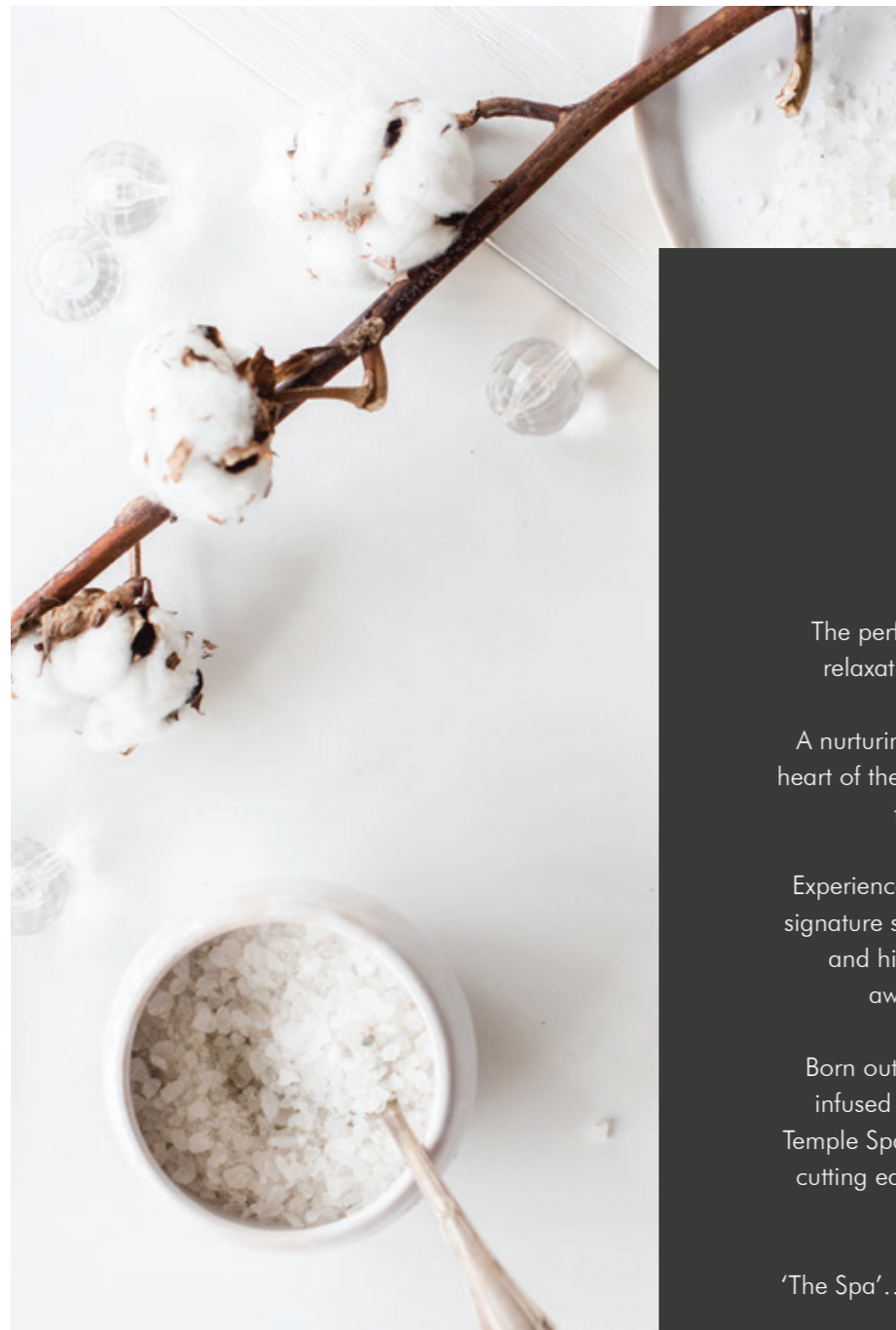




THE SPA







## WELCOME TO *The spa*

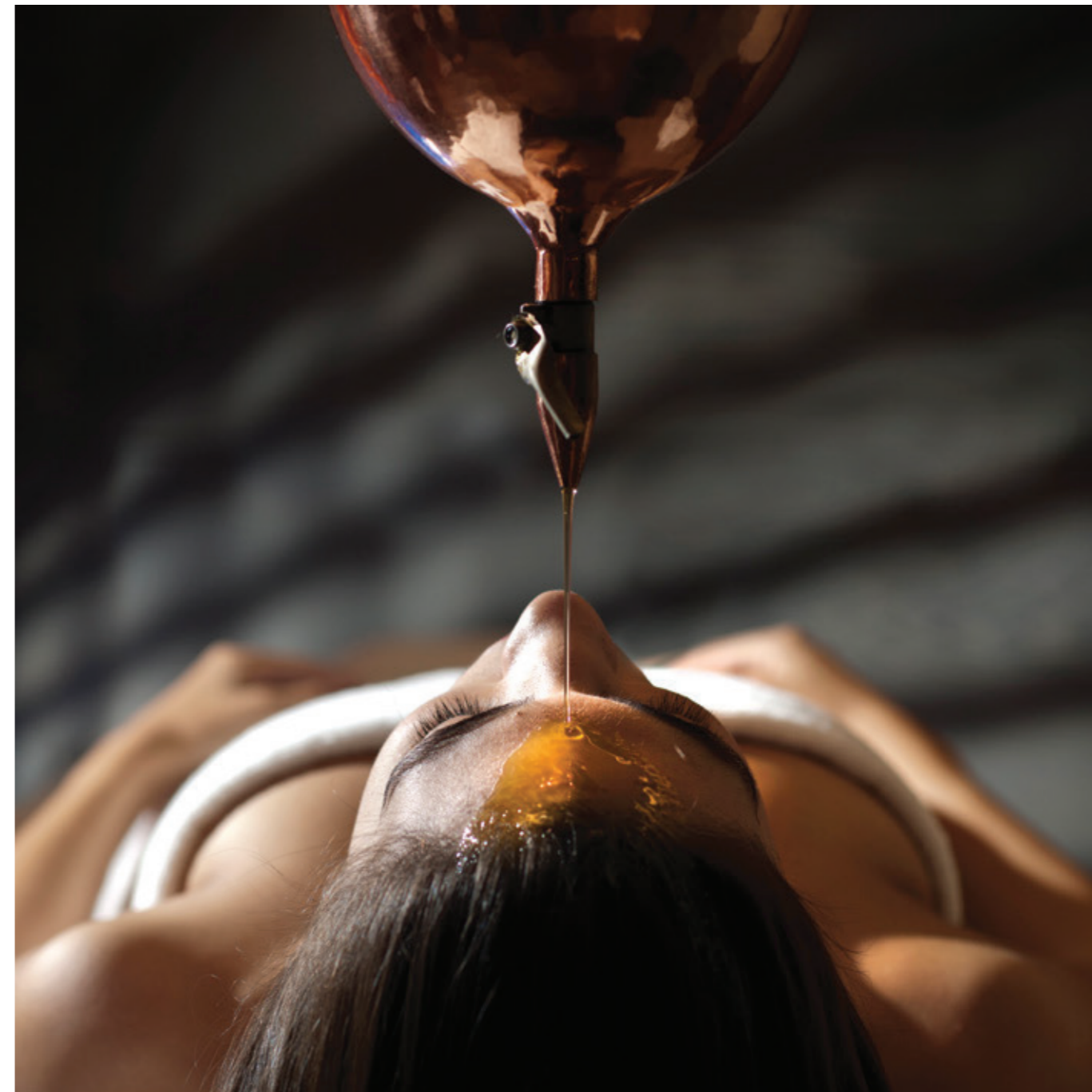
The perfect setting designed for your ultimate relaxation, wellbeing, comfort and serenity.

A nurturing hidden 'Temple' of tranquillity in the heart of the city, where time is left at the door, away from the rush of everyday life.

Experience complete indulgence with our unique signature services and exquisite range of luxurious and high-performance treatments with the award-winning Temple Spa brand.

Born out of the love of the Mediterranean and infused by the essence of this special region, Temple Spa combines the very best botanicals and cutting edge derma-science, to deliver luxurious exceptional experiences.

'The Spa'... an inviting escape of uncompromising service and utter relaxation.







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*Suitable for pregnancy and can be safely performed from the 2nd trimester until term, to pamper and nurture the 'mum to be'.*





## THE SPA COLLECTION *packages*

Make the most of your time at 'The Spa' with our selection of individual treatments or choose ultimate relaxation with our Spa Collection Packages.

### **Total Bliss Collection Package**

TOTAL BLISS COCONUT MASSAGE 55 mins  
TEMPLE SPA - THE POWER OF BREAKFAST  
FACIAL 25 mins  
DE-STRESS FOOT MASSAGE 25 mins

1 hour 45 mins ..... **€220.00**

### **Muscle Melt Collection Package**

ORIENTAL BODY EXFOLIATION 25 mins  
ROYAL THAI MASSAGE 85 mins  
THAI SOLE SENSATION 25 mins

2 hours 15 mins ..... **€260.00**

### **Outer Glow Collection Package**

TEMPLE SPA

OUTER GLOW BODY EXFOLIATION 25mins  
DRIFT AWAY MASSAGE 55 mins  
THE POWER OF BREAKFAST FACIAL 25 mins  
WINDOWS OF THE SOUL 25 mins

2 hours 10 mins ..... **€285.00**

### **Glorious Detox Collection Package**

TEMPLE SPA

GLORIOUS MUD WRAP 55mins  
WORK IT OUT MASSAGE 55 mins  
MY KINDA SKIN FACIAL 55 mins

2 hours 45 mins ..... **€295.00**

*\* All Collections include Spa Lunch Menu, use of 'The Spa' Facilities and Outdoor Pool*





Health is  
a state of body,  
wellness is

*a state of being*



## SPA EXPERIENCE *rituals*

### THE MEDITERRANEAN MINI BREAK

This deluxe head-to-toe ritual will leave you feeling like you've taken a mini vacation. Your mind will escape as your body is polished and nourished with Temple Spa's iconic Mediterranean body scrub, cocooned in an aromatherapy infusion to soften and hydrate, whilst your face is indulged with the unique soothing and de-stressing Mediterranean Marinade facial.

*Key Elements: full body exfoliation, oil wrap, face treatment*

85 mins ..... **€140.00**

### MY KINDA MOOD

The ultimate bespoke ritual! A choice of a relaxing, restorative or a deeper muscle-relieving full body massage, allowing the aromatic blends to transfer you to a place of total tranquillity. Followed by a personalised, tailor-made facial, designed especially for your needs and skin concerns. A ritual of instant relaxation and radiance.

*Key Elements: relaxing or muscle-relieving full body massage and face treatment*

1 hour 50 mins ..... **€165.00**





## THE TRUFFLE EXCELLENCE *collection*

The exclusive Truffle collection harness the power and multiple skin benefits of black summer truffles, champagne extract, gold and silk peptides plus potent high performing vitamins and botanical complexes. Each carefully curated treatment delivers exceptional results of advance anti-ageing and exquisite super deluxe experiences.



TEMPLESPA

### CHAMPAGNE & TRUFFLES DELUXE FACIAL TREATMENT

THE CRÈME DE LA CRÈME OF  
RADIANCE FACIALS

This truly luxurious facial, combines award-winning truffle formulas with a deep double-cleansing ritual, a glycolic resurfacing peel, skin-distressing alginate mask with a unique skin-lifting and muscle-firming massage with extra attention on the delicate eyes. Visible results of ironed-out deep lines and wrinkles, firmer feeling and toned skin, reduced puffiness and youthful radiance with a supreme healthy skin glow.

85 mins ..... €150.00

### CASHMERE & TRUFFLES BODY TREATMENT TOTAL BODY REJUVENATION

An indulging treatment combining an invigorating radiance-boosting full body exfoliation, followed by a skin-transforming and deeply nourishing treat with Temple Spa's luxurious TRUFFLE BODY MASSAGE OIL. Skin is left cashmere-soft and revived.

*Key Elements: body brushing, full body exfoliation, nourishing brush on oil with short hot stone neck and shoulder massage, body hydration and hot oil scalp massage*

55 mins ..... €110.00

### VIP GOLDEN TRUFFLE EXPERIENCE

LUXE TOP-TO-TOE FACE & BODY TREATMENT

The ultimate in total anti-ageing luxury. This treatment delivers all over radiance-boosting results, starting with an invigorating full body exfoliation, followed by an application of the anti-ageing TRUFFLE BODY OIL to nourish and tighten the skin. The experience continues with Champagne & Truffles Deluxe Facial. Your skin is left deeply nourished, glowing, brighter and revived beyond expectations.

*Key Elements: body brushing, full body exfoliation, nourishing brush on oil and body hydration, anti-ageing double mask facial, muscle-firming and lifting face and eye massage, scalp and hand massage.*

1 hour 55 mins ..... €250.00

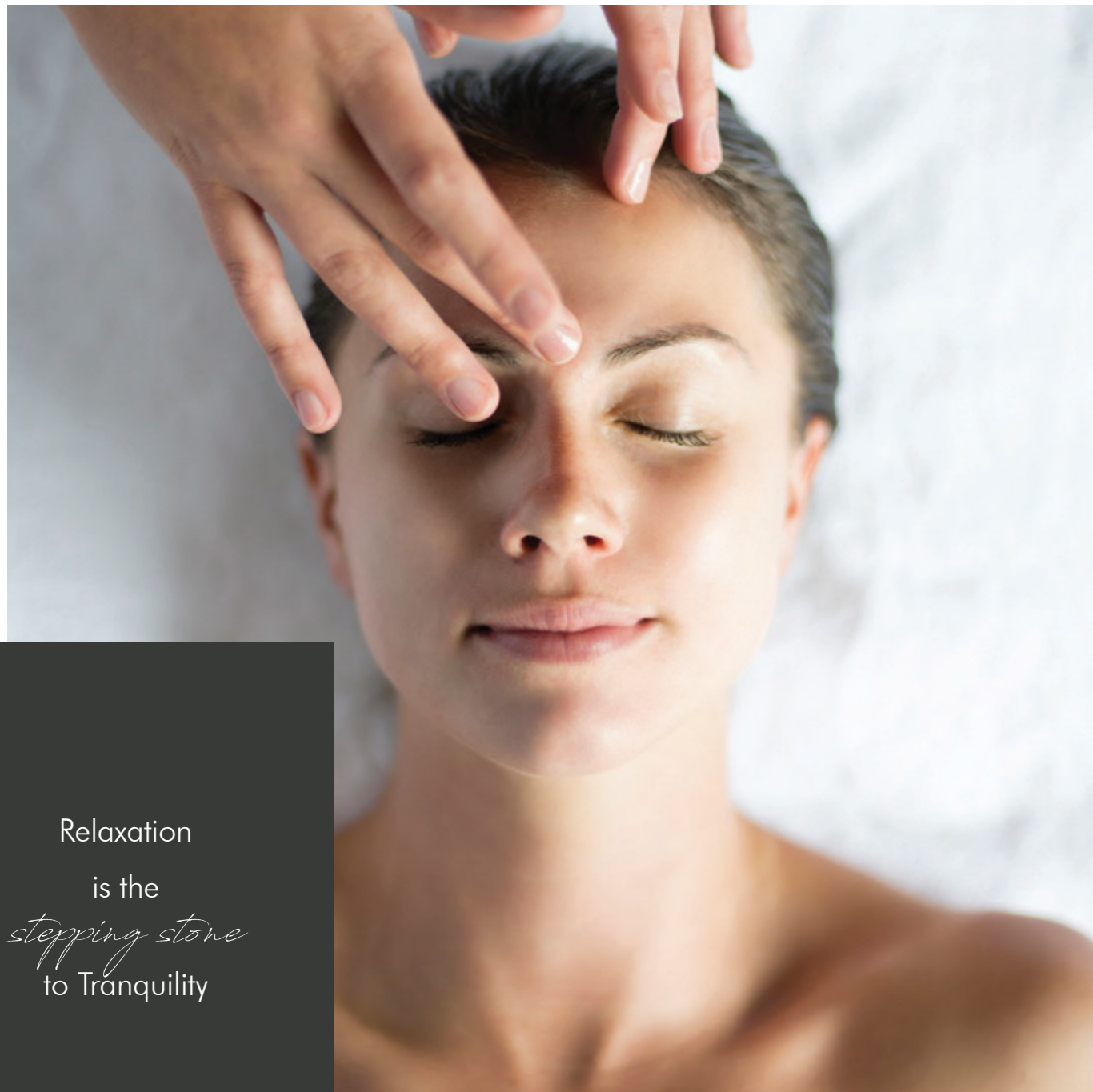
### 'THE SPA' SIGNATURE TRUFFLE BODY RITUAL

The ultimate body trio. This luxurious ritual combines a skin-smoothing Mediterranean body scrub with a deeply nourishing wrap to leave your skin feeling cashmere-soft and glowing with radiance, followed by an indulgent oil scalp massage and a soul-melting full body massage using our unique TRUFFLE BODY MASSAGE OIL. A serious celebration for the body!

*Key Elements: body brushing, full body oil and buff exfoliation, nourishing body wrap, full body relaxing massage.*

1 hour 55 mins ..... €190.00





Relaxation  
is the  
*stepping stone*  
to Tranquility

WELLBEING  
*facials*

**REPOSE AROMATHERAPY FACIAL**

RELAXING, INDULGENT FACIAL FOR ALL SKIN TYPES

This indulging aromatherapy facial is infused with a Mediterranean blend of 40 essential oils to soothe, calm and hydrate your skin whilst having a relaxing action on the mind and body so you can switch off and recharge. Including signature face, eye, scalp and hand massage, this divine treatment concentrates on releasing tension and stress caused by day-to-day living. There's nothing like stress for ageing the skin and there's nothing like relaxation for smoothing it. Pure Bliss!

70 mins  €100.00

**THE TOTALLY QUENCHED & DRENCHED**  
REHYDRATING FACIAL FOR THIRSTY SKIN

A divine, anti-ageing facial. This lavish experience is a must for a dehydrated, dull or lacklustre skin, leaving your skin looking radiant & fresh. Combining powerful ingredients and techniques to help fight the ageing process and loss of elasticity. A signature face and décolleté massage including a specialised eye massage to stimulate circulation and muscle tone with a double layer of hydrating and cooling cryogenic mask, including an application of the award-winning Temple Spa QUENCH Hydrating Mask with outstanding results.

70 mins ..... €130.00

**WINDOWS OF THE SOUL\***

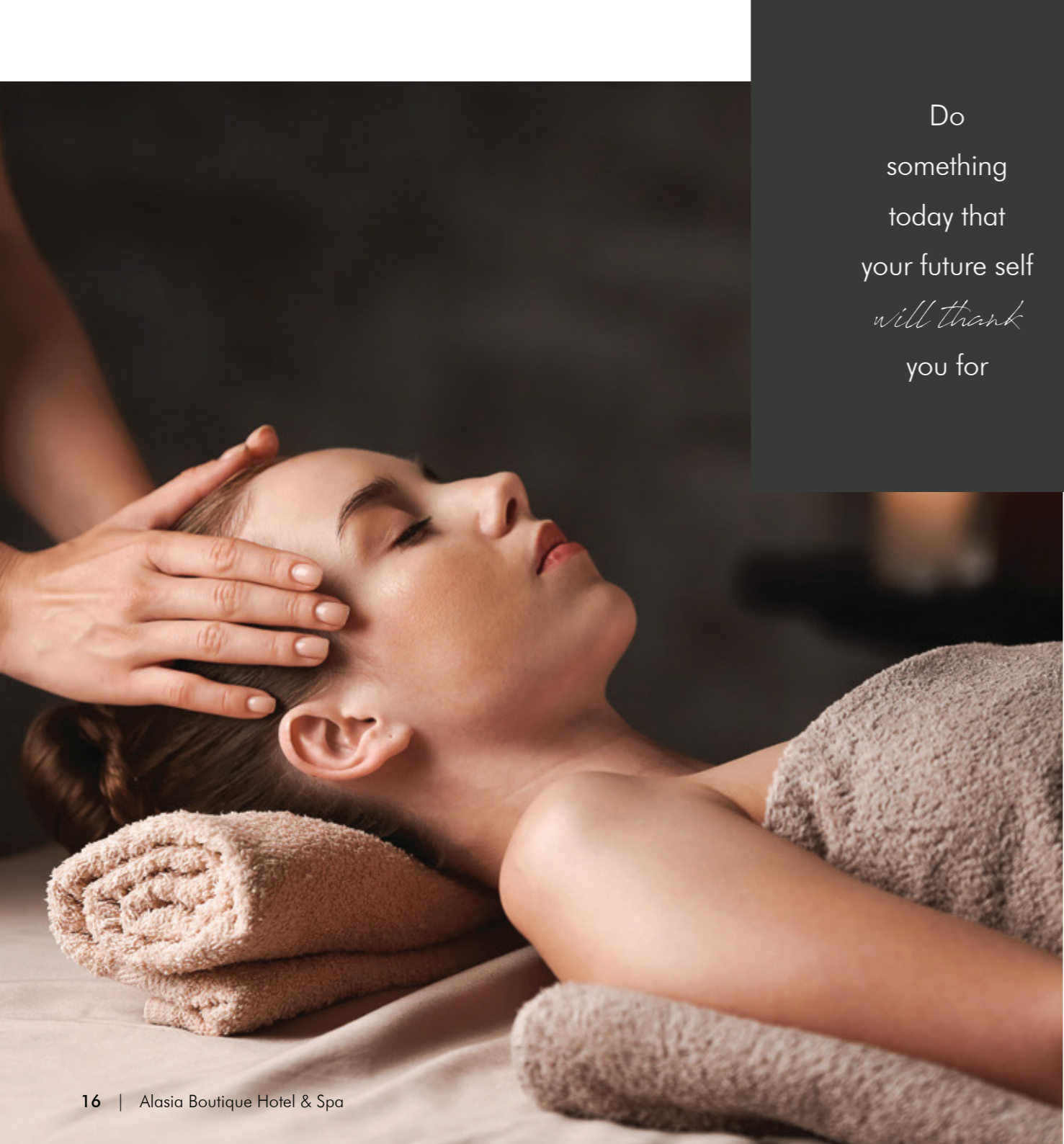
ANTI-AGEING EYE TREATMENT

This divine treatment is designed to revitalise and treat the delicate eye area that needs some special attention. The pressure point and specialised eye massage, it lifts, firms and smoothes, followed by the use of unique 'cold therapy' to tighten and tone the eye area. A complete anti-ageing eye treatment to reduce fine lines, wrinkles and dark circles and put the sparkle back into your eyes. A real eye-opening experience!

25mins  €60.00

\*Available only as an add on to any facial or treatment of choice





Do  
something  
today that  
your future self  
*will thank*  
you for

## IT'S ALL ABOUT *the face*

### MY KINDA SKIN

Let us analyse your skin and prepare a tailored treatment just for you, for a brighter, more radiant skin, including a tailored face and décolleté massage with a relaxing scalp or hand massage, leaving you feeling amazing with a radiant and settled skin.

*Key Elements: bespoke prescription facial for your skin type, face massage and hand or scalp massage*

55 mins ..... **€85.00**

### MEDITERRANEAN MARINADE

A luxurious facial to help soothe and calm the effects of fatigued, delicate or stressed skin. Reducing redness with cooling and calming marinade mask and gentle lymph draining and tranquil face massage.

*Key Elements: a calming facial for sensitive or delicate skin*

55 mins ..... **€85.00**

### PURIFICATION

The solution for skin in need of a good spring clean. A natural deep cleansing facial that leaves your complexion feeling squeaky clean, decongested and as fresh as a daisy.

*Key Elements: A natural deeply cleansing & relaxing facial for oily, combination, congested, blemished skin*

55 mins ..... **€85.00**

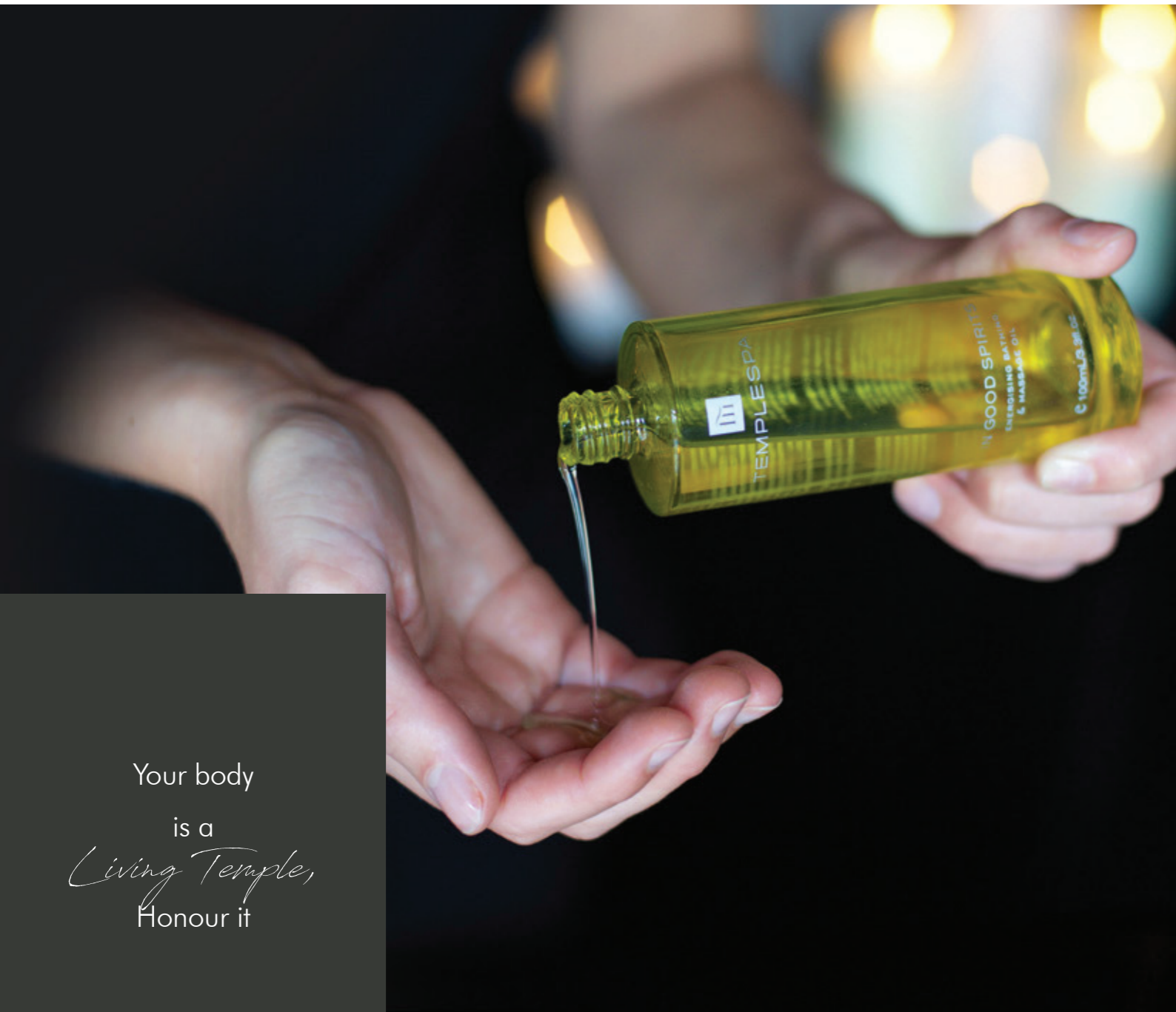
### GO GUY – THE MALE EXECUTIVE TREATMENT

A high-performance men's facial to revive, refresh and invigorate your skin. A deep brush facial cleanse and exfoliating mask followed by a bespoke face mask, with a soothing face and shoulder massage. Choose from a detoxifying foot massage or stress-relieving scalp massage to melt away any traces of tension.

55 mins ..... **€85.00**

*\* all above facials are suitable during pregnancy*





Your body  
is a  
*Living Temple,*  
Honour it

# BODY *infusions*

## THE OUTER GLOW

Top-to-toe buffing and polishing experience for face and body. Buffing away dead skin cells, leaving the skin silky soft, revitalised and rehydrated.

Key Elements: body brushing, full body exfoliation  
25 mins ..... **€65.00**

Key Elements: body brushing, full body and face exfoliation  
40 mins ..... **€75.00**

## GLORIOUS MUD SKIN CONDITIONING & DETOXIFYING MUD WRAP

Using the finest blends of ingredients for detoxifying and purification of the body, this treatment starts with top-to-toe body-brushing, to stimulate and detoxify. The body is then smoothed with an application of GLORIOUS MUD, cocooning you in a warm vitamin and mineral-rich mud, which will help nourish and purify the skin. The relaxation process is then taken to another level with a glorious face and scalp massage.

Key Elements: body brushing, body mud wrap, face and scalp massage, face and body hydration

55 mins ..... **€100.00**

## GO FIGURE FIRMING, TONING, TIGHTENING BODY DETOX TREATMENT

Commencing with body brushing to stimulate lymphatic flow. Hips, thighs and stomach are then treated to a bespoke Temple Spa detoxifying massage, using targeted techniques to help break down fatty deposits and stimulate collagen and elastin formation in the skin, improving strength and elasticity. You're then cocooned in intensive marine and mineral-rich mud wrap on target areas to stimulate the metabolism and promote toxin burning. Finally, a friction-rub with the Award-Winning GO FIGURE anti-cellulite gel completes the treatment. Skin is left feeling firmer, tighter and invigorated!

Key Elements: body brushing, targeted lymphatic massage, targeted mud wrap, face and scalp massage, body hydration

55 mins ..... **€100.00**





TEMPLE SPA  
*Mediterranean massages*

**WORK IT OUT MASSAGE**

DETOXING - MUSCLE RELAXING MASSAGE

A deeper muscle massage to relieve fluid retention and relax tired aching muscles. Beginning with body brushing to stimulate circulation, a warm blend of Juniper, Lavender and Cypress essential oils, are deeply worked into the muscles to help the detox process and relieve muscle fatigue and tension.

55 mins ..... **€90.00**  
 85 mins\* ..... **€110.00**

*\*Includes scalp massage*

**NEW BEGINNINGS**

MUMMY TO BE MASSAGE

You will enjoy a full body massage, without the need to lie on your tummy. 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 face and scalp massage leaving your skin feeling baby-soft all over.

70 mins  ..... **€95.00**

**DRIFT AWAY**

RELAXING FULL BODY MASSAGE

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. This is the perfect massage to soothe and calm frazzled nerves and wind down an active mind, tension and stress simply melt away.....zzzzzz!!!!

55 mins ..... **€90.00**  
 85 mins\* ..... **€110.00**

*\*Includes face and hot oil scalp massage*



THE SPA  
SIGNATURE MASSAGE  
*collection*

**INDIAN INDULGENCE MASSAGE**

Focusing on tension on the back, neck, shoulders and head, this ancient massage is inspired by Eastern traditions and rituals, designed to relieve deep-seated stress by combining specially-blended massage oils. The treatment is concluded with grounding warm oil flows to the scalp, to soothe and nourish with blissful relaxation.

55 mins ..... **€95.00**

Indian Indulgence Full Body

85 mins ..... **€115.00**

**HOT STONE THERAPY**

A unique massage with heated stones worked with essential oils on the body to bring relief and deep relaxation, release tension, bring tranquillity and a more balanced flow of energy by stimulating the body's own ability to release stress and restore peace.

85 mins ..... **€115.00**

**TOTAL BLISS COCONUT MASSAGE**

Indulge into this relaxing and blissful massage infused with organic coconut oil and essential oils to release tension and stress from the back, neck and shoulders, finishing off with a grounding head massage for ultimate nourishment and tranquillity.

55 mins ..... **€90.00**

**TRADITIONAL 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 that run throughout the body, it releases blockages, increasing your energy and flexibility and relax the mind.

55 mins ..... **€95.00**

85 mins ..... **€120.00**

**ROYAL THAI MASSAGE**

Using a blend of warmed essential oils together with traditional Thai massage techniques of stretching, pressure points and acupressure, this renewed and potent massage experience will enliven the senses, recharge your body, releasing tension from the body and mind.

55 mins ..... **€95.00**

85 mins ..... **€120.00**

**ANTI - STRESS BACK MASSAGE**

Combining muscle-melting essential oils and a fusion of different individualised techniques, the therapist will release tension from your back, neck and shoulders.

25 mins ..... **€65.00**

**THAI SOLE SENSATION**

Inspired by traditional Thai Foot Massage, this intensive treatment is ideal for tired aching feet and lower legs. Starting with warm compresses to soothe and cleanse the feet, the treatment incorporates stretching, acupressure and the use of a Thai foot massage stick to activate specific reflexology points, clear energy pathways and restore balance.

25 mins ..... **€55.00**

*\* Can also be performed without the massage stick for a softer experience*





# THE SPA *etiquette*

We look forward to welcoming you to 'The Spa' at Alasia Boutique Hotel. The following information is intended to make your visit as memorable and enjoyable as possible.

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. We kindly request of you to switch off your cell phone and electronic devices or have them on silent mode at all times, whilst maintaining conversations to a whisper!

## **Age Requirement**

'The Spa' treatments and 'The Spa' facilities are available to all guests over 16 years of age.

## **Health Concerns**

During your first visit to 'The Spa' whether for the use of facilities and/or treatments, you will be required to complete a guest questionnaire. Please advise us and answer the questionnaire to the best of your knowledge, for any health conditions you may have. You will provide our therapist with the necessary information to complete a treatment safely and without any complications.

All information collected is strictly confidential and will only be shared with the therapists who will be performing your treatments.

Your personal data is very important to us. Alasia Hotel, including 'The Spa', is fully compatible with GDPR regulations. We use your personal data to provide you with services that you have requested, have been requested on your behalf, or we are legally obliged. Our use of your data is limited to the provision of 'The Spa' services only. Data is kept in protected facilities. Regarding 'The Spa', your data is being renewed every 12 months.

## **Pregnancy**

We have specially designed treatments that are suitable during pregnancy from the second trimester (after 12 weeks) and for nursing mothers. Please allow our spa team to guide you with the selection of treatments that are most suitable during this special time. We kindly ask you to consult with your physician prior to your reservation.

## **Spa Attire**

For your comfort, we shall provide you with a personal secure locker with appropriate spa attire for use during your stay with us. Suitable swimwear is required at all times during the use of 'The Spa' facilities. Undergarments are required for all treatments performed. For some treatments you will be provided with disposable undergarments by your therapist. Suitable towel draping will be used at all times.

Your therapist has the right to refuse to perform your treatment if the above requirement is not met on your behalf.

## **Jewellery and Valuables**

It is recommended that you do not bring jewellery or valuables to 'The Spa' but instead keep these in your guestroom safe box or at home. The Spa does not assume any responsibility and/or liability for loss or damage of personal articles.

## **Lost Property**

All lost property found on the premises should be handed at 'The Spa' reception. Items will be stored for three months based on the Lost and Found regulations of the Alasia Boutique Hotel. If not collected within the time period, items will be donated or destroyed. Liquids and private items will be kept for 48 hours only.

## **Reservations**

Advance reservations for treatments and/or facilities are highly recommended, to ensure preferred times and treatments are available and to avoid disappointment.

Walk-in reservations are possible and subject to availability. Should you have a therapist preference please make sure to include the request at the time of booking, so we can secure preferred therapist and time availabilities.

## **Arrival**

We recommend that you check in at 'The Spa' reception 15 minutes prior to your first scheduled appointment. Arriving in good time will ensure smooth transitioning to the spa attire without any rushing and collection by your therapist at the allocated time. We are committed to offering all our guests a reliable time table. Late arrival will result in a reduction or amended treatment time without refund.

## **'The Spa' Facilities**

'The Spa' Facilities feature an Ozone Therapeutic Relaxing Pool, a Jacuzzi hot tub, a Sauna and a Steam Bath alongside an exercise studio. Use of 'The Spa' facilities is complimentary for 1 hour, for guests over the age of 16 who have booked 55 minutes or more of treatment time, or are staying with us in the hotel.

## **General**

Food & drink should not be brought into 'The Spa' for consumption during your visit. Refreshments are available in the relaxation area. Additional refreshments can be ordered from the Food & Beverage outlets of the Hotel.

A towel should always be placed on sauna and steam room benches between you and the bench.

Please do NOT add oils or other products to the sauna bucket water at any time and under any circumstances.

Please place all used attire in the baskets provided.

During treatments, please let your therapist know if you are comfortable or

uncomfortable, too warm or too cold, or if the pressure applied 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 cues from you. If you are quiet they will be too.

## **Cancellation Policy**

Free cancellation is available 30 hours before your treatment is due to start. Failure to do so, will result to a 50% cancellation charge. No-show will incur the full charge.

For re-scheduling your treatment please contact us at least 12 hours before the treatment is due to start in order to avoid any charges and secure new suitable availability for your reservation.

Credit card details and preauthorization, may be required in order to confirm a reservation.

For group reservations of 3 people or more, a 50% prepayment will be required to secure your reservation.

## **Gift Vouchers**

Perhaps the most ideal and wonderful gift for any special occasion. Please enquire at 'The Spa' reception for details and purchase.

## **Spa Retail Boutique**

To continue your spa experience at home, most products used in our treatments are available at 'The Spa' reception.

For any additional information and/or reservation please contact Alasia Boutique Hotel and Spa at +357 25332000 or via email at spa@alasiahotel.com.cy









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