



The Ayii Anargyri Natural Healing Spa Resort offers a complete range of spa treatments in our exclusive spa, fed by the mineral rich sulphur waters of the Saint Anastasia spring.

The healing power of Sulphur water in the area of Miliou has been recognized and used medically since ancient times (17<sup>th</sup> century) when the two brothers Cosmas and Damianos were travelling in Middle East, Greece and Cyprus to heal the people using Sulphur water.

The water found in natural springs contains a variety of different minerals, including calcium and sodium bicarbonate. When you bath in a Sulphur spring Water, your skin absorbs those minerals and your hydrostatic pressure rises. As this process continues, circulation and oxygen flow increases and boosts the blood circulation. The minerals in the water can contribute to the psychological healing process, while heat relaxes tense muscles and improved sleep can be an added benefit.

Soaking 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 in the system reaches the inflamed joints and cartilages. As one of the main protein needed for your skin to stay firm, it enhances and renews the skin. It slows down the ageing 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 collages, which keeps your skin elastic and young-looking. Bringing your health and vitality, and reviving the skin’s natural glow.

The healing ability of the Sulphur waters was quickly expanded in Cyprus and abroad. From Analysis of the water in Cypriot and Egyptian laboratories, was proved that the values and benefits of it were very important and helpful for skin diseases, rheumatism, arthritis and a lot more. From the Cyprus hillside, a mineral-rich spring carries the soothing waters renowned for generations for their healing qualities. This remarkable stream has been channeled to Ayii Anargyri Spa where it is combines in numerous treatments now advanced by modern science.

## Natural Spring Lounge

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

### Sulphur Spring Pools

Our unique spring - fed pools feature three hydro pools: two with jets massage the entire body to release tension and soothe and a third with invigorating foot jets, and a 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**

### Sulphur Mud Cocoon

A relaxing experience during which mud is applied to the body and you are wrapped in towels and lie on a heated bed. The mud possesses detoxifying and revitalizing properties, leaving the body and skin feeling refreshed, cleansed and invigorated. It is ideal for alleviating rheumatic illnesses as well as back and joint pain and is an excellent treatment to aid relaxation and relieve stress.

**45min €50**

### Sulphur Mud Soak

The warm soothing sulphur water and mud powder sprinkled into the water opens the skins pores allowing the active ingredients to begin the process of detoxification of the body leaving the body feeling relaxed and cleansed. Other effects include improved blood circulation and a sense of overall wellbeing. After 20 minutes in the bath you then lie on heated chairs which further enhance the relaxation of the body. A spa experience that refreshes and revitalizes the mind and body.

**45min s€45 c€80**

### Sulphur Mud Cocoon and Soak

A combined treatment of the sulphur mud cocoon and sulphur soak for dual benefits. Starting in a warm bath filled with sulphur water to induce relaxation of the muscles, you then move to the warmed bed where mud is applied to the body and you are wrapped in a towel and lie on a heated bed. This treatment induces relaxation and a feeling of wellbeing as well as relieving joint and muscle pain.

**50min €60**

### 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.

**20min €30**

### 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 powder soak to detoxify, revitalize and alleviate rheumatic illnesses and dermatological skin conditions.

**50min €70**

### 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 Rain relaxes and soothes the body assisting in the relaxation and of the body and mind. Ideal on its own or the perfect addition to any other treatment

**20min €25;**

**45min-€50**

### Vichy Rain Shower & Exfoliation

This treatment starts with full body exfoliation to remove the dead cells, followed by warm tropical rain like mist over the body. The gentle sulphur rain relaxes and soothes the body assisting in the relaxation and of the body and mind.

**45min €60**

### Sulphur Jet Massage

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

**25min €35**

### Under water massage

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.

**25min €40**

### 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.

**20min €35**

### **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**

### **Bertholaix Back Ease**

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

**15min €20**

### **Etuve Hands & Feet Care**

Ease out tensions with a gentle mist of sulphur water sprayed over your hands and feet. It is ideal for tired hands and aching feet.

**15min €20**

### **Thermal Mud for Hands**

The hands and wrists are immersed in a warm sulphur mud for the relief of pain related to arthritis and joints.

**15 min €20**

## **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 enjoyed 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 s=30 c=50**

### **Rasul Ritual**

A cleansing ritual which combines the health enhancing properties of heat, steam and mud for a totally relaxing and skin conditioning treatment in a magical and sensory private steam temple under a "1000" stars. Apply mud to specific areas of the body (to cleanse, absorb toxins and exfoliate), whilst steam keep the air warm and moist, a gentle tropical rain shower washes the mud away. A superb authentic spa experience for couples or for friends (This treatment is not performed by therapist)

**45min s=50 c=90**

### **Rasul Ritual 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 (This treatment is not performed by therapist)

**60min S €65.00 C €120.00**

## **Massage Therapies**

### **Cacao Body Treatment**

Chocolate has appeared as an ingredient in beauty and body products since the mid-1800s, when beauty manufacturers discovered that skin softening benefits of cocoa butter. This body scrub treatment stimulates cell renewal and is a high anti-oxidant treatment giving the benefits of an anti-aging treatment to combat signs of wrinkles and other pre-mature ageing. The treatment finishes with a full body massage. **65 min €90**

### **Absolute Relaxation Massage & Exfoliation**

This treatment starts with a full body exfoliation and continues with a massage that has a light touch and is extremely relaxing. Soothing yet energizing movements leave your body toned and de-stressed.

**65min €80**

### **Absolute Relaxation Massage**

This massage has a light touch and is extremely relaxing. Soothing yet energizing gestures leave your body toned and de-stressed.

**55min €65**

### **Aromatherapy Massage**

From the tips of your toes to the tension points of your scalp a massage which flows with rhythmic grace, both powerful and gentle simultaneous medium pressure. Your therapist will choose a selection of essential oils to suit your needs. This skin conditioning massage is pure indulgence, while helping relieve various conditions such as stress, hormone imbalances, insomnia, aches and pains.

**55min €70**

### **Ayii Anargyri Massage**

A Swedish body massages using a medium pressure which reduces tension while maintaining the relaxation effects of massage. Relaxing the mind, body and soul. Using organic olive to nourish your skin

**45min €60**

### Candle Massage

Made from sweet almond oil and Shea butter, this light pressure massage using warm candle wax leaves the skin moisturized and softens. The warmth of the candle relaxes the muscles and leaves you feeling revitalized.

**50min €79**

### Thai Back Massage

**30min €45**

### Thai Massage

The technique involves putting gentle but firm pressure on the body focusing on stretching, thumbing and palming. It is performed fully clothed on a mat on the floor without the use of oil simply by your therapist's strength and expertise. Some of the benefits are: increased flexibility and joint mobility, stress-related conditions, strengthening of the immune system, improved posture and circulation, digestive disorders & increased energy. It is excellent to release tension and allow your energy to flow freely.

**60min €75**

### Deep Tissue Massage

A customized massage concentrating on specific areas of tension involving the use of slow, deep and intense massage strokes and trigger points to aid in healing physical injuries, chronic tension and emotional stresses within the body.

**45min €70**

### Deep Tissue Back Massage

**25min €40**

### Personalized Massage

Designed to assess and treat limitations in the body. Intensive techniques are used to target knots and adhesions in tired aching, muscles, reducing tension while maintaining the relaxation effects of massage. Back Massage or Back & Back of Legs or Shoulder & Décolleté.

**Or make your own combination**

**25min €40**

### Indian Head Massage

An Ayurvedic form of healing and relaxation, the massage starts on the back, neck and shoulders, working intensely over the muscles and pressure points, moving on to the scalp to relax, stimulate and revive. Finally, the treatment finishes with a wonderful soothing face massage, which includes pressure points and draining techniques that may help headaches and sinus problems.

**45min €50**

### Reflexology

A natural healing therapy based on the principle that every organ, system and part of the body has a corresponding reflex area or zone in the feet. By massaging these parts of the feet, other corresponding and connected areas of the body will feel the benefit. Thus the free flow of energy restores balance to the whole body. This gentle therapy encourages the body to heal itself giving an overall feeling of well-being and rejuvenation.

**45min €50**

### Couples Massage

The shared experience with someone is close to: mothers and daughters, couples, sisters, or a good friend. This massage is performed by two therapists in our special couple's room. Ask at the Spa Reception to book your massages in the Couples Room (**any two massages from the menu**).

**THALION FACIAL TREATMENTS**

**THALION**  
CRÉATEUR DE COSMÉTIQUE MARINE

**\*Essential Beauty**

### Beauty Enhancer

A mini Facial with Scrub, mask and massage to sublimate your skin and bring an immediate radiant touch. It glows with freshness and beauty.

**30min €40**

### Absolute Hydration

Ideal for dehydrated skin. With the advanced hydrating serum and moisturizing plumping mask all the tightening sensations disappear and the skin regains its capital hydration.

50min €55

### Extreme Purity

A rebalancing treatment suitable for combination to oily skins. Mattifying effect along with elimination of dead cells and toxins helps the skin to regain its brightness and vitality.

50min €55

### Infinite Gentleness

A facial of gentleness and serenity for all sensitive and reactive skin. This treatment is a delicate parenthesis to soothe the discomfort of the skin, reduce redness and protect.

50min €55

### Acni Control

The combination of a deep cleansing with all impurities eliminated after the scrub, steam and the manual extraction, a serum with purifying marine acids and the Balancing Mask to provide antibacterial action. Suitable for oily or acne prone skin

65min €65

## \*Anti-age & Radiance

### Oxygen & Radiance

Highly concentrated in minerals, trace elements and vitamins, this care boosts the defines mechanisms of all stressed and suffocated skins and protects them against external aggressions. Ideal for the first signs of age, this facial regenerates and smooth's the skin.

60 min €75

### Absolute Lift

An all-new and intensive anti-ageing solution to combat wrinkles and sagging skin. Its filling and smoothing action visibly reduces the signs of ageing. Using customized restructuring massage, the features are given a relaxed look, the wrinkles are plumped. Results: the face recovers its original youth.

60 min €80

### Ocean Secrets

An Extra ordinary and Anti-Ageing Global Luxury Facial which comes from the depth of the sea with all the benefits of the trace elements which combines 3 patented active ingredients and 3 Hyaluronic Acids. This treatment includes cleaning and scrub, the Face Gym Lift Massage, Pearls application wrinkle by wrinkle and a peel off mask dedicated to deeply correct the signs of ageing and revive cellular regeneration.

90 min €110

## \*Brightness

### Thali' White Brightener

A high-performance signature with active brightening sea ingredients for a flawless complexion. Pigment discoloration from skin ageing or sun exposure is visibly removed.

70min-80.00 euro

## \*Eyes Beauty

**Eye Lift Expert:** This dedicated treatment instantly plumps the eye contour and protects from premature ageing. Real cell booster, it activates the micro-circulation to have an immediate decongestion. The specific manipulations lift the features and restore firmness to the eyelids.

40 min €45

# THALION

**THALION BODY TREATMENTS**

CRÉATEUR DE COSMÉTIQUE MARINE

### Lasting Softness

An exfoliating body treatment with a creamy peeling to eliminate dead cells and refine the skin with peppermint, sage and clove.

30 min €45

### Original Marine Bath

Beginning with the removal of dead cells and elimination of toxins in addition with the brown seaweeds our aim is the slimming effect.

40min € 50

### Mineral Therapies

Allow yourself to receive the analgesic and stress relieving effects of the mineral therapies, each on dedicated for a special cause.

**Calcium:** Soothing for Nervous Tensions helps on pain of muscles and Joints. **55 min €80**

**Magnesium:** Recharges the body, helps the well-being and rebalances the PH **55 min €80**

#### **Firming Perfection**

A sculpting and anti-aging treatment specially designed to re-densify the figure and firm the contour. A pasty texture wrap for the whole body or specific areas to treat, reinforce the radiance and regenerate the tissues of the skin. Perfect after conditions such as weight loss or pregnancy.

**55 min €70**

#### **Toned Legs**

Dedicated to decongest, refresh and relieve the heavy Legs offers immediate relief and leaves a sensation of lightness.

**30 min €45**

#### **Sea Mineral Experience**

Followed by a sea salt exfoliating ritual, the body is covered in a layer of seawater gel which, when gently heated, eases its wealth of natural minerals into the body, to revitalize and regenerate the skin.

**60 min €70**

#### **Back Relaxation**

Extreme relaxation is achieved with this treatment, by accumulated tension is relieved through exfoliation, application of marine mud and massage for instant wellbeing.

**45min €50**

#### **Detox Body Ritual**

Improve and combat circulation problems with the benefits of the sea combined with manual drainage actions for fluid retention. Help eliminate toxins and cellulite thereby refining the silhouette.

**60 min €75**

# THALION

**THALION SLIMMING BODY TREATMENTS**

CRÉATEUR DE COSMÉTIQUE MARINE

#### **Triple Action Slimming Wrap**

This triple – action treatment offers a comprehensive slimming solution to sculpt, detox and firm the body. A full exfoliation followed by a complex of seaweed body mask.

**60min €75**

#### **Cellu' Contour Ritual Par Excellence**

This anti-cellulite intensive treatment focuses on the type of cellulite for each person in order to customize all the products during the treatment. Using unique sculpting technique to eliminate the problem and sculpt the body contour.

**60min €70**

#### **Marine Slimming:**

The body is generously exfoliated and covered in Laminaria seaweed mask, drawing out its mineral rich concentration and powerful action to aid slimming. Minerals and trace elements boost the body's metabolism, resulting in a slimmer feeling.

**60 min €75**

#### **Slimming Express Treatment**

A Thalion innovation with Slimming Pearls which they roll and melt over the skin to deliver their precious content of Caffeine, Menthol and Algolime to detoxify and help fat loss! It's an express slimming from the first care!

**30min €55**

### **"Le Sieste" Experiences**

A floating session is a luxurious meditative and highly beneficial escape from the rigors of daily life. Leave the world behind and experience total relaxation. Float away with relaxing music, an aroma scented atmosphere, chakra balancing and color therapy .....a totally unique experience.

#### **Le Sieste Float Therapy**

A sensory enlightening flotation with relaxing, stimulating music, aroma scented atmosphere and color therapy.

**25min €35**

### Le Sieste Absolute Relaxation

Create a deep state of rest with a sensory enlightening flotation followed by an Absolute Relaxation Massage. Promotes calm, peaceful relaxation, eliminates fatigue and jet lag, improves sleep, alleviates stress-mental and physical; energizes, rejuvenates and revitalizes the mind and body.

**70min €85**

### Le Sieste The Goddess Bath

A bath ritual to celebrate beauty and awaken the inner Goddess within. A perfect mix of mineral salts blended with seawater to exfoliate the body then immerse yourself into the warm waters and float away as your body is utterly relaxed with no stresses, strains or pressure points anywhere. Emerge feeling calm and tranquil as you complete your treatment with an Absolute Relaxation Massage. You have never experienced a bath like this!

**90min €110**

## **For Men**

### THALION FOR MEN:

#### Facial Oxygen Booster

High-tech treatment dedicated to men combines performance and relaxation for a result that is 100% effective. Includes a back exfoliation, face scrub, massage and a mask. Results: to replenish, tone, energize and firm the skin.

**60 min €65**

#### Pure – Detox Facial

A high tech treatment which combines performance and relaxation for a result that is 100 % effective in replenishing, toning and firming the skin.

**45 min €50**

#### Nails for Males

This treatment includes a soothing soak, exfoliating scrub, nail shaping, cuticle conditioning, light massage, and nail buffing. (Hands or feet)

**35min €35**

## Hand and Foot Care

#### Express Manicure

Quick relief for hands on the go! This treatment includes a soak, clip, cuticle work, file, and a premiere polish.

**35min €35**

#### Essential Manicure

Pamper your hands and give them a fresh look! This treatment includes a soothing soak, exfoliating scrub, nail shaping, cuticle conditioning, light massage, and a premiere polish.

**55min €60**

#### Express Pedicure

Quick pamper for the feet! This treatment includes a soak, cuticle work, file and polish!

**35min €40**

#### Spa Pedicure

Pampering foot and nail treatment, restores softens and nourishes your skin. The treatment includes a soothing soak, exfoliating scrub, nail shaping, cuticle conditioning, light massage, and a premiere polish.

**55min €60**

#### Pamper Pedicure

This treatment will have you feeling like you are walking on air, includes foot soak and scrub, an intensive therapy for problematic feet, nail shaping, cuticle conditioning, light massage, and a premiere polish.

**75min €75**

French polish additional

**10min €10**

Nail Paint

**20min €15**

## Finishing Touches/Waxing

Eye Lash Tint

**15min €15**

Eye Brow Tint

**15min €15**

Eye Lash & Brow Tint

**20min €25**

Full Leg Wax

**40min €35**

Half Leg Wax

**20min €20**

Full Arm Wax

**20min €25**

Full Bikini Wax	30min €25
Bikini Line Wax	15min €10
Underarm Wax	15min €10
Lip and Chin Wax	15min €10
Back or Chest Wax	30min €30

## Pamper Packages

### Couples Day

Escape and share your relaxation time together with your loved one

- \* Sulphur Spring Pools or Sulphur Mud Soak
- \* Absolute Relaxation Massage

**€198 per couple**

### Just the Two of Us

Take time out with your special someone be it....mother, daughter, friend, sister, partner

- \* Rasul Ritual
- \* Absolute Hydration facial
- \* Indian Head Massage

**€279 per couple**

### Leisurely Ladies Day

Pampering day out with the girls

- \* Le Sieste the Goddess Bath
- \* Express Manicure
- \* Spa Pedicure
- \* Absolute Hydration Facial

**€235**

### Lovely Ladies

Dedicate sometime for you to feel special

- \* Hydralift Facial
- \* Absolute Relaxation Massage
- \* Essential Manicure
- \* Pamper Pedicure

**€225**

### Body Beautiful

Beautiful body, beautiful you

- \* Thalaxion Circulation Booster Capsule
- \* Slimming and Serenity Prestige
- \* Spa Pedicure

**€180**

### Sweet Expectations for Pre-Natal Care (after the first trimester)

A wonderful pre-natal spa package to help you in your blissful journey as you look forward to the birth of your newborn

- \* Express Manicure
- \* Spa Pedicure
- \* Personalized Massage
- \* Choose from Absolute Hydration, Intense Nutrition, Infinite Gentleness, Ultimate Purity

**€170**

### Combat Cellulite

- \* 3x Thalaxion Circulation Booster Capsule
- \* 3x Sulphur Jet Massage
- \* 5x Slimming Bath
- \* 5x Cellu'Contour Ritual

An intensive two week program, a luxurious and uplifting way to soothe away fatty deposits and reduce the appearance of unsightly cellulite. €751

### Skin Tight

A complete two week program for a smoother and younger looking body. The firming care treatments help to revitalize



and tone the body.

- \* 3x Bust Perfection
- \* 3x Toned Legs
- \* 4x Thalaxion Circulation Booster Capsule
- \* 4x Body Firming Perfection
- \* 4x Sulphur Jet massages

€657

### **Slimming Silhouette**

A slimmer firmer you. Redefine your silhouette with visible results within this thorough two week program

- \* 4x Sulphur Jet Massage
- \* 4x Triple Action Slimming
- \* 2x Slimming and Serenity Prestige
- \* 4x Slimming Concept

€900

### **Intensive Detox**

Nourish, detoxify and rejuvenate your body, inside out. A pampering solution to today's stressful living

- \* 2x Rasul Ritual
- \* 2x Thalaxion Circulation Booster Capsule
- \* 1x Beneficial Mineral Source
- \* 1x Sulphur Jet Massage
- \* 2x Slimming Bath
- \* 3x Personalized Massage

€463

## **Spa Policy**

### **Arrival**

Please arrive fifteen minutes ahead of your scheduled reservation. This allows time for leisurely checking, a change of clothes and a few quiet moments to relax before your treatment. To ensure the serenity of the spa experience, we ask that you turn off your cellular phone upon arrival. Valuables should not be brought into the facility, as we are not responsible for articles lost or stolen.

### **Reservations**

We highly recommend making your Spa reservation in advance. You can do that directly at the Spa Reception by calling at 26814003 (ext.3)

### **Cancellations**

As a courtesy to our guests and therapist, if you are unable to keep the appointment, kindly give 12hrs notice to avoid 100% charge.

### **Delayed Client Arrival Policy**

Please note that a late arrival will determine the length of your treatment as all services will end at scheduled times so the next guest is not delayed. The full treatment price is charged.

### **Children**

We welcome participants over the age of 18. This is to preserve the calm and relaxing atmosphere that we believe is intrinsic to visit Ayii Anargyri Natural Healing Spa Resort 'Spa'.

### **Gift Voucher**

All of our services are available in gift voucher form. We can make suggestions and help create the perfect gift package.

Comfort Level during the Treatment

If at any time of the treatment you are not completely comfortable, whether it is the pressure of the message or the volume of the music, please inform your therapist. This is your time and our staff is there to make sure experience is everything that you want it to be.

Please share any comments or queries you might have with your therapist. Your feedback will be very much appreciated.

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