



what matters...

Half Day Programmes

These luxurious packages will leave you feeling radiant and totally relaxed. Created with both men and women in mind, the half day programs at Anagenisis Spa also include an herbal tea blend from our liquid health menu along with unlimited use of the Spa facilities (sauna, steam, Jacuzzi, gym, indoor/outdoor pool, and tennis court.

-Total Luxury – 3 Hours

- Consultation*
- Hydrotherapy Bath*
- Refreshing Aromatherapy Facial*
- Swedish full body massage*

-Urban Escape-3 Hours

- Consultation*
- Exfoliating Salt Therapy*
- Aromatherapy Massage*
- Sodashi Facial Treatment*

Price: Cyp 95.00 - Pre - Bookable with accommodation



PO Box 62874, 8099 Paphos - Cyprus Tel:357-26 88 1500, Fax: 357 26 88 1700
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ONE DAY RADIANCE RENEWAL PACKAGES

Selection I

- Consultation-Address your personal needs with one of our certified lifestyle consultants. She will advise you on how your treatments will help you to achieve personal health and beauty goals.

- Emerald Glow – green tea salt treatment: A salt therapy which deeply cleanses the body and exfoliates your skin. Rich in anti-oxidants and vitamins, this treatment is excellent as part of a slimming or body contouring program or at the beginning of holidays to create the perfect base for a tan.

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- Luxury Hand & Foot treatments: Your hands and feet will be gently exfoliated; your nails and cuticles will be shaped and tidied; Following a lower arm & hand massage as well as a lower leg & foot massage, complete with polish.

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- Aromatherapy Massage: A therapy using essential oils specifically blended by our therapist to the individual needs of the guest. This is the perfect therapy to leave your body and mind soothed and tranquil.

- Enjoy a fresh fruit juice blend from our liquid health menu along with unlimited use of the Spa facilities (sauna, steam, Jacuzzi, gym, indoor/outdoor pool, and tennis courts).

Duration 4 Hours

Price: Cyp 135.00 Pre - bookable with accommodation



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Selection II

- Consultation-Address your personal needs with one of our certified lifestyle consultants. She will advise you on how your treatments will help you to achieve personal health and beauty goals.
- Emerald Glow – green tea salt treatment: A salt therapy which deeply cleanses the body and exfoliates your skin. Rich in anti-oxidants and vitamins, this treatment is excellent as part of a slimming or body contouring program or at the beginning of holidays to create the perfect base for a tan.
- Vichy Shower Treatment- This unique rain shower provides an invigorating shower to the whole body. Lie back and feel your muscles relax beneath this warm tropical rain shower.
- Elements of the Sea Facial- An intensive boost of vitamins and minerals are applied to the face before an infusing face mask is applied over the top, the warmth from the mask opens the pores to maximise penetration of the products into the deeper layers of the skin.
- Luxury Hand & Foot treatments: Your hands and feet will be gently exfoliated; your nails and cuticles will be shaped and tidied; Following a lower arm & hand massage as well as a lower leg & foot massage, complete with polish.
- Enjoy a fresh fruit juice blend from our liquid health menu along with unlimited use of the Spa facilities (sauna, steam, Jacuzzi, gym, indoor/outdoor pool, and tennis courts).

Duration 4 Hours

Price: Cyp 155.00 - Pre - bookable with accommodation



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TWO DAY NATURES HEALER PACKAGE

Consultation-Address your personal needs with one of our certified lifestyle consultants. She will advise you on how your treatments will help you to achieve personal health and beauty goals.

Indian Head Massage: A unique massage that helps rebalance energy flows stimulates circulation and relieves headaches and eye strain. This massage works on the upper back, shoulders, arms, neck and face.



Reflexology: A natural therapy to release stress and unblock energy within the body. Reflexology brings harmony to the body and mind by using techniques that apply deep pressure to certain points on the feet. The soles of the feet are mirrors of every organ in the body hence the whole body may be treated with a session of reflexology.



Tranquillity Stone Massage: Using hot and cool stones, unique techniques and aromatic blended oils combined with the touch of our therapist. A massage that works to create harmony within and induce relaxation to both the body and mind.



Customised Signature Body Wrap: This treatment first allows for a consultation with one of our therapists to identify the guests personal needs. Then according to which wrap is selected the guest will have a body exfoliation followed by a cocoon body wrap which allows the mask to deeply penetrate into the skin, giving instant nourishment to the skin while firming and toning. All wraps are extremely beneficial in the treatment of renewing scar tissue and stretch marks, as they are in assisting with detoxification while at the same time they allow for pure relaxation.



Vichy Shower Treatment- This unique tropical rain shower treatment provides a relaxing shower to the whole body. Lie back and feel your muscles relax beneath this warm tropical rain shower whilst enjoying a scalp massage.

- Enjoy a fresh fruit juice blend from our liquid health menu along with unlimited use of the Spa facilities (sauna, steam, Jacuzzi, gym, indoor/outdoor pool, and tennis courts).

Price Cyp 195.00
Pre - bookable with accommodation

Duration 5 Hours



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THREE DAY TOTAL REJUVINATION PACKAGE

Consultation-Address your personal needs with one of our certified lifestyle consultants. She will advise you on how your treatments will help you to achieve personal health and beauty goals.



Sodashi Luxury Aromatherapy Facial: This exquisite facial treatment will take you on an aromatic journey for your senses. The facial includes cleansing, exfoliation, warm towel compresses, facial massage and Sodashi "booster" masks that are anti-ageing, balancing and regenerating implemented during the treatment to heal the skin at the deepest level.



Tranquility Hot Stone Massage: Using hot and cool stones, unique techniques and aromatic blended oils combined with the touch of our therapist. A massage that works to create harmony within and induce relaxation to both the body and mind.



Aegean Mineral Enriched Hydrotherapy Bath: A hydrotherapy bath that contains algae and volcanic minerals. It is excellent in completely detoxifying and purifying the body, by removing all the toxins and impurities that can build up over time.



Indian head Massage: Massage treatments from around the world have been incorporated to make this a deeply soothing and relaxing experience that will help release tension. It will leave you with the feeling of ultimate relaxation.



Luxury Hand & Foot treatment: Your hands and feet will be gently exfoliated; your nails and cuticles will be trimmed and tidied followed by a lower arm & hand massage as well as a lower leg & foot massage.



Purifying body boost wrap- This therapy begins with gentle body brushing to stimulate the circulation and exfoliate the skin which enhances the results of the purifying action of the body mask. A warm mask that contains algae, minerals and plant essences is applied to the whole body and you are cocooned in a comforting body wrap whilst enjoying a scalp massage. The mask is removed and an uplifting body cream is applied to the body.

- Enjoy herbal tea blend from our liquid health menu along with unlimited use of the Spa facilities (sauna, steam, Jacuzzi, gym, indoor/outdoor pool, and tennis courts).

Price: Cyp 295.00 - Pre - bookable with accommodation

Duration 7 Hours



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FIVE DAY TOTAL INDULGENCE PACKAGE

Consultation-Address your personal needs with one of our certified lifestyle consultants. She will advise you on how your treatments will help you to achieve personal health and beauty goals.



Aegean Spring Hydrotherapy Bath- A hydrotherapy bath that contains algae and volcanic minerals. It is excellent in completely detoxifying and purifying the body, by removing all the toxins and impurities that can build up over time.



Therapia Me Alata: - Using local sea salt that is crushed and applied to the body along with organic olive oil, a full body gentle exfoliation is performed that will replenish the skin. An excellent therapy for people who suffer with skin complaints of dullness or dryness.



Silver Sands Marine Mineral Body Wrap- A cleansing and detoxifying body wrap therapy where a warm mask is applied to the whole body and you are cocooned in a comforting wrap whilst enjoying a scalp massage.



Sodashi Coral Blush or Men's Refreshing Facial: This exquisite one hour facial treatment will take you on an aromatic journey for your senses. The facial includes cleansing, exfoliation, facial massage and boosters that are anti-ageing, balancing and regenerating to the skin at the deepest level.



Detoxifying Lymphatic Drainage Massage: The lymphatic massage works as an aide, eliminating excess toxins and fluids that can build in the body over time. Using special massage techniques to drain the lymph nodes, our trained therapists will help your body to totally relax. This is an excellent choice for anybody suffering from fluid retention or the whole body feeling sluggish.



Luxury Hand & Foot treatment: Your hands and feet will be gently exfoliated; your nails and cuticles will be trimmed and tidied followed by a lower arm & hand massage as well as a lower leg & foot massage.



Indian Head Massage: A unique massage that helps rebalance energy flows stimulates circulation and relieves headaches and eye strain. This massage works on the upper back, shoulders, arms, neck and face.



Swedish Massage- This is a classic full body massage that is usually medium in pressure but the pressure can be altered to suit the individual. This massage helps to de-stress the body by working on tense muscles and stimulating circulation, leaving the guest feeling totally relaxed.



Stone therapy body massage-This type of massage incorporates hot and cool stones, unique techniques and aromatic blended oils combined with the touch of your therapist.



Vichy Shower Treatment- This unique rain shower provides an invigorating shower to the whole body. Lie back and feel your muscles relax beneath this warm tropical rain shower.

- Enjoy either a fresh fruit juice blend or herbal tea from our liquid health menu along with unlimited use of the Spa facilities (sauna, steam, Jacuzzi, gym, indoor/outdoor pool, and tennis courts).

Duration 11 Hours

Price: Cyp 480.00 -



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Adonis Grooming Package for Him

This all encompassing program will promote tranquility and leave you feeling totally Rejuvenated and Relaxed.

- Consultation-Address your personal needs with one of our certified lifestyle consultants. She will advise you on how your treatments will help you to achieve personal health and beauty goals.
- Aromatherapy Body and Scalp Massage- A relaxing full body massage incorporating the scalp, using essential oils made from pure plant extracts. The oils are custom blended by the therapist for the properties they have, including the ability to relax, detoxify, or stimulate the circulatory and lymphatic system.
- Refreshing Facial- This facial will leave your skin refreshed and invigorated, by cleansing, exfoliating and hydrating your skin. The perfect treat for any man.
- Luxury Hand & Foot treatments- Your hands and feet will be gently exfoliated; your nails and cuticles will be shaped and tidied; Following a lower arm & hand massage as well as a lower leg & foot massage, complete with polish.
- Hydrotherapy Bath Treatment- A relaxing bath that contains algae and volcanic minerals. Excellent in completely detoxifying and purifying the body, by removing all the toxins and impurities that can build up over time.
- Enjoy a fresh fruit juice blend from our liquid health menu along with unlimited use of the Spa facilities (sauna, steam, Jacuzzi, gym, indoor/outdoor pool, and tennis courts).

** This package is available for anyone who wishes to experience "Anagenisis" for the day, or for those who would like to enhance their stay at Thalassa.*

Duration 5.5 Hours

Price: Cyp 195.00 -bookable with accommodation



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Aphrodite Spa Package for Her

This all encompassing program will

- Consultation-Address your personal needs with one of our certified lifestyle consultants. She will advise you on how your treatments will help you to achieve personal health and beauty goals.
- Aromatherapy Body and Scalp Massage- A relaxing full body massage incorporating the scalp, using essential oils made from pure plant extracts. The oils are custom blended by the therapist for the properties they have, including the ability to relax, detoxify, or stimulate the circulatory and lymphatic system.
- Refining Body Wrap- This treatment involves a gentle jojoba bead body polish to exfoliate and cleanse while at the same time nourish the skin. A warm refining mask is then applied to the whole body and you are cocooned in a comforting body wrap, whilst enjoying a scalp massage for total relaxation.
- Coral Blush Facial- This exquisite facial treatment will take you on an aromatic journey for your senses. The Sodashi products used contain the finest plant essences and plant extracts to cleanse, refine and deeply hydrate, leaving your skin looking toned, radiant and awakened.
- Luxury Hand / Foot & Nail treatment- Your hands and feet will be gently exfoliated; your nails and cuticles will be shaped and tidied; Following a lower arm & hand massage as well as a lower leg & foot massage, complete with polish.
- Vichy Shower Treatment- This unique rain shower provides an invigorating shower to the whole body. Lie back and feel your muscles relax beneath this warm tropical rain shower.
- Enjoy a fresh fruit juice blend from our liquid health menu along with unlimited use of the Spa facilities (sauna, steam, Jacuzzi, gym, indoor/outdoor pool, and tennis courts).

This package is available for anyone who wishes to experience "Anagenisis" for the day, or for those who would like to enhance their stay at Thalassa.

Duration 6 Hours

Price: Cyp 195.00 - Pre - bookable with accommodation



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