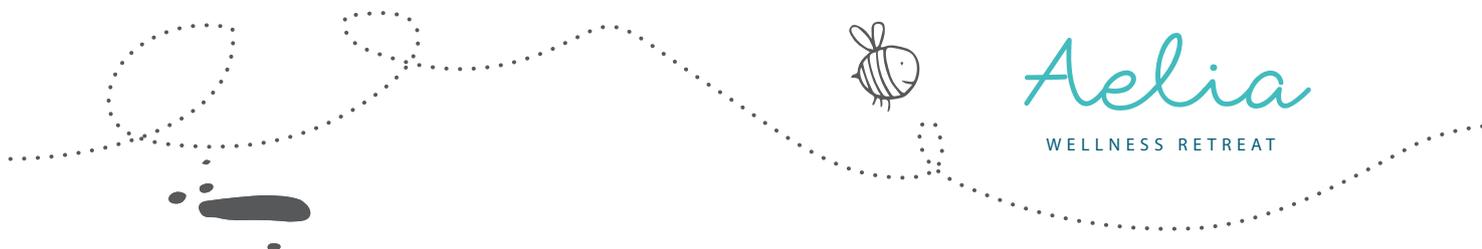


Travel to a time and place where body and soul experience moments of pure relaxation and calm. Cocoon yourself in a soul-soothing haven promising a healing touch and care. Revive the timeless beauty that belongs in you.

Cocoon Spa offers wellness-oriented treatments and rituals, with a clear preventive, soothing and revitalizing vocation, using the finest products to cater to each individual's needs. Aelia takes pride in the selection of the multi-award winning product range, Aromatherapy Associates, which harnesses the natural healing powers of the finest natural ingredients, purest extracts and essential oils. Combined with their extensive experience as therapists they know first-hand how essential oils can enhance the physical, mental and emotional wellbeing. After all, the sense of smell is the most primitive of our senses, intertwined to the deepest parts of the brain, which reigns basic instincts, memories and emotions.

What's more, Aelia's treatment rooms offer complimentary chromotherapy, to enhance the effect of treatments, using colors to adjust body vibrations. Choosing a color palette that suits your personality, and state of being that you wish to have following your treatment, facilitates a holistic healing of body, mind, and spirit.

*Are you ready to embark on a
rejuvenating voyage of the senses?*



FACE RITUALS



"A facial treatment is something truly wonderful. A ritual of harmony and enjoyment that calls for indulgence. A ritual that makes beauty rise to the surface."

HYDRATING | MATTIFYING | DETOXIFYING | ANTI-AGEING REPAIRING

* Ultimate Aromatherapy Facial | €90 80mins

A personalised aromatherapy facial, to suit your individual skin needs using the finest ingredients from plant extracts, infused into your skin. Whether your skin is dehydrated and tired, oily and problematic or mature and distressed, your personalised prescription promises the ideal facial for you. Coupled with extra massage techniques on the face, which restore and recondition the skin, improve circulation providing cellular oxygenation, decongest and firm, this treatment truly improves the appearance of your skin.

Treats your individual skincare needs leaving your complexion smooth and luminous.

* Skin Drink | €65 55mins

If you are looking for a treatment that restores radiance and a glowing skin, this is the treatment for you. Luxurious rose essential oils, long known for their rejuvenating properties, help condition and deeply nourish the skin.

For a smooth, radiant, deeply hydrated complexion and a relaxed state of mind.

* Youth Booster Facial | €78 55mins

An intensive treatment for those concerned with aging signs. Award-winning natural products are used in conjunction with a unique, dual layering of intensive masks, with a specifically lifting, deep sculpting and firming massage. This youth-booster facial will stimulate the blood circulation oxygenate the skin, nourish the tissues and smooth away wrinkles. Delivers instantly visible results.

For a firm, plumped and more youthful looking complexion



* **Rose Infinity- Start Young, Stay Young | €120**

80mins

For any skin type with aging signs and a lack of firmness and vitality. Achieve instant, long lasting results that noticeably lift and tone the skin, leaving you with a flawless, healthy and younger looking complexion. The ground-breaking Rose Infinity Collection, at the heart of the facial, uses Nobel-prize winning research that works at a cellular level to repair ageing DNA, radically increase moisture levels and stimulate collagen production. Our tailored bespoke massage in conjunction with the iced cold stones massage will help to stimulate circulation, reduce puffiness and dissolve stress.

Harnesses the most advanced natural ingredients to reveal younger looking skin and a radiant complexion.

* **Matte Face Perfect | €65**

55 mins

A purifying treatment for oily, combination or problematic skin. Cleansing and exfoliation is followed by steaming, extraction and a hot towel compress to refine the pores. This mattifying treatment, using lavender, tea tree and orange flower, regulates problematic skin, draws out dirt and harmful impurities, leaving the complexion instantly bright, radiant and balanced. Ideal when suffering from breakouts or, simply in need of a deep, thorough cleanse.

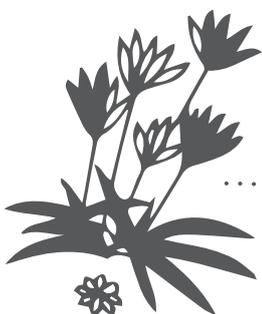
Refreshes and balances, leaving the complexion super clean and fresh.

* **Inner Strength Soothing Facial | €78**

55mins

A truly soothing and calming facial suitable for irritated or inflamed skin. Helps to reduce redness, while it nourishes, soothes and restores the skin's natural radiance. Inner Strength skincare rebuilds your natural strength and shields the skin from the effects of emotional and environmental stresses. Dermatologically tested products are formulated with Prebiotic Technology to re-build and protect the skin barrier, while cold stones are used to reduce inflammation and sensitivity.

Soothes, nourishes and restores the skin's natural balance.



* **Red Vine Elixir | €65**

55mins

Attain all the benefits of red grapes.

Anti-oxidant rich, this treatment prevents cell damages. After thorough cleansing and face steaming, your skin will benefit from the therapeutic properties, which de-stress and rejuvenate the skin. In combination with our booster massage, this therapy stimulates blood circulation thereby oxygenating and nourishing the tissues, giving your skin an instant glow and smoothing away fine lines. Finish this facial yoga with a luscious glass of local wine.

Enjoy this unique journey into the world of red grapes, which will breathe new life to your skin cells, detoxify and leave you with a radiant complexion.

* **Superfood Facial | €65**

55mins

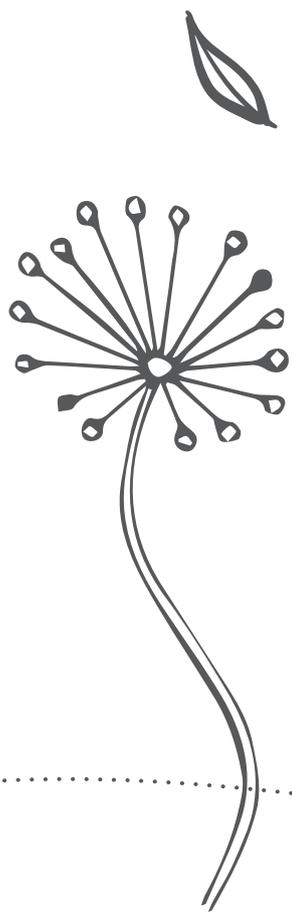
This fruit-designed treatment restores clarity, radiance and intensive firming hydration.

A super food therapy, it offers highly advanced cellular renewal and protection, blending an anti-aging treatment with fruit stem cells, sirtuin activators the “youth proteins”, three types of hyaluronic acid, oligo-peptides and vitamins. Fruit extracts work in synergy, pomegranate an anti-oxidant, melon the “enzyme of life”, kiwi rich in vitamin C and polyphenols to combat the effects of aging. A deep facial massage, improves blood circulation, oxygenates the tissues and reveals a healthier younger looking skin.

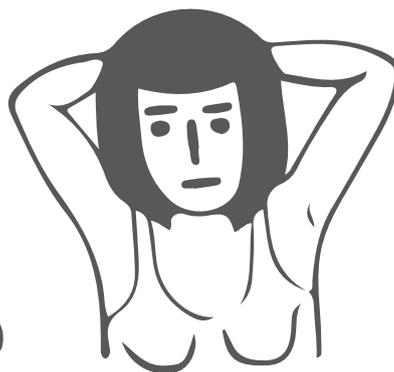
Perfect for dry skin types targeting lines while boosting hydration. A mindful beauty experience in a fruit garden.



BODY & SOUL RITUALS



"I DID IT
FOR MYSELF."



"The act of massaging, or any form of touch triggers the secretion of a natural anti-depressant called serotonin. You can feel this immediately after a therapy session; you're calmer, more focused, and suffice to say happier".

RELAX | DE-STRESS | SUPPORT | DETOXIFYING | REVIVE

* **The Ultimate Aromatherapy Experience | €65/€90**

55mins/80mins

Pause for a moment and think about how you are feeling now. Then, imagine how you would like to feel. Now, just select the mood oil blend that matches that feeling, sit back and enjoy!

This hero treatment works from head to toe melting away all stress and tension. Your therapist will help you choose one of our 12 award-winning signature oil blends with wonderful scents and powerful therapeutic benefits best adapted to your emotional and physical needs.

This is an intense massage ritual with pressure points, combining Swedish, neuromuscular and lymphatic drainage techniques drawn from a fusion of eastern and western practices, promoting healing of body, mind and spirit.

A tranquil journey to seize the day.

* **Intensive Muscle Release | €70**

55mins

This treatment is specifically designed for stressed muscles. Swedish and cross muscle fibre massage techniques are combined with our internationally acclaimed De-Stress Muscle Gel and Oil to instantly release pain and tension. Black pepper, rosemary and ginger warm the muscles and help disperse the build up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory. Want us to focus on a particular area? We will be more than happy to.

For stretched, aching muscles in need for a deep massage.

* **Back To Basics | €40**

25mins

An intensive and restorative massage using rosemary, ginger and black pepper essential oils that will penetrate deep into your skin warm up the muscles, improve circulation and ease stiffness and pain. Calming lavender will leave you feeling soothed and relaxed. Massage intensive techniques target knots and adhesions in tired, aching muscles, reducing tension while maintaining the relaxation effects of massage.

A back, neck and shoulder rub specifically designed to melt away tension knots.



* **Sleep Deeply | €68**
55mins

If you are struggling to sleep, or suffer from sleep deprivation, this vigorous body and mind switch-off will induce a serious state of relaxation for a comforting, peaceful night's sleep. Working on all aspects of physical, mental and emotional stress, the treatment begins with a warming foot ritual followed by slow deep movements, which will rhyme with your calm breath to balance the nervous system and ease an overactive mind.

This deeply sedating body massage harnesses rich earthy essential oils of vetivert, camomile and sandalwood, renowned for their intense calming and grounding effects. A must-have treatment for those who suffer from insomnia or long for a deep sense of tranquillity.

Uses carefully applied pressure points to induce a serious state of relaxation, leaving you prepared for a sound night's sleep.

* **Clear your Mind | €68**
55mins

Calm a stressed and overloaded mind with a refreshing yet soothing experience for body, mind and soul.

A camomile and olive grain scrub refreshes legs and feet before you are treated to a spiritually uplifting inhalation of frankincense and a traditional aromatherapy massage to target stress symptoms. A garden blend of deep calm combining camomile, petitgrain and rosemary will help to soothe and cleanse your thoughts. Coupled with an Ayurvedic scalp, facial and back massage to restore you wellbeing, relieve anxiety and increase inner peace.

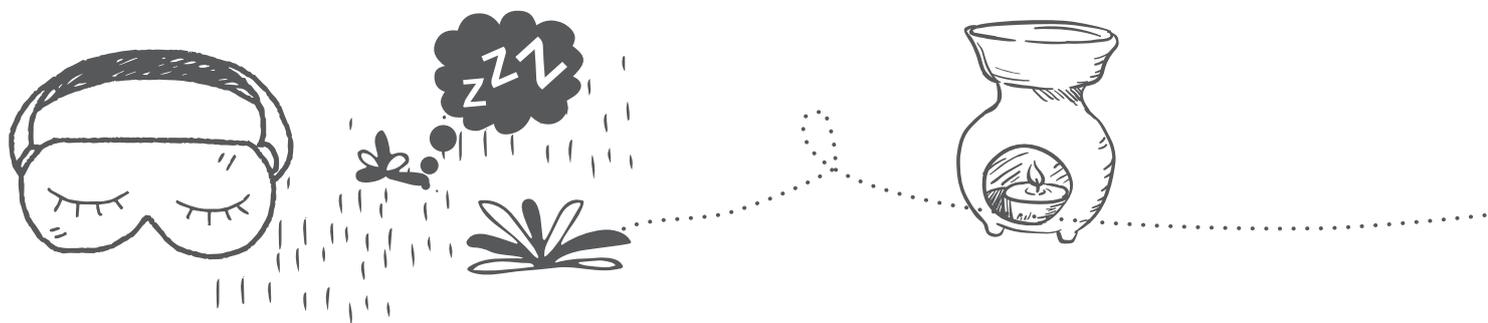
Ideal for a troubled mind, to improve concentration, refresh your memory and get your brain back on track.

* **Uplift your Mood | €68**
55mins

For times when you are feeling emotional and blue.

This reviving treatment, in conjunction with a pressure point massage will harmonise and rejuvenate your spirit. You can choose between two uplifting oils, which will induce inner harmony, whilst a warm freshwater mud mask to the face works on your outer radiance. Combined with a relaxing scalp massage using a rich, conditioning hair oil infused with pure essential oils, body and soul are simultaneously nourished and uplifted. A specialised treatment based on the philosophy that inner strength enhances outer beauty.

If you are looking for a 'lift' and some emotional pampering, then this complete and indulgent ritual will harmonise and rejuvenate the spirit.



* **Calming Head Massage | €38**
25mins

This tranquil journey combines gentle and firm movements targetting the especially tensed areas of the upper back, neck, shoulder and scalp. This treatment is based on pure essential oils, which will detox your mind, deeply calm your mood and soothe headaches and migraines.

Work on head pressure points to relieve tension and induce a deep state of relaxation, with music humming to your soul.

* **Immune Recovery | €55**
40mins

Keep your respiratory tract and sinuses clear, and your immune system strong with this purifying, fortifying upper body treatment. A back, face and scalp massage, using our powerful Eucalyptus and Pine essential oil blends, will help decongest and alleviate the flu symptoms or seasonal allergies. Use this treatment to erase fatigue and boost your immune system.

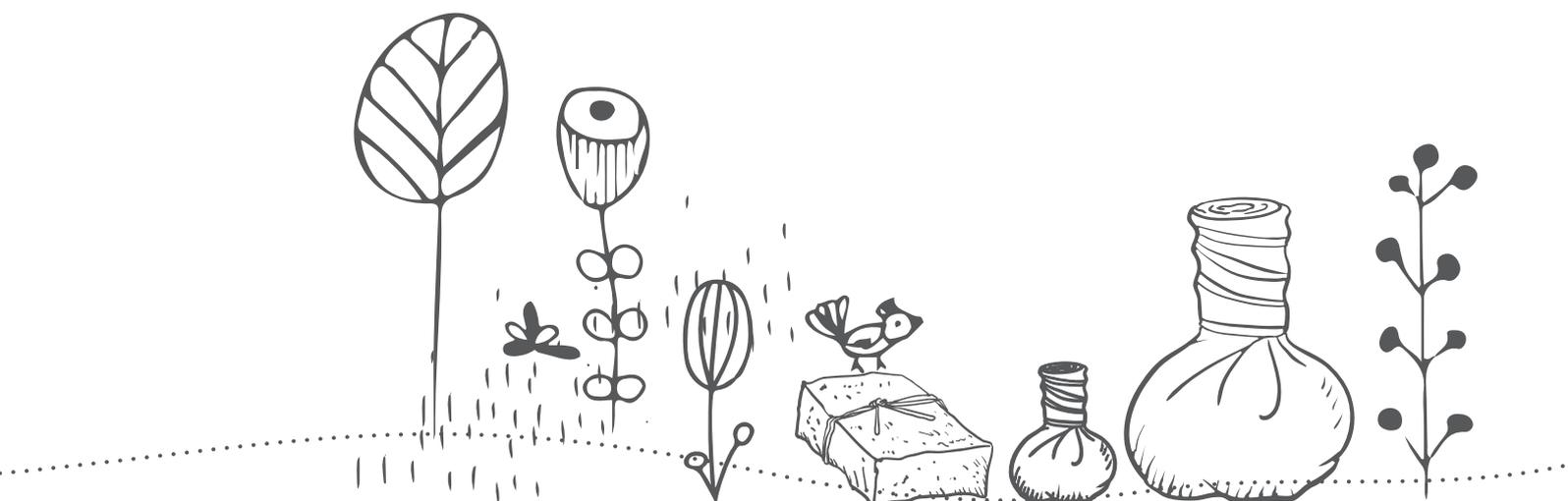
Cleansing, clearing and decongesting, this upper body treatment helps clear the mind and boost the immune system.

* **Stepping Stone to Tranquillity | €68**
55mins

Allow your mind and body escape reality in search for inner-balance.

Dating back to ancient times, this experience is an excellent way to drain and regenerate tissues while alleviating tension with the use of stones, which deeply warm your muscles and stimulate circulation. Your therapist will skilfully integrate the soothing heated stones with deep movements and pressure points to reduce body aches, increase flexibility and melt away tension and stress.

Pure bliss as the warm stones glide over your body. Everything around you will slow down.



* **Fire Aelia Cupping - the Medieval Alchemy** | €45
40mins

Inspired by an ancient, traditional technique used to heal the body, fire cupping It alleviates aching body and muscles, aches and reduces specific stress. Cupping is commonly applied on the back to target multiple acupuncture points simultaneously and it is specifically useful for treating cold and dizziness due to its highly detoxifying effect. A painless, effective and extraordinarily intriguing therapy.

How it works: By using a flash of fire all the oxygen is absorbed from the glass cups creating a vacuum. The suction pulls the skin, tissues and muscles upwards into the cup.

Cupping is the inverse of a massage, yet it is as effective as a deep tissue massage.

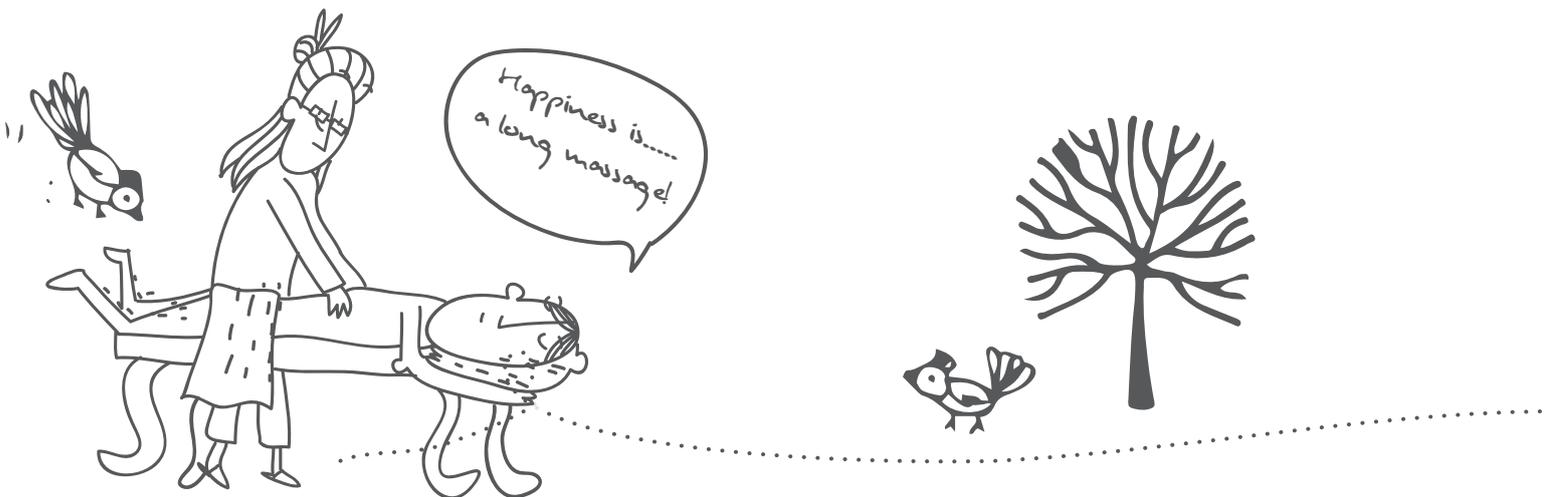
* **Garden Massage**

At Aelia we developed a specialized outdoor massage treatment area which blends naturally with the stunning environs, for an indulgent pampering experience. Time spent in nature is a form of wakeful relaxation when we become mindful of our surroundings, glorious Mother Nature and a fresh breeze softly caressing our skin. "Nature connects us to our roots," says

Dr. Matthew Baral, "the trees, flowers are all part of our primeval world. It is where we feel most at home."

Enjoy any of our massages within an outdoor soothing sanctuary, which wakes up all your senses.

A sensory experience in Aelia's lush and tranquil setting.



PREGNANCY TREATMENTS

You may select any of the following treatments:

FACIALS: Youth Booster Facial, Skin Drink, Matte Face Perfect, Ultimate Aromatherapy Facial

SCRUBS AND WRAPS: Skin Food, Rose Radiance

* **Baby on Board | €65**
55mins

Once you have passed your first trimester, treat yourself to a prenatal massage, a nurturing experience for both the mother-to-be and baby.

Feel nurtured and supported in a time of constant change. Choose from a selection of three oils, each safely formulated to be used during pregnancy and each with specific properties to nourish and care for your expanding skin so that you can reduce the risk of stretch marks. This massage will relieve stress and tension, will ease the heaviness of pregnancy, and help ease an aching back and heavy legs. A full scalp and facial massage completes this top to toe treatment.

Give yourself a time to appreciate the joy of pregnancy and leave stress behind you.

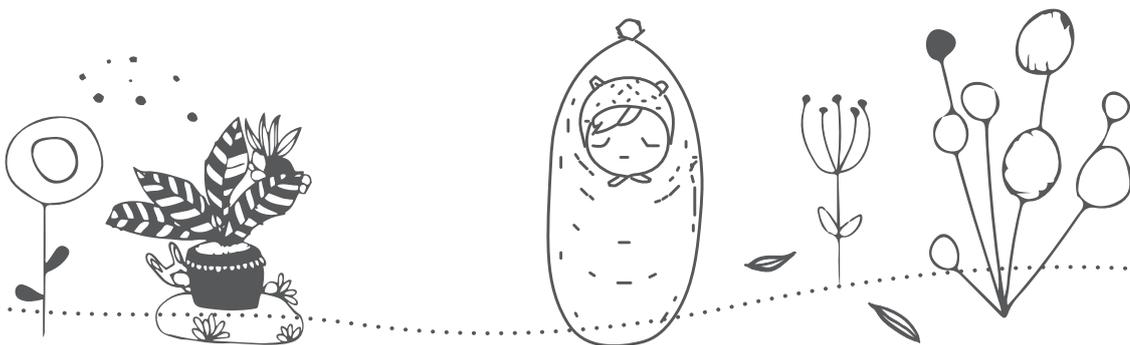
* **Boost the Mamma to Be | €65**
55mins

Pregnancy is an exciting time in a woman's life. However, for many women, challenges in conception, is a reality they have to face. This fertility treatment is a new non- surgical and non- invasive therapy that incorporates massage techniques which support the reproductive health, menstrual cycle, and fertility. It increases circulation to the uterus and cervix and helps the body to get rid of old stagnant blood and tissues. This therapy combines reflexology techniques, which help to stimulate hormonal glands, and reproductive areas to enhance the energy flow.

This fertility massage helps to alleviate stress and prepares the ground for a baby to be conceived.



BODY SCRUBS AND WRAPS



NOURISHING | RENEWING | DETOXIFYING | SUPPORT | REVIVE

* **Skin Food | €75** **50mins**

Nourish body and soul with this luxurious treatment designed to rejuvenate dry, out-of-condition skin.

An intensive salt and coffee body exfoliation stimulates the circulation and sloughs off dead cells to revive dull tired-looking skin and a freshwater mud mask to truly soften and condition the skin. Your body is layered in hydrating and marine algae full of minerals and vitamins and is then massaged with a blend of four highly nourishing plant oils with a sensual fragrance, which bring their calming and relaxing properties to this treatment. Finally, a scalp massage soothes away all the stress and tension.

A deeply nourishing therapy. Your skin has never felt so amazing.

* **Rose Radiance | €75** **50mins**

The perfect formula for a radiant glow, which leaves you feeling on top of the world!

If you are looking for an indulgent and uplifting treatment to restore your radiance and renew your skin, then this is the treatment for you. This intense hydrating body ritual includes a gentle exfoliation followed by a layering of hydrating and regenerating creams and oils rich in damask rose, renowned for their renewing and moisturising properties. The products are left to penetrate under a wrap while an Ayurvedic scalp massage lifts and brightens your spirits.

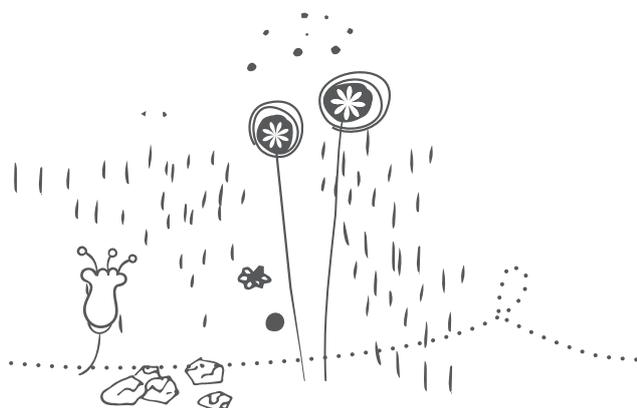
This treatment leaves your skin radiant, soft and smooth and elevates your spirits.

* **Body Sculpter- Thermoactive Anti-Cellulite Programme | €75/€110** **55mins/ 80mins (with micro needling)**

Using plenty of plant extracts and active ingredients, this treatment aids the removal of toxins and fluids by promoting healthy blood circulation, whilst a firm, specialised massage breaks down fat deposits and smoothes out those unpleasant cellulite dimples.

Make the most out of this treatment with microneedling, which helps to firm the skin by boosting collagen and elastin production, fading away stretch marks. What's more the derma roller increases the absorption and effectiveness of anti-cellulite creams.

The revolutionary anti-cellulite treatment! Pairing your treatment with healthy eating and exercise to feel your best.



* **Detox and Revive | €75**

50mins

Feeling a little sluggish or lethargic? Or, simply in need of a little indulgence?

Let us freshen you up with an invigorating exfoliation, followed by a layering of gels and oils, left to absorb deep into the skin, while a stimulating foot massage releases and eliminates toxins. Our invigorating Revive blend of essential oils, renowned for its freshening and detoxifying properties, will leave you feeling fresh, alive and full of energy!

Leaves you feeling invigorated and full of energy.

* **Summer Skin Cooler | €75**

50mins

Ever take that sun-kissed look one step too far? Its time to hydrate, cool and nourish that over-exposed distressed skin. This treatment combines the soothing skin-healing properties of lavender with cooling peppermint and regenerative rose to revive distressed skin. Rich in active extracts which are infused gradually into the skin while an Ayurvedic scalp massage releases head tension for an all-over relaxing, restorative treatment.

Your skin will feel cool, soothed and moisturised.

* **Perfect Back | €75**

55mins

Designed for backs prone to blemishes and oiliness, this treatment purifies and revives the skin, leaving it smooth, glowing and flawless.

Cleansing and exfoliation is followed by steaming, extraction and a hot towel compress to refine the pores. With antibacterial properties, natural products are infused into the skin, helping to regulate sebum production. While the mask goes to work, your therapist will detoxify your entire system with a delicious foot massage.

Get ready to show off your back, with glowing and polished skin.

* **Choco-Journey To Happiness | €75**

50 mins

Enjoy chocolate without a single calorie!

The aroma of cacao triggers the release of brain chemicals also known as 'happiness molecules' that produce a similar feeling as when one first falls in love. In addition to being a sensory indulgence, chocolate is full of minerals that have a deep calming effect while theobromine found in chocolate is a natural substance producing a slimming and anti-cellulite effect on the body.

A superbly indulgent and unforgettable experience for the senses.

Utterly delicious and perfect for chocolate lovers!



FOOT RITUALS

"Feet are an important part of the body, as they tell a story about the person to which they belong."

* **Foot Reflexology | €40**
40mins

Thousands of nerves end on your feet, creating a mini map of your entire body. Pressure points are applied on this mini-map connected through the nervous system and energy pathways to bodily organs and glands.

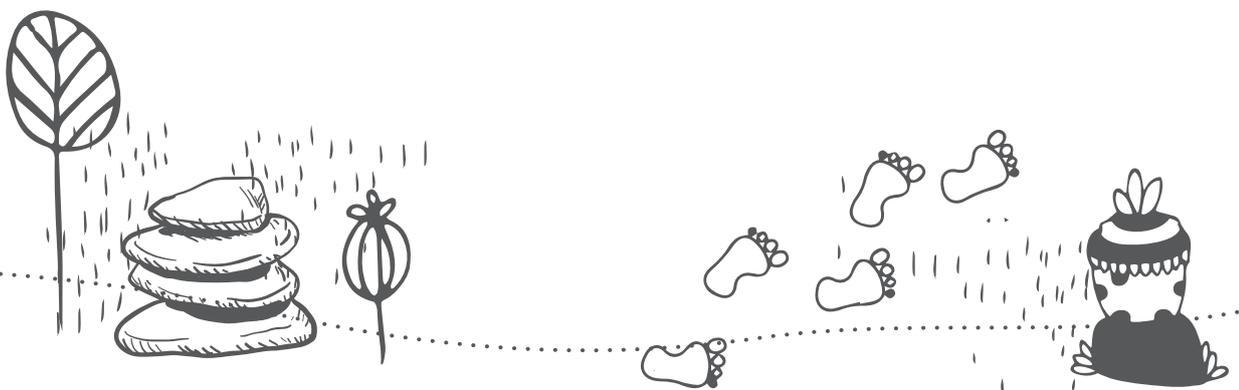
This traditional ritual promotes body healing, brings harmony and releases blocked energy, which causes imbalance in the body.

* **Toe-Tal Harmony | €45**
45mins

This ritual will deeply hydrate, soften and revive your feet leaving you feeling light, fresh and stress-free.

Feet and lower legs are brushed, soaked, exfoliated and refreshed with hot towels before gel and oil are massaged into the skin using traditional reflexology techniques. Warm aroma-therapeutic oils and rich creams will nourish and super-condition neglected feet and nails, and give extra-rich hydration to hard working, rough heels.

Lower legs and feet will feel soft, silky and revitalized. Say good bye to pain and hello to light feet!



MEN'S RITUALS



Because men deserve to be pampered too! You may select any treatment listed in this menu, however we have also designed a special range of treatments to cater to men's needs, from a stress releasing deep-tissue massage to a deep cleansing facial.

*** Alpha Male | €65**
55mins

A treatment suitable for all skin types, particularly dull skin in need for a deep cleanse. A brightening facial that will leave your skin looking clean, luminous and hydrated with rich, invigorating essential oils and botanical extracts. To complement the relaxing properties of this treatment, a relaxing scalp massage is also performed, leaving you with a calm and comforted state of mind.

This treatment refreshes and balances, leaving a clean and bright looking skin.

*** Workaholics Reprieve | €70**
55mins

The ultimate, all-inclusive cleansing and rejuvenating treatment including a back exfoliation, cleanse and a stress relieving back/scalp massage. Relieves an overactive mind and tired, aching muscles. Includes a mini-cleansing facial using the finest essential oils to rebalance, clarify and hydrate the skin, leaving it bright, thoroughly clean and refreshed.

For an overall relaxing treatment that includes a soothing massage and a balancing facial.

*** Intensive Muscle Release | €70**
55mins

This treatment is specifically designed for stressed muscles. Swedish and cross muscle fibre massage techniques are combined with our internationally acclaimed De-Stress Muscle Gel and Oil to instantly release pain and tension. Black pepper, rosemary and ginger warm the muscles and help disperse the build up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory. Want us to focus on a particular area? We will be more than happy to.

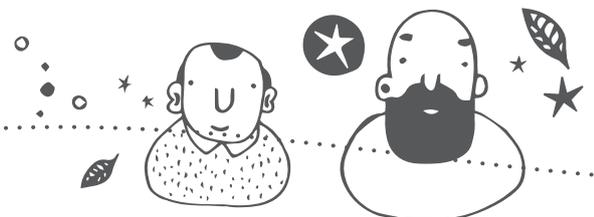
Ideal for muscle tension in need for a deep massage.

*** Perfect Back | €75**
55 mins

Designed for backs prone to blemishes and oiliness, this treatment restores skin, leaving it smooth, glowing and flawless.

Cleansing and exfoliation is followed by steaming, extraction and a hot towel compress to refine the pores. With antibacterial properties, natural products are infused into the skin, helping to regulate sebum production. While the mask goes to work, your therapist will detoxify your entire system with a delicious foot massage.

Flaunt your back, with glowing and polished skin.



MEDI MENU

A harmony of science and nature

Our medi menu uses advanced SkinBiotics cosmetics, which provide innovative solutions to improve main skin problems such as wrinkles, pigmentation, scarring and acne.

* **SkinBiotics Mesoactive | €110**
90mins

Followed by a deep cleanse, deep exfoliation, steaming and extraction, the derma pen perforates the pores to increase the absorption of ingredients which penetrate into the deepest layer of skin. Skin cocktails are carefully chosen based on your skin needs. A non-surgical procedure, stimulates fibroblasts to produce more collagen and elastin, the most essential elements, which give youth and glow to our skin. The deep peeling, in conjunction with the collagen production, smoothes away the epidermis and improves deep scarring. This therapy encourages a tightening effect ensuring your skin stays exactly where you want it to be.

Skin Cocktails

- Perfect Matte improves that shiny, unwanted look by regulating sebum production.
- RejuDerm smoothes away fine lines.
- SkinRevival an intensive cocktail regenerating cellular activity for older skin types
- LiftActiv offers impressive tightening and lifting results.
- PearlWhite restores clarity to pigmented-damaged skin.

A personalized treatment, to satisfy any skin type.

* **Even Skin | €50**
30mins

Glycolic peel works at a very deep level to lighten and replenish the skin for a flawless appearance. This therapy exfoliates the skin deeply; removing superficial, damaged keratic cells and whiteheads, and fades small superficial wrinkles and age-pigmented spots, boosting collagen and elastin production.

A deep exfoliation, which lifts away lacklustre skin, revealing a younger, translucent complexion.



* **The Acne Rebel | €75**

75mins

For a soothed complexion, giving you the joy and confidence to smile back to yourself in the mirror again.

This treatment helps to balance the lipid film of the skin, unclog blocked pores, reduce bacteria, blackheads and inflamed acne. A series of therapies is recommended based on the severity of the acne. The phyto peeling helps to draw out inflammation with its strong antiseptic and keratolytic properties, using active ingredients and natural extracts such as glycolic, salicylic and lactic acid. Following this intense treatment, anti-irritant, cooling serums and masks will be applied to alleviate, calm and give the skin a chance to begin the process of regeneration. Medium action peeling will follow, which will facilitate the renewal and rejuvenation of the problematic epidermis.

The skin is purified from the inside, pores are tightened and the complexion is mattified.

* **Luminous Beauty | €70**

55mins

Selected, unequalled ingredients, such as oxygen, stem cells from natural extracts, peptides and hyaluronic acid work in synergy to awaken the skin's optimum potential. Proven to boost the skin's rejuvenating system, this treatment addresses the most visible signs of aging. It helps improve the skin's vitality, promote the integrity of the skin barrier, increase the skin's moisture while providing cell renewal, repair and regeneration. Your skin will feel glowing, luminous and healthy.

A real cocooning care to help age signs fade in the smoothest way.



BEAUTY SERVICES

NAIL TREATMENTS WITH LONG LASTING NAIL VARNISH

Spa Deluxe Manicure | €50 | 55mins

Express Manicure | €30 | 30mins

Spa Deluxe Pedicure | €55 | 55mins

Express Pedicure | €35 | 30mins

SMOOTH AS SILK: WAXING

- Upper lip €5
- Underarms €5
- Arms/ Half Arms €15/€10
- Whole legs/ Half legs €28/€16
- Bikini line €12
- Back €35
- Chest €35
- Eyebrow shaping €10-€15

TINTING

- Eyelash Tint €17
- Eyebrow Tint €17



PICK ME UPS

* **Paraffin Bath | €15**
15mins

Complement your foot or hand treatment with a paraffin bath.

The absolute luxury using warm oil-based wax. Relieves joint stiffness and improves the blood flow. The moist heat also helps to reduce osteoarthritis pain. Paraffin wax smoothes and hydrates the skin and it is highly beneficial for chronic conditions such as eczema and psoriasis.

The absolute pampering for hands and feet.

* **Eye Indulgence | €40**
20mins

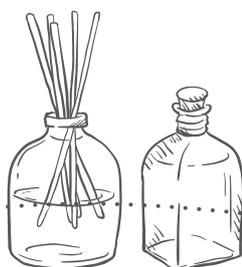
Refresh and brighten your eyes with this revitalising eye treatment, the perfect compliment to any treatment. The delicate eye area is the first place to exhibit signs of fatigue and ageing and requires special care and attention. Herbal extracts of toning black tea, cranberry and strawberry rich in powerful antioxidants while protective rose wax and shea butter help to nourish the skin and keep it hydrated and soft. Specialised massage techniques are used to improve micro-circulation and drainage, helping to reduce puffiness

An absolutely revitalising eye treatment.

* **Intensely Nourishing Hair Treatment | €36**
30mins

Restore health and shine to dull, lifeless hair. This enriching treatment is based on pure essential oils of rosemary, geranium, ylang ylang and patchouli combined with coconut oil. Known for their beneficial effect on the scalp and hair, these richly scented oils encourage circulation and balance sebaceous activity, helping to promote healthy, conditioned hair.

This treatment releases tension, conditions the scalp leaving the hair super-shiny, glossy and nourished.



THE DETAILS

Arrival

We are constantly stuck in a cycle of rushing some things – we'd like to make sure your treatment isn't one of them! That's why we ask that you arrive 15 minutes prior to your appointment. This will give you plenty of time to check in, relax and enjoy our welcoming and light refreshments. Late arrivals will shorten the time of your treatment. All treatments have to finish precisely on the scheduled time, so that other waiting guests are not delayed.

Appointment Reservations

Advance reservations are recommended as appointments are subject to availability.

Consultation

Our spa therapists are committed into delivering our promise of excellence to you, making you look and feel your best. To help us achieve this we invite you to fill in the consultation form provided (no worries - there are no wrong answers!).

Special Attention

Please inform our receptionist if you are pregnant, have any injuries, or suffering from high blood pressure, any allergies, or have had recent cosmetic surgery.

Valuables

Leave it all behind and simply relax – and that includes your valuables! We recommend that you leave your jewellery, cash, watches, mobile phones or other valuable items back in your locker for safekeeping.

Clothing

You don't have to worry about a dress code, just cherish the present moment! Arrive in your street clothes and we will provide you with a robe, slippers and disposable underwear in your treatment room.

Ensuring Tranquility

You've probably come here to allow some precious extra time, get away from it all and achieve a sense of harmony; so have your fellow guests. To respect the relaxing and peaceful environment we kindly ask that you refrain from using your cellular phone and smoking while you're here.

Cancellation

We know that unexpected things pop up so we give you the freedom to cancellation at no charge 24 hours in advance. Since we turn away other clients to hold your reservation, any cancellations with less than 24 hour's notice will result in full charges.

Gift Voucher

Gift Vouchers are available in any amount and may be purchased at the reception. Out of town? Too busy? No problem. We will mail your gift voucher to you.

Payment

We accept cash and all major credit cards. All prices are quoted in euro. Taxes are already included. Gratuity is not included and is discretionary. Prices are subject to change without prior notice.

Refund Policy

Treatment packages and products are non refundable and may not be exchanged.

Appointment duration

All treatment times include consultation and aftercare advice.

Opening hours

Spa: 10.00 -19.00



WELLNESS RETREAT

150, Grigoriou Afxentiou, Tseri-Analiontas Str, 2641

T: +357 22 01 55 90 | F: +357 22 01 55 99 | E: aelia@aeliawellness.com.cy | W: aeliawellness.com.cy