



THE RETREAT SPA
Aphrodite Hills



Aphrodite
HILLS
CYPRUS

LUXURY, SERENITY, VITALITY







Tomorrow can wait...
Today is yours!

Welcome to The Retreat Spa

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

Stylish, Elegant 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.

Unique and Potent Detoxifying Experience

Based on authentic Greco-Roman Bathing Rituals, our signature Thermae Experience offers a unique and potent detoxifying experience, and is recommended prior to spa treatments to prepare you both mentally and physically.

Variety of Indulgent, Pampering Treatments

The Retreat offers a variety of indulgent, pampering treatments and packages. With a total of 27 treatment rooms, including a dedicated couples' suite. We offer a wide array of treatments designed to appeal to individual needs, including facials, body wraps, exfoliations, massages, hydrotherapy, stone therapy, manicure and pedicure.

In the Elite of the European Spa Industry


The Retreat Spa at Aphrodite Hills received the highest accolade in the spa industry by winning 'The Best Spa in Europe' award at the 2008 Professional Beauty Awards.


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In order to assist you, please refer to the symbols below

 Although most of our treatments can be performed on men, these are some of our most popular treatments frequently selected by men in order to assist you.

 Performed in our beautiful Thai Suite, these treatments can be taken simultaneously with your friend or partner.
*Please note prices listed are per person.

 These treatments can be safely performed from the 2nd trimester to term and are specifically suited to pamper and nurture the 'mum to be'.

Retreat Spa

Signature Treatments



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



FULL HAMMAM RITUAL

Within our ornate domed hammam, this traditional steam bathing experience improves circulation, expels toxins & softens the skin. The treatment combines the benefits of hammam steam bathing, the cleansing loofah scrub and a vigorous full body soap massage performed on heated marble plinth; all guaranteed to make your skin glow and provide deep muscle relaxation.

85 minutes €130

Please note swimwear is required for the above treatments.



Journey of Reflection

Experience the sublime sensory delight of a synchronized massage with two intuitive therapists working at the same time in harmony and unison, the one a mirror of the other, a perfect journey of reflection resulting in the ultimate massage experience.

85 minutes €250

Retreat Relaxing Massage

Bring your body and emotions into total equilibrium with a relaxing blend of essential oils combined with rhythmic full body massage and finishing with an energy balancing hot stone flow.

55 minutes €95



Spa **Discovery** Rituals



OF THE EARTH

Made with the purest native plants, flowers and fruits, each treatment has been developed with the profound wisdom of ancient Aboriginal medicines, spirituality and healing modalities.



LI'TYA Lowanna - means 'beautiful'

This all-encompassing treatment combines three of the most popular LI'TYA treatments in wonderful unison to create a deluxe pampering experience. Included, a foot treatment, a hand treatment and the LI'TYA Mirri facial. A perfect combination for mother to be or those in need of some serious pampering. Caring for all the zone therapy areas - the hands, feet and head - this journey recharges the body and enhances overall equilibrium.

80 minutes €145

LI'TYA The Dreaming - In the beginning was the Dreaming, the unseen vibration of creation - the sacred source from where all things are.

Relax, revitalize and rejoice with our signature treatment to reconnect body, mind and soul from head to toe and from outside in. The ritual includes a foot treatment, body wrap, body massage, head massage, facial and hand treatment. Embracing traditional Aboriginal healing techniques these deeply therapeutic treatments work to nurture and heal. The skin of the face and body is cleansed, invigorated, restored and nourished, tired muscles are eased and energized and all the body systems are rebalanced and rejuvenated. Renewing your energy and emotions, the soul is left refreshed and smiling with delight.

3hrs €300

Spa Discovery Rituals

OF THE SEA

Based on the superbly hydrating, fortifying and nutrient rich qualities of Marine Plant Collagen, Organic Tasmanian Sea Kelp, Australian Mother Of Pearl and 100% Pure Essential Oils. This uniquely sensory and gently active spa range captures the essence and energy of the pristine waters that surround Australia.

LI'TYA Beyond the Big Blue

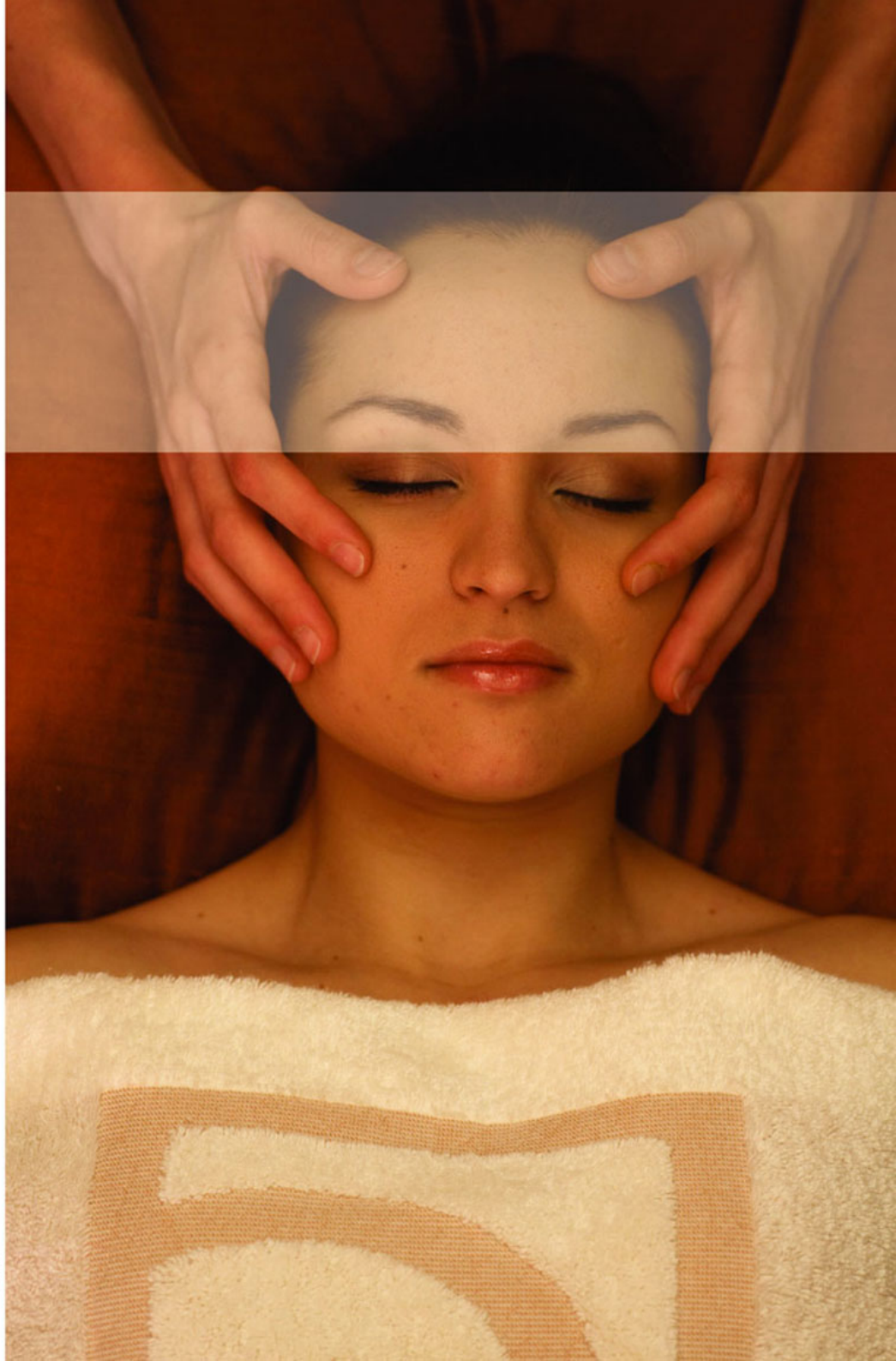
A deluxe pampering treatment that integrates a foot treatment, hand treatment and the LI'TYA Ocean Renew facial. Designed to rebalance tired and stressed conditions, recharge the body and enhance overall wellness and equilibrium. Face, hands and feet are treated with powerful marine nutrients and potent native plant essential oils and extracts to heal, smooth and restore vitality.

80 minutes €150

LI'TYA Ocean Dreaming - In the beginning was the Dreaming, the unseen vibration of creation - the sacred source from where all things are.

Nurture, renew and revitalize with our signature 'Of The Sea' spa journey to reconnect body, mind and soul, from head to toe and from outside in. The adventure includes a foot treatment, LI'TYA Sapphire Sea Wrap, LI'TYA Susu Dew Body massage, LI'TYA Paudi scalp massage, LI'TYA Ocean Renew Facial and a hand treatment, all embracing traditional Aboriginal healing techniques. Surrender yourself to the ultimate anti-ageing, renewal and potency of this experience, combining deeply therapeutic treatments, nurturing your energy and emotions, the soul is left refreshed and smiling with delight.

3hrs €310



Facial Treatments

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BOTANICA

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.

€35

Price is redeemable when you purchase 2 or more Pevonia products.

Reviver facial

Ideal for all skin types, except very sensitive. An advanced treatment using oxygen which leaves the skin looking fresh, clear and radiant. An instant boost for all occasions.

30 minutes €55



Prescriptive facial

All skin types will benefit from this treatment, tailor made to your individual needs.

60 minutes €90



Plantomer facial

This deeply hydrating and mineralizing mask has high seaweed content which soothes, heals and refreshes combined with the benefits of revitalizing Propolis, a natural healing and desensitizing substance, rich in natural antibiotics and Vitamin A. This facial is ideal for Sensitive, Eczema and Psoriasis prone skin types.

60 minutes €115

Aromatherapy facial

A deeply relaxing holistic facial, prescribed to your needs, which includes a deeply relaxing massage using essential oils.

60 minutes €98

Oxy vital mask

Rich in Aloe Vera which reduces irritation such as sunburn. Cooling, soothing and very hydrating.

60 minutes €90

Rosacea facial

This treatment is proven capable of delivering the exceptional results desired by those suffering from severe sensitivity, broken capillaries, Rosacea and Acne Rosacea. Providing soothing relief and visible results to dilated capillaries, congestion and blotchiness, decongesting and calming your skin for an even, healthy appearance.

60 minutes €90

Anti free radical facial

Recommended for dehydrated, dry skin. The thermal mask contains essential vitamins, to maximize your skin's protection against free radicals and premature ageing, leaving the skin tighter, radiant and rejuvenated.

60 minutes €100

Facial Treatments

Escutox® Anti Wrinkle facial

Pevonia's exclusive formulation of hibiscus extract Escutox® stimulates the nerve endings, repairs the skin, relaxes wrinkles and increases hydration and the skin's suppleness resulting in a visibly youthful skin. The natural alternative to botox.

60 minutes €120

Luminous "C" & "Sea" facial

Excellent for all skin types which require an instant boost, rejuvenating and strengthening the skin's elasticity and encouraging the production of collagen.

60 minutes €120

Caviar & Pearls Facial

A natural alternative to Botox using Russian caviar and pearl extracts. Ideal for those who would like to minimise the signs of ageing, dramatically reducing facial expression lines and wrinkles.

60 minutes €150



Men's facial

Designed to alleviate and reduce shaving irritation; rich in Propolis renowned for its healing and hydrating properties.

60 minutes €110



Skin Fit Men's facial

The Skin Fit Men's Facial has been formulated especially for the needs of male skin with scientifically advanced anti-ageing properties. With a fantastically potent formula of natural ingredients, including caviar, to noticeably improve skin, it will soothe, repair and rejuvenate.

60 minutes €120

EYE TREATMENTS

De-stress eye wrinkles

Alleviates the problem of wrinkles and crêpey skin, also helps to hydrate, plump and reduce the appearance of fine lines. May be performed alone or added to any facial treatment.

25 minutes €50

De-stress eye puffiness

Stimulates lymphatic capillaries to drain effectively. Reduces puffiness, helps to ease dark circles and re-energizes the eyes. May be performed alone or added to any facial treatment.

25 minutes €50

De-stress eye wrinkles & puffiness combination treatment

40 minutes €70



OF THE EARTH



LI'TYA Mirri - means 'face'

Suitable for all skin types this facial integrates Australian native ingredients as an ideal treat for dull or lifeless skin or to prepare the skin for a special occasion. An Aboriginal inspired pressure point facial massage helps to relieve stress and tension and the LI'TYA Paudi scalp and shoulder massage clears the mind. Perfect for skin which requires a boost.

45 minutes €65



LI'TYA Mikiri - means 'deep'

This tailor-made facial treatment is prescribed as an intensive boost for all skin types and is customized to target specific skin conditions such as dehydration, congestion, dryness and sensitivity. Skin is cleansed using a combination of Australian native ingredients and two specialized masks are applied during the treatment to both purify and provide the skin with drenching hydration. An Aboriginal inspired pressure point facial massage helps to relieve stress and tension and the LI'TYA Paudi scalp and shoulder massage clears the mind. This indulgent treatment is further enhanced with your choice of hand or foot massage. Your skin will emerge feeling purified, balanced and beaming with clarity. And so will you.

60 minutes €110

Facial Treatments

LI'TYA Yirri – means 'my face'

You will see dynamic results with this intensive treatment that utilizes the potent LI'TYA skin elixirs chosen specifically for your skin type. The treatment uses targeted pressure point therapy and specialized massage techniques adapted from ancient Aboriginal healing to rebalance the client's energy from within to ensure the optimum skin care results. Discover the wonderful feeling of well being that comes with a skin care program tailor made for you by a LI'TYA trained Spa Therapist.

60 minutes €100

OF THE SEA

LI'TYA Ocean Renew

Designed for skin revitalization integrating the use of marine nutrient rich ingredients including Marine Algae, Bull Kelp and crushed Mother of Pearl, your skin will be cleansed, exfoliated and hydrated before being treated to LI'TYA's deeply relaxing Aboriginal inspired facial pressure point and shoulder massage. To complete your therapist will apply your prescribed treatment mask to treat individual skin conditions whilst you relax with a LI'TYA Paudi scalp massage. Your skin will be left nurtured and renewed.

45 minutes €80

LI'TYA Deep Ocean Renewal

Drawing on powerful nutrient rich marine elements to heal and strengthen the skin. Marine Collagen, Kelp, Marine Algae work to deeply cleanse and exfoliate the skin. Mother of Pearl extract acts as an anti-ageing element due to its high content of essential amino acids whilst a specially prescribed deep cleansing mask is applied to refine and clarify the skin whilst you relax with your choice of hand or foot massage. The powerful yet serene Aboriginal inspired pressure point massage for face and shoulders will leave you completely relaxed before a second mask is applied to hydrate and soothe the skin whilst you receive the uplifting LI'TYA Paudi scalp massage to complete this ritual of serenity.

60 minutes €120



Body Treatments

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EXFOLIATING



Full 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.

40 minutes €55

Tropical Saltmousse Glow

This saltmousse glow will remove dead skin cells and impurities polishing the skin and drenching it with its tropical aroma. Select from Pineapple-Papaya; repairing, smoothing and rejuvenating or Mango-Passion Fruit; firming, brightening and invigorating.

40 minutes €60

Body Treatments



EXFOLIATING

OF THE EARTH

LI'TYA Yanko - means 'song of running water'

An energizing full body exfoliation therapy cleanses the spirit, revitalizes the energy meridians and brings tone and clarity to the skin. Your choice of native aromatic oils are applied to the body, followed by Desert Salts to exfoliate and purify. Warm water washes away the stresses of the outside world before an application of Cherry Alder body lotion to leave skin silky smooth.

40 minutes €70

LI'TYA Yanko Jindalee - means 'song of running water on skin'

An energizing full body exfoliation therapy combining therapeutic Australian native aromatic oils with Desert Salts to exfoliate and purify. Warm water washes away the stresses of the outside world before an application of Cherry Alder body lotion to leave skin silky smooth. The treatment also includes a refreshing facial treatment designed to deep cleanse, smooth and hydrate the skin. The mind melting LI'TYA Paudi scalp massage with Quandong hair mask eases the body of stress and tension. A truly superior experience for the face and body to restore energy and refresh the mind.

70 minutes €120

OF THE SEA

LI'TYA Sea Salt Body Buff

A refreshing full body exfoliation therapy that integrates the native aromatic oils of Frangipani and Ylang Ylang and Australian Sea Salts to cleanse and purify leaving skin smooth and soft. Warm water washes away the stresses of the outside world, stimulating the circulation, soothing tired muscles and leaving the spirit revived.

40 minutes €70

LI'TYA Warm Water Sea Salt Body Buff

A refreshing full body exfoliation therapy that integrates the native aromatic oils of Frangipani and Ylang Ylang and Australian Sea Salts to cleanse and purify leaving skin smooth and soft. Warm water washes away the stresses of the outside world, stimulating the circulation, soothing tired muscles and leaving the spirit revived.

70 minutes €120

Body Treatments

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WRAPS

Tropical Escape

Drenched with Papaya and Pineapple, this tropical wrap is enriched with Crème Fraiche blended with potent anti-ageing ingredients such as collagen and elastin. Experience a glorious sensory escape as you are firstly exfoliated with the Tropical Saltmousse before being enveloped by the scent of vanilla and enticing tropical fruits. Recommended for premature ageing, the skin is deeply nourished revealing a youthful skin.

70 minutes €150

Tropical Oasis

Combining the tropical extracts of Mango and Passion fruit, the skin is smoothed and prepared by the Tropical Saltmousse before being cocooned in a creamy yoghurt formulation. Transport yourself to a tropical oasis where your senses will be gently awakened. The skin emerges refreshed, smoother, firmer and visibly brighter. Recommended to firm the skin, great for dull, sallow pigmented skin types.

70 minutes €150

Detox thalasso wrap

Seaweed mirrors our own natural trace elements, helping to boost the immune system. A remarkable treatment for body contouring, this treatment detoxifies and re-mineralises the body. As stress and toxins are eliminated, the entire body is replenished with 104 vitamins.

55 minutes €110



Aromatic moor mud wrap

A gentle thermal action helps to simulate and relieve any muscular tension, also excellent for relieving pain from arthritis and rheumatism. Rich in vitamins, minerals and enzymes which help boost the body's immune system.

55 minutes €110

Green coffee treatment for cellulite

Utilising a newly discovered ingredient Green coffee which has been proved 100% effective at fighting free-radical damage. Leaves visible reduction of the appearance of cellulite.

55 minutes €125

All body wraps except the Tropical Escape and Tropical Oasis include body brushing prior to treatment.

Body Treatments



WRAPS

OF THE EARTH

LI'TYA Mala Mayi - means 'clan food'

Unwind, invigorate and celebrate with this complete body rejuvenation experience. After an invigorating exfoliation with your choice of Australian Desert Salts and Aromatic Oils your body will be cocooned in a layer of your chosen silky warm mineral rich Mapi Body Mud. An Aboriginal inspired LI'TYA Paudi scalp massage allows you to drift away to another realm. You will then surrender to the healing, grounding and spiritually uplifting rhythmic LI'TYA Kodo full body massage to complete this truly holistic experience.

90 minutes €150

including 40 minutes Miji Kodo Massage

2hrs €195

including 55 minutes Kodo Massage

OF THE SEA

LI'TYA Sapphire Sea Wrap

Unwind, relax and nourish your body with this complete anti-ageing rejuvenation experience. To begin you will be energized and nourished with a complete Mother of Pearl body exfoliation before being cocooned in warm and vitamin packed Pearl & Kelp Body Mud, whilst you enjoy an Aboriginal inspired LI'TYA Paudi scalp massage. You will then surrender your body and soul to arhythmic LI'TYA Susu Dew massage to complete this truly holistic experience.

90 minutes €150

including 40 minutes Miji Susu Dew Massage

2hrs €195

including 55 minutes Susu Dew Massage

Hydrotherapy

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Aroma hydrotherapy bath

Aromatherapy essential oils melt away stress, calm your senses and enhance the therapeutic benefits whilst conditioning the skin.

25 minutes €50



Moor mud hydrotherapy bath

Canadian Moor mud rich in minerals gives immediate relief to arthritis, aches, pains and muscle fatigue. Ideal as post sport treatment to soothe the body.

25 minutes €50

Detox hydrotherapy bath

A unique seaweed and algae bath that works to free toxins and remove excess fluid. Excellent as part of a weight loss program or combined with the Detox wrap or Green coffee cellulite treatment for faster results.

25 minutes €50



Hydrotherapy bath 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.

25 minutes €60



OF THE EARTH

LI'TYA Gadhang Guumbee Tub Journey - means 'happy bath'

Benefit from the therapeutic and rejuvenating powers of natural Tasmanian Peat Mud or the Ocean Dreaming Bath Oil combined with Native Mint Sea Salt. Either choice offers an intense wellness promoting and rejuvenating bath blend that assists in relaxing, detoxifying and toning. A bath experience that combines high pressure water jets, with exotic native clays, or essential oils excellent for muscular problems and fatigue.

25 minutes €55



Massage Treatments



Swedish Massage

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

55 minutes €95



Swedish Back Massage

Focusing on the back, neck & shoulders to help relax, release stress and tension from your muscles.

25 minutes €55



Therapeutic Massage

Especially beneficial if you are suffering from aches, pains and stiffness. A full body deep tissue massage to ease tense muscles, bringing harmony to body and mind.

55 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.

55 minutes €110



Aromatherapy Massage

A holistic massage for complete relaxation, using the highest quality pre-blended essential oils chosen to suit individual needs. Available in Relaxing, Muscle Fatigue, Cellulite & Rejuvenating.

70 minutes €120



Aromatherapy Back Massage

Concentrating on the back, neck & shoulders using a prescribed blend of essential oils to help soothe tension from your muscles. Available in Relaxing, Muscle Fatigue, & Rejuvenating.

25 minutes €60

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Time for Mum

This treatment includes specifically designed massage techniques and products for mothers-to-be which place focus on the limbs, back and abdomen. The treatment is tailored to safely care for your needs and combines a Pevonia Signature Massage and a hydrating Plantomer Facial to heal and soothe your skin.

85 minutes €130

Massage Journeys



OF THE EARTH

LI'TYA Kodo - means 'melody'

This rhythmic body massage is inspired by traditional Australian Aboriginal techniques which work to balance and re-align energy flow, enhancing mind and body wellness. A combination of pressure points and spiraling movements ground and uplift, working to relieve muscular aches and pains while leaving the body's energies renewed and refreshed. A choice of native aromatic oils is prescribed to address your individual needs - to rejuvenate, harmonise or detoxify.

40 minutes €65 - Miji Kodo - 'little melody'

55 minutes €110 - Kodo - 'Melody'

85 minutes €135 - Marta Kodo - 'big melody'

OF THE SEA

LI'TYA Susu Dew - means 'sea spray'

This rhythmic body massage is inspired by traditional Australian Aboriginal techniques. A combination of pressure points and spiraling movements ground and uplift. This massage utilizes the wonderfully refreshing Ocean Dreaming Massage Blend combining Frangipani, Ylang Ylang, Sandalwood and Clary Sage to evoke memories of the sea and ground the spirit.

40 minutes €65 - Miji Susu Dew - 'little sea spray'

55 minutes €110 - Susu Dew - 'sea spray'

85 minutes €195 - Marta Susu Dew - 'big Sea Spray'



LI'TYA Marma Kodo - pregnancy massage - means 'mother melody'

This nurturing and rhythmic body massage is inspired by traditional Australian Aboriginal techniques. Gently combining aspects of the LI'TYA Kodo massage the LI'TYA Marma Kodo works to prevent disharmony and nurture the pregnant mother and child, leaving the body's energies laughing with joy.

55 minutes €110 - Marma Kodo - 'mother melody'



Origins Of The East

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.

55 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.

70 minutes €90

Indian Head Massage

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 €95



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.

25 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.

55 minutes €130



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.

70 minutes €153

Origins Of The East



Thai Herbal Compress Therapy

A traditional synergy of Thai herbs, are combined in cotton purses to provide hot compresses. These unique aromatic compresses are applied all over the body providing relief, to areas of tension or stiffness whilst taking you on a journey to the orient that will leave you feeling supple and relaxed.

40 minutes €85



Thai Herbal Ritual

This exotic ritual combines the use of the Thai Herbal Compresses with the traditional Thai Massage to focus on key areas of stress and tension whilst improving flexibility and providing total equilibrium to the body and mind.

85 minutes €185

RELAX STONE THERAPY

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.

75 minutes €120



Spa Care from the Australian Dreamtime

LI'TYA Kodo Rocks - Indigenous Australian Stone Therapy

These magical ancient stones are aligned with the rhythmic Kodo Body massage inspired by traditional Australian Aboriginal techniques. The therapist skillfully integrates the rocks with pressure points and spiraling movements that work to ground and uplift, leaving the body's energies dancing with joy. The powerful healing properties of these special rocks, integrated with the Kodo, combine to relieve muscular, physical and emotional tension. A choice of native aromatic oils are prescribed to address individual client needs - to rejuvenate, harmonise or detoxify.

55 minutes €130 - Kodo Rocks

85 minutes €150 - Marta Kodo Rocks





Hands & Feet



OF THE EARTH

LI'TYA Miji Polama - means 'little hands/little fingers'

Rescue tired, rough and parched hands with this intensive soothing and replenishing treatment for hands and lower arms. Beginning with a skin softening JIGA POLAMA hand soak using a gorgeous array of Australian native flowers and fruits, followed by a skin smoothing Wattleseed exfoliation to renew and regenerate before the application of a deep nourishing mask using Tasmanian Kelp to leave skin soft. To complete, a nurturing massage for lower arms and hands removes every ounce of stress!
25 minutes €45

LI'TYA Miji Jina - means 'little footprint'

Soak away tension and treat your soul to this wonderfully relaxing and grounding treatment. Begin with a skin softening JIGA JINA foot bath using a gorgeous array of Australian native flowers and fruits, followed by an invigorating Desert Salt exfoliation to remove rough skin. The warming Pepperberry foot mask hydrates and smoothes. To complete a decadent foot massage to rejuvenate the entire body and calm the senses.
25 minutes €45

Retreat Spa Manicure

A full manicure treatment including exfoliation, nourishing hand serum 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.
75 minutes €65

Retreat Spa Pedicure

A full pedicure treatment including a bubbling spa bath to soothe your tired feet, exfoliation, foot mask and a relaxing foot massage, followed by an application of nail varnish of your choice.
60 minutes €80

Therapeutic Pedicure - no polish

A spa bath will soften & soothe your feet before the removal of hard skin which can cause discomfort. An exfoliation cream will smooth your skin followed by a relaxing foot massage.
60 minutes €80

Polish €15

French polish €20

Re- shape & polish €20

Re- shape & French polish €22

Waxing / Tinting

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 €20

Eyelash tint 25 minutes €30

Eyelash tint & eyebrow tint 25 minutes €30

Eye brow shape 10 minutes €16

MAKE-UP

Day or Evening make-up 25 minutes €45

Hair Spa Services

Just like your skin, your hair and scalp require consultation to enhance their natural beauty. As a prescriptive brand Kerastase addresses your specific needs and will prescribe the perfect hair care regime.

Ladies

Shampoo & cut €30

Shampoo & blow dry short hair €20

Shampoo & blow dry long hair €25

Shampoo, cut & blow dry €45

Shampoo & set €35

Hair up €60

Full head semi or permanent colour from €45

Roots only permanent colour from €40

Highlights from €85

Half head highlights from €55

Meche colouring (2/3 colours) €85

Gents

Gents shampoo & cut €20

Kids cut

Cut & style €15



Weddings

at Aphrodite Hills

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

€300

Wedding Party Essentials

Make-up
Wash & blow dry

€80

Bridal hair

Brides hair €100

Brides hair with trial €150

Bridesmaid hair €65

Bridesmaid hair with trial €110

Make-up

Bridal Make-up (includes trial) €150

HENS PARTY Retreat Day

Have your hen's party at the award winning Retreat Spa and allow your friends to join you in the pure indulgence of the Retreat Spa, making it a special day to remember. We can either create a package to suit your requirements or chose our Hen's Retreat Package below:

- Thermae Experience
 - Choice of facial treatment from the following:
 - Aromatherapy Facial
 - Rosacea Facial
 - Prescriptive Facial
 - Plantomer Facial
 - Mikiri Facial
 - Lunch
 - Choice of Massage from the following:
 - Swedish Full Body Massage
 - Kodo Massage
- €200 per person

Minimum of 5 persons & subject to availability

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.

- Thermae Experience
 - Warm Water Sea Salt Body Buff
 - Lovers' Retreat Lunch
 - Royal Thai Massage - in couples suite
- €298 per person



Fitness Services Yoga

Private Yoga Class

Improve your energy, suppleness & strength; stretch, tone & condition all the muscles in your body - restore tranquility to your mind... in our beautiful spa environment. Enjoy a yoga session tailored to your individual requirements and abilities with our yoga master.

75 minutes €90

Group Yoga Class

Our sessions include a combination of classical Hatha Yoga styles, including Sivananda, B.K.S Iyengar and Ashtanga Vinyasa Yoga. Ideal for all age groups and abilities. A regular timetable of classes is available from our Reception.

75 minutes €15

(Please ask for our rates for booking several sessions & special monthly rates)

FITNESS SERVICES - Fitness Classes

Enjoy regular fitness activity to improve your strength and fitness, leaving you looking and feeling great. A regular timetable of classes is available from our Reception.

€15 per person per class

FITNESS SERVICES - Personal training session

An action packed 1 hour programme specifically designed for your needs, with the supervision of your personal trainer to give you the full potential of your workout and provide you with motivation and techniques for future training.

1x60 minute session €60



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. This is the time for your body and mind to release the worries and stresses of the day.

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

The Retreat Spa & fitness facilities are open to persons aged 16 and over.

Pool towels can be found at the cloak reception or placed on the sun loungers outside on the sundeck.

Shower towels can be found in your lockers, please do not take shower towels outside.

Please leave all items of value in your locker. The Retreat is not responsible for loss of or damage to a guest's personal belongings.

Always shower before using pool facilities and between heat rooms. A robe & slippers should be worn in all common areas and **SWIMWEAR IS COMPULSORY IN ALL THERMAE HEAT ROOMS AND WHILST SUN BATHING.**

Please ensure you drink plenty of fluid to re-hydrate after use of our heat treatments and that alcohol and coffee consumption is kept to a minimum.

Food & drink should not be brought into The Retreat for consumption during your visit. Refreshments are available in all relaxation areas and the Spa Restaurant & Juice Bar.

All guests will be required to complete and sign a health & lifestyle questionnaire upon arrival prior to entrance to the facilities.

If you have a gift voucher please remember to bring this with you on the day to hand to Reception.

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.

Shaving is permitted in the male changing rooms. However, please ensure that wet vanity areas are left clean. Razors should not be placed in any of the waste bins and shaving is strictly prohibited in the saunas and steam rooms.

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

Please place all used towels in the baskets provided.

Spa Etiquette

When Taking a Treatment

Please arrive in good time to enjoy the facilities and ensure that you are ready to be collected by your therapist at the allotted time. **TIME LOST THROUGH LATE ARRIVAL WILL RESULT IN A SHORTENED OR AMENDED TREATMENT BEING OFFERED WITHOUT REFUND.**

You are entitled to use the first level facilities **ONLY** if you have a treatment in the Spa including: Our Upper Level **full changing room facilities with locker service, Fitness areas, Pool and Sundeck and our Lower Level Relaxation gardens, Spa Juice Bar & Restaurant.**

Underwear or suitable swimwear should be worn into the treatment room and during treatments. For some treatments you will be provided with disposable undergarments by your therapist, and suitable towel draping will be used at all times.

During treatments, please let your therapist know if you are comfortable or uncomfortable, too warm or too cold, or if their pressure is too light or too firm. Your comfort and care is our greatest concern and priority.

If you have a particular injury or physical condition, please explain it to the therapist. They can suggest appropriate adjustments to the treatment for your comfort and enhancement.

There is no pressure to talk during a treatment. It is entirely up to you. If you have any questions or would like to talk, certainly do so. The therapist will take their cue from you. If you are quiet they will be too.

We hope you enjoy this interlude of pampering and relaxation.

Your comments are always welcome.

Fitness / Tennis Areas

Please place the hand towels provided between you and the fitness equipment and to wipe down after use.

Appropriate Fitness and Tennis attire is required at all times.

Outdoor shoes should not be worn in any fitness areas.

Opening Times

The Retreat's operating hours are from 8am until 8pm in the summer and 8am until 7pm in the winter. However availability of services and facilities may vary within these times.

Spa Tours

Spa Tours are by appointment only and can be conducted between 9:00 - 10:00am & 6:30pm - 7:00pm.

Cancellation Policy

No shows or sameday cancellation receive 100% charge. Please note 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.



Aphrodite
— HILLS —

CYPRUS

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