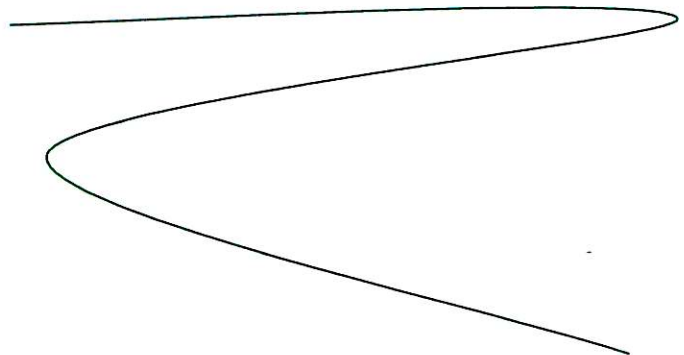




OLYMPIC HEALTH SPA

*We have experiences waiting
for you. They begin with the
elements, interpreted through the
senses – but end somewhere far
deeper within you.*

*Welcome to The Spa at The
Adams Beach Hotel*





SPA FACIAL TREATMENTS

Darphin's Essential Express Facials deliver extraordinary results

HYDRA SOS FACIAL (For dehydrated skin) - 60 mins €70.00

A gentle cleansing Rose Aromatic Care to rehydrate and leave skin relaxed and silky smooth.

PRISTINE CLEAN (For oily acne skin) - 60 mins €60.00

A deep-steeep and peel cleanses pores, and rids skin of unwanted impurities leaving it calm, balanced and satin smooth.

QUICK LIFT - 60 mins €60.00

Turn back time and a unique facial massage to lift, tone and firm skin. A firming serum and a beauty blend mask with Deepseane gives plumper, firmer and more youthful elastic skin.

CALMING COCOON (For sensitive skin) - 60 mins €60.00

A gentle treatment combining delicate cleansing, serenity-evoking aromatic care and a comforting cocoon mask to soothe, calm and bring skin back into a beautiful healthy balance.

TOTAL WELL-BEING

VITALITY SURGE - 90 min €80.00

Energising fatigue skin, leaving you feeling and looking refreshed.

TIME-DEFIER - 90 mins €95.00

An uplifting experience for face and soul, this treatment smoothes, tones and boosts skin's firmness.

STRESS RELEASE - 90 mins €80.00

Find bliss with a calming and relaxing shea butter and honey mask that soothes and smoothes expression lines.



OLYMPIC HEALTH SPA

MATIS

MOISTURIZING TREATMENT (for dehydrated skin) - 60 mins €70.00

Active hydrating mask leaves skin relaxed and silky.

BALANCING (for combination and oily skin) - 60 mins €60.00

A combination of camphor and clay mask targets trouble zones and leaves skin smooth and mat.

GENTLE CLEANSING (for sensitive reactive skin) - 60 mins €60.00

A gentle treatment combining delicate cleansing care and a comforting cocoon mask to soothe and calm the skin.

REVITALING (for mature skin) - 60 mins €60.00

Its deep treatment to energise the collagen and elastin.

INTENSIVE TREATMENTS

ACNE TREATMENT (for asphyxiating, spot skin) - 90 mins €80.00

Deep cleansing with steam to remove impurities and dead cells leaving the skin mat and balanced.

ENERGY BOOSTER (for tired and dull skin - all ages) - 90 mins €80.00

Vitamin - enriched, and energizing mask recharge and revitalize your skin giving it a healthy looking glow special for brides.

EYE CONTOUR CARES - 75 mins €80.00

Especially formulated to restore a beautiful face. For all women wishing to put the sparkle back into the eyes.

PRESTIGE CAVIAR - 90 mins €60.00

Turn back time with a unique facial massage to lift, tone and firm skin. A firming serum and caviar mask gives elastic skin. Refill the expression lines.

OLYMPIC HEALTH SPA

PRIORITY TO MEN

ALL OUT Clean - 60 mins

€70.00

A deep cleansing treatment where a fragrant purifying balm addresses imperfections and a pore-minimising clay mask cools and soothes the skin for a clearer, smoother complexion.

FIRM RESOLVE - 60 mins

€80.00

A gentle cleansing massage to wake up and renew the skin's natural rejuvenating resources. A firming serum and natural collagen-boosting mask helps smooth wrinkles and banish lines leaving skin toned and firm, looking healthy and fresh.





OLYMPIC HEALTH SPA

SPA BODY TREATMENTS

DARPHIN SPA BODY TREATMENTS

PURIFY & SLIM (Body Treatment) - 75 mins €80.00

An assertive multi-step treatment to purify and promote healthy, glowing skin, and slim looking contour, by purifying and exfoliating to reveal fresh healthy skin, followed by massage with blended beauty creams. A comforting heated wrap will detoxify your body and leave the skin fresh, smooth and mat.

TIME DEFIER (Youthful Promose) - 75 mins €80.00

A stimulating deep tissue massage, plus an extraordinary Firming Gauze Mask with visible anti-aging benefits will leave your skin feeling smooth, toned and firm.

STRESS REALISE (Spirit Healer) - 75 mins €80.00

A gentle cleansing and essential oil massage to banish worries and a relaxing shea butter and honey mask to smooth and comfort, smoothing unwanted expression lines for radiant skin.

THALGO SPA BODY TREATMENTS RICH IN MINERALS

MICRONIZED MARINE WRAP - 60 mins €70.00

Rich in minerals, vitamins and micronutrients, this seaweed body wrap activates circulation, relieves aches and pains detoxifies and revives the metabolic balance.

FRIGI WRAP - 60 mins €70.00

A refreshing cold wrap treatment, highly effective in eliminating excess fluid from the hip and thigh area. Excellent for the treatment of cellulite and fluid retention.

SCULPTING & SLIMMING TREATMENT - 90 mins €80.00

A Specific body contouring and toning body wrap to treat hard and soft fatty tissues on the hip thigh and stomach areas. Combine warm and cold treatment. The therapist will personalise the wrap to your individual needs.



TONING MARINE WRAP - 60 mins €60.00

For clients who have problem with the smell of seaweed product but they want to detoxifying the body and improve the circulation.

MARINE PRELUDE WITH DEAD SEA MUD WRAP - 60 mins €80.00

The application of Specific essential oils in the mud regeneration skin, relax the muscles, help pain from arthritics and rheumatics problems.

INDOCEANE " LET YOUR BODY DISCOVER" - 120 mins €150.00

It's a journey of steps so that you can experience and discover different cultures: Mediterranean's, Egyptian, Indian, and Chinese.

1st step: Brown Sugar and Mediterranean essential oils exfoliate the body

2nd step: Step Soak your body in milk like Cleopatra

3rd step: revitalizing massage with Indian essential oils

4th step: Regenerating body wraps with silky cram with rice and in the end drink a blend of tea from these countries.

MÉMOIRE OCEANE *Special ritual* - 120 mins €150.00

1st step: Purifying wave—remineralising exfoliation

2nd Original cradle—ocean memory bath

3rd Mineral resource—Neo vital massage with Algae Stamp

4th Marine awakening—Tingling Algae Mouse, Ocean memory revitalising organic Tea





OLYMPIC HEALTH SPA

TOTAL WELL BEING GIVES RELAXATION TO THE BODY AND SOUL

MATIS SPA TREATMENTS

MINERAL CARE - 90 mins

€80.00

A deep cleansing with sea salts with flower petals and apricot oils followed by a massage with aromatic body oil and finish with heated mud wrap.

VITAMIN CARE - 90 mins

€80.00

With marine mud to promote drainage, but also orange essential oils have an anti-oxidant and stimulating effects. This is the ideal treatment for detoxifying and relaxing.

COCCA BODY WRAP FOR SLIMMING - 90 mins

€80.00

This calming soothing wrap is characterised by both its feather light "chocolate mousse" texture and its exclusive, active ingredients. Its concentration in magnesium and Theo bromine make this wrap a complete care products.

PERFECT POLISH FOR BODY - 50 mins

€60.00

A gentle exfoliation removes impurities and dead cells to leave fresh smooth skin.

HYDROTHERAPY - 60 mins

€70.00

Bath in natural Dead Sea salt followed by a relaxing massage.



MASSAGES

AROMATHERAPY - 50 mins	€60.00
FULL BODY - 50 mins	€60.00
BACK BODY / LEGS - 30 mins	€45.00
FACIAL MASSAGE - 30 mins	€45.00
REFLEXOLOGY - 45 mins	€45.00
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 mins	€45.00
A blend of specific carrier and essential oils, used to massage and relieve tension from the shoulders, neck, scalp and face.	
ASIAROMA ENERGY - 60 mins	€60.00
From the far east using ancient essential oils and massage techniques to energize and harmonize the body and soul.	
HOT STONE MASSAGE - 75 mins	€80.00
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 to sore and stiff muscles, releasing tension to bring tranquillity and balance of energy.	
HERBAL MASSAGES - 50 mins	€60.00
Chamomile, lemon tea tree, black pepper.	
FRESH FRUIT MASSAGE - 50 mins	€60.00
Avocado, banana - gives you smoother, younger skin.	



HAND & FOOT CARE

MANICURE - <i>45 min</i>	€30.00
Smooth and rejuvenate hands with a stimulating massage and deep moisturising treatment. Includes a manicure, cuticle care, nail shaping and an elegant finish.	
FRENCH MANICURE - <i>60 mins</i>	€35.00
A full manicure treatment followed by a soothing hand massage and application of French nail polish.	
DRY PEDICURE - <i>60 mins</i>	€35.00
Removal of hard skin and corns with a special machine, followed by a relaxing foot massage and nail polish.	
DELUXE PEDICURE - <i>90 mins</i>	€55.00
A spa bath will soften your feet, followed by exfoliation creams to remove hard skin and corns. Followed by nail shaping, relaxing mask, foot massage and nail polish.	
ACRYLIC EXTENSION	€70.00
REFILL	€55.00
NAIL POLISH	€15.00





OLYMPIC HEALTH SPA

WAXING

EYE BROW LINE	€11.00
HALF LEGS WAX	€15.00
FULL LEGS WAX	€28.00
BIKINI LINE WAX	€12.00
UNDER ARM WAX	€10.00
ARMS WAX	€15.00
UPPER LIP WAX	€6.00

MAKE UP

MAKE UP NIGHT	€35.00
BRIDE MAKE UP	€70.00

SAUNA OR STEAM BATH

PER PERSON	30 mins	€10.00
PER PERSON	60 mins	€18.00

AQUA MASSAGE

PER PERSON	10 mins	€10.00
PER PERSON	20 mins	€18.00

SOLARIUM

PER PERSON	10 mins	€15.00
PER PERSON	20 mins	€30.00



OLYMPIC HEALTH SPA

OLYMPIC SPA ONE DAY PACKAGES

DELUX DAY – 2 HOURS, 30 MINS	€110.00
<ul style="list-style-type: none">✿ Steam Or Sauna✿ Body Polish✿ Classic Facial	
ANTI STRESS PROGRAM FOR MEN – 2 HOURS, 30 MINS	€110.00
<ul style="list-style-type: none">✿ Steam Or Sauna✿ Full Body Massage✿ Classic Facial	
HIS AND HERS – 1 HOUR, 30 MINS	€160.00
<ul style="list-style-type: none">✿ Steam Room Together✿ Back Massage✿ Indian Head Massage✿ Silent Time and Relaxing Herbal Tea	
SPA DAY – 2 HOURS, 30 MINS	€130.00
<ul style="list-style-type: none">✿ Steam Or Sauna✿ Body Polish✿ Heating Mud Wrap✿ Full Body Massage✿ Silent Time and Relaxing Herbal Tea	



OLYMPIC HEALTH SPA

OLYMPIC SPA TWO DAY PACKAGES

BEAUTY BREAK €230.00

- ✿ Steam Or Sauna
- ✿ Thalassotherapy
- ✿ Seaweed Body Wrap
- ✿ Camomile Massage
- ✿ Aroma Facial

APHRODITE DAY €300.00

- ✿ Body Polish
- ✿ Thalassotherapy
- ✿ Detoxifying Body Wrap
- ✿ Aromatherapy
- ✿ Classic Facial
- ✿ Pedicure

OLYMPIC SPA THREE DAY PACKAGES

SPA PRESTIGE €255.00

- ✿ Body Polish
- ✿ Thalassotherapy
- ✿ Seaweed Body Wrap
- ✿ Lift Facial
- ✿ Manicure
- ✿ Steam Bath



OTHER SPA FACILITIES

✿ Indoor Swimming Pool	Free
✿ Outdoor Tennis Court	Free
✿ Tennis Racquet	€10.00
✿ Tennis Balls (<i>per ball</i>)	€2.00
✿ Gym	Free
✿ Tennis Lessons (<i>per person</i>)	€50.00





OLYMPIC HEALTH SPA

OLYMPIC HEALTH SPA INFORMATION

CANCELLATION POLICY

As a courtesy to other guests and our staff, please give us at least five 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 five 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 cellphones.

CHILDREN

Our Health Spa welcomes all guests of 12 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.