

spa menu

sensing the moment



OLYMPIC
HEALTH SPA

ADAMS BEACH HOTEL
Agia Napa - Cyprus

THALGO PURIFYING - EXFOLIATING TREATMENTS

Marine Cream Scrub

30 min 45€

Gentle and efficient cream body scrub for all skin types, even the most sensitive.

THALGO DETOXIFYING & REBALANCING TREATMENTS

3 Marine Algae (Thalgo patent)

45 min 70€

The ultimate "thalasso" body wrap, this 100% pure and natural algae cream (fucus, laminaria, lithothamnium) is recommended for getting back into shape and is particularly effective for starting a slimming programme.

THALGO RELAXING RITUALS

Indocéane

2 hr 150€

Indoceane is an exotic spa ritual, taking you on a journey of ultimate relaxation across the continents. This most sensual of treatments commences with a Mediterranean influenced body exfoliation, followed by an Ayurvedic inspired massage using warmed oils and an ancient Indian technique. The final Asian step is a Sublime body wrap with elements which harness the serenity and relaxing powers of the Orient. You and your skin will feel re-born!

- Indocean Massage - 45 min
- Sublime Body Wrap.

Polynesian

1h 30 min 120€

Experience Polynesia, the brand new exotic sensorial spa ritual, inspired by four of the most beautiful islands hidden in the heart of the Pacific Ocean. This luxurious treatment begins with the Exotic Island Body Scrub, a gentle vanilla-scented body scrub blended with pure white sand from Bora Bora, sea salt, coconut shell and algo-monoï for a thorough exfoliation of the entire body to leave the skin feeling smooth and soft. The Mahana Massage incorporates a rhythmic Lomi-Lomi massage and warm sand pouches to loosen muscles and nourish the skin. Finally, Polynesian Sacred Oil from Raiatea, the sacred island, is swept over the skin, its subtle golden pearls leaving a sunkissed glow and a delicate scent of flowers and monoï.

- Indocean Massage - 45 min
- Sublime Body Wrap.

THALGO SLIMMING TREATMENTS

Complete Treatments

If you are looking for an effective way of getting a trimmer figure, our Thalgo beauty therapists will give you a preliminary diagnosis, enabling you to set your goals. After this personalised diagnosis, we will select the treatments to best fulfil your expectations.

Thalgomince LC24

1 hr 15 min 80€

If you are looking for a local treatment for cellulite dimpling: thighs, buttocks, hips and knees, then choose Thalgomince LC24! A refining body scrub, energetic and targeted manual massage, followed by a Slimming Body Wrap for buttocks and thighs.

Slim & Sculpt Expert

1 hr 15 min 80€

If you are looking for a personalised targeted, area-to-area treatment, then the Slim & Sculpt Expert coaching programme will provide you with a two-in-one treatment: slimming and firmness. The exercise session begins with an intensive massage while you successively contract each area: stomach, hips, thighs, arms and bust. The coaching ends with a hot-and-cool effect slimming and firming body wrap.

OCEAN THALGOMEN

60 min 80€

Specially designed for men with any skin type an Ocean Treatment Facial. Based on a relaxing massage technique and intense hydrating products this facial will leave your skin relaxed, recharged, rejuvenated, moisturised and with regained energy and balance.

THALGO FACIAL TREATMENTS

Chrono-Detox Facial

45 min 60€

This express 45-minute treatment is THE treatment for skin exposed to pollution on a daily basis. It effectively and deeply detoxifies for refreshed, oxygenated and protected skin. This is a cool option for particularly high-coloured, sensitive skins or very warm climates.

Essential Marine Treatments

1 hr 70€

Depending on the season and your overall condition, your skin changes and its needs vary. Dehydration, sensitivity and high skin colour, tightness, oiliness - all problems have a Thalgo tailor-made facial solution.

Hydra-Moisture Source Facial

1 hr 70€

A combination of Sève Marine Extracts and a marine polysaccharide mask, this professional treatment corrects the hydration levels of dehydrated skin and deeply replenishes, leaving your skin soft and silky.

Cold Marine Facial

1 hr 70€

A true haven of peace for sensitive skins, this treatment combines an unctuous soothing milk with a refreshing, ultra-gentle clay mask for an immediate fresh and decongesting effect. The skin's comfort is restored, its complexion fresh and radiant.

Three Algae facial

30 min 40€

Thanks to the powerful purifying properties of Thalgodermyl Extracts, infused in an alginate mask, this treatment is deeply rebalancing. It soothes redness and cleanses the skin. The complexion will be matte and blemishes disappear. • Treatment course: 3 or 6 sessions.

ANTI-AGEING TREATMENTS

Collagen Smooth Treatment

60 min 85€

This treatment with Marine Collagen, plant Glycopeptides and Palmaria Palmata algae has been developed to produce results from the very first treatment. The skin regains its soft, radiant, wrinkles are visibly reduced and the skin is smoothed and replumped.

Hyaluronic Filler Facial

60 min 90€

From the first treatment, this facial smoothes the entire face and fills deep wrinkles in just one hour. After just one treatment you will look several years younger**, your complexion ultra-radiant, and your wrinkles softened.

Silicium Super Lift Treatment

1h 15 min 95€

Dare to defy time with this super lift facial. This treatment firms your skin, and gives it more elasticity, whilst also filling deep wrinkles. Your complexion is left ultra-radiant, your skin appears lifted, and your wrinkles less marked. After just one treatment you will already look 5 years younger**: your complexion will glow and lines will be less noticeable, your skin firmer. **Test carried out in treatment rooms on a sample of 5 people, aged from 25-54, results confirmed by a panel of 16 beauty therapists.

Eye Expert treatment

30 min 40€

A special treatment dedicated to the eye contour: Anti-puffiness, anti-dark circle and anti-wrinkle.

Eye Touch treatment

30 min 40€

Make your usual facial even more effective! ..your eyes will be brighter and relaxed with no signs of ageing from the very first treatment.

Body

DEAD SEA SALT BODY POLISH

60 min 70€

"Gentle exfoliation of the skin"

This treatment deeply cleanses the skin and removes the dead cells simultaneously brings oxygen to the skin's surface. Furthermore, it increases the metabolism of the skin and restores its normal functions.

DETOXIFICATION

60 min 70€

"Get rid of the toxins"

Purifying Seaweed Scrub Treatment. Seaweed is nature's "Antibiotic". It improves the metabolism, strengthens the tissue, purges and elevates the use of oxygen in the cells. Post treatment, your skin is firmer and enriched with vital minerals from the Dead Sea. The aromatic oils give your skin moisture, nourishment and a silky feeling. Relieved from itching and irritations.

Aloe Vera "calm and sooth" after sun body treatment

30 min 50€

A treatment with a soothing and cooling effect to relieve irritated skin, especially after exposure to strong solar radiation. Rich in Aloe Vera, oils and vitamins, assists to stimulate cellular metabolism to repair and restore the healthy appearance of the skin.

Massages

Aromatherapy

50 min 65€

Full Body

50 min 60€

Back Body / Legs

30 min 45€

Facial Massage

30 min 45€

Reflexology

30 min 45€

Reflexology works on the principle of all our organs being represented in the feet. Working on these points with acupressure helps to rebalance the system and harmonize the body.

Indian Head Massage

30 min 45€

A blend of specific essential oils used to massage and relieve tension from the shoulders, neck, scalp and face.

Hot Stone Massage

75 min 80€

Volcanic stones which were blown into the ocean thousands of years ago are used for this massage. Hot stone is a unique treatment of heated stones applied with essential oils to the body in ways that bring relief in sore and stiff muscles, releasing tension to bring tranquility and balance of energy.

PERRON RIGGOT - Candlelight Massage

60 min 75€

We invite you to discover a new beauty ritual concept for a complete body massage by candlelight... 3 massage candles...relaxing, firming, energizing for the ultimate relaxation and intense pleasure.

Exotic Ceylon Treatment - Shell Massage

60 min 70€

the exotic spices of the Far East... all combined for the most exquisite and subtle invitations. Cinnamon will captivate your senses during the famous GERMAINE DE CAPUCCINI's full body massage with shells.

Face

Deep Hydration - Hydracure

60 min 75€

Suitable for all skin types. Once the skin is deeply cleansed, restoring the skin's level of hydration becomes an essential task.

Lifting Therapy - Timexpert Lift

75 min 95€

Outstanding tautening and visible firming results are obtained thanks to the power of Kombucha - the oriental fungus of "long life".

Anti-Age Vit C+

60 min 70€

Antioxidant, Regenerating and illuminating. Anti-ageing and revitalizing care that intensely repairs skin luminosity, vitality and uniformity. Its complex of highly effective ingredients immediately achieves skin glowing with youthfulness.

His Facial Therapy - For Men

70 min 80€

After the welcome ritual, enjoy a refreshing exfoliating gel, which will unblock pores being complemented with a pure vitamin C serum to boost your skin. Next step consists in applying a mattifying black clay mask on the face. In the meantime pressing movements on arms and legs will make you feel relaxed. This renewal facial treatment finishes with a light protecting emulsion.

Balancing facial treatment

60 min 75€

Effectively fights oily skin problems, restoring balance and purity as well as giving the skin a matt appearance. The products have been formulated based on the exclusive control complex, that works synergistically to balance the sebum level of the skin, fighting pore blockage and reducing inflammation and bacterial growth.

Body

Anti-age Red Grape Wrap

60 min 80€

A mask whose main components are red grapes. A true anti-ageing cure that neutralises the harmful effects of free radicals and provides luminosity and vitality for stressed skin.

Sweet Shaping Cocoa Wrap

60 min 80€

A true pleasure with 0 calories! Remodel your silhouette with a delicious body wrap based on cocoa. Its color, aroma and creamy texture melt on the skin, providing it with comfort and wellbeing.

Delight Coffee treatment

60 min 80€

A body wrap based on toasted coffee. While it's fine texture caresses your skin, its intense aroma of recently toasted coffee invites well-being, the silhouette recovers its harmony. Sublime comfort!

Gold Privilege Treatment:

60 min 80€

Radiant as a Goddess of Olympus with subtle gold glitters.

This body massage carried out with a gold nectar and a gold wrap will become an unforgettable spa beauty experience.

Body Spa Pearl Therapy

60 min 80€

Cover the skin with beautiful mother-of-pearl reflections by means of a body exfoliation of pearl powder essence, followed by a white pearl wrap that helps improve skin hydration, suppleness and firmness.

Enhance your body treatment with a hydrotherapy bath of your choice

30 min 40€

Face & Body

Vitamin C Body & Face Preparation

90 min 110€

Step into Mediterranean culture with orange exfoliations, body and facial masks, Vit. C serum and prepare your skin for the sun exposition.

Spa Pearl Face & Body Wrap

80 min 110€

A sophisticated exfoliation followed by an exquisite body wrap with white earl essence is complemented by a facial treatment of black pearls.

One Day Packages

Delux day 90 min. session

110.00 €

- Steam Or Sauna
- Full Body Massage
- Classic Facial

Anti Stress Program for Men 90 min. session

110.00€

- Steam Or Sauna
- Body Polish
- Classic Facial

His and Hers 90 min. session

160.00€

- Steam Or Sauna
- Back Massage x 2
- Indian Head Massage x 2
- Silent Time and Relaxing Herbal Tea

Spa Day 120 min. session

150.00€

- Steam Or Sauna
- Body Polish
- Body Wrap
- Full Body Massage
- Silent Time and Relaxing Herbal Tea

Two Days Packages

Beauty Break 150 min. session

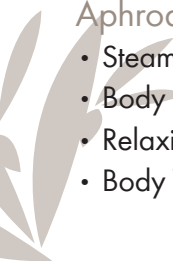
230.00€

- Steam or Sauna
- Body Wrap
- Relaxing Bath
- Exotic Massage
- Classic Facial

Aphrodite Day 210 min. session

320.00€

- Steam or Sauna
- Body Polish
- Relaxing Bath
- Body Wrap
- Aromatherapy
- Classic Facial
- Pedicure



NAILS

Gel Extension	70€
Acrylic Extension	70€
Refill & Paint	55€
Gel Nail Polish	45€
Manicure	30€
French Manicure	35€
Nail Polish & File	15€
Dry Pedicure	40€
Deluxe Pedicure	55€
Mens Dry Pedicure	50€
Mens Deluxe Pedicure	60€



MAKE-UP

Make-Up	40€
Bridal Make Up (including Trial)	70€

EYES

Eyebrow Tint	10€
Eyelash Tint	15€
Eyebrow & Eyelash Tint	20€
Eyebrow Line Shaping	10€



WAXING

Eyebrow Line Wax	10€
Half Legs Wax	20€
Full Legs Wax	28€
Bikini Line Wax	12€
Full Bikini Wax	20€
Under Arm Wax	10€
Arms Wax	15€
Upper Lip Wax	6€



OTHER SPA FACILITIES

Sauna per person for	30 minutes	10.00€
	60 minutes	18.00€
Steam Bath per person for	30 minutes	10.00€
	60 minutes	18.00€
Aqua Massage for	10 minutes	10.00€
	20 minutes	18.00€
Indoor Swimming Pool		FREE
Table Tennis		FREE
Outdoor Tennis Court		FREE
Tennis Rackets & Balls		10.00€
Gym		FREE
Tennis Lessons (per person)		50.00€

OLYMPIC HEALTH SPA INFORMATION

CANCELLATION POLICY

As a courtesy to other guests and our staff, please give us at least 5 hours notice if you must cancel an appointment. Please note that there is a cancellation fee of 50% if the treatment is cancelled less than 5 hours prior to the booking. Likewise, no-shows will be charged at 50% of the treatment.

FOR APPOINTMENTS

Please arrive 10 minutes prior to your appointment to fill out any necessary forms. Every effort will be made to accommodate for late arrivals, although we regret extended time may not be possible.

HEALTH AND HYGIENE

Food and drinks are not allowed in the Spa. We kindly ask you to take a shower before your spa treatment. The Olympic Health Spa is a non-smoking area.

SOFT VOICES AND RELAXED MINDS

Silence, like all things in our Spa, is golden. Please respect the tranquil environment of sanctuary and refrain from bringing cell phones.

CHILDREN

Our Health Spa welcomes all guests of 16 years of age and older.

PRE-BOOKING

Pre-bookings are recommended to ensure that your preferred time and service is available.

GRATUITIES

Gratuities are not included in any Olympic Health Spa treatment and therefore are left to your discretion.

SCHEDULE

Every day 0800 hrs -20:00 hrs.

For Health SPA appointments, please call: Tel: +357 23840081 (ext 81) /+357 23 840000

Fax: +357 23 721274 or email us at adams@adams.com.cy.

Prices are inclusive of all taxes & VAT

This Price List is subject to change by the Hotel at any time.

The Spa cannot accept responsibility for loss of any personal belongings.



OLYMPIC

HEALTH SPA



ADAMS BEACH HOTEL, P.O.Box 30029, 5340 Agia Napa - Cyprus

Tel.: +357-23840000, Fax: +357-23721274

www.adams.com.cy adams@adams.com.cy