



RENU

S P A & F I T N E S S

CCD

Embark on a journey of self-discovery and inner peace.
Restore your vitality and renew your mind and body.
Transform and rejuvenate. Because you can.



WELCOME

Welcome to Renu Spa & Fitness, where indulgence and serenity intertwine.

Let the world fade away as you embark on a journey of pure rejuvenation, guided by the hands of our expert therapists. From deeply soothing massages to radiance restoring facials, every treatment is designed to awaken your senses and restore harmony within.

Experience the finest techniques and premium products, carefully selected to elevate your wellbeing. Breathe, unwind, and surrender to the art of relaxation.

Your escape to bliss begins here.



Forbes
TRAVEL GUIDE
GLOBAL PARTNER



Cyprus's
Best Resort Spa





**WELLNESS
RITUAL
SELECTION**



Deep Calm Escape | 2 h 45 min | €300

Unwinding · Relaxing · Rejuvenating

Designed for guests experiencing stress, fatigue, emotional overload and sleep challenges. The experience begins with a personalised wellness consultation and a welcome tea ceremony featuring Rooibos, Orange Blossom, Vanilla, Tonka Bean and Mango. Guests are guided through a Deep Calm Ritual using Lavender, Sandalwood and Neroli aromatherapy and a grounding breath ceremony.

The treatment journey includes an 85-minute Relaxation Massage using flowing movements and calming oils to quiet the nervous system, followed by a 60-minute Reparative Facial to restore hydration and strengthen the skin barrier.

The journey concludes with a 20-minute VR Serenity Experience featuring immersive ocean and forest meditations. During the Departure Wellness Ritual, guests enjoy a Deep Calm Nutrition Bar prepared with oats, almonds, pumpkin seeds and chamomile, and a personalised Vapsula Deep Calm vitamin capsule with Guarana & Vitamin B3 to support relaxation and recovery.

Guests receive a Deep Calming Gift and a personalised wellness prescription, enabling them to continue their journey of relaxation and rejuvenation at home.

Detox & Reset Recovery | 3 h 10 min | €350

Purifying · Rebalancing · Revitalising

Created for guests seeking recovery, post-travel restoration, detoxification and renewed energy. The journey begins with a personalised wellness consultation and a Detox Tea Ceremony featuring Turmeric, Ginger, Lemongrass, Apple and Bergamot. Guests are guided through a Detox & Reset Recovery Ritual using Grapefruit, Bergamot and Rosemary aromatherapy combined with energising breathwork to stimulate circulation, mental clarity and vitality.

The wellness experience includes an 80-minute Lymphatic Drainage Massage, a gentle rhythmic therapy designed to encourage the natural movement of lymphatic fluids, reduce fluid retention and support the body's detoxification process. This nurturing treatment promotes circulation, immune function and deep relaxation while leaving the body feeling lighter, refreshed and rebalanced.

The journey continues with a 90-minute De-Puffing Energy Facial with Sono Silk Application, designed to boost microcirculation, reduce puffiness and restore a luminous glow to tired, stressed or travel-weary skin.

The Immersive Wellness Finale features a 20-minute VR Energy Reset Journey, guiding guests through alpine landscapes, flowing waterfalls and revitalising experiences designed to enhance recovery and mental wellbeing.

The Departure Wellness Ritual includes a Detox Nutrition Bar featuring dates, pistachios, matcha, chia seeds and pumpkin seeds. Guests also receive a personalised Vapsula Detox & Vitality Capsule with Magnesium & Vitamin B12 selected to support cellular recovery, hydration and energy metabolism.

Guests depart with a Recovery Gift Box and a Personalised Recovery Plan, designed to support continued wellbeing and prolong the benefits of the experience long after they leave the spa.

Ageless Renewal Journey | 2 h 20 min | €700

Lifting · Firming · Restoring

Designed for guests seeking visible rejuvenation and a holistic approach to healthy ageing. This transformative wellness journey combines advanced facial technology, body firming therapies and personalised wellness rituals to restore radiance, enhance skin firmness and promote youthful vitality.

Guests are welcomed with a Signature Longevity Tea Ceremony featuring Rose, Hibiscus, White Tea, Pomegranate and Goji Berry, accompanied by a personalised wellness consultation. A Youth Renewal Ritual enriched with Rose, Frankincense, Neroli and Geranium aromatherapy, prepares guests for a balancing breath ceremony designed to promote deep relaxation and inner harmony.

The treatment experience begins with the 60-minute Firming Body Treatment, combining a therapeutic warm body wrap, specialised massage techniques and advanced firming ingredients to improve tone, elasticity and skin texture while leaving the body visibly smoother and more sculpted. The journey continues with the 90-minute Ultimate Lift Facial, an advanced rejuvenating treatment that targets visible signs of aging, improves firmness and elasticity, and helps redefine facial contours for a naturally lifted appearance.

The Immersive Wellness Finale features a 20-Minute VR Ageless Transformation Journey, inspired by Mediterranean landscapes, botanical gardens and guided mindfulness experiences, designed to enhance confidence, wellbeing and a sense of renewal.

The Departure Wellness Ritual includes a Longevity Beauty Bar featuring almonds, goji berries, coconut and dark chocolate, and a personalised Vaspula Beauty & Longevity Capsule with Collagen & Vitamin C selected to support skin health and overall wellbeing.

Guests depart with an Ageless Renewal Gift Box and a personalised wellness prescription thoughtfully curated to extend the benefits of their experience and continue their wellness journey at home.

Vital Performance Recovery | 2 h 50 min | €400

Recovering · Recharging · Performing

Designed for athletes, active travelers and fitness enthusiasts seeking enhanced recovery, mobility and performance. Guests are welcomed with a Vital Performance Tea Ceremony featuring Ginger, Turmeric, Fennel, Cardamom and Black Pepper, accompanied by a personalised wellness consultation to identify recovery needs, restore balance, optimise physical function and support overall vitality.

A Performance Activation Ritual, enriched with peppermint, eucalyptus, and rosemary aromatherapy, prepares the body and mind for recovery, while a guided breathwork ceremony enhances oxygen flow, sharpens mental focus, and supports physical restoration.

The treatment experience includes a 60-minute Sports Massage combining deep-tissue techniques, assisted stretching and targeted muscle-release therapy to improve mobility, ease muscular tension, reduce soreness, and accelerate recovery. This is followed by a 90-minute Black Diamond Facial with Sono Silk Application, an advanced treatment designed to counter the effects of environmental stress, dehydration, and fatigue while restoring radiance, firmness, and vitality to the skin.

The Immersive Wellness Finale features a 20-minute VR Peak Performance Journey inspired by mountain landscapes, resilience training, and guided performance visualisation, supporting mental resilience, sharpening focus, and inspiring renewed motivation.

The Departure Wellness Ritual includes a Recovery Bar formulated with dates, almonds, pumpkin seeds, cacao nibs and sea salt. Guests also receive a personalised Vapsula Performance vitamin capsule with Magnesium & Vitamin B12 selected to support recovery, hydration and energy metabolism.

Guests depart with a Performance Recovery Gift Box and a personalised wellness prescription, thoughtfully designed to extend the benefits of their experience and support continued recovery and wellbeing beyond the spa.



**OUR
LUXURY
BRANDS**



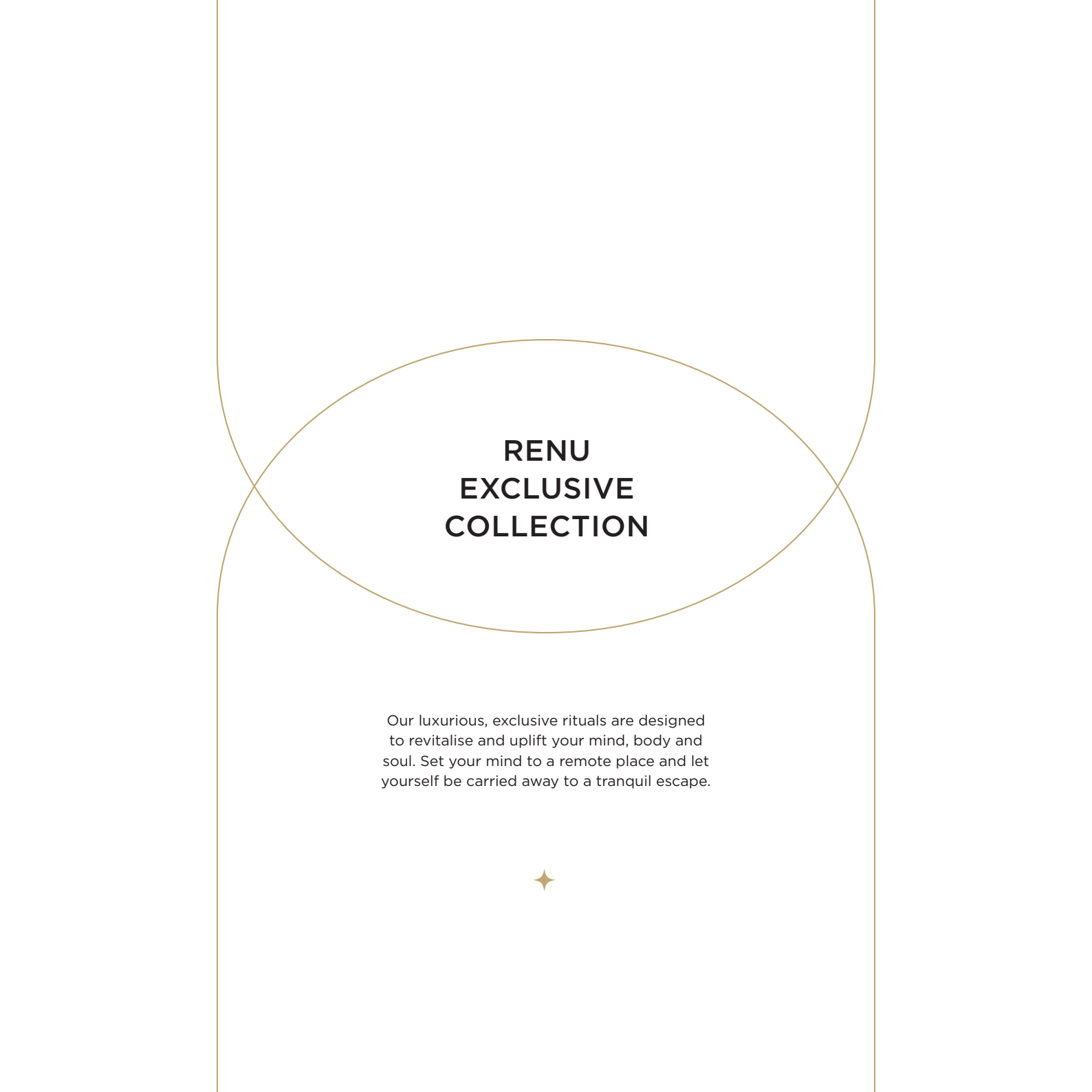
Swiss Perfection

Swiss Perfection stands at the forefront of cellular skincare innovation, offering cutting-edge formulas that redefine anti-ageing. Pioneering the use of Cellular Active IRISA® – a proprietary extract of the iris plant, Swiss Perfection's products work at the cellular level to repair, rejuvenate, and protect the skin. Crafted in Switzerland with unparalleled precision, each formulation reflects a legacy of Swiss botanical expertise and delivers visible, long-lasting results. Trusted by the world's most exclusive spas, Swiss Perfection transforms skincare into a high-tech, luxurious anti-ageing experience.

111SKIN

Born from the world of plastic surgery, 111SKIN bridges medical expertise with opulent skincare. Founded by Dr. Yannis Alexandrides of Harley Street, London, this doctor-led brand creates scientifically backed treatments that deliver clinical-grade results without invasive procedures. 111SKIN's surgically precise, high-performance formulas – featuring proprietary complexes like NAC Y^{2TM} – set a new standard in skincare, optimising skin health and unlocking youthful radiance. Renowned worldwide, 111SKIN transforms cutting-edge science into luxurious rituals that elevate your complexion to its highest potential.





RENU EXCLUSIVE COLLECTION

Our luxurious, exclusive rituals are designed to revitalise and uplift your mind, body and soul. Set your mind to a remote place and let yourself be carried away to a tranquil escape.



The Black Diamond Facial – Sono Silk Application | 1 h 30 min | €280

Lifting · Firming · Brightening

Discover our most advanced lifting and anti-wrinkle facial, a sumptuous experience that harnesses 111SKIN's most potent collection. Your journey begins with a double cleanse and gentle peel to prepare the skin for intensive rejuvenation. Next, ultra-fine black diamond particles deliver powerful active ingredients deep into the dermis, achieving unparalleled lifting, firming, and brightening effects. This is followed by a massage using our smoothing wand and 111SKIN's signature technique to further amplify results. The treatment continues with multiple masking layers for the face, eyes, and décolleté, each applied in synergy.

The finale is truly transformative: your complexion emerges visibly sculpted, firm, brightened, and radiant with youthful vitality.

Ultimate Lift | 1 h 30 min | €450

Nourishing · Reshaping · Remodelling

This exclusive facial treatment works on a multi-dimensional level to target visible signs of aging, visibly lifting and improving skin firmness while promoting cellular renewal. It combines the most innovative rejuvenation technologies to remodel facial contours and smooth away wrinkles, acting as a natural lift, reshaping and redefining the face contour, and visibly improving skin firmness and texture.



SUMMER KISS COLLECTION

Whether you would like to prepare your skin for a languid sunbathing session by the pool or ensure you return from your vacation with a golden, long-lasting tan, our before and after sun treatments will not disappoint.

Our therapies are devised with sun worshippers in mind and revolve around innovative exfoliation and moisturising techniques that will leave you with smooth, beach-ready skin, not to mention an envy-inducing glow.



Body Exfoliant with Rejuvenation Treatment | 1 h 45 min | €470

Radiating · Revitalising · Tanning Preparation

Prepare your skin and spirit for summer with our Summer Awakening Ritual, a luxurious head-to-toe experience that awakens your natural radiance. Begin with the Swiss Perfection Body Scrub, inspired by the purity of the Swiss Alps. This indulgent exfoliation combines advanced, cell-active Irisa with mineral-rich ingredients to gently polish away dullness, smooth roughness, and leave your skin silky-soft, all while surrounding you with the fresh, revitalising essence of the mountains. Continue with a Cellular Detoxifying Facial, enriched with pure vitamin C to boost collagen production, restore luminosity, and visibly firm the skin. This high-performance antioxidant treatment hydrates, brightens, and smooths, leaving your complexion radiant and summer-ready. Step out feeling refreshed, luminous, and ready to glow in the sunshine. Your skin is revitalised, your senses awakened, and your summer begins here.

Deep Recovery Ritual | 1 h 30 min | €320

Radiating · Relaxing · Soothing

Replenish and restore after the summer months with this indulgent ritual. Begin with a gentle exfoliation to remove impurities and revive your skin, preparing it for deep nourishment and renewed radiance. Drift into bliss as warm, cocooning treatments soothe tired muscles and restore hydration, complemented by a calming scalp massage that melts away tension. Luxurious body, hand, and foot hydration leaves your skin soft, supple, and glowing, while a full-body massage revitalises energy and restores balance. A post-summer ritual designed to replenish the body, soothe the mind, and awaken the senses, leaving your body renewed, refreshed, and radiant.



FACIAL COLLECTION

Indulge in luxury skincare with 111SKIN and Swiss Perfection, where science meets elegance.

Each collection is meticulously crafted with the finest ingredients, advanced formulations, and sensorial textures to deliver unparalleled results. From restoring radiance and firmness to nurturing your skin's natural vitality, these iconic brands transform your daily routine into a ritual of refinement. Experience the art of luxury skincare because your skin deserves nothing less than perfection.



De-Puffing Energy Facial – Sono Silk Application | 1 h 30 min - €220

Energising · Detoxifying · Illuminating

Experience a refreshing facial that energises, decongests, and brightens fatigued skin. This intensive treatment stimulates microcirculation, reduces puffiness, and boosts oxygen flow for a revitalised complexion. We begin with a gentle, purifying double cleanse, followed by a detoxifying exfoliation to sweep away dullness and reveal radiant skin. A relaxing facial massage follows, enhanced with cooling Cryo Globes to sculpt and contour the face, promote circulation, and calm inflammation. The treatment concludes with the application of a de-puffing eye and face mask, leaving you refreshed, hydrated, and visibly toned. Ideal for jet-setters or anyone seeking to combat pollution and fatigue, this facial restores vitality, clarity, and luminosity.

The Reparative Facial | 1 h - €180

Repairing · Strengthening · Restoring

This deeply restorative facial neutralises free radical damage and soothes irritation while fortifying the skin's barrier. Harnessing the power of 111SKIN's signature NAC Y²™ complex, an antioxidant-rich formula originally developed to speed healing, it strengthens the complexion and prevents inflammation. We begin with a double cleanse, followed by enzymatic exfoliation, to purify the skin and prime it for optimal absorption of active ingredients. A stimulating facial massage follows, performed with our Dramatic Healing Serum and nutrient-rich cream to repair the lipid barrier and boost circulation. Finally, a Bio-Cellulose mask is applied, delivering intense hydration and calming nourishment deep into the skin. Ideal for sensitive, dehydrated, or scarred skin, this treatment restores resilience and radiance from the very first session.

The Rose Quartz Facial | 1 h 30 min - €260

Smoothing · Glowing · Sculpting

Indulge in an exclusive experience with our Rose Quartz Facial, a sublime treatment that drenches your skin in radiance. We begin with a thorough double cleanse and dual exfoliation, purifying your complexion and preparing it to absorb the potent actives that follow. Next, enjoy a three-tiered facial massage: gentle smoothing wands glide seamlessly over the skin, followed by a stimulating massage to lift and tone, then finish with cool rose quartz crystals that relieve tension and boost circulation. With your skin fully receptive, the treatment culminates in the application of our 111SKIN Rose Gold Brightening Face and Eye Mask, infused with 24k gold and Damask rose. This luxurious mask firms, illuminates, and imparts an event-ready glow. The result is a complexion that feels radiant, calm, and rejuvenated, with irritation soothed and luminosity restored.

Mini Facial | 40 min - €130

Firming · Glowing

A revitalising yet non-surgical face and neck massage that boosts natural collagen and elastin production. This specialised treatment uses expert lifting techniques to stimulate circulation and release tension in the facial muscles, resulting in a noticeably lifted and toned appearance. Performed by skilled therapists, it delivers an instant glow and firmness without invasive procedures. Ideal for those seeking a quick, effective lift and radiant boost.

Swiss Eye Lissant & Glow | 40 min - €130

De-puffing · Hydrating

Revitalise your eyes with this intensive anti-ageing therapy designed for the delicate eye area. Fine lines, puffiness, and dark circles are diminished as advanced active ingredients work to firm, hydrate, and brighten tired eyes. Gentle massage techniques boost microcirculation and help drain toxins, reducing swelling and signs of fatigue. An eye mask is then applied according to your needs, plumping and smoothing the eye contour area, leaving your eyes looking smoother and fully hydrated.

Rejuvenation Treatment | 1 h 15 min - €420

Hydrating · Smoothing Fine Lines · Softening Wrinkles

Experience a luxurious, rejuvenating facial that harnesses high-performance cellular extracts of Swiss iris to renew and illuminate your skin. This intensive treatment infuses the complexion with potent nutrients and pure collagen, reviving moisture levels and restoring elasticity from within. Our skilled therapists employ specialised massage techniques to stimulate circulation and gently smooth fine lines and wrinkles, revealing a firmer, more radiant appearance. Fortified with Swiss Perfection's advanced plant-based technology, this facial delivers visible results from the very first session. Skin is left deeply hydrated, plumped, and glowing with youthful vitality.





BODY REJUVENATION

Reset with our body rejuvenating spa treatments. Take the first step towards total renewal and wellness.



Ultimate body collection by 111SKIN

Indulge in the transformative power of 111SKIN Luxury Ritual, a high-performance treatment combining advanced skincare formulas with precision techniques. Designed to restore radiance, lift, and rejuvenate, these rituals deliver visible results while enveloping you in a sensorial spa experience.

Black Diamond Body Sculpting Treatment | 1 h 15 min - €280

Lifting · Tightening · Nourishing

Experience head-to-toe perfection with this high-performance body and face treatment featuring 111SKIN's most coveted formulas. It begins with a therapeutic body polish that gently exfoliates and invigorates your skin. Next, enjoy a stimulating full-body massage using potent professional blends infused with ultra-fine black diamond particles and Vitamin C. These precious ingredients work in harmony to firm and sculpt your silhouette. The indulgence continues with the application of our Celestial 111SKIN Black Diamond Facial Mask, which delivers immediate, visible results and a cooling sensation. This powerful treatment refines your silhouette, boosts skin elasticity, and unveils a luminous glow to your face and body, the ultimate journey in sculpting and rejuvenation.

Radiance Body Treatment | 1 h 30 min - €310

Soothing · Sculpting · Illuminating

Resonate with the healing energy of rose quartz in this radiance-boosting treatment for body and face. We begin with a gentle body polish to exfoliate dull skin and awaken your senses. Next, surrender to a flowing full-body massage with warm oils and rose quartz crystals, whose smooth surfaces glide over your muscles to soothe tension and restore positive energy. This harmonious massage both relaxes and subtly sculpts, promoting circulation and balance. The treatment culminates in the application of our 111SKIN Rose Gold Brightening Facial Mask, infused with 24k gold and Damask rose. Emerge feeling calm and beautifully radiant, illuminated by the healing power of touch and precious minerals.

Cryo Detox Recovery Body Treatment | 1 h 15 min - €290

Lymphatic Draining · Detoxifying

Invigorate your body with this cooling body treatment that detoxifies and contours. Designed to stimulate microcirculation and lymphatic flow, it helps flush out toxins and reduce the appearance of cellulite while soothing heavy legs and aching muscles. This treatment targets the lower body. It begins with a revitalising 111SKIN Body Polish to exfoliate the skin and boost circulation. Then, a specialised massage is performed on the problem areas to reduce water retention and energise tired muscles, followed by cooling Cryo Globes to further enhance the effect. A finishing touch includes a cooling Cryo de-puffing mask applied to the skin, delivering a burst of hydration and refreshment. You will emerge detoxified, toned, and light on your feet, with smoother skin and a renewed sense of vitality.

Luxury Body Collection by Swiss Perfection

Swiss Perfection Luxury Body Treatments offer the ultimate in rejuvenation. Infused with advanced cellular technology and potent natural extracts, these treatments deeply nourish, firm, and revitalise the skin.

Body Exfoliation | 45 min - €220

Whitening · Glowing · Moisturising

Experience radiant, silky-smooth skin with this luxurious full-body exfoliation, an ideal prelude to any spa ritual. Our gentle yet effective scrub is enriched with finely milled particles and Swiss botanical actives that polish away dull surface cells and stimulate microcirculation. As the scrub is massaged over your body, it regenerates the skin's texture and encourages healthy renewal, unveiling the natural softness and shine beneath. You will emerge from this indulgent treatment feeling refreshed and hydrated, with your skin glowing and velvety to the touch. The Rejuvenating Body Scrub leaves you perfectly primed for further pampering or simply revelling in your newfound radiance.

Anti-Cellulite Body Treatment | 1 h - €300

Smoothing · Sculpting · Energising

This intensive treatment combines a detoxifying massage and specialised plant-derived actives to help break down stubborn fat deposits and visibly reduce the appearance of cellulite. Your body is then enveloped in a warm thermal wrap, which activates the potent ingredients and enhances their absorption into the skin. As heat and massage stimulate circulation and lymphatic drainage, you will feel a gentle energy as excess fluids and toxins are drawn away. After the wrap is removed, your skin's texture is refined, and elasticity is enhanced. You will emerge with visibly smoother, firmer skin and a refreshed, re-energised silhouette.

Firming Body Treatment | 1 h - €290

Firming · Sculpting · Hydrating

Designed to combat loss of firmness and elasticity, this luxurious body treatment delivers both immediate lift and long-lasting strength to your skin. The experience begins with a therapeutic warm body wrap that tightens and tones as you relax, stimulating collagen production and deeply nourishing the tissue. This gentle heat enhances elasticity and prepares the skin to fully benefit from the active ingredients. Next, a concentrated firming cream, enriched with Swiss Perfection's cellular plant extracts, is applied. A finishing massage ensures the cream penetrates deeply, leaving your skin incredibly smooth. After just one session, your silhouette appears more toned, and your skin feels firmer, denser, and youthfully supple—a truly refined transformation.



MASSAGE COLLECTION

Indulge in our massage collection featuring
111SKIN's exquisite aromatherapeutic oils,
enriching each treatment with luxurious
fragrance and skin-nurturing benefits.



Relaxing Massage | 1 h - €120 | 1 h 25 min - €160

Light-Medium Pressure

Where elegance meets serenity—this full-body massage invites you to relax, rejuvenate, and restore your entire being.

Our therapist uses gentle to medium pressure in slow, flowing movements that melt away stress and tension from every muscle. Warm, aromatic oils nourish your skin as skilled hands ease each knot, guiding you into a state of deep tranquility. This massage balances body and mind, leaving you profoundly relaxed, renewed, and at peace.

Back Massage | 30 min - €70 | 45 min - €100

Medium-Firm Pressure

Unwind with a focused back, neck, and shoulder massage that melts away tension where you need it most.

This soothing treatment targets stubborn knots and muscle tightness using firm yet comforting strokes. As circulation improves and each ache is eased, you will feel the weight lift off your shoulders. Customised to address your specific areas of tension, this massage restores flexibility, relieves pain, and leaves you feeling lighter and more relaxed. It is an ideal quick escape for anyone who holds stress in their upper body.

Indian Head Massage | 45 min - €100

Medium Pressure

Discover the healing power of an Ayurvedic Indian Head Massage, an ancient therapy that brings harmony to mind, body, and spirit. Focusing on the upper back, shoulders, neck, scalp, and face—areas where tension accumulates—this treatment uses warm essential oils and gentle, rhythmic techniques handed down through generations. As the therapist's hands glide and knead, stress and mental fatigue dissolve, headaches ease, and circulation improves.

The nourishing oils condition the hair and calm the scalp, while the soothing motions quiet the mind. This holistic ritual leaves you with a profound sense of peace, clarity, and well-being, balanced from head to toe.

Hot Stone Massage | 1 h 15 min - €200

Medium Pressure

Experience pure tranquility with our luxurious Hot Stone Massage. This deeply therapeutic treatment uses smooth, heated volcanic stones to melt away muscle tension and calm the nervous system. The soothing warmth from the stones penetrates deep layers of your muscles, encouraging full-body relaxation and relieving even the most persistent aches. Ideal for relieving chronic tension, improving sleep, and restoring energy flow, this grounding massage leaves you feeling profoundly rejuvenated and warm from within.

Sports Massage | 1 h - €190

Firm Pressure

Rejuvenate your body and release deeply held tension with our intensive Sports Massage. This vigorous treatment is tailored for athletes and active individuals, employing firm, targeted pressure to reach the deeper layers of muscle and connective tissue. Through a combination of deep kneading, stretching, and trigger-point techniques, we break down knots and adhesions, improving flexibility and performance. Circulation is boosted to flush out toxins and reduce inflammation. You will leave feeling lighter, more limber, and empowered, with muscles relaxed, range of motion improved, and energy restored for your next challenge.

Deep Tissue Massage | 1 h - €160 | 1 h 25 min - €200

Firm Pressure

Experience the therapeutic intensity of a Deep Tissue Massage, designed to relieve severe tension and muscular stress. Our skilled therapist uses slow, deliberate strokes and firm pressure, often applying forearms or elbows to target the deepest layers of muscles and fascia. Warm oil is used to ease the glide and allow penetration into tight spots, effectively breaking up knots and adhesions that cause stiffness and pain. This massage is perfect for those who prefer a stronger, more intensive technique to address chronic aches or post-exercise soreness. As each layer of tension is released, circulation improves, and flexibility returns. You will emerge feeling truly revitalised, with loosened muscles, diminished pain, and a profound sense of relaxation.

Lymphatic Drainage Massage (with lymphatic draining for the face) | 1 h - €140 | 1 h 20 min - €180

Light Pressure

Experience a gentle, rhythmic massage designed to detoxify and heal from within. This specialised technique stimulates the lymphatic system, encouraging the natural drainage of lymph fluids to reduce swelling and water retention. Using light, flowing motions, our therapist coaxes toxins and excess fluids out of the body, helping to cleanse it at a cellular level. Swollen areas and puffiness are soothed as the treatment boosts your immune response and promotes tissue regeneration. You will notice not only physical benefits—such as reduced bloating and improved skin tone—but also a deep relaxation that accompanies the release of stagnation. This nurturing therapy leaves you feeling lighter, purified, and in a state of serene well-being.

Foot Massage | 40 min - €80

Light-Medium Pressure

Step into serenity with our signature Foot Massage, designed to soothe tired feet and rejuvenate your entire body from the ground up. Using medium pressure, our therapist targets key points in the feet that correspond to other areas of the body. Tension eases as each point is massaged, sending waves of relief up your legs and beyond. Circulation in the feet is improved, reducing swelling and refreshing sore arches and calves. This focused treatment not only relieves foot pain and fatigue but also promotes overall balance and relaxation. Perfect after a long day on your feet or as a luxurious addition to any spa experience, you will walk out feeling light, refreshed, and re-energised.

Head-to-Toe Harmony Massage | 1 h 30 min - €200

Medium Pressure

Indulge in a deeply rejuvenating journey crafted to soothe the body, calm the mind, and awaken the senses. This signature ritual begins with a full-body relaxation massage that melts away tension and encourages total tranquillity. A gentle, revitalising facial massage follows, stimulating circulation and leaving your complexion radiant and refreshed. Warm, aromatic oils are then drizzled onto the hair and scalp, nourishing the roots and calming the mind. Perfect for those seeking complete renewal, this ritual envelops you in comfort, serenity, and pure indulgence.

Four-Hand Lomi Lomi Massage | 1 h 15 min - €250

Medium Pressure

For the ultimate indulgence, surrender to our Four-Hand Lomi Lomi massage—an unforgettable journey of harmony and bliss. In a private candlelit suite, two therapists work in perfect synchrony, their mirrored movements flowing like gentle waves over your body. Using graceful forearm strokes and warm oil, they perform the traditional Hawaiian Lomi Lomi technique from head to toe, cocooning you in continuous motion. The sensation of four hands moving in concert doubles the therapeutic benefits, easing muscle tension and calming the mind twice as effectively. Drift amidst this ocean of touch as stress and fatigue are washed away. This exquisite treatment is the epitome of luxury, delivering complete physical relaxation and a deep sense of inner peace.

Blossom Maternity Journey

Cherish the path to motherhood with our Blossom Maternity treatments, thoughtfully crafted to ensure comfort, safety, and blissful pampering for expectant mothers. Each ritual is adapted to support both mother and baby, providing gentle nourishment and heartfelt relaxation during this special time.

Mother-to-Be Massage | 1 h 15 min - €140

Light Pressure

The journey of pregnancy is a profound and beautiful time that deserves tender care. Our Mother-to-Be Massage is a gentle, nurturing ritual tailored for expecting mothers that connects two heartbeats through the power of touch. Supported by soft pillows and expert positioning, you will be cradled in comfort as a skilled therapist performs a soothing full-body massage with prenatal-safe oils. This treatment helps relieve the aches and strains of pregnancy, easing lower back pain, leg cramps, and swollen ankles. Rhythmic, caring strokes reduce anxiety, improve circulation, and promote lymphatic drainage, leaving you feeling lighter and more at ease. As tension melts away, you will find deep relaxation and better sleep come naturally. This is a precious time for you and your baby to bond in tranquillity, wrapped in a warm, loving, calm atmosphere.

Comfort & Pampering Maternity Ritual | 2 h - €300

Full Body Light-Pressure Massage with Reparative Facial

Indulge in the ultimate prenatal escape, designed to celebrate you and your baby with luxurious care. This extended ritual begins with a comforting Mother-to-Be Massage that gently relieves fatigue and muscle tension, enveloping you both in a state of peace. After your body is thoroughly relaxed, the experience continues with our 111SKIN Reparative Facial, a gentle, yet powerful treatment designed to nourish and rejuvenate the skin during pregnancy. Formulated with restorative ingredients and reparative actives, this facial soothes sensitivity, enhances hydration, and restores a natural maternal glow. Your face emerges with renewed softness, comfort, and luminosity. This combined massage and facial is a true celebration of motherhood, allowing you to honour both yourself and your baby in harmony. You will leave feeling beautifully pampered, emotionally connected, and glowing from the inside out.

Passion For Two Collection

Celebrate togetherness with our Passion for Two rituals—indulgent spa experiences designed for couples or close friends to enjoy side by side.

These carefully curated journeys allow two people to connect, relax, and create cherished memories in an atmosphere of intimacy and luxury.

Serenity Duo Massage | 1 h 30 min - €430

Cellular Body Exfoliation – Swiss Perfection & Relaxing Body Massage
Medium-Firm Pressure

Experience the ultimate in skin renewal with our luxurious full-body exfoliation, leaving you glowing from head to toe.

Using a gentle yet effective scrub enriched with finely milled particles and Swiss botanical actives, we polish away dull surface cells and stimulate microcirculation. As the scrub is massaged over your body, it regenerates skin texture, promotes healthy renewal, and unveils soft, silky-smooth skin. Emerge feeling refreshed, hydrated, and radiant, perfectly primed for further pampering. Continue your journey with our Serenity Duo Massage: share an unforgettable escape with synchronised massages performed by two expert therapists in a private, candlelit sanctuary. Warm, silky oils glide over your skin as flowing, harmonious strokes ease tension and calm the senses. The gentle flicker of candlelight and coordinated movements create a serene ambiance, allowing both of you to drift into deep relaxation together. Stress melts away, and a profound sense of connection blossoms, ideal for romantic celebrations or simply enjoying quality time with someone special. You will leave feeling rejuvenated, aligned, and deeply connected.

Luxury Couple's Escape | 2 h - €460

Full Body Medium-Firm Pressure Massage with Reparative Facial

Escape together on a spa journey that encapsulates the height of luxury for two. Your Couple's Escape begins with a deeply relaxing full-body massage performed in unison—skilled hands melt away muscle tension with every synchronised stroke, lulling both of you into a state of pure tranquillity. Warm oils and gentle techniques ensure that you each feel stress evaporate, fostering a profound calm. The journey culminates with dual 111SKIN Reparative Facials featuring the brand's legendary NAC Y²TM complex, a powerful antioxidant blend that neutralises free radicals, repairs damage and saturates the skin with lasting hydration. This exquisite facial revitalises your complexion, leaving it radiant, firm, and silky-smooth. Lying side by side with rejuvenating masks resting on your faces, you will savour a quiet moment of stillness together. By the end of this escape, every inch of your body is refreshed, and every sense indulged. You will have travelled together through relaxation, restoration, and rejuvenation, emerging renewed and harmonious.



**SPA POLICIES
& GUIDELINES**



SPA REGULATIONS

Reservations & Scheduling

- To ensure availability, we recommend booking your spa treatments in advance, either before or upon your arrival at the resort.
- Do you need help selecting the right treatment? Our spa team is here to guide you and help you create a personalised spa experience tailored to your needs.

Cancellations - Late Arrivals - No Shows

- Cancellation Policy: If you need to cancel or reschedule your appointment, please provide at least 8 hours' notice. If you do not cancel or reschedule within the abovementioned period, then we will charge you 50% of the total value of the booked services.
- Late Arrivals: If you arrive late, your session will be shortened accordingly to respect the next guest's appointment. The full treatment fee will still apply.
- No-Show Appointments: If you do not show up for your appointment, 100% of the total value of the booked services will be charged.

Payments & Service Charges

- We accept all major credit cards and spa treatments can also be charged to your hotel bill. Payment in advance is also available for your convenience.
- Guests who hold a membership card are eligible for a discount on their total bill. The discount percentage varies based on the membership tier, with higher tiers receiving greater benefits.
- A service charge is not included in your bill. While gratuities are not required, they are always appreciated as a gesture of satisfaction.

Children & Spa Access

- The spa is an adults-only space, and guests under 18 years old are not permitted to use the facilities.

HEALTH & SAFETY

Special Health Conditions

- If you have any medical conditions, such as high blood pressure, allergies or physical disabilities, please inform our spa team before booking. Your safety is our priority, and we can recommend the most suitable treatments for you.
- If at any point during your session you feel discomfort, please notify your spa therapist immediately.

Pregnancy & Treatments

- Some treatments are not suitable during pregnancy. If you are expecting, please let us know at the time of booking so we can guide you accordingly. In certain cases, a doctor's approval may be required.

ARRIVAL AND PREPARATION

What to Expect Upon Arrival

- To ensure a relaxing and seamless experience, we suggest arriving 45 minutes before your scheduled treatment to enjoy our spa facilities including sauna, steam room, cold plunge pool and indoor pool.
- If you prefer to skip the spa facilities, please arrive at least 15 minutes prior to your appointment, to complete our consultation form.

What to Wear

- We kindly ask that you shower before your appointment and wear the robe and slippers provided in the changing room.
- Swimwear is required in the spa facilities. Please note that nudity is not permitted.

Jewellery & Valuables

- We recommend leaving jewellery and other valuable items in your locker or hotel room safe. Such belongings and/or items left in the spa facilities are entirely at your own risk. The spa shall not be liable for any loss, theft, or damage to your belongings.

SPA ETIQUETTE

To maintain a peaceful and relaxing atmosphere, we kindly ask all guests to:

- Keep mobile phone use to a minimum to respect others' tranquillity.
- Refrain from smoking anywhere in the spa.
- Be aware that access to thermal areas, the indoor pool and the gym may be subject to health and safety regulations, which you should always adhere to.

SPA SERVICES & FACILITIES

Gift Vouchers

- Looking for the perfect gift? City of Dreams Mediterranean gift vouchers, make a wonderful present for any occasion. They can be purchased in advance at the spa reception.

Wellness & Fitness Facilities

- Fitness Studio: State-of-the-art cardio equipment and fitness programmes are available upon reservation. Yoga mats are available in the guest rooms upon request.
- Indoor Swimming Pool: Features swim jets for a rejuvenating experience.
- Gender-Based Changing Rooms: These include a sauna, steam room, cold plunge pool, showers, hairdryers, lockers and other amenities.
- Beauty Corner: Offering a curated selection of premium 111Skin and Swiss Perfection skincare products.

FOR RESERVATIONS & INQUIRIES

Spa Reception: +357 25086825/26

Balmain Hair Salon: +357 99376425

Email: renuspa@melco-resorts.com.cy

