

Ana Neosis

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.

Spirulin Boost treatment

60min - 80€

This Smoothing Detoxifying Treatment begins with relaxing pressure and detoxifying suction that calm the mind and release tension from the skin. Receptive, the face receives an Energising Spirulina and Marine Magnesium booster concentrated in the Smoothing Detoxifying Mask. Applied with a brush, this peel-off fresh-effect mask gradually infuses the epidermis with active ingredients. Like a magnet, it captures all the toxins and pollutants that dull the skin. Next the special serum bursting with Spirulina is applied all over the face and specialised massage energise the epidermis, revive radiance and smooth the signs of skin fatigue.

Exquisite Miracle Eyes

45min - 75€

An exquisite treatment specifically designed for the delicate eye area which bring together a unique combination of eye contour masks and a specialized lymphatic massage, ideal for reducing the signs of ageing and melting away stress. Anne Semonin's cryotherapy ice cubes diminish puffiness and refresh the eyes.

Cryotime Freeze

60min - 110€

This facial uses the age defying effects of cryotherapy with the Anne Semonin's 100%Active Serum to reinforce the skin's firmness at a cellular level. Complemented by a neurocosmetic containing Wild Indigo which stimulates the release of B-endorphins, flooding the body with a total sense of well-being.

Precious Pearl Ultra-Lift

90min - 130 €

This ultimate wrinkle-fighting facial will restore the skin's lack of firmness and tone, leaving the facial contours in top condition. This brand-new treatment includes a series of comprehensive lifting and drainage massage techniques that are a godsend for those suffering from tight facial muscles and a tired complexion. The perfect remedy for mature skins

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.

Anti-fatigue back remedy

60min - 80 €

An exceptional solution created to alleviate tension stored in the back, neck and shoulders. The exquisite composition of heat, minerals and oil blends allows the generous application of self-heating mineral mud on the back to release stiffness and fatigue in the muscle tissue. A bespoke back massage both energizing and relaxing leaves the whole body with a complete sense of well-being.

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.

Cryolipoliss slimming & firming treatment

60min - 90 €

Anne Semonin fights cellulite with a 3-phase treatment cure inspired by cryotherapy, an ultra-cold treatment designed to shock the body into action by stimulating the blood circulation. A detox massage using active ingredients of brown and red algae is followed by a firming body mask application targeting problematic areas. Legs are feeling refreshed, skin tone is visibly improved and the skin contour looks firmer.

The Oenotherapy Wrap

60min - 90 €

This pampering body rejuvenation will generate the skin to its best. An invigorating body scrub is followed by a nourishing and anti-ageing body mask while you drift away with a wonderfully soothing scalp massage. The naturally anti-oxidant benefits of this treatment will enhance body drainage, maximize hydration, plump and smooth to perfection, while nurturing your body in a cloud of well-being.

FACE & BODY COLLECTION

Atrium Signature hydrating treatment

100min - 100€

This is the perfect treatment after long sun exposure. A relaxing body massage with a soft hydrating body cream nourishes the skin, relieves the muscles and unwinds 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 renewed.

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

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.

Atlantique Spa Ritual

100min - 110€

Set of in a revitalizing journey inspired by “marine lithotherapy” and the multi-coloured beaches of the Atlantic and use the power of stones to restore your body’s vital energy stores. Your body will be exfoliated with a Coral Pink Sand and White Quartz scrub leaving the skin smooth, soft and supple. This unique experience continues with the energising Rock Crystal Stones massage producing a real sense of wellness and relaxation due to the energizing properties of the gemstones. The use of the special massage cream rich in Babassu Nut oil that melts into the skin guarantees a beautiful hydrated result.

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.

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.

Indian Head Massage

40min - 65 €

This treatment begins with a rhythmic back massage to balance and re-align the energy flow to ease muscular aches and pains. It is then followed by a head and shoulders massage to awaken the energy points , de-stress the mind and establish a deep profound sense of relaxation.

SPECIAL MASSAGES

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.

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.

Thai massage

80min - 90€

The Thai massage is an ancient healing system combining acupuncture, Indian Ayurvedic principles, and assisted yoga postures. The traditional Thai massage uses no oils or lotions, and you shall remain clothed during the treatment. There is constant body contact between the giver and receiver, but rather than rubbing on muscles, the body is compressed, pulled, stretched and rocked. As a result, it increases circulation, gives temporary relief of pain and provides a sense of well being.

Thai Aroma massage

80min - 100€

An Aroma massage performed with the integration of Thai massage moves and techniques combining the wonderful relaxing results of both treatments. Your therapist will evaluate your body needs and use the skills from both techniques to better target the distressed areas.

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.

Quik 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?

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.

Solarium Session

6 to 10 min - 12 €

SPA ETIQUETTE

Operating hours

The Spa operates from 11am till 7:30pm daily. Spa treatments start at 11:15am and the last treatment should be finished by 7:15pm.

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 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. 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!

