



AnagenessiS

SPA CENTRE



# Welcome to AnagenessiS

Atrium Palace Luxury Resort & Spa Management Team

Dear Valued Customer,

We would like to welcome you at our Spa, the ideal place to indulge in a tempting variety of unique experiences that will elevate your spirit and pamper your body!

Enjoy some precious private relaxing time or share the experience with a loved one to create memorable long lasting quality memories!

Relax and rejuvenate your face & body, restore your good health and unwind your mind by allowing our professional and highly qualified personnel to guide you through an unforgettable journey of the senses!

All our therapists are willing to assist you in making the perfect choice for your needs and respond to any of your enquiries. You can book your appointment by visiting the Spa reception or dialling extension 71 from your room.

We look forward to welcoming you in Anagenessis, Atrium Palace Spa!

**Kind Regards,**

**Atrium Palace Luxury Resort & Spa Management Team**

## **Daily Entrance Fee: 15 €**

The entrance fee includes unlimited daily usage of the multifunctional pool & sauna.  
Kindly note that when you book any Spa treatment the above cost is included.



# Spa experiences for two

## The Ultimate Couples Experience

150min - 360€

This indulging ritual starts with a 20min Jacuzzi session for two in our private VIP spa suite. An indulging sugar-based full body exfoliation is followed by a deeply nourishing mask. While your body is covered in this moisturizing cocoon you will be further pampered with a mini facial that meets your skin needs or a relaxing face and scalp massage. Your choice! This unique experience is completed with a full body revitalizing massage.

## Romantic Couples' Getaway

100min - 300€

Enjoy quality time with your loved one. Relax in the private Jacuzzi for two in our private VIP spa suite, with a glass of sparkling wine and freshly cut fruits. The ritual is completed with a holistic signature aroma massage that will leave you feeling totally relaxed and rejuvenated!



# Parent and Kid

## Parent & Kid Combined Wellness

70min - 170€

Side by side, create a unique memory to cherish for a lifetime.

The child's body is gently washed using a natural loofah sponge and then wrapped in a soothing BIO aloe, pomegranate and almond oil cream mask. A short body massage helps the child relax and promotes deeper absorption of the cream, leaving the skin nourished and soft.

Sharing the bliss, the parent enjoys a soothing BIO aloe body mask and a revitalizing full body massage.

## Parent & Kid Shared Massage Experience

50min - 130€

While the parent enjoys a revitalizing full body massage, the kid joins in the experience with a mild full body massage performed using BIO almond olive oil, to release tension and moisturize the skin!

## Parent & Kid Shared Manicure or Pedicure

Choose a treatment from our manicure/pedicure list and your little one can accompany you with a simple kid's manicure (20€) or pedicure (20€) that includes a gentle cleaning and soothing of the skin focusing on the area around the nails and a classic polish to finish.





# Experiences Thalasso

## Marine Restoring Experience

90min - 110€

A holistic Thalasso spa journey. The body is embraced by a mineral rich algae wrap, harnessing all the incredible benefits of seaweed while the face is treated with a detoxing and hydrating spirulina mask that infuses the skin with its precious micro-nutrients. A drainage-stimulating lymphatic full body massage completes the experience enhancing your sense of well-being.

## Aquatic Body-sculpting and Firming Ritual

50min - 100€

This high-performance innovative treatment tackles cellulite for amazing results! It features a unique exclusive body wrap which infuses pure oxygen into the deeper cells to detoxify the skin and encourage the release and elimination of stored fats. Corrective concentrates packed with active ingredients are applied to target zones to refine and re-sculpt the body and address lack of firmness. A specialized anti-cellulite massage follows, designed to address cellulite-prone areas. The body looks smoother and firmer.

## Aromacean Invigorating Marine Care

90min - 120€

This ultra-relaxing treatment combines Aromatherapy with a natural marine mud body wrap rich in antioxidants to improve health and well-being. The session starts with a full body aquatic scrub to prepare the skin for optimum penetration of the marine elements inside the body wrap. Once the wrap is removed, a draining massage is carried out with special aquatic oil. This trademark treatment enhances blood circulation and promotes elimination of toxins and excess water.



# Experience Ultimate Wellness

## Harmonizing Oriental Ritual

100min - 140€

Unwind during a journey to pure relaxation! After a revitalizing polish treatment using a ginger, sea salt and sugar scrub with sandalwood fragrance follows a deeply nourishing body mask that encompasses the entire body refining skin texture. The experience is completed with a harmonizing massage using essential oils inspired by Ayurveda, to release tension points and thereby restore mind and body harmony.

## Awakening of the Senses Experience

90min - 120€

At the heart of this signature treatment lies a self-heated body massage pebble made of semi-precious Jade stone. At the start, the patented marine algae body mask covers the body diffusing its rejuvenating power of 54 active ingredients. Following, the warm stone massage, inspired by the movements of the waves in the Mediterranean Sea, relaxes the body alleviating muscle tension and relieving mental and physical fatigue. A true awakening of the senses!



## Atrium Signature Soothing Treatment

100min - 130€

Experience a refreshing spa ritual from head to toe with the use of Greek biological organic products. A soft aloe, honey and almond seeds polish cleans and prepares the body to absorb the soothing and nourishing ingredients of the BIO aloe, pomegranate and almond oil mask. The face is treated with the equivalent face mask and cream that soothes and replenishes the thirsty skin. The ritual incorporates a full body revitalizing massage with BIO almond oil to melt away tension and restore hydration and elasticity.

## Bespoke Ancient Greek Ritual

90min - 120€

This ritual was inspired and applied by the ancient Greek doctor Hippocrates. It consists of a series of massage manipulations based on the body's fluids and meridians (nerve channels). It starts with a dry exfoliation that activates the sensory nerves of the skin followed by cupping therapy to activate blood circulation and boost the immune system. Massage with hot olive oil infused with organic Greek herbs alleviates muscle tension and relieves stress while stimulating drainage. An all-time classic.





# Face Rejuvenating Experiences



## Marine Tailor-made Facials

50min - 90€

This is a personalized facial ritual to address the special needs of the skin. The marine inspired "ocean wave" massage relieves tension from the head and shoulders and the skin-specific products used, care for the individual skin concerns, soothing and hydrating the epidermis. The complexion is left restored to its natural beauty.

## Hyaluronic Refining Skin Treatment

60min - 115€

A four-step wrinkle by wrinkle treatment combining three hyaluronic acids, marine pro-collagen and unique roller booster tools. The correcting serum is infused using special stretching movements and wrinkles are worked on with the application of the marine mask and the use of the roller booster tools to amplify the smoothing and filling effect. The skin feels plumped and even established wrinkles look visibly smoother.

## "Face Fitness" Lifting Facial

60min - 130€

This ultimate lifting and firming anti-ageing treatment is inspired by face fitness. It combines an exclusive massage using specialized metal rollers with an enhanced double face lifting mask to firm the skin, fill in wrinkles and contour the face and neck. The special formula consists of ingredients with marine organic Silicium and vitamin C. The complexion glows, lines are less noticeable, and the skin looks visibly firmer and smoother.

## Exquisite Miracle Eyes

40min - 60€

An exquisite treatment specifically addressed to the delicate eye area. It brings together a unique combination of contour patches and specialized lymphatic massage, ideal for reducing the signs of ageing and refining skin texture. Cryotherapy mask diminishes puffiness and refreshes the eyes. Finally, the application of a special marine eye cream based on individual skin needs completes the total eye care experience.



# Massage Experiences



## Revitalizing massage

50min - 80€

Invigorating and relaxing massage that fully utilizes the holistic approach of aromatherapy. Select a unique blend of essential oils (relaxing, revitalizing or muscle relieving) with exceptional benefits to your skin as well as your mood and let yourself get carried away in an unforgettable journey of the senses.

## Muscular Relief massage

50min - 100€ / 80min - 130€

A massage therapy that focuses on realigning deeper layers of muscles and connective tissue. The movements are slower, and the pressure is deeper and concentrated on areas of tension and pain in order to reach the sublayer of muscles.

## Special Feet massage

30min - 50€

A rejuvenating massage for tired feet. A short but completely salutary ritual that relieves, relaxes and nurtures the feet using reflexology and drainage techniques.

## Indian Head massage

40min - 70€

This treatment begins with a rhythmic back massage to balance and re-align the energy flow to ease muscular aches and pains. It is then followed by a head and shoulders massage to awaken the energy points, de-stress the mind and establish a deep profound sense of relaxation.

## Mummy to-be massage

50min - 80€

Pregnancy is a wonderful time that requires specially designed treatments. A full body massage will be performed avoiding sensitive areas and without the need to lie on the stomach. 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 completed with a relaxing scalp massage.





### Aromatic Candles Experience

50min - 90€

Warm candle massage is the ideal choice for those who want to combine the benefits of a relaxing massage with the beneficial properties of aromatherapy. The flame slowly melts the wax, offering a warm and effective massage oil, with a deeply relaxing and calming effect, thanks to the intoxicating aromas of the heated candle and the valuable beneficial properties of the essential oils.

### Lava Stones Experience

70min - 110€

Muscles yield to the gentle yet powerful warmth of the black basalt stones, releasing tension and imbuing a total sense of relaxation. The heated stones, infused with centuries of ancient energy, are skillfully combined with the perfect blend of essential essences designed to stimulate the senses and unwind both body and mind.

### Holistic Signature massage

80min - 120€

This unique face and body massage uses the art of Aromathology to influence the mood and awaken the senses. The holistic massage leaves the face and body revitalized while restoring inner balance and harmony. This treatment gives the skin back its clean radiant complexion while having a relaxing and invigorating effect on the body and mind.

### Hydro-massage

20min - 40€

This relaxing underwater massage, through the different water jets aimed at various points of the body, helps tissue oxygenation, boosts circulation and encourages lymphatic drainage to eliminate toxins and revive the body. You can choose between algae for detoxifying, essential oils or a Cleopatra's milk bath for deep hydration.





# Nails & Waxing

## Nail treatments by

Classic nail polish change	20 €
French nail polish change	25 €
Classic manicure	40 €
French manicure	50 €
Classic pedicure	50 €
French pedicure	60 €
Semi-permanent polish (hands)	55 €
Semi-permanent polish (feet)	65 €
Semi-permanent removal (hands or feet)	15 €
French Semi-permanent (hands)	60 €
French Semi-permanent (feet)	70 €

## Waxing

Full leg	40 €
Half leg	25 €
Full arm	30 €
Half arm	20 €
Under arm	15 €
Classic bikini	25 €
Brazilian bikini	40 €
Over lip	15 €

## Additional Hand massage 10min - 15€

A relaxing hand massage with special cream to improve circulation and nurture the skin leaving your hands soft and beautiful.

## Additional Foot massage 10min - 15€

Let yourself be pampered with a soothing foot and leg massage using special draining moves that will leave you feeling light and relaxed.



# SPA ETIQUETTE

## OPERATING HOURS

The Spa operates from 10:30am till 7:00pm daily. Spa treatments start at 10:45am and the last treatment should be finished by 6:45pm.

## SPA ENTRANCE / AGE RESTRICTIONS

The use of the Gym area is free of charge for hotel customers. Kindly be informed that the gym and pool area are not supervised by a specialist/ please take care at all times.

Children under the age of 14 are not allowed to use the facilities.

## BOOK YOUR APPOINTMENT

To ensure availability for your treatments and book your preferred time, you are kindly advised to book your appointments in advance. For your convenience please dial extension 12 from your room. Our staff will be happy to assist you.

You are advised to arrive at the premises 10 min earlier than your appointment in order to get ready and fill in the necessary documents.

## LATE ARRIVAL / CANCELLATION POLICY

In case of late arrival, your spa treatment time might need to be shortened to accommodate for the next appointment but will be paid in full. In case of cancellation, the spa needs to be notified at least 6 hours in advance so that no cancellation fee will be charged. Should you fail to inform us, the full charge will be automatically shown in your bill. In case of proven illness, the appointment may be rescheduled.

## DRESS CODE

Changing rooms with lockers are provided in the spa area, where you can find complimentary bath robes and slippers. Disposable underwear is provided for your treatment. You are kindly requested to shower before your treatment or use of the facilities.

## SIGNAGE

Informative signage relating to different areas of the spa are meant to advise customers on the best use of the facilities and should be adhered with respect at all times. Failure to comply with the written instructions, may result to our staff requesting you to leave the premises.

## HEALTH PROBLEMS / PREGNANCY

You are kindly advised to fill the medical form that will be handed over to you at spa reception and provide all possible relevant information. Please inform reception and your therapist for any health problems you might be facing or discomfort you might experience during your treatment.

In case of ongoing or possible pregnancy, the spa personnel must be notified in advance so you can be advised on the appropriate treatments and use of cosmetics.

## GENERAL GUIDELINES

- Running, diving and/or behaving in a dangerous way within the spa facilities is strictly forbidden and may result to unnecessary accidents. We hold no responsibility for your personal welfare.
- The use of mobile phones and electronic gadgets is not allowed in the spa facilities as a courtesy towards the other customers.
- You are kindly advised not to bring any valuables in the spa. We take no responsibility for any losses.
- Smoking, eating and alcohol consumption is not permitted in the spa area.
- Guests under the influence of alcohol or drugs will not be allowed in the premises.

## METHOD OF PAYMENT

We accept cash or credit payments as well as direct charge to your room (valid only before check out). In that case you are kindly asked to present your card key holder with your room number.

## MAKE YOUR OWN SPA PROGRAM

For any purchase of 5 treatments (manicure-pedicure, solarium & waxing are excluded) selected from this spa brochure, our spa offers a 15% discount. This offer is valid per person and cannot be combined with any additional spa offers that may be currently available.

## GIFT VOUCHERS

Gift vouchers are available at the spa reception upon request. Our personnel will be more than happy to help you make the perfect treatment choice based on your preferences.







**Atrium Palace**

**Thalasso Spa Resort & Villas**

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