

AMARA

THE SPA



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Bringing together the finest in classic Mediterranean rituals and exceptional expertise, the AMARA Spa redefines the modern Spa experience.

Our therapists unrivalled expertise take each guest on an individual wellbeing journey, by way of a bespoke treatment menu to restore beauty and balance..

Set amongst archaeological ruins of the Ancient City of the Amathus, the AMARA Spa is an exceptional place to restore calm, connection to self, and a return to wellness.



SPA PARTNERS

COSMEDIX

AMARA Spa chose COSMEDIX for treatments that transform your skin, while respecting its natural balance, microbiome and biology.

From nourishing cleansers to targeted serums, each scientifically developed, clinically tested product uses exquisite plant-based ingredients to deliver results without aggravation, thanks to synthetic-, dye-, paraben- and always cruelty- free formulas.

This combination of clean beauty and clinical results put in the hands of our professionals is perfect for anyone keen to boost skin strength, tone and texture.

ORGANIC PHARMACY

The therapeutic choice, the Organic Pharmacy treatments use floral essences, botanical extracts and cold pressed oils to restore vitality and balance not just in your skin, but also your mind and body.

Created by a homeopath and pharmacist, products combine traditional herbal remedies with modern skincare science, so that they are as potent as they are pure. Every ingredient is free from preservatives, colourants and fragrances, so even the most sensitive of souls can sit back and relax.

SIGNATURE TREATMENTS

CYPRUS ANCIENT RITUAL 90MIN

Locally sourced organic olive oil and warmed citrus fruits create a cosseting blend to gently polish and brighten your skin, before a muscle-soothing massage using rosemary and lemon oils.
These aromas instantly connect your senses to the island, allowing your mind to be whisked away for added relaxation and restoration.

AMARA ELITE FACIAL 80MIN

Tech meets tradition with this transformative facial. Expect instant lifting and rejuvenation by way of microcurrent and light therapy, some sculpting and radiance boosting with hands-on face and scalp massage using rose crystals, and brightening and refining driven by advanced retinol and liquid crystal technology.

REVITALISING CRYO FACIAL 70MIN

Our Signature Cryo-Facial brings you the benefits of tightening, lifting, depuffing and brightening cryotherapy, enhanced with t Organic Pharmacy's botanical skincare added benefit to nourish and replenish lacklustre skin for renewed glow and bounce.

AMARA SCRUB BAR 30MIN

See you at the scrub bar, where you can enjoy mixing and matching our locally sourced all-natural ingredients to create your personal, and perfectly tailored, sloughing blend.

RITUALS

AMARA SERENITY RITUAL 120MIN

A deeply restorative treatment which combines local ancient island rituals with next generation longevity tech, for top-to-toe lymphatic drainage and resculpting.
Healing Cypriot massage that relaxes mind and muscle, before Endosphere therapy, a device which uses a micro vibration, helps boost circulation, encourage lymph drainage and improve the appearance of cellulite. An excellent antidote for tired, heavy limbs that need reshaping and rejuvenating.

DETOX CLEANSING RITUAL 90MIN

ORGANIC PHARMACY

This deep all-over cleanse begins with a detoxifying blend of natural salts, seaweed, and lemon to slough dead skin cells, before a seaweed and eucalyptus infused rare fossil mud works to draw impurities from skin, all the while you lie back and enjoy your tension-relieving scalp massage.

ROSE BODY RENEWAL 90MIN

ORGANIC PHARMACY

A ritual which begins with the 'Cleopatra Scrub', a body polish using an alchemy of ylang ylang, jasmine and rose petals, bound in salt and honey. To remineralise the body, we apply a rose and fossil mud while you enjoy a scalp massage, before delicate rose and jasmine oil are applied for velvety soft skin.

THERAPEUTIC MASSAGES

ROSE AND JASMINE AROMA MASSAGE
ORGANIC PHARMACY 50/80MIN

The full body massage for easing all-over tension, this uses rhythmical light-pressure movement and long strokes to calm the nervous system and loosen tight muscles.

SWEDISH BODY MASSAGE 50/80MIN

Gliding, kneading and friction allow the body to let go of pain, toxins and tension in this classic Scandinavian massage using medium-to-firm pressure.

DEEP TISSUE MASSAGE 50/80MIN

Expect deep, slow movements using fingers, thumbs and elbows in this massage designed to ease chronic pain and long-held tension.

HOT STONE MASSAGE 60/90MIN

A wonderfully comforting treatment using the power of hot basalt volcanic stones to massage and move tension, stress and stiffness from the body.

BACK, NECK AND SHOULDERS 30MIN

The solution for those who store stress around their shoulders and neck, this massage loosens tension so you can drop your shoulders and begin to relax.

MEDITERRANEAN HEAD MASSAGE 30MIN

Focussing on acupressure points which increase circulation and reduce tension, this massage helps calm, relieve and ground busy heads.

DETOX DRAINAGE MASSAGE 60MIN

A thorough lymphatic drainage treatment to reboot the circulation, relieve water retention and ultimately enliven tired, puffy limbs.

THERAPEUTIC FOOT MASSAGE 30/50MIN

This massage triggers pressure points in the feet to stimulate circulation and reset the nervous system for a deeply grounding effect.

FACIAL THERAPIES

ORGANIC PHARMACY

VITAMIN C AND PAPAYA ENZYME FACIAL 60MIN

A great choice for anyone suffering with blemishes, pigmentation or uneven skin tone, this brightening facial uses delicate papaya and plant acids to gently peel and reveal a more radiant skin, while vitamin C and hibiscus extract help it stay that way.

CLEANSING FACIAL 60MIN

The clean steam facial, with invigorating peppermint washes, steam cleaning, deep pore cleansing clay masks and a sculpting lymphatic drainage massage to go.

ROSE CRYSTAL LYMPHATIC FACIAL 60/80MIN

Enjoy the relaxing rose quartz lymphatic and acupressure massage which lifts, sculpts and revives the skin, while your complexion will appreciate the trio of seaweed masks with honey, jasmine and collagen, and crushed flower petals which calm, nourish and brighten.

COSMEDIX

AGE DEFIANT FACIAL 60MIN

A future facing treatment using next generation LED to regenerate, ultrasound to lift, and peptides to plump. Topical actives including cranberry enzymes and liquid crystal also go some way to reducing the appearance of fine lines and wrinkles.

HYDRATION FACIAL 60MIN

The perfect post-travel treatment, this quenching facial first preps skin with papain and lactic acid to smooth fine lines, before infusing skin with vitamin C, peptides and moisture to restore a parched, lacklustre complexion.

LET'S GET EVEN FACIAL 60MIN

The pigmentation solution, this facial uses vitamin C to fade age spots and even out skin tone, while bamboo stem extract sloughs off dead skin cells to reveal a radiant glow.

THE CLARITY FACIAL 60MIN

The clean and clear facial, this uses the power of peppermint and tea tree oil to really calm angry skin, as well as sulphur and kaolin clay to absorb excess oils and deep clean pores to prevent breakouts. A welcome reset for acne prone skin.

THE CALMING FACIAL 60MIN

The soothing choice for sensitised skin thanks to the cooling and calming power of arnica and aloe vera, as well as green tea-derived antioxidants to protect.

PICTURE PERFECT EXPRESS FACIAL 30MIN

You're just half an hour away from a more glowing complexion with our pick-me-up protocol.

EYE & LIP TREATMENTS

HYDRA-LIFT EYE TREATMENT 30MIN

Reverse the signs of tired looking, puffy or lined eyes instantly with this series of good massage, quenching hydration and firming skincare.

HYDRA-LIFT LIP TREATMENT 30MIN

The naturally plumping treatment for lips, this hydrates and lifts to restore a youthful pout.

BODY TREATMENTS

GREEN COFFEE BODY SCULPTING 60MIN

A treatment incorporating body brushing and massage techniques to reduce bloating and stimulate the lymphatic flow. Fat-burning coffee and heat-stimulating chilli target problem areas such as thighs, waist, and tummy.

BODY SCRUB AND BACK MASSAGE 60MIN

Choose your favourite scrub for a top-to-toe exfoliation, finished with a deeply therapeutic back massage.

DETOXIFYING BODY EXFOLIATION 45MIN

A classic scrub made from salt, seaweed and lemon with its own natural detoxification properties for the ultimate top-to-toe cleanse.

CLEOPATRA BODY SCRUB 45MIN

A luxurious Cleopatra scrub enriched with ylang-ylang, crushed rose petals, salt and honey to cleanse and nourish the skin.

DETOX BODY WRAP 45MIN

Enjoy a therapeutic head massage while the seaweed, eucalyptus and rare fossil mud are applied to skin for a deep cleanse. Expect a renewed silhouette and vigour.

ROSE MUD WRAP 45MIN

Flooding the skin with essential minerals, this rose and fossil mud wrap works like a nourishing mask. Lie back and reap the benefits while you enjoy a head massage, before rose and jasmine oils are massaged in to lock in the benefits.



BANYA SUITE EXPERIENCE

Enjoy your secret spa moment at the banyan suite, a private sanctuary which can be booked for up to two complete with a sauna, plunge pool, steam and colour therapy beds. Add on a treatment for the ultimate mind and body haven.

TREATMENTS

DETOX SCRUB and STEAM CAPSULE 30MIN

A deeply relaxing steam clean for body and mind, with an infusion of salt, seaweed and lemon to boost the body's own detoxication process and circulation.

NOURISHING BODY MASK and STEAM CAPSULE 30MIN

Step into the steam capsule to enhance the body's own cleansing process, with a menu of masks to nourish, hydrate or deep clean the skin.

STEAM CAPSULE WITH COLOUR THERAPY 20MIN

A first or final step in your body treatment, add a steam capsule session to your booking to encourage muscles to melt and skin to purify.

BANYA SUITE ADD ON: 30/60/90MIN

Limited to 2 persons at a time

Includes complimentary water – fruit plate – and a hot detox tea.

JUST FOR HIM

MEN'S RESTORE AND RELAX 70MIN
ORGANIC PHARMACY

The skin reset. This two-step treatment starts with a 'back facial' to seriously sort out hard-to-reach congested skin with a zingy peppermint wash, detoxifying scrub, hot compress and massage using detoxifying essential oils. Green tea and seaweed extracts are then applied to the face for the same deep clean.

MEN'S HYDRATION FACIAL 60MIN

The solution for men's skin when suffering from too much shaving, sport and stress. The thorough facial gets skin that feels out of sorts back into balance with a series of masks, massages and moisture.

MEN'S MANICURE 50MIN

The 'manlycure' to tidy, trim and transform busy hands. This tailored treatment focusses on the health of hands and nails, to leave your hands feeling comfortable and looking well-groomed.

MEN'S PEDICURE 60MIN

Give your feet some attention with this relaxing grooming treatment, featuring a relaxing foot soak in essential oil infused waters, thorough nail maintenance to restore health, exfoliation to combat dry skin and a final massage with moisturising benefits.

COUPLES

À LA CARTE OPTION FOR TREATMENTS
ALSO AVAILABLE IN COUPLES' ROOM.

COUPLE'S INDULGENCE 90MIN
ORGANIC PHARMACY

The luxury treatment for two, expect a sumptuous Cleopatra Body Scrub with exotic ylang-ylang, honey and salt to restore skin before a dreamy aroma massage. Post-treatment enjoy your new dewy skin, as well as the views of the Mediterranean Sea from your seawater pool cabana.

TIME FOR TWO 50MIN
ORGANIC PHARMACY

Book in at the couple's suite for the soothing full-body essential-oil massage for two, where both of you will drift off, side-by-side, and later wake fully restored with muscles, mind and tension eased.

ENHANCE YOUR EXPERIENCE

Wellbeing served by way of a chilled bottle of prosecco, and a seasonal fresh fruit platter straight to your seawater pool cabana. Add to your booking for 70€.

MOTHER-TO-BE TREATMENTS

MOTHER-TO-BE TREATMENT 70MIN
ORGANIC PHARMACY

Pamper yourself with our specially formulated products. This treatment is designed for expectant mothers in their fourth month onwards, or post-partum. Our expert therapists provide a targeted massage for the back and legs, concluding with a luxurious facial, leaving you nourished, balanced and radiant.

PREGNANCY MASSAGE 50MIN

The gentle massage developed to soothe tension in those overworked areas, around the lower back, lower legs and hips, using a therapeutic blend of calming lavender and comforting calendula aromatic oils to leave you feeling relaxed from head-to-toe.

JUNIOR THERAPIES

YOUNG GUESTS (AGES 6-16) MUST BE ACCOMPANIED BY A PARENT OR GUARDIAN FOR THE DURATION OF THEIR TREATMENT.

JUNIOR MASSAGE 45MIN
ORGANIC PHARMACY

Calm the mind and soothe the skin with this light-to-medium pressure massage using chamomile and lavender essential oils.

JUNIOR MINI FACIAL 30MIN
ORGANIC PHARMACY

Safe on sensitive faces, this uses the Organic Pharmacy's cult classic carrot butter cleanser and flower petal exfoliators to clean and soothe little faces. A final massage with reparative rosehip oil will leave their skin feeling fresh.

JUNIOR PERFECT HANDS OR FEET 30MIN
ORGANIC PHARMACY

Mini manis and pedis with polish and pampering for precious hands and feet.


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HANDS AND FEET

DELUXE MANICURE 60MIN

The everything manicure to completely transform hands with expert nail treatment for a perfectly flawless finish.

DELUXE PEDICURE 60MIN

The perfect holiday pedicure for refreshed feet, this treatment focuses on treating the skin with scrubs, moisturisers and massage as much as it does on leaving you with the most perfect polish.

RESHAPE AND POLISH 40MIN

A quick yet impeccable nail refresh. Nails are expertly shaped and filed before the application of your chosen polish, leaving hands or feet looking neat, elegant and beautifully groomed.

SHELLAC MANICURE 70MIN

The long-lasting Shellac manicure with cuticle work and a quenching massage to revive hands and nails, with perfectly applied polish to outlast any holiday.

SHELLAC PEDICURE 70MIN

The luxury long-lasting pedicure. This treatment takes care of tired feet with a hydrating massage, while nails and cuticles are meticulously shaped, buffed and polished with colour that lasts weeks.

GEL REMOVAL 20MIN

Professional and gentle removal of gel polish, leaving nails clean and ready for their next treatment while helping to maintain their natural strength and condition.

WAXING

- Upper lip or chin
- Upper lip and chin
- Underarm wax
- Arm wax
- Half leg wax
- Full leg wax
- Bikini line wax
- Deep bikini wax
- Full bikini wax
- Back wax
- Chest wax

TINTING

- Eyebrow shaping
- Eyebrow or eyelash tinting
- Eyebrow and eyelash tinting
- Eyebrow shaping and tinting



FITNESS AND WELLBEING

Boost your health and fitness in our state-of-the-art gymnasium, featuring the latest Technogym equipment. In our fitness area, you will find:

- Indoor 25-metre pool with a whirlpool (heated in the winter months from November to April) and mixed sauna
- Fitness studio
- Pilates studio 60MIN
- Personal training room 60MIN
- Bike room with Expresso and spinning bikes 60MIN
- Lockers and changing rooms

PERSONAL TRAINING SESSION WITH GYM INSTRUCTOR 60MIN

Book a consultation with one of our expert personal trainers to create a personalised wellbeing programme tailored to your goals.

BODY MASS ANALYSIS 30MIN

Empower your wellbeing journey with an In-Body Composition Analysis, a smart scale which measures your body's four components: fat, lean body mass, minerals and water. Together with our accredited personal trainers the results will help determine and design your perfect body programme.

FITNESS CLASSES 45MIN

Enjoy an uplifting fitness experience, with dynamic classes tailored to suit every level. These include Yoga, Core Conditioning, Stretch and Tone.

TENNIS

INDIVIDUAL TENNIS LESSONS 60MIN

Improve your skill on our floodlit artificial grass court with tennis professioals. Tailored to suit all skill levels.

TENNIS COURT BOOKING

Tennis court bookings are complimentary for all hotel resident guests, with rackets and balls provided. To maintain the quality of the court, proper tennis footwear must be worn. Do book in advanced with our Spa reception. (Please note that proper tennis shoes are required on the court).

YOGA/PILATES

IMPROVE YOUR PHYSICAL, MENTAL AND SPIRITUAL WELLBEING WITH A CLASS LED BY OUR EXPERT TRAINER.

PRIVATE YOGA/PILATES SESSION 60MIN 80€ per person

The truly holistic treatment this one-to-one booking with our expert trainer will stretch, release and rebalance your mind, body and soul. From beginner to advanced, all levels are welcome, whatever your level stiffness, soul searching of stress. Pre-bookings are essential at the Spa reception.

Advance bookings are recommended through the Spa receptionor by T: +357 2544 2222 or Email: spa@amarahotel.com





SPA ETIQUETTE

SPA ARRIVAL

Arriving late for your appointment may mean cutting your treatment short so that the next guest is not delayed. Please arrive at least 20 minutes prior to the scheduled time so that you have sufficient time to check in and prepare to enjoy your treatment. Should you wish to make use of the Spa facilities, please bring a swimsuit to enjoy our Seawater pool, Indoor pool and Sauna area.

SPA ENVIRONMENT

The spa environment is one of tranquillity and relaxation. Please respect all Spa guests' right to privacy and serenity. All family members under 16 years of age must be accompanied by an adult and are not permitted to use the seawater pool and sauna facilities. Please turn off mobile phones or place them on silent upon arrival at the Spa.

HEALTH MATTERS

Please communicate any health conditions such as high blood pressure, allergies, pregnancy or any other health-related concerns you have when making your appointment. We do not recommend the consumption of alcohol before or directly after Spa treatments. Please consult your doctor before using the Spa heat and water facilities or exercise equipment if under medical supervision or if you are taking medication.

Expectant mothers in their fourth month of pregnancy and beyond can enjoy our specifically designed treatments that aim to care for both mother and baby.

SPA ATTIRE

We will provide you with Spa attire, including bathrobe, slippers and disposable Spa underwear (alternatively, you may choose to wear your own). Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

VALUABLES

We provide a secure place to store your personal items inside the Spa locker rooms. However, please keep in mind that we do not assume any liability for personal items and recommend you leave valuables in the safe in your hotel room or suite.

CHILDREN

Children are welcome to attend treatments in the treatment room from the age of 6 years old, provided they are accompanied by a parent or guardian. Our young guests must be over 18 years of age to enjoy the Spa and gym facilities. An adult must be present when using the indoor pool. We do ask that children remain quiet in all areas of the AMARA Spa, to ensure the enjoyment of all our guests.

CANCELLATION POLICY

The treatments you select are reserved especially for you. Guests will be charged a 100% cancellation fee for treatments cancelled less than 12 hours from the scheduled appointment time.

REFUNDS AND RETURNS

Treatments and packages are non-refundable, non-transferable and may not be exchanged for other treatments. For hygiene reasons, products purchased may not be returned or exchanged.

SPA SERVICE HOURS:

Treatments between 10:30 to 19:00
Fitness, Indoor pool and Sauna 07:00-20:00

RESERVATIONS & ENQUIRIES:

Dial extension #2301/2302 (hotel resident guests)
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