



almyraspa



ALMYRA SPA is a holistic adults-only utopia where wellness, health and beauty unite with luxurious vitality.

#### **VOYA**

VOYA are the leading experts in harnessing the endless restorative and healing powers of seaweed. We blend our cherished natural resource, with a wealth of the purest organic active ingredients and essential oils, to give you the skin of your dreams.

At VOYA we believe when someone has been touched by Cancer they should be able to have the same deep relaxing day at the spa as anyone else. To help release stress and worry at a time where they are dealing with physical and emotional stress. VOYA has worked closely with some of the leaders in Cancer Wellness and has designed a programme to help adapt Cancer Wellness touch to all VOYA Treatments.

#### **KALMAR**

A lifestyle brand designed to instantly lift your energy and mood. Based around the positive energies of Joy, Calm, Peace and Love, our self-care essentials, treatments, and daily rituals empower you to set intentions and reconnect to the four positive emotions (or as we call them 'soul states') because we believe that what you cultivate, you become.

#### **QMS**

QMS Medicosmetics is the pioneering vision of world renowned traumatologist and cosmetic surgeon Dr. med. Erich Schulte: transformative skincare products, facial and body treatments that unite exceptional ingredients with revolutionary technology for healthy, younger-looking skin.

## SPA ETIQUETTE / SPA ADMISSION

ALMYRA SPA is open from 8 am until 8 pm. Individual treatments are available from 10 am.

ALMYRA SPA and fitness facilities are open to persons aged 16 and over.

All our guests may enjoy complimentary use of the ALMYRA SPA facilities during their stay. This includes use of the gymnasium, sauna and steam room, indoor pool and outdoor pool. We recommend that all jewelry and valuables be left safely in your room. For the enjoyment of all our guests we do not permit smoking or the use of mobile phones within the Spa area. Please inform the Spa reception if you suffer from any medical condition that restricts you from using any of the Spa facilities.



### RESERVATIONS SPA AND HAIR SALON

We recommend that you pre-book all Spa treatments prior to arrival or at the time of arrival to ensure your preferred time at ALMYRA SPA. Dial 720 to book your treatments.

### CANCELLATION POLICY

ALMYRA SPA cancellation policy requests 24 hours notice if you wish to cancel a treatment, otherwise a 50% cancellation fee will be charged to your room.

### LATE ARRIVAL

Please note that late arrival will affect the length of your treatment as all services will end at scheduled times. The full treatment price will be charged to your room.

## SIGNATURE RITUALS

Our entire spa experience is dedicated to wellbeing. 'Signature Rituals' offer the ultimate indulgence for one or two in an opulent spa suite.



### THANOS KALMAR SIGNATURE EXPERIENCE

Based around the four soul states, JOY | PEACE | CALM | LOVE, and their corresponding focal points for the mind, body and soul, each of Kalmar's signature treatments is designed to balance, harmonize, and nourish energy through the power of mindfulness, specialized massage techniques, and alternative therapies. All taking you on a sensory journey, beginning with guided meditation, visualization, and intention setting. With the help of your therapist choose from the four soul states, depending on your mood and let yourself emerge into total relaxation.

60 min | €120  
90 min | €150

### VOYA FIRE AND ICE BODY RESET

The ultimate kickstart for an over tired body and mind. This treatment uses dry brushing and a warm spiced mud wrap to kick start your circulation, while you are cocooned you will enjoy a cooling gua sha facial massage. After showering each area of your body is then massaged using vigorous traditional massage techniques to increase blood flow and oxygenate your muscles, then cooled down using iced thermogenic stones.

80 min | €150

### VOYA VAGUS NERVE RITUAL

Deeply calming ritual focusing on the body's 'relaxation nerve'. Crafted to ease stress and elevate your mood to a higher meditative state, this mentally and physically nourishing treatment uses VOYA essential oil blend, warm compresses, pressure points and massage to activate the body's longest cranial nerve.

80 min | €150

\*Start your experience with a relaxing bath

95 min | €170

### THE ANASTASIA ACHILLEOS METHOD

A transformational approach to rejuvenation for men and women. This multiplatform approach is enjoyed lying face up on a warm 'floating' mat. A massage releases back, neck and shoulder muscles before unique facial lifting techniques reduce eye fatigue, drain excess fluid and release connective tissues.

90 min | €180

### JEWEL OF THE SEA

A true grounding journey, incorporating body scrub, bath and full body application of oils that replicates the movement of the sea combining both gentle and stimulating movements.

The ultimate luxury treatment to relieve aches and pains tailored to individual needs.

Choose your scent:

Uplift-Angelicus Serratus

Relax -Mindful Moments

Muscle -Reenergise

80 min | €150

### VOYA FORTIFY FACE & BODY

This beautiful balancing spa ritual celebrates and supports women through the natural tides of hormonal changes. Transforming the inner and outer self during life's second spring VOYA dedicate this journey for women to focus on metabolism, immunity, and healthy circulation, within the body.

Using aromatherapy oils, stress and anxiety are washed away with massage to the back of the body. A grounding foot reflex massage anchors you to the present moment while a soothing stomach massage eases bloating and aids digestion. Finish your treatment with a hydration boost to cool and calm your skin, easing irritation as busy minds are quietened with a blissful scalp massage.

75 min | €150

### ORGANIC HERBAL POULTICE MASSAGE

A real sensory treat. Warm steamed bags of orange, clove, ginger and fucus serratus seaweed are gently massaged into the body releasing the precious seaweed oils.

We use a combination of the finest organic ingredients and seaweed to massage your body, gently balance the mind and nourish the skin.

80 min | €150

### HIMALAYAN SALT STONES MASSAGE

Try a healing massage with warm salt stones that balances the central nervous system. It gently releases the accumulation of stress and tension, helps remove toxins while infusing healthy minerals into the skin.

60 min | €110

80 min | €140

## FACIAL RADIANCE

All our facials are tailor-made following a private consultation to determine your skin's exact needs.

### AGE-DEFYING COLLAGEN FACIAL

For firmer and smoother skin. A high-tech anti-ageing facial that combines natural soluble collagens with pioneering exfoliation technology to reduce fine lines and improve skin tone.

60 min | €110  
75 min | €140

### LIFT AND TONE FACIAL

A beauty boost for mature skin. Combat signs of ageing with this firming treatment for the face, neck, décolleté and breast area that uses a highly effective contouring cream.

60 min | €135

### VOYA SELF DISCOVERY RADIANCE FACIAL

Allow VOYA to tailor your facial specifically to your skin's unique needs. This skin type-specific ocean inspired organic facial is deeply detoxifying, thoroughly revitalizing and helps to smooth skin tone and increase clarity. It incorporates a relaxing facial massage used to release any build-up of toxins and toxic micro particles and to repair and nourish any skin cells damaged by pollution and chemical exposure.

60 min | €100

### VOYA RENEWAL FACIAL

Using VOYA's first bio-tech skin specific serums, combined with powerful age defying techniques, this lifting massage along with Gua Sha gemstones gives an instant radiant lift and firm results. Starting with VOYA's cleansing ritual to ensure your skin is prepared for the Resurfacing AHA peel that diminishes congestion. Followed by a powerful age defying facial massage, deeply restorative mask and soothing scalp massage.

60 min | €110  
80 min | €160  
including back massage

### VOYA RESTORATIVE FACIAL

This pro-ageing restorative facial is made using a mix of seaweed and botanical ingredients helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles. This facial results in instantly firmed and tightened skin with a natural and more radiant glow.

75 min | €120



## BODY MASSAGES

Designed to nurture the body and mind, these massage techniques restore health and vitality.



### RELAXING WAVES MASSAGE

A soft pressure sensory treatment that relaxes the body and calms the mind, featuring essential oils for personalized nurturing.

60 min | €90  
80 min | €120

### FUSION MASSAGE

A fusion of massage techniques from around the world to ease the muscles, awaken the spirit and replenish the soul.

60 min | €100  
80 min | €130

### DEEP TISSUE MASSAGE

A powerful and firm body massage, that releases muscle tension, detoxifies the body and alleviates fatigue. Perfect for active or sporty types.

60 min | €110  
80 min | €140

Optional: combine the classic deep tissue massage with the Thera gun device for more effective muscle recovery (for everyone including professional athletes).

60 min | €120  
80 min | €150

### LYMPHATIC DRAINAGE MASSAGE

This light pressure massage with gentle drainage techniques stimulates the lymphatic system to detoxify body and mind, restore and rebalance energy.

45 min | €90

### ALMYRA MASSAGE

This massage restores and relaxes the nervous system, leaving the body infused with a sense of enhanced well-being. Ideal for treating chronic pain of specific areas and reducing stress, anxiety, and muscle tension.

45 min | €75

### HOT STONES MASSAGE

Combining a sensuous flow of warm oil with heated stones, this unique massage eases muscle tension, aches and pains and promotes a meditative state.

60 min | €110  
80 min | €140

### BODY CUPPING THERAPY SESSION

The principle of this therapy is to apply a silicon suction cup on the skin to achieve suction action. This therapy mainly treats back pain, lumbago, sciatica, headaches, stress, cellulite, digestive / respiratory disorders, sports recovery & activates the immune system.

45 min | €95

### TOTAL HOLISTIC RITUAL

A total body and face experience, starting with a tension relieving, knot fighting back, neck, and shoulder massage. Delivers instant and long-lasting relief from stiffness and soreness. Followed by a bespoke powerful mini facial to unleash your glorious inner glow.

60 min | €110  
90 min | €160  
including full body massage

### CHAKRA BALANCING RELAXING MASSAGE

A profound experience, this grounding and nurturing treatment will work with massage to restore your nervous system and chakra balancing to address any underlying issues or blockages, assisting you to find health and equilibrium.

60 min | €120

### PEACEFUL MOMENTS- PREGNANCY BODY TREATMENT

The growing bump is enveloped in a specialized mask helping to support connective tissue and prevent stretch marks. Your feet will be wrapped in Laminaria Digitata Seaweed leaves to help boost circulation, improve lymphatic drainage and reduce fluid retention. At the same time Mum enjoys a beautifully relaxing face, hand and arm massage.

60 min | €120

### PEACEFUL MOMENTS- PREGNANCY MASSAGE

A nourishing massage infused with pure natural ingredients that brings peace, harmony, and release tension in the body. Reduces stress and swelling in the face, arms and legs, relieves muscle and joint pain.

60 min | €100

Please note pregnancy treatments can only be performed after the first trimester.



## BODY CONTOUR

A collection of treatments to encourage detoxification, sculpting, toning and smoothing for improved confidence and wellbeing.



### MARINE SCRUB

A wonderful choice of scrubs tailored to your feeling, treatment and skin, inducing healing, nourishing and calming. Choose from:

Seaweed /Lavender / Walnut and Ginger

45 min | €70

30 min (when added to another treatment) | €50

### ORGANIC SEAWEED LEAF WRAP

Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses organic seaweed leaves to scrub and wrap your body to kick start your new radiant skin.

90 min | €160

### WARM SPICED MUD WRAP

This wrap soothes muscular aches and pains, relieves stress and fatigue, and energises mind and soul. Infused with aromatic spices of ginger and orange which also revives the senses and calms the mind.

60 min | €100

### HERBAL COCOON

Rebalance the body, hydrate the skin and calm the mind with this sleep inducing experience. You will begin with VOYA's Lavender sugar glow to leave your skin looking radiant. Our herbal body mask is then applied and the guest is cocooned in soft muslin, while you then slip into a deeper state of relaxation with a soothing scalp massage.

50 min | €100

80 min | €140

(with targeted massage or relaxing salt bath)

### QMS BODY TREATMENT PERSONALIZED RITUAL

Personalize your experience by choosing what is best for your skin between Hydration, Exfoliation & Collagen inside out treatments. Let our experts choose the ideal products for you, after you choose one of the 3 variants:

**Energizing & Refreshing 3 steps:**  
Exfoliation, Oil & Care, Final Care

45 min | €90

**Hydrating & Relaxing 4 steps:**  
Exfoliation, Oil, Massage OR Algae Wrap, Final Care

60 min | €120

**Collagen Hero 5 steps:**  
Exfoliation, Oil & Care, Massage, Collagen Facial Care OR Algae Wrap, Final Care

90 min | €180



## TREATMENTS FOR TWO

Experience the luxury of ALMYRA SPA together. enjoy one of our relaxing treatments side by side in our unique spa suite with private balcony and perfect sea and harbour view.



### DOUBLE INDULGENCE

Relaxing massage to ease muscle tension and calm the mind, using a blend of aromatic oils. Ideal for helping to align and balance mind and body and reduce muscle pain and body stiffness.

60 min | €180 per couple  
80 min | €250 per couple

### COUPLES HOT STONES MASSAGE

In present day massage therapy practice, hot stone massage is a specialty massage where smooth, heated stones are used by the therapists by placing them or rubbing them on the body. The heat from the stones leads to deep relaxation and warms up tight muscles, enabling the therapist to work more deeply and quickly.

60 min | €200 per couple  
80 min | €260 per couple

### COUPLES TASTE OF THE SEA

To experience synergy with the sea, this treatment starts with a harvested seaweed and sea salt exfoliation to remineralize the body. A full body massage completes this marine couples' treatment for total well-being. Ideal for increasing blood circulation and to drain lymph nodes, remove dead skin cells and exfoliate the skin, rejuvenate and revitalize the skin. Enhances mental well-being.

90 min | €270 per couple



# EXPRESS TREATMENTS

## STRESS RELIEF HEAD MASSAGE

A calming yet invigorating scalp massage using aromatherapy oils on vital energy points to calm the mind and increase circulation for total wellbeing.

30 min | €50

## ORGANIC FOOT RITUAL

To recharge the circulation of the lower limbs and refine your skin you will first enjoy a Sea Salt Scrub exfoliation from the knees down. This is followed by a deeply relaxing massage of the lower legs after which your legs are wrapped in warmed Atlantic seaweed leaves to detoxify, increase circulation, and revive tired feet and legs.

45 min | €70

## BACK, NECK AND SHOULDER MASSAGE

A targeted therapeutic massage with warm essential oil blends to alleviate stress and tension and bring deep relaxation to mind and body.

30 min | €60 medium pressure

30 min | €70 deep pressure

## VOYA TASTER FACIAL

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils relax your mind, leaving you looking and feeling relaxed and radiant.

30 min | €60

## NAIL SERVICES

Manicure €50

Pedicure €60

File & polish (hands or feet) €20

French polish €10  
(add on to any manicure, pedicure or polish)

Gel manicure or pedicure €50

Gel removal €10

Mini file & polish €15  
(for children 6-12 years old)

## BEAUTY SERVICES EYES

Eye Lash/Brow Tint €15

Eye Brow Tidy/Shape €18

## MAKE-UP

Make-up Day/Night €60

Bridal Make-Up Trial €50

Bridal Make-Up €110

## HAIR REMOVAL

Half Leg Wax €30

Full Leg Wax €40

Bikini Line Wax €20

Brazilian Wax €30

Lip and Chin Wax €10

Under Arm Wax €18

Arm Wax €20

## HAIR SALON

Blow Dry short €22

Blow Dry Medium €25

Longer Blow Dry €30

Cut and Blow Dry €50

Cut and Blow Dry Short €45

Ladies' Cut €30

Men's Cut €25

Children's Cut €15

Hair Up €55

Shampoo and Set €35

Toner €25

## WEDDINGS

Bridal Hair Trial €50

Bridal Hair €110

Bridesmaid Styling €65

Flower Girl Styling €35

## COLOUR

Half Head Highlights €95

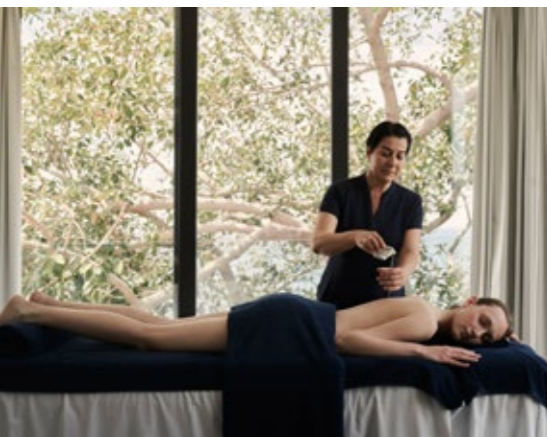
Full Head Highlights €140

Full Head Colour €50

Full Head Roots €40

Mask and Treatment €15

Prices for colour and cuts do not include a professional blow dry unless stated otherwise.



## FITNESS SERVICES FITNESS CLASSES

(for more details please  
see ALMYRA SPA Weekly  
Fitness Timetable)

### PRIVATE YOGA

Yoga is beneficial to everyone regardless of age or ability to build a healthy body, develop a balanced mind and achieve your full potential.

60 min | €60

### PERSONAL TRAINING SESSION

A private one-to-one session packed with tips, techniques and motivation to ensure you reach your full work out potential during future training sessions.

60 min | €60

### PRIVATE TENNIS LESSON

From game strategy and conditioning to serving techniques, talk to us about arranging a private lesson with a professional tennis coach.

60 min | €60



almyra<sup>•</sup>

Poseidonos Avenue  
CY 8042 Pafos, Cyprus  
Tel +35726888720  
almyra@thanshotels.com  
www.thanshotels.com

