valid per person and cannot be combined with any additional spa offers that may be currently available.

## **Gift vouchers**

Gift vouchers are available at the spa reception upon request. Our personnel will be more than happy to help you make the perfect treatment choice based on your preferences.

## **Special note**

Due to Covid-19 governmental restrictions the use of the indoor spa heated pool is not permitted. The same apply for the use of the hammam and the sauna.

We are truly sorry for the inconvenience!

