



Ayii Anargyri

NATURAL HEALING SPA RESORT

*The Spring of Life*

## Spa Treatment Menu

*Bathing in sulphur spring water is a natural way to heal inflammatory joints, it stimulates the entire nervous system, giving the patient a relaxing sensation. Next, it starts working on the connective tissues making them flexible. The blood flow slowly increases which in turn helps in better absorption of oxygen and minerals. The sulphide gets absorbed in the system and reaches the inflamed joints and cartilages.*

*As one of the main proteins needed for your skin to stay firm, it enhances and renews the skin. It slows down the aging process because of its ability to protect against the toxic effects of pollution and radiation. It is known as "nature's beauty mineral" as your body needs it to produce collagen, which keeps your skin elastic and young-looking. Bringing you health and vitality and reviving the skin's natural glow.*

## Natural Spring Lounge

A choice of Signature Therapies involving Sulphur water which rises naturally nearby from springs within this tranquil setting.

### Sulphur Spring Pools

Our unique spring - fed pools feature three hydro pools, two with jet massage featuring specifically designed areas for the entire body to release tension and soothe and the third with invigorating foot jets, and counter current massage stream. Bathing in our sulphur pools will help to alleviate rheumatic and arthritic pains, improve skin regeneration, joint mobility and blood circulation bringing about a sense of wellbeing. **45min**

€45.00

### Sulphur Mud Cocoon

A relaxing experience, whereby warmed mud is applied to the body and you wrapped in a heated cocoon. The mud possesses detoxifying and revitalizing properties, leaving the body and skin feeling refreshed, cleansed and invigorated. It is ideal for alleviating rheumatic illnesses and post-traumatic stress. **45min**

€50.00

### Sulphur Mud Soak

The warm soothing sulphur water and mud opens the skins pores allowing the active ingredients to gently exfoliate and treat the skin leaving it cleansed and soft to touch. Other effects include improved blood circulation and a sense of overall well being. A spa experience that refreshes and revitalizes the mind and body. **45min**

S €45.00

C €80.00

### Sulphur Mud Cocoon and Soak

A combined treatment of the sulphur mud cocoon and sulphur soak for dual benefits. Warmed mud is applied to the body you wrapped in a heated cocoon and then into a warm soothing sulphur bath to soak and cleanse. **50min**

€60.00

### Mineral Hydrotherapy Bath

Relax and allow tension to melt away, as you soak up the minerals of this therapeutic sulphur water bath, incorporating underwater jets that work their way over specific areas of the body, massaging and easing pain, so you feel recharged and relaxed. **25min**

€30.00

### Sulphur Mud Bath Therapy

The therapist uses underwater massage to target the lymphatic system and specific areas of the body with gentle or deep pressure massage to ease your body into a state of balance and harmony. To further enhance the benefits, the treatment is completed with a hydrotherapy mud soak to detoxify, revitalize and alleviate rheumatic illnesses and dermatological skin conditions. **50min**

€70.00

### Vichy Rain Shower Experience

As you lay comfortably shower heads from above provide a warm tropical rain like mist over the body. The gentle sulphur water massage increases circulation and encourages lymphatic flow, assists the relaxation and stimulation of the mind and body. Ideal on its own or the perfect addition to any body therapy... your tension and stress washed away.

**Back & Back of Legs Hydro Massage 25min**

€30.00

**Full Body Hydro Massage 45min**

€50.00

S = Singles  
C = Couples

**Exfoliating Vichy & Hydro Massage**

A full body exfoliation using marine salts which remove impurities and promote a healthy silky smooth skin plus Vichy Rain Shower Experience & hydro massage. **45min**

**€60.00****Sulphur Jet Massage**

This invigorating sulphur water jet shower allows for an in-depth massage which decongests areas with cellulite, eases tension very effective for muscle spasms and aches. Excellent for improving your circulation and banishing tiredness. **25min**

**€35.00****Thalaxion Circulation Booster Capsule**

A special capsule for the lower body offering alternating hot and cold hydro massage and lymphatic drainage. Helps to improve circulation, relieve fluid retention and combat cellulite areas improving its appearance. An ideal treatment for general circulation, cellulite and tired heavy legs. For dual benefits combine with a body treatment of your choice. **25min**

**€35.00****Pedidaix Legs Relief**

Relieve the feeling of tired heavy legs with hydro jets and steam, alternating hot and cold sulphur water help to improve circulation and ease aches giving your legs a light and revitalized feeling. **15min**

**€20.00****Bertholaix Back Ease**

A soothing treatment for the back, neck and shoulders with hydrotherapy steam to help ease aches and pains, or to prepare the area for further treatment add to your massage therapy. **15min**

**€20.00****Etuve Hands & Feet Care**

Ease out tensions with the aid of herbal steam and warm water. It is ideal for tired hands and aching feet. **15min**

**€20.00****Thermal Mud for Hands**

The hands and wrists are immersed in a warm sulphur mud for the relief of pain related to arthritis and joint problems, to improve joint mobility and ease aches. **15min**

**€20.00**

*ADD ANY OF THE ABOVE TREATMENTS TO YOUR MASSAGE OR  
BODY CARE FOR AN ENHANCED EXPERIENCE.*

## Thermal Experience Suite

A compilation of rooms designed to take your body on a wet and dry, warm and cold temperature journey in preparation of any spa treatments or on their own, to melt away tensions and allow your senses to drift away.

### Herbal Steam

Awaken your senses with steam infused with herbs, color therapy and music which enhances a special ambience. Rejuvenate your body and mind. **30min**

€30.00

### Bio Rustic Sauna

A harmonious mixture of old fashioned charm and modern design the Bio-sauna can be transformed from a mild sauna into a mild steam room. Additional features include colored lighting panels to facilitate color therapy, and diffusers for aromatherapy, a true invitation for relaxation. **30min**

€30.00

### Heat Experience

A combination of heat therapies to rejuvenate your mind and your body. An invitation for rest and relaxation,

\*Bio Rustic Sauna

\*Herbal Steam

\*Experience Showers (Unique invigorating and refreshing multi sensory showers.) **60min**

€55.00

### Rasul Ritual

A cleansing ritual that combines the health enhancing properties of heat, aroma infused steam and mud for a totally relaxing and skin conditioning treatment in a magical and sensory private steam temple under a 1000 stars. Apply different colored mud's to specific areas of the body (to cleanse, absorb toxins and exfoliate), whilst jets of steam keep the air warm and moist, a gentle tropical rain shower washes the mud away. Finally a body cream or oil is applied to rehydrate your purified bodies. A superb authentic spa experience for couples or for friends. **45min**

S €50.00

C €90.00

### Rasul with Scrub

Cleanse the body and unwind with this exotic ritual. The cleansing ritual of the Rasul is combined with a full body scrub to cleanse the body, polish the skin and stimulate the senses. **70min**

S €65.00

C €120.00

### Rasul Ceremony

Experience various forms of heat treatments to relax and detoxify you - as you warm up aiding the purification of your body.

\*Bio Rustic Sauna

\*Rasul Ritual

\*Experience Showers, Unique invigorating and refreshing multi sensory showers. **90min**

S €75.00

C €140.00

# *The Spring of Life*

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ΕΥΡΩΠΑΪΚΗ ΕΝΩΣΗ



ΚΥΠΡΙΑΚΗ ΔΗΜΟΚΡΑΤΙΑ



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ΚΥΠΡΙΑΚΗ ΔΗΜΟΚΡΑΤΙΑ  
«Μία για όλους και ανάπτυξη»

Το έργο συγχρηματοδοτείται από το Ευρωπαϊκό Ταμείο Περιφερειακής Ανάπτυξης της ΕΕ