



ANASSA & ALMYRA LAUNCH 'THE ANASTASIA ACHILLEOS METHOD'

- TRANSFORMATIONAL FACIAL THERAPY DEVELOPED FOR THANOS HOTELS BY EXPERT FACIALIST -



March 2016 – Adding further excitement to the completion of Anassa’s multi-million euro refurbishment this month, the hotel’s refreshed Thalassa Spa is partnering with one of the world’s most impressive facial innovators to introduce *The Anastasia Achilleos Method*. Named ‘magic hands’ by *FT How To Spend It* and internationally admired for her unique style of treatment which goes far beyond a normal facial, Anastasia Achilleos has spent years developing and curating a powerful multi-platform treatment. Thanos Hotels will be the first hotel group to offer this therapy, launching it at the iconic Anassa and subsequently at Almyra’s Almyraspa.

Anastasia’s discerning clients and fiercely loyal A-list followers fly thousands of miles to benefit from the secrets of her method, which incorporates elements of cranial sacral therapy and massage. Now those who want the very best for their face can find it a just short-haul hop away.

The Anastasia Achilleos Method

The Anastasia Achilleos Method delivers on two fronts: holistic emotional experiences and effective skin and massage treatment. She cleverly taps into the cranio sacral rhythms of the body utilising her expertise in reiki and energy lines. This innovative approach aligns the central nervous system releasing connective tissues that become stiff and hardened over time to reveal a younger looking appearance. Achilleos believes every person needs bespoke treatments tailored to their needs.

Anastasia Achilleos at Anassa and Almyra

Throughout her 20 years within the beauty industry, Anastasia has been evolving her method. In partnering with Thanos Hotels she hopes that it will be nurtured and developed further. A Cypriot herself, Anastasia has worked tirelessly with the spa teams at both Anassa and Almyra, educating them in her highly skilled and technical method so that they can become the first therapists in the world, other than Anastasia herself, to offer this world-class treatment. Therapists have undergone intensive one-to-one training with Anastasia in order to fully understand the key

elements of her method, skilfully locating tensions in the upper body and expertly releasing muscle and connective tissue in order to deliver the ultimate facial therapy.

More Than A Facial – a 360 Degree Approach to Beauty & Wellness

The Anastasia Achilleos Method is much more than a facial. It is not just to improve skin appearance but aims to bring a sense of balance to the body and encourage overall wellness. It is an immersive experience that steams, massages, rejuvenates and relaxes. Guests can expect extractions, dual masks, lifting massage, lymphatic drainage and deep muscular release. Benefits including relaxation, jaw release, easing of muscle stiffness, reduction in eye fatigue, sinus relief, de-puffing and increased skin glow. Products are bespoke and have been carefully created to ensure they deliver maximum therapeutic qualities and show instant results. Therapists use a selection of plant extracts and essential oils individually chosen for each client based on their own needs, requirements and skin type. During the therapy guests lie on a water-filled matt which encourages a calming floating sensation and allows therapists to reach stiff back and neck areas with ease.

HOW: The Anastasia Achilleos Method will launch at at Anassa's Thalassa Spa and Almyra's Almyraspa in March 2016. The therapy costs from €250 per person for a 90-minute session. Therapies can be tailored to the individual needs of each guest.

Room rates at Anassa start from €178 per person, per night including breakfast. Suites start at €840 per suite, per night including breakfast. Half-board and full board options are available. www.anassa.com. Room rates at Almyra start from €104 per person, per night including breakfast. Suites start at €406 per suite per night, including breakfast. Half-board and full-board options are available www.almyra.com

**For further information, please contact
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About Thanos Hotels and Resorts

Thanos Hotels and Resorts is Cyprus' leading luxury hotel group. With three much-loved and entirely distinctive hotels – the iconic Anassa, sleek Almyra and classic Annabelle, the company is still family owned, and family run. Founded 40 years ago by the late Alecos Michaelides, his son Thanos Michaelides is now at the helm as Managing Director. Proud of its outstanding heritage and keen to build on its exceptional track record as one of the leading groups in the Mediterranean, the group may soon expand out of Cyprus. www.thanoshotels.com