





Welcome to Anemones Spa

Experience pure tranquility and lose yourself in the luxury of blissful treatments.

Choose from our extensive Spa Menu, or take a glance at our inserts for more options.
Rituals of Rest and Relaxation, specially designed Spa packages.
Thalissens Exotic destination treatments for the body to send you off to magical lands...
Health Club and Spa memberships. Unique packages for our Health Club facilities and Spa.

FACE CARE

Indulge your skin with facials that offer optimum results, along with relaxation and calmness.

ESSENTIAL BEAUTY

Absolute Hydration 50min €50.00
Ideal for a dehydrated skin. The skin's softness is restored, the complexion brightened and fully moisturised.

Intense Nutrition 50min €50.00
A nourishing treatment which enriches the driest of skins. The skin is plumped up restoring its softness, suppleness and vitality.

Infinately Gentle 50min €50.00
Specially designed to treat sensitive skin, this gentle facial calms, cools irritated skin and tones down redness.

Ultimate Purity 50min €50.00
Is a rebalancing treatment, ideal for combination to oily skin. Vital for dull complexions, the skin appears brighter, matt and fresh.

TIMELESS YOUTH
Hyalalift 60min €60.00
A dual action treatment for intensive moisture and for delaying the early signs of ageing. The skin's appearance is refined and the complexion appears smoother, more supple and moisturised.

Oxygen Expert 75min €65.00
Revive your skin with a boost of minerals, trace elements and vitamins for stressed, dull complexions. The skin's appearance is renewed, refreshed and protected from external factors. It leaves skin looking fresh, healthy and glowing.

Anti-Ageing Expert 75min €65.00
A specially designed treatment that aids in reducing the signs of time and fatigue. Restore a more youthful appearance thus effectively firming and contouring your facial features. Your skin is left looking and feeling bright.

RITUAL PAR EXCELLENCE
Absolute Lift 60min €65.00
An intensive anti ageing solution to improve the appearance of wrinkles and sagging skin. Our amazing Beauty Lift Mask effectively firms and contours your facial features, reducing the signs of ageing and fatigue. Your skin is left looking and feeling tighter, revitalized and youthful.

CLEANSING RITUAL

Mini Cleanse 30min €35.00
Our specially designed mini facial will leave your skin feeling radiant and alive. The perfect treatment for a quick pick me up.

Pore Cleanser 75min €60.00
Ideal for oily, acne prone skin, or as a preparation to any of the face care therapies. Thorough steaming, deep cleansing, facial extraction and a specific skin type mask and moisturizer, leave your skin fresh and healthy.

- * Enhance your facial therapy with a reviving eye treat. €10.00
- * Soothe away aches and pains as you relax for your facial with a heated seaweed back mask. 15min €5.00
- * Enjoy a complimentary treat of Ocean Secrets Massage during your facial therapy. (face, scalp, nape & shoulder, feet or hands)

EYE BEAUTY

Let us take your eyes on a journey back in time to renew and rejuvenate.

Eye Lift 30min €30.00
A soothing treatment to revitalize the delicate area around the eyes. With a blend of moisturizing ingredients to refresh, relax, firm and soothe the eye area.

Eye Smoothing 30min €30.00
This replenishing treatment awakens the eye area, leaving the eyes brighter and more youthful. Helps to eliminate dark circles and puffiness giving the eyes a brighter sparkle, glint and shine.

*The perfect mini treatment to add on to one of our pampering facials.



PERFECTLY GROOMED

Groomed, good looking and gorgeous with healthy skin.

Oxygen Booster Facial 60min €60.00
Men's skin has its own special needs so we have designed a completely relaxing and rejuvenating facial just for him combining results and relaxation to replenish, tone and firm the skin. A scalp, face and shoulder massage will relax, energise and revitalize the skin.

Men's MAN-I-Cure 30min €25.00
For the active male, a complete manicure with exfoliation, paying close attention to your cuticle and nail-bed. A stress relieving massage and a nail buff to complete your treat.

*Or try any of our Spa treatments and enjoy the many benefits.

BODY CARE

Pamper yourself with body refining and contouring treatments.

BEAUTY REVELATION
Lasting softness 30min €35.00
Beautify your skin with a delectable body exfoliation using mineral salts with essential oils and finish with a light layer of moisturiser which will coat the skin with long lasting softness and suppleness.

FULL FIGURE
Marine Slimming* 60min €60.00
The body is generously exfoliated and covered in a seaweed mask, drawing out its mineral rich concentration and powerful action to aid slimming. Minerals and trace elements boost the body's metabolism, resulting in a slimmer feeling.

Triple Action Slimming* 60min €60.00
A body exfoliation followed by a cocktail of seaweed body mask, each with its own unique benefits. With slimming, detoxifying and firming actions, this treatment is a complete slimming solution. A revitalising sea immersion for optimum relaxation with results.

Marine and Chocolate Contours* 60min €60.00
An indulgent guilt free chocolate experience that's not only tantalizing but aids in contouring the figure and boosts metabolism. Starting with a chocolate exfoliation, a divine detoxifying chocolate mud mask and finishing off this delightful experience with a revitalizing nourishing chocolate body lotion.

Slimming And Serenity Prestige 90min €85.00
A luxury treatment combining a cocktail of seaweed body wrap with a soothing full body massage. The slimming, detoxifying and firming virtues of seaweed added to a relaxing massage ease away tension and stress for total relaxation and a refined toned silhouette.

Floatation Voyage 30min €25.00
Float away with our unique mind and body experience. Relax and escape on a dry floatation bed with an enveloping warmth and weightlessness which soothes the body and mind. As you drift off with a divine scalp massage, colours and aromas stimulate and calm your senses.
*Enhance your body treatment with a floating experience €10.00

Mediterranean Sea Voyage Spa Signature Ritual 60min €55.00
Inspired by the Mediterranean fruit growing on the shores of Cyprus, you will begin with an invigorating Fruity Exfoliation, followed by a pampering creamy Fruit Envelopment. While your skin is being softened and smoothed relax and enjoy a multi-sensorial voyage on our floating bed. Last but not least a divine scalp massage will revive your mind, body and spirit.

Thalion offers you a universe of pure and revitalising sensations that provide a new essential energy





Peaceful Waves of Tranquility

Enhance your Spa treatments by arriving early, slipping into a robe and slippers, relaxing in our tranquility room... you will be surrounded by candlelight, soothing music and star lights with complimentary water and herbal tea.

SPECIFIC BODY CARE

Target your body's concerns.

Toned Legs 30min €25.00
Suffering from tired aching heavy legs, this toning treatment offers an instant relief. Legs feel lightweight and are immersed in a feeling of lasting freshness and a pleasurable lightness.

Body Drainage 45min €50.00
Improve and combat circulation problems in the legs with the benefits of the sea combined with manual drainage actions for fluid retention. Help eliminate toxins and cellulite thereby refining the silhouette.

Strech Mark Action 45min €55.00
An inclusive preventative and redefining treatment for restoring and restructuring the skins elasticity with specialized techniques and active ingredients. Designed to minimise the appearance of stretch marks.

RITUAL PAR EXCELLENCE
Cellu'Contour 60min €65.00
An intensive anti-cellulite treatment with active ingredients exceptionally rich in marine and vegetable extracts. With the use of innovative sculpting techniques the body contours are visibly redefined.

*Enhance your body therapy with a reviving eye treat. €10.00
*Additional Exotic Destination treatments for the body to send you to magical lands and Sensory Journeys in our THali(sens insert).

*Enjoy a complimentary treat of Ocean Secrets Massage during your body therapy. (face, scalp, nape & shoulder, feet or hands)

SOOTHE AND RELIEVE

Ideal for after sports or to soothe aches and pains for comfort and relaxation.

Back Relief 45min €40.00
Relieve aches and pains with a warm soothing back, neck & shoulder therapy. A soothing exfoliation prepares the skin, a self heating seaweed mask to relax the muscles, and finish off with a soothing gentle back massage.

Soothe Away 60min €55.00
Warm up and soothe painful muscles and joints throughout the body. A soothing exfoliation to prepare the skin, relieve aches and pains with a self heating seaweed applied to specific points throughout the body and finish off with a soothing cream application.

JOURNEYS OF RELAXATION

Let yourself simply slip away into a world of complete relaxation and delight.

Hammam Steambath 30min €20.00
Discover the relaxing and healing effects of the Hammam Steam Room. Essential oils are infused in the air as steam is absorbed in your pores, releasing built up stress and toxins leaving you feeling cleansed and balanced.
*enjoy this treatment as a couple 30min €35.00

Arabian Nights Rasul Ritual 45min €40.00
This sumptuous ritual begins when you self apply our detoxifying mineral mud's. As you daze at the stars and relax, scent infused steam gently fills the chamber drawing out the toxins from the body. After, a warm tropical rain pours down from the dome and as the mud is gently washed away, so is every last drop of tension in your soul.

*enjoy this treatment as a couple 45min €70.00

Arabian Cleansing Ritual 60min €55.00
Your ritual begins by relaxing in a Rasul steam chamber, to cleanse your skin and remove toxins, preparing it for the cleansing scrub that follows. As you unwind on a warm Hammam bed gentle massage strokes with a dry loofah and scrubbing with your choice of one of our Mineral Body peelings and for the final touch an application of moisturizing cream. Skin is left feeling soft and glowing.

Arabian Jewel Ritual 90min €85.00
A luxurious relaxing cleansing body ritual, begin by relaxing in the rasul steam chamber to cleanse and prepare the skin for the scrub that follows. As you unwind on a warm hammam bed gentle massage strokes with a dry loofah exfoliate the skin. Complete the ritual with a luxuriant unique olive oil soap full body and scalp massage. You left feeling warm, relaxed and glowing.

Secluded Tranquility Suite 30min €15.00
Enhance your journey of relaxation by adding some private time to relax surrounded by soothing candlelight and calming music and enjoy a fruit or cheese platter and sparking water.
*Tantalise your palate with champagne and chocolate from €30.00

PURE BATHE BLISS

Lay back and calm your senses in a luxurious hydro bath.

BATHE AND VITALITY
Slimming Bath 30min €25.00
Relax and enjoy the soothing and moisturizing effects of this creamy seaweed and sea water bath which reproduces the benefits of a rejuvenating soak in the sea. Rich in seaweed which is abundant in minerals it replenishes, renews the bodies energies and aids in slimming leaving your skin as soft as silk.

Aromatherapy Crystal Bath 30min €25.00
Feel your stress and tension melt away as you lay back in a bath with natural mineral crystals enriched with pure essential oils. Choose from calming lavender, refreshing mandarin or sensual ylang-ylang. The essential oils help to stimulate circulation, soothe muscles and nourish the skin.

A Dip in the Ocean 30min €25.00
Immerse yourself in an ocean of mineral bath salts from the dead sea. Rich with seaweed extracts which will relax the body and soothe the mind as well as softening and revitalising the skin. For an ultimate bathing experience choose from revitalising apricot, purifying citrus blossom or calming lavender.

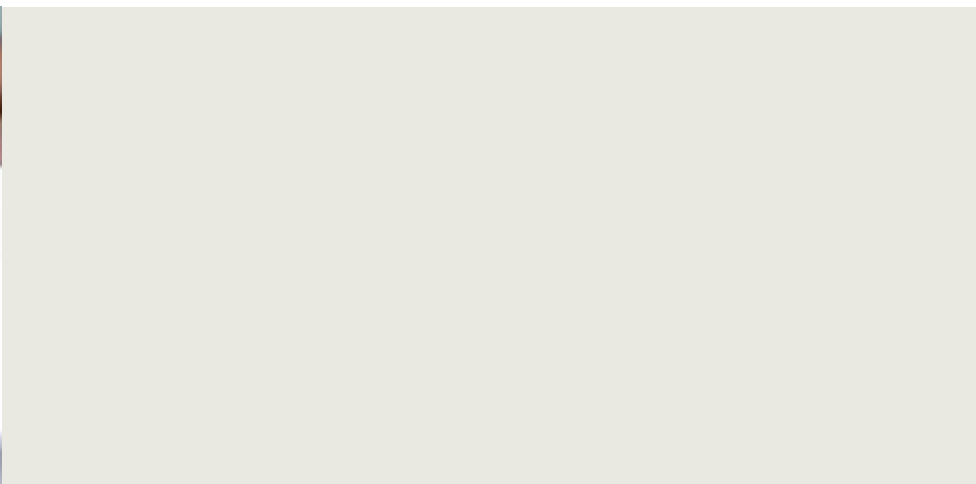
Deluxe Underwater Massage Bath 30min €30.00
Relax and unwind with a therapeutic hydrotherapy bath. An underwater hand held hose gently massages your body to help cleanse and improve your immune system, relieve stress and tension and soothe the body of aches and pains. Feel the warm water massage every inch of your body, while natural extracts condition your skin, mind and soul.

Serenity Bathing Ritual 75min €65.00
For the ultimate indulgence, our bathing ritual begins with a luxurious soak in a hydrotherapy bath infused with natural mineral bath crystals and essential oils. After your mesmerising soak a full body relaxing massage follows easing out all the stress and tensions as you lay back and calm your senses.

*Enhance your bathing experience with a body exfoliation 15min €15.00
*Enhance your massage with a relaxing bath therapy.

Float away on a journey
of indulgence





Restore. Relax. Revive.

You could also enjoy the complimentary use of the sauna, steam bath, jacuzzi and plunge pools to prepare yourself and your body for your journey of relaxation and pampering.



RELAX AND ESCAPE

Take a deep breath, lay back relax and escape.....

Tide of relaxation 55min €50.00

Feel a tide of relaxation as floating movements on the body seem like ocean tides gently sweeping the shoreline. Aromatic oils caress your skin, while this light to medium pressure massage relaxes your entire body.

Into the Deep 45min €45.00

A highly beneficial massage for muscular pain and stiffness. By means of the healing power of touch, slow and deep massage techniques relieve tightness and tension from the muscles.

DOUBLE DELIGHT

Quality time together, get away, relax and unwind in harmony.

Couples Escape 55min €90.00

A great opportunity for lovers, friends, mothers and daughters, fathers and sons —who'd like to experience the nurturing and complete relaxation of a massage. As you lay side by side surrounded by soothing candlelight and calming music two masseurs will treat you and your massage partner to a delightful, soothing experience.

*Secluded Tranquility Suite 30min €15.00

*Tantalise your palate with champagne and chocolate from €30.00

PREGNANT BLISS

Nurturing treatments..... for treasured moments in life.

Sole Delight Foot Soak 15min €10.00

Begin any of your treatments with a luxurious treat for the feet. Tantalizing soothing river rock foot soak aromatic scrub and hot towels

Nurturing Massage for Mother-To-Be 30min €30.00

Specialized for your comfort and care to help relieve tension in your lower and upper back and or alleviate any swelling in the hands and feet.

Blissful Beginnings 45min €45.00

Ideal from three months onwards, this treatment is adapted by the therapist to suit you and your pregnancy. A relaxing back massage, then the face is cleansed and rebalanced with a soothing massage extended to the neck, shoulders and scalp. To complete the treatment, a massage is given to the lower legs, feet, arms and hands which restores a feeling of lightness and comfort.

Your Personal Preference 25min €30.00

Focusing on the the areas of the body that you feel you need more relaxation or tension relief . Choose from relaxing or deep massage: Back, neck and shoulders or Back and Back of Legs or Just Legs

Pearl of India Head Massage 35min €40.00

Inspired by the Indian Head Massage this pearl of a treatment will embrace your mind and spirit. Aromatic oils used with a relaxing stress releaving head, neck and shoulder massage, aid in restoring vital strength and energy to the body whilst helping to balance inner and outer harmony.

Ancient Healing A Journey into Reflexology 45min €40.00

Reflexology is an ancient natural therapy which relates to the 'reflex' points that are found in the foot. These points correspond to areas of the body and by working these reflex points you promote health and wellbeing and intense relaxation. The body is more balanced, grounded and a sense of inner piece prevails.

Pacific Ocean Volcanic Stone Massage 75min €65.00

Reap the benefits of the power of the volcanic fire with the energy from the oceans waves. Applied to the body with specialized massage movements and essential oils the stones release a ring of warm energy onto the body, deeply relaxing muscle tension while soothing and balancing the mind body and soul.

Eastern Sea Tides Thai Massage 75min €65.00

Embark on an exotic journey to the Far East and experience a truly exceptional treatment. Your body is maneuvered in a sereis of yoga like streches improving your flexibility and increasing your energy.

Aphrodite Awakens 75min €80.00

A full body renewing experience. A four hand journey of pure indulgence and tranquility with two therapists simultaneously performing a massage that flows over the body like a wave of serenity.



JUST A TOUCH OF GLAMOUR

Give your nails the ultimate treat. Indulge yourself.

Hand Heaven 30min €20.00

An essential hand treatment to strengthen the nails and condition your skin. Put back all the moisture for silky, nourished and beautiful hands.

Mermaid Manicure 30min €25.00

Your basic essentials, shaping of the nails, cuticle work a wonderful relaxing hand massage and a glamorous classic polish to finish.

Mermaid Dreams 45min €35.00

Indulge yourself in our dream of a treatment. Begin with a warm aromatic mineral soak, followed by a natural hand peeling to soften the hands. Nails and cuticles are pampered and cared for, a luxurious hand mask is applied and as you relax your hands and arms are massaged. For the ultimate indulgence a glamorous classic polish to finish.

Velvet Feet 30min €20.00

An absolute treat for your feet, exfoliation, aromatic foot soak and relaxing massage. Soothe, nourish and pamper your feet.

Footprints in the Sand 60min €40.00

A pampering foot delight, indulge in a refreshing aromatic footbath. Relax as your feet are buffed with a natural Scrub which smoothes the soles of your feet followed by a conditioning foot mask that grants you a feeling of renewed freshness. Tired and aching feet are massaged and a glamorous classic polish to finish.

File and Polish 15min €15.00

File and French Polish 30min €20.00

French Polish instead of Classic 15 min €5.00

GEL NAILS OR ACRYLIC NAILS

Applied on natural nails €45.00 Infill €25.00

Nail Repairs or a Touch of Bling per nail €3.00

SPARKLE & SHINE

Discover your true beauty within.

Day or Evening Make-Up €20.00 to €40.00

For a natural, elegant or sophisticated look.

Bridal Make-Up 2x30min €60.00

Expertly applied make-up for your special day, a natural, sophisticated or radiant look to enhance your features and natural beauty, including trial.

Eyebrow Shaping 15min €15.00

Beautifully shaped eyebrows enhance your features and frame your face.

Eyebrow Tinting 15min €10.00

For a natural defined eyebrow, great for sparse, blond and fading brows.

Eyebrow Makeover 30min €20.00

Brows are shaped and tinted to highlight your facial features.

Eyelash Tinting 15min €15.00

A wonderful way of showing off those beautiful eyes.

*Tints require a patch test at least 24hrs prior to application.

SILKY SMOOTH HAIR REMOVAL - WAX OFF

Full Leg, bikini line, underarm and upper lip 60min €45.00

Full Leg and Bikini Wax 40min €35.00

Full Leg Wax 30min €25.00

Half Leg or Arm Wax 15min €15.00

Full Bikini Wax 15min €20.00

Bikini Line or Under Arm Wax 10min €10.00

Back or Abdomen Wax 10min €10.00

Upper Lip or Chin Wax 10min € 7.00

Immerse yourself in luxury

Spa Etiquette

A spa experience should be relaxing and rejuvenating, but if you're unsure of spa etiquette, it can be uncomfortable. While there are no rules, these suggestions offer a guideline that will help you get the most out of your spa experience.

BASICS

Tranquility

Our Spa environment is one of peacefulness and relaxation. Please speak softly throughout the Spa, for others like yourself are relaxing during their treatments. We do not allow mobile phones in the Spa area, please leave them switched off and in your locker. This is the place to relax your body and restore your soul far away from everyday stress.

Spa Arrival

We recommend that you arrive at least 15min prior to your scheduled treatment time. Late arrivals will not receive an extension of scheduled treatment time or a refund.

When you Arrive

You will be requested to complete a medical questionnaire prior to having your first treatment in the spa. It is essential to advise us of any medical problems. Advise the therapist if you are wearing contact lenses for facial treatments.

Cancellations

If you must reschedule or cancel your appointment, as a courtesy to other guests and our therapists, please contact us 12 hours in advance to avoid being charged 50% of the scheduled service. For all no-shows full payment will be required.

Reservations

Advanced booking - by phone or online - will likely minimize your wait time. We recommend you book your treatments in advance to avoid any disappointments upon arrival due lack of availability for a treatment, time or therapist you have a preference for.

MORE TIPS

Health and Hygiene

Always shower before using the Bathhouse facilities, Swimming Pools and between Heat Rooms. Food and drinks should not be brought into the Spa for consumption during your visit. The Spa is strictly a non smoking area.

Safety

Anemones Spa reserves the right to decline a treatment or offer an alternative treatment if there are contra-indications to the treatment you have chosen.

Pregnancy

We offer treatments ideal for expectant mothers. Please ask one of our therapists to guide you in selecting which treatments are most suitable during this special time.

GOOD-TO-KNOW

What to Wear

We will provide you with a locker, which will include: a bathrobe, a towel and slippers for your treatments. You will also be provided with disposable undergarments for some body and hydrotherapy treatments. Our therapists will not compromise your modesty as they are professionally trained and will assure a level of comfort by appropriately draping areas of your body that are not a focus of the treatment. To use the Bathhouse facilities you will be required to wear a swimsuit.

Communicate with us

Ask us for a treatment consultation. Talking to the Spa Manager or one of our therapists will help you choose the most appropriate Spa treatments to satisfy your needs. During treatments all aspects can be modified to your liking, amount of light, music volume, room temperature, talking or no talking. If you would like for the pressure of your massage to be adjusted, let your therapist know. Also, feel free to ask questions. If any part of your experience is unsatisfactory, tell your therapist and, if needed, speak to the Spa Manager, your comments are always welcome.

Age Requirement

To maintain our serene atmosphere, we ask that you do not bring children to the Spa and Bathhouse Area. The Spa facilities are open to persons aged 18 and over.

Gift Vouchers

Give the gift of time to someone special with a Anemones Spa Gift Voucher. Available from the Spa, for a fixed amount or specific treatments our Anemones Spa Gift Vouchers are valid for 6 Months allowing plenty of time for the recipient to choose what treatment/s and when they wish to use the Spa facilities. Vouchers need to be presented at the time of the treatment and are non-refundable.

Membership

For the ultimate Spa and fitness experience, please contact the Spa Reception for further information regarding the package most suitable for your needs.

General

All facilities are subject to availability. While enjoying the sauna or steam, it is proper etiquette to sit on your towel and wear proper attire, bathrobe and slippers should be worn in all communal areas. Please ensure you drink plenty of water after the use of heat treatments.

Valuables

Please leave all your valuable belongings in your locker or at home. Anemones Spa will not be held responsible for any loss or damage thereof.

Towels

These can be obtained from all designated areas. Please do not take bath towels and robes outside of the Spa area.

Tips for tipping

At Anemones Spa the staff is dedicated to exceeding you expectations and creating a memorable Spa experience. Gratuities for these efforts are appreciated and may be given either to the staff member directly or at the reception desk, which will have gratuity envelopes and pass them along to the therapist. Tipping is at your discretion, but 10-20% is typical for good service.