

Live your dream

General Instructions

Make a reservation:

The Aphrodite SPA is open from 10:00 – 20:00. Please dial up our S.P.A reception on EXT 956 with any queries or for any further information. We highly recommend that you book in advanced to ensure you secure your preferred time and treatment.

To be prepared:

We kindly request that you arrive 30 minutes prior to your treatment in order to complete your health assessment form and take time to relax by drinking some water before your treatment.

Be careful:

No alcohol allowed before you visit the SPA. All jewelry should be removed before the treatments so make sure to leave yours in safety deposit in your room before entering into the SPA.

Room Service:

Selected treatments such as Swedish, Neck and Back massages, Reflexology and Sports massages are available in the comfort of your own room. We would appreciate a 7 hour notice period when booking these treatments. Private treatments carry an additional 25% service charge.

Keep your SPA Memories:

Take a little bit of Gerard with you at home to extend your SPA experience after your holiday –a variety of Gerard's products is available to purchase from our SPA Reception.

Respect and Silence:

In order to maintain that dreamily feeling, mobile phones are not permitted in the SPA at any time and in order to preserve our pure relaxation air, smoking is not permitted either.

The Thermal Suite:

Included when you book any of our treatment are: Hammam – Sauna.

Note:

For any further information or SPA events during your holidays please contact with the reception.

Ready made packages

Holistic Treatments by Gerard's

Chakra Hot stone Massage, Caviar Treatment, Lulur Massage Treatment and a Shirodhara Cranial Treatment.

Duration: 4h25 min

Price: 235 €

Sense of Relaxation

Reflexology, Magic Honey Massage, Shirodhara Cranial Massage and Vitaminic C Treatment for Female and Blue Mask Laminaria for Male.

Duration: 4h

Price: 145 €

Sense of Body Shape Re your body through the 5 senses

3 sessions of Anti-Cellulite Massage, 3 sessions of Seaweed Body Wrap, 3 sessions of Magic Honey Treatment

Duration: 7h50min

Price: 370 €

Turkish Scrub Bath

Soap dream Treatment and Scrub with salts from the dead sea.

Duration: 90 min

Price: 90 €

Facial treatments

Caviar

"Particularly indicated for mature or prematurely aged, marked, dehydrated and stressed skins. It performs various synergetic actions: it regenerates and revitalizes the cutaneous tissues, stimulates the cells metabolism, deeply moisturizes, soothes and protects by reducing irritations, sunburn and localized swelling. Active ingredients: Caviar extract, Seaweeds and Phytosqualane".

Duration: 50 min

Price: 80 €

Kerala

This specially designed ayurvedic treatment helps ease the contractions of the face due to stress. The re-activation of the energy points creates deep oxigenation of the skin with a detoxifying and stimulating effect making the skin respond a lot more to specific treatments. Muscles of the face and neck de-contract, skin relaxes and becomes bright and firm.

Duration: 40 min

Price: 65 €

Soy Soy

For skin that lacks in compactness, tone elasticity and support. Thanks to the Isoflavons (the vegetable oestrogen's of Soy) and to Hyaluronic Acid, this treatment stimulates the collagen and elastic fibres synthesis; it strengthens skin's deep tissue making it more elastic, helps restoring and intensifying hydration and relaxes face tracts.

Duration: 50 min

Price: 70 €

Blue Mask Laminaria for Men

This is a treatment with toning, regenerating and anti-aging effects. This intensive treatment reinstates firmness and redefines the facial features - especially recommended for tired and dehydrated skin. Skin will look firm, toned, smooth and bright.

Duration: 50 min

Price: 50 €

Vitaminic C

Anti-ageing, repairing, soothing, protective, purifying and rebalancing!

Suitable for stressed, sensitive, acne skin.

Duration: 50 min

Price: 50 €

Moisturizing

It deeply re-moisturizes, balances the hydrolipidic barrier and revitalizes tissues with an anti-oxidizing, stimulating and protective action. Suitable for normal and dry skin that tends to dehydrate

Duration: 50 min

Price: 45 €

Anti-Wrinkle with collagen fibre mask

Intensive treatment that gives skin suppleness and firmness.

Duration: 60 min

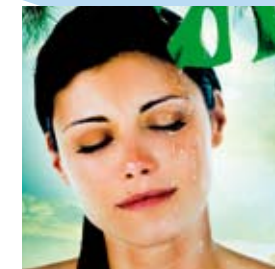
Price: 80 €

Matricol Eyes

Treatment with lifting effect that makes the eye contour look younger.

Duration: 50 min

Price: 60 €



Bodytreatments

Natural Peat Treatment

Peat is the result of millenary transformations under the action of wind and water and it gives new vitality and purity to the skin. Peat is rich in mineral salts and oligo-elements that strengthen the immunity defence, stimulate metabolism, improve oxygenation and therefore the tissue's deep purification. On the face it restores skin's PH with a soothing action in case of redness and irritation.

Duration: 60min Price: 70€

Seaweed Body Wrap

A body wrap with seaweed that promotes a feeling of detoxification and body firming action.

Duration: 60min Price: 40€

OI Oil Treatment

All precious benefits of olive oil the elixir of youth.

Duration: 60 min Price: 60€



Massage treatments

Chocolate Massage

This is naughty and nice – a delicious hedonistic moment! A real multi-sensory experience in physical and spiritual wellness; a Sensori temptation impossible to resist! Indulge in the sensations and effects of a chocolate massage which provides serenity, relaxation and nourishment – one good enough to eat!

Duration: 60 min Price: 60 €

Shirodhara Cranial Massage

Shirodhara treatment is inspired by the ancient learning of the Indian Ayurvedic. It's designed to alleviate stress with deep relaxation, improving perceptiveness of the senses and appeasing anxiety, stress, concentration difficulties and insomnia. It helps to improve sight, memory and circulation; a recovery of your natural energies.

Duration: 40 min Price: 40 €



Tibet Treatment

Like magic and delivered with skilled hands, your body will be touched with the treatment of purifying salts with magnetic heat and the intense energy of ancient stones. The secret of this experience is enclosed in the parcels of Himalayan pebbles and salts from the Dead Sea (which boosts the circulation, revitalizes, drains and smoothes), which are softly applied onto the body with warm and fragrant Sweet Almond Oil. This detoxifying and energetic treatment is powerful and both the body and mind will descend into a deep relaxation of the orient.

Duration: 50min Price: 70€

Lulur Treatment

On Java, before the massage, you bathe in large tubs filled with crystal clear water. Lulur treatment acts with its exclusive mix of rice powder and aromatic spices with a stimulating effect on the lungs, with its fusion of spices: Ginger, Capsicum, Cyperus and Curcuma. The philosophy of this treatment is to create wellness that goes deep at all levels, physically, emotionally and mentally. Circulation is reactivated, skin is nourished deep down and your complete body will look and feel fresher and younger.

Duration: 80min Price: 70 €

Massage treatments

Soap Dream Treatment

Purifying, anti-oxidizing, toning, anti-aging treatment with Aleppo soap and argan oil.
Duration: 60 min Price: 60 €

Pepper Treatment

White Mud, Mother Water and Pepper to combat cellulite and relax the face
Duration: 60 min Price: 70 €

Wave Touch Massage

The rhythmical and continuous flow of the waves of the ocean; the natural harmony of untouched paradises; the hypnotic sensuality of the traditional dance: a massage technique that aim at restoring the balance between body and mind, by bringing relaxation, harmony and love.
Duration: 70 min Price: 80 €

Bamboo Massage

Powerful massage with strong bio-stimulating and reactivating characteristics, intended for body and face and which can be done on either localized areas, before a treatment, or as a complete treatment.
Duration: 60 min Price: 80 €

Four Hands Massage

Relaxing massage on the whole body obtained by stimulating movements of two therapists on each side of the body.
Duration: 60 min Price: 90 €

Chakra Hot Stone Massage

The Lava Stones are precious containers full of energies, colours and heat. First heated and then applied onto the Chakra points of your body, they transmit vibrations and release energy that instills serenity and wellness.

The power of the stones is combined with that of the ayurvedic massage: slow and wrapping moves that relax and calm, dissolving the stress of both body and mind with an extraordinary and rebalancing effect.

Duration: 80 min Price: 85 €

Magic Honey Massage

For this special treatment involving an exclusive mix of Asia and Chestnut honey, Royal Jelly and Melata of Metcalfa (a natural concentrate of sugars, enzymes, proteins, vitamins and amino acids with a high biological value) and salts from the Dead Sea, combined with Sweet Almond Oil and vegetable extracts: a precious synergy of extraordinarily efficient active ingredients to restore compactness and elasticity in the tissues.

Duration: 60 min Price: 70 €

Shiatsu

Shiatsu massage is an ancient Japanese healing art. Using pressure with the thumb, the palm and the elbow realizing tension from the muscles and improve circulation thus bringing about a state of equilibrium.

Duration: 60 min Price: 70 €

Aromatherapy Spa Massage

A light lymphatic massage using a blend of essential oils especially formulated to balance your body's energy while treating your senses to delightful and aromatic fragrances.

Duration: 60 min Price: 70 €

Anti-cellulite Massage

This is a specialized massage concentrating mainly on the area where cellulite or 'orange peel' skin is most prevalent on the body.

The massage is performed with anti-cellulite creams using deep pressure techniques, in order to stimulate lymphatic circulation in the "problem-areas".

Duration: 30 min Price: 45 €

Thai Massage

Thai massage is considered to be the most complete form of bodywork and is performed on the ground with your clothes on.

Based on Thailand's old tradition it combines flexibility techniques, gentle muscle extension and pleasure along energy pathways to relieve muscular tension and soothe the spirit, bringing the body back into balance.

Duration: 60 min Price: 90 €

Scrub with Salts from Dead Sea

Dead Sea Salt is combined with the essential Oils, Eau Marine and Almond Oil, to create this wonderful treatment for thick, demineralised skin and adiposity with water retention.

Duration: 40 min Price: 50 €

Swedish Massage

This type of massage is one of the most famous in Europe. The term "Swedish Massage" refers to a variety of techniques specifically designed to relax muscles by applying pressure to deeper muscles and bones. Swedish massage also stimulates skin and nervous system and soothes nerves at the same time.

Duration: 60 min Price: 70 €

Sports Massage

This massage is the most effective therapy for releasing muscle tension and restoring balance to the muscular-skeletal system. Received regularly it may help athletes prevent injuries, which might otherwise be caused by overuse. A constant build-up of tension in the muscles from regular activity may lead to stresses on joints, ligaments, tendons, as well as the muscles themselves.

Duration: 60 min Price: 70 €



Your Hairmoment

Men's Hair Cut:	15 €	Highlights/Lowlights:	35 €
Women's Hair Cut:	20 €	Perm (Short Hair):	40 €
Children's Hair Cut:	10 €	Perm (Long Hair):	50 €
Blow Dry:	15 €	Conk (Short Hair):	35 €
Sheen (Short Hair):	35 €	Conk (Long Hair):	45 €
Sheen (Long Hair):	45 €	Hair Wash:	5 €

Nails

Regular Manicure:	15 €
Regular Pedicure:	20 €
Spa Manicure (Peel - Massage - Mask - French Manicure):	25 €
Perfect Nails (Spa Manicure - Spa Pedicure):	35 €
Nail Decoration:	10 €
French Manicure – Pedicure:	35 €



Waxing

Full Feet Wax:	30 €	Upper Lip & Chin Wax:	10 €
Full Feet & Bikini Wax:	40 €	Back Wax:	20 €
Half Leg Wax:	20 €	Chest Wax:	25 €
Bikini Wax:	15 €	Arm Wax:	20 €
Under Arm Wax:	15 €		