

AMIRA  
SPA & FITNESS

AT AMARANDE HOTEL

# THE ART OF WELL-BEING

## SPA OPENING HOURS

7 days a week | From 8am to 7pm

## BOOK AN APPOINTMENT

SPA EXT No: 1010 | TEL: (00357) 23 819910

# WELCOME TO AMIRA SPA

AT AMARANDE HOTEL

**A**mira Spa at the Amarande Hotel, in Ayia Napa, Cyprus, offers a rich variety of spa treatments for guests wishing to discover the art of relaxation and peace. Embrace a true sanctuary of luxury a heaven of peace, a highly pleasurable area that blends the love of the aesthetics reaching well into the best beauty solutions.

It offers care through gestures and essential techniques that relax the mind and the body ,harmonise the silhouette, revive the skin and preserve the youth.

Amira Spa is a privileged place for men and woman seeking lasting health, beauty and youth. All treatments have been designed to suit this very purpose.

AMIRA SPA AN EXPERIENCE BEYOND YOUR EXPECTATIONS.



# OUR SPA

## SOME PRACTICAL ADVISES CANCELLATION POLICY

When visiting our spa, for safety, please ensure that you leave all your valuables watches, wallets and jewellery in your room safe or in your assigned locker at the spa.

It is not necessary to wear underwear or a bathing suit beneath your robe for massages, body wrap or body scrubs. Disposable underwear will be provided.

For facials, the aesthetician will ask you to bare your chest and arms to facilitate the treatment and make you more comfortable.

For hydrotherapy treatments, you may elect to wear a bathing suit. However, some of the products we use can cause damage to bathing suits. Disposable underwear will be provided.

We recommend that you drink lots of water during your spa program to help accelerate the elimination of toxins.

Please bathe or shower prior to visiting Spa - for massages, body treatments and foot-care treatments.

Some treatments are not appropriate for pregnant women or for those with certain health problems. Please remember to inform your therapists in order to adapt your treatments accordingly.

**Cancellation Policy:** please note 24 hours prior notice should be given in the event of a cancellation. If notice is not provided 100% of the treatment value will automatically be charged.



# OUR RITUALS

DECLÉOR  
PARIS

## EMOTIONAL BALANCE

- 1 Cleansing
- 2 Aromadiag
- 3 Aromatic Welcome +  
Sophrology

## ENERGETIC AROMATIC MASSAGE

- 4 Back Massage
- 5 Aromessence Application  
Aroma Pressure + Aroma  
Draining

## SKIN TAILORED FRESH BLENDS

- 6 Freshly Blended  
Professional Mask
- 7 Reflexology +  
Oshibori Final

# SKIN CARE

THE BEST IS NATURAL

For more than 40 years, DECLÉOR continues to lead with its visionary approach to beauty, as the trusted expert and innovator in aromatherapy skincare.

Combining nature's purest and most potent active ingredients, DECLÉOR scientifically selects and masterfully blends premium Essential Oils to deliver for each skin need, targeted and proven skincare solutions. Understanding that beauty and well-being are intrinsically linked, DECLÉOR offers a unique sensorial experience that visibly enhances the skin's natural health and radiance.

The brand's main research and product development now encompass over 50 essential oils that are used in over 120 different formulations.

Trusted by the world's best beauty professionals, DECLÉOR offers specialist products and exclusive massage techniques and treatments to deliver the ultimate in skincare results and professional care.

“DECLÉOR has always understood that in addition to cosmetic results, women are looking for comfort and well-being.”

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SKIN BODY MIND





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SKIN BODY MIND

# FACIALS

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ADVANCED ANTI-AGEING DRAMATIC IMPROVEMENT IN SKIN TONE AND CLARITY

## Express Facial

€60 / 30'

*"Maximum results in minimal time"*

This express facial treatment is formulated to offer maximum beauty results and well-being in a minimal time. All skin types are suitable. The treatment cleanses, exfoliates and hydrates your skin for immediate results.

## Aromaplasty

€90 / 75'

*"Comforts, nourishes and relaxes"*

Multivitamin treatment with 100% natural flax seeds, wheat germs and sunflower seeds perfect for all skin types, bringing luminosity, comfort, hydration, elasticity in a flawless skin aspect. An indispensable treatment that brings a double cleansing, exfoliation and specific massage ritual followed by a specific mask for a supple and cashmere soft skin.

## Divine Nutrition

€90 / 75'

*"Nourishes, rehydrates and protects"*

The end of dry, flaky skin, our ultra-nourishing facial deeply soothes, repairs and renews. Chestnut extract boosts crucial lipid production and micro-circulation while nourishing Geranium and Rose feed skin with vital nutrients. By locking-in moisture, complexions are also strengthened against wind, rain and cold making it ideal for anyone who spends a lot of time outdoors. Even the driest complexions are left supremely supple, comfortable and satin smooth.

## Oxygenating Pure and Matt

€85 / 60'

*"Intensely balancing and detoxifying for visible clarity"*

This mattifying facial targets spots, blemishes, open pores and excessive shine. Includes a balancing and deeply oxygenating power mask to bring instant clarity to dull, devitalized skin; a three-stage massage ritual also intensively detoxifies, relaxes and refines uneven texture. Brings previously oily, combination and dull skin back to life leaving it luminous, crystal clear, beautifully matte and completely flawless.

## Harmonie Calm

€85 / 75'

*"For sensitive skin & cooperose"*

When the energy of plants provides serenity to sensitive skin, harmony is restored. Discover HARMONIE CALM, the infinite softness of Aromatherapy for sensitive skin: rose, cotton and lilly essential milks and Damask rose essential oil. High tolerance formula, colorant-free, alcohol-free, gentle PH.

## Collagen Plump and Lift

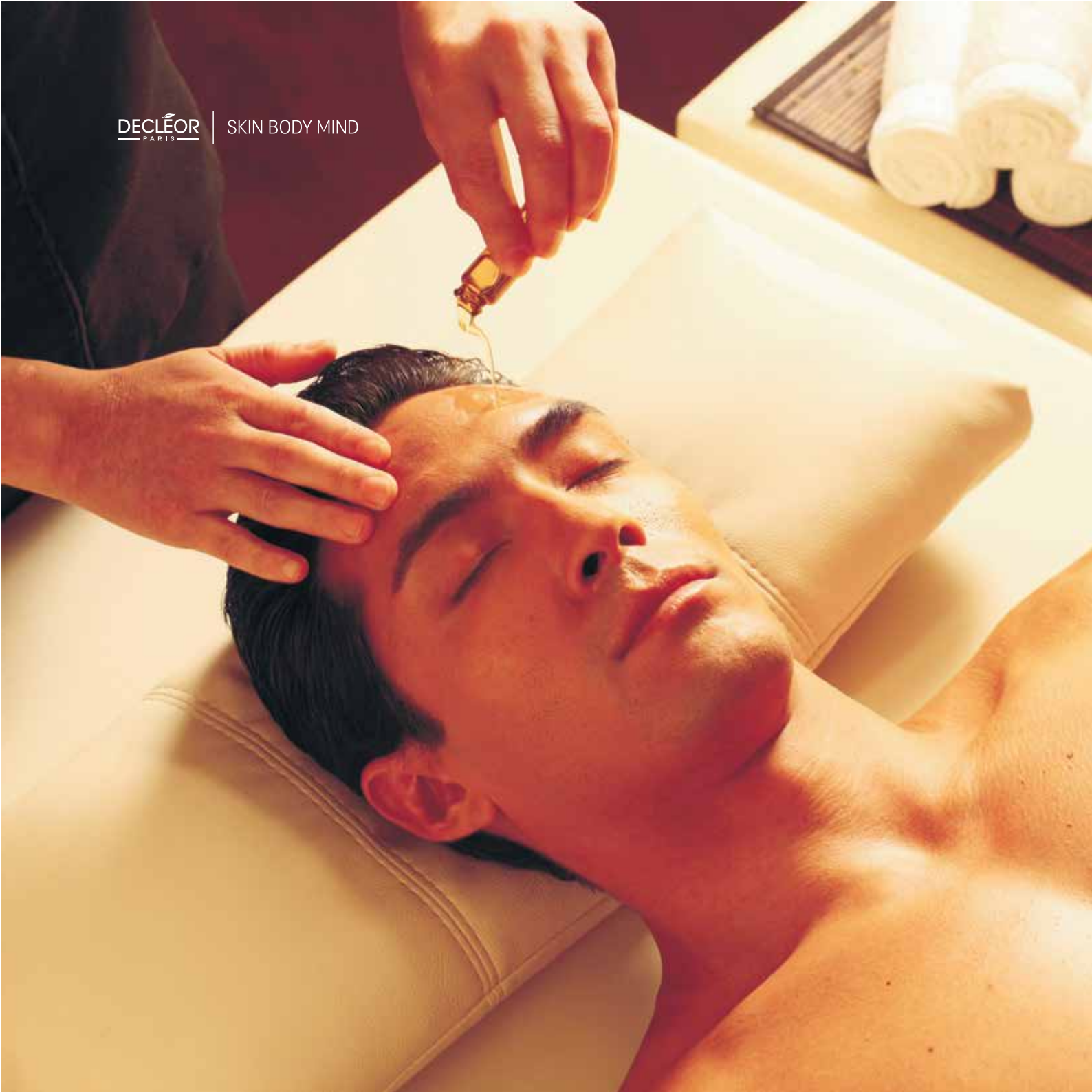
€100 / 90'

*"Smoother, firm and sculpt"*

This is the ultimate and most effective anti-ageing facial, which leaves the skin plumper and firmer. Luxurious as well as highly targeted to fragile zones, this facial includes our ultimately effective 'lifting' massage to recharge skin tissues. Youth activating formulas then infuse the skin with naturally energizing ingredients to help kick-start its natural renewal process; an indulgent and collagen-rich mask ensures skin feels plumped and tightened too. The result? A flawless, youthful new radiance.

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SKIN BODY MIND



# FACIAL TREATMENTS FOR MEN

ADVANCED ANTI-AGEING DRAMATIC IMPROVEMENT IN SKIN TONE AND CLARITY

## Express Energizing Face Treatment

*“Dramatically energizes and refreshes”* €60 / 30'

Time saving and face saving. The high-speed solution to re-energize skin, this half hour anti-ageing treatment can be slotted into the busiest diary. Developed to re-charge and revive skin instantly, it includes thorough exfoliation and revitalizing massage to give tired skin a lease of new life. Leaves every skin type clear, fresh and with reduced beard growth thanks to highly potent clove oil, proteins and vitamins. Every busy man's key to better looking skin.

## Intensive Energizing Face Treatment

*“Purifies, energizes and replenishes”* €85 / 75'

Kick starts tired skin and minimizes irritations. This fatigue-fighting, anti-ageing treatment targets and treats shaving bumps and irritation. An invigorating and hydrating pure energy mask made from oak and green clay decongests deep down to re-energize skin. Combined with stress releasing massage techniques and Aromessence™ Homme super serum with active clove oil, skin is left relaxed, smooth and healthy looking – reduced beard growth is a bonus!





# BODY TREATMENT SOLUTIONS

## TARGETED EXPERT RESULTS

### Body Polish

€60 / 30'

*“Exfoliating ritual”*

This combination of a manual massage, soft natural fruit seeds of orange and apricot, aromatic sea salt plus essential oils and spices are used to polish and perfect skin, rids the skin of dead cells, impurities and roughness, prepares the body to derive maximum benefit from other care treatments, leaving it in supreme condition.

### Perfect Legs

€85 / 60'

*“Soothes, helps restore light legs”*

For a spring in your step, this foot and leg treatment drains, stimulates and revitalizes. An energizing mask immediately kick-starts sluggish circulation; Circular Balm, a warming and relaxing Essential Oil blend, then eases heavy, aching muscles. Ideal pre and post-holiday travel, plus in the latter stages of pregnancy when puffy ankles and fluid retention can be problematic. Leaves tired legs and feet feeling like they're walking on air.

### Perfect Slim Effect

€95 / 75'

*“Redefines, drains”*

This expert treatment combats problem areas like hips, thighs and buttocks. After a rejuvenating skin polish, your therapist uses bespoke intensive massage techniques to either eliminate toxins or help tone and firm. Use of our Slim Effect products, which utilize state-of-the art contouring technology, means your body will look and feel smoother, firmer and tighter.

### Natural Motherhood

€95 / 75'

*(Young & Future Mothers)*

*“Softens, corrects, tones”*

This treatment has been carefully created in order to ensure the comfort of the mother-to-be or the new mother. It takes contraindications into account and improves blood circulation, reduces cramps, headaches as well as pain in joints. Natural plants extract with ginseng, oils of Immortelle, rose and chamomile, softens, relaxes, corrects, tones and helps combat stretch marks and skin dryness.



# SIGNATURE TREATMENTS AND WRAPS

AROMA SOLUTIONS

Each envelopment comprises three key elements – exfoliation, body mask and back massage. Offering total pleasure and comfort, use of essential oils maximizes penetration of the active ingredients for top-to-toe benefits. Expertly tailored to your specific needs.

### Anti Fatigue (flow)

€85 / 60'

*“Boosts, energizes”*

This potent body wrap focuses on the power of massage and plant powder combined with active essential oils of angelica and pepper. Intensively stimulating stress-release and refreshes. The most pleasurable way for a total well-being and relaxation.

### Silhouette (detox)

€95 / 75'

*“Refines the body by draining toxins”*

With marine algae and active essential oils of basil, combined with highly effective draining massage techniques, this potent wrap drains toxins and cleanses away impurities to smooth the appearance of cellulite and refine overall shape. Fabulous for anyone wanting to lose weight and improve lumpy skin texture making it brilliant pre-holiday or post-over indulgence!

### Intense Firming (toning)

€95 / 75'

*“Reshapes for more toned skin”*

This collagen-boosting body wrap tones slackened skin, repairs sun damage and helps improve the look of stretch marks. Potent radiance enhancers Immortelle, lemon and Frankincense Essential Oils work to erase imperfections and strengthen skin whilst also combating wrinkles. Deliciously nourishing, this sculpting envelopment hydrates and moisturizes too, improving hydration levels for radiant, firm and soft skin all over.

### Chocolate Body Wrap

€100 / 75'

The ultimate treat for both the mind and body. Imagine yourself totally immersed in a fat free chocolate indulgence that actually produces a slimming effect on the body. A body wrap utilizing cocoa for a nourishing, slimming and relaxing treatment. Derived from the Amazon, rich in minerals cocoa is among the most concentrated vegetable sources of energy.

### Serenity Face and Body

€150 / 90'

#### Top-to-toe to Revitalize

This tailor-made all over treatment focuses on offering total relaxation and wellbeing. Targeted at nourishing, restoring skin luminosity, immediately boosts radiance and reduces loss of firmness, dryness and sensitivity, it incorporates Aromessence™ Serum to stimulate the skin's natural collagen production combined with a long all over relaxing massage followed by a specific mask.





# MASSAGE THERAPIES

## THE SCIENCE OF WELL-BEING

### Lifting Facial Massage €45 / €55 25' | 40'

"We are fascinated by anti-ageing". A specialized face massage, using a range of simple techniques helps to relieve deep tension giving the facial muscles a lift.

### Reflexology €60 / 40'

Reflexology is a therapeutic method of relieving stress by stimulating predefined pressure points on the feet. The benefits of a foot Reflexology Session are manifold - calmness and serenity, improved circulation, increased energy and balanced emotions among many others. It is appropriate for all ages as well as for a variety of ailments. Not only soothing to sore feet, it can benefit most other body aches and pains.

### Anti-cellulite Massage €60 / 40'

Anti-Cellulite Massage is a specialized massage concentrating mainly on the area where cellulite, or 'orange peel' skin is most prevalent on the body. The Anti-cellulite massage stimulates the blood vessels in the skin. This clears out the lymph cells of the toxic fatty deposits, which cause the appearance of the 'orange peel' look.



### **Aromatherapy Full Body** €80 / 60'

Everyday stresses and strains simply disappear with our heavenly Aromatherapy Massage to either relax, detoxify, tone or stimulate. The incredibly soothing sensation of the Warm Aromatherapy Balms, expertly blended from an exquisite elixir of natural Essential Oils, melt away tension and ease stress for renewed energy and velvety skin.

### **Swedish Massage** €50/€85/€120 30'|60'|90'

This classical European massage involves long strokes and kneading on the surface muscles to relax the body, makes it suppler, improve circulation and relieve aches and tension.

### **Deep Tissue Energizer Massage** €70/€95 45' | 60'

Banishes tight muscles with deeply therapeutic massage techniques. Powerful, deep and strongly rhythmic movements make this customized massage pure therapy for body and soul. Created to alleviate stress deep down and release the discomfort of aching muscles (whether through fatigue or stress), Essential Oil Balms actively work with your body to release localized areas of intense tension. Leaves your mind feeling less cluttered and muscles intensely relaxed.

### **Aromatherapy Hot Stone Massage** €80/€100 45' | 75'

Heated stones relax away muscle tension and strains. The most blissful way to soothe body and mind, stress doesn't stand a chance against this divine hot stone massage. Your personalized sensorial journey relies on the therapist's intuitive touch in harmony with smooth, heat-releasing stones. Individually shaped, these magical stones help release tension, soothe aches and re-balance energy levels; the use of luxuriously melting Aromatic Balms ensure skin emerges soft as silk too.

### **Deluxe Evasion Madagascar Massage** €130 / 90'

Massaging, every piece of the body, with essential oils takes you into Decléor's world for a moment of pure essential and well-being. Combining a sequence of 55 different massage techniques, including stretching, pressure points, light and firm alternative pressure, using a nectar nourishing mask, this complete massage re-energizes the body and skin.

### **Ayurvedic Indian Head Massage** €60/40'

Indian head massage is based on the ayurvedic system of healing which has been practised in India for over a thousand years. The aim of Indian head massage is to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders.





# SIGNATURE DELUXE PACKAGES

SOME EXPERIENCES CANNOT BE DESCRIBED

*Accept our invitation to take relaxation one-step further, offering you time to unwind and release any tension and stress from within. Begin your journey relaxing yourself in the jacuzzi, steam bath & sauna, and then experience your choice of our tailor made packages.*

## **Amira Signature Journey** 170EUR / 2hrs

Escape to a superlative state of renewal and rejuvenation with your own customized journey. Release all your worries and give in to unrivaled rest as you begin this personalized experience with a relaxing: FULL BODY SWEDISH MASSAGE. Replenish your skin with the BODY POLISH RITUAL. Complete the journey with an EXPRESS FACIAL to uncover that glow within you.

## **Gentleman's Escape** €140 / 2.5hrs

Melt all your cares and stresses away during three hours of total relaxation. Unwind with an AROMATHERAPY HOT STONES FULL BODY MASSAGE and rejuvenate during the INTENSIVE ENERGIZING FACE TREATMENT. Spend some quality time on yourself, look and feel your absolute best.

## **Detox to Relax** €200 / 3hrs

For the ultimate in luxurious purification, enjoy four hours of pure bliss. Start off with a relaxing AROMATHERAPY FULL BODY MASSAGE. Further reach total detoxification by eliminating toxins and cleansing your body during the Thermal DETOX SEAWEED BODY WRAP. Revitalize with an invigorating MINT PEDICURE complete with herbal soak and essential oils.

## **Couple's Pampering Package** €370 / 3hrs

Bring your special someone to enjoy relaxation in a COUPLES PRIVATE SUITE, where your journey begins. This romantic treatment includes a herbal-infused REFLEXOLOGY MASSAGE for the legs, feet and hands. Enjoy the ultimate treat a CHOCOLATE BODY WRAP creating a moment of shared bliss not soon forgotten. Complete the journey with an INDIAN HEAD MASSAGE to balance your mind for heavenly relaxation.



# MANICURE & PEDICURE

## ESSENTIAL SPA TOUCHES

### Spa Manicure

A full manicure treatment including exfoliation, hand mask, and a soothing hand massage, followed by an application of nail varnish of your choice.

**With normal polish | With French polish €55 / €60**

**With shellac polish | With shellac French €65 / €70**

### Spa Pedicure

A full pedicure treatment including a bubbling spa bath to soothe your tired feet, exfoliation, foot mask, and a soothing foot massage, followed by an application of the nail varnish of your choice.

**With normal polish | With French polish €60 / €65**

**With shellac polish | With shellac French €70 / €75**

### Polish Hands or Feet

Polish €20

Re-shape & polish €30

French polish €35

Shellac hands or feet €50

Shellac French hands or feet €55

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# SPA WAXING



- €10 Top lip
- €25 Under Arms
- €40 Arms
- €35 Back - *half*
- €45 Back - *full*
- €20 Chest
- €25 Legs - *half*
- €45 Legs - *full*

# FITNESS





OPERATED BY



[www.lemarespas.com](http://www.lemarespas.com)



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