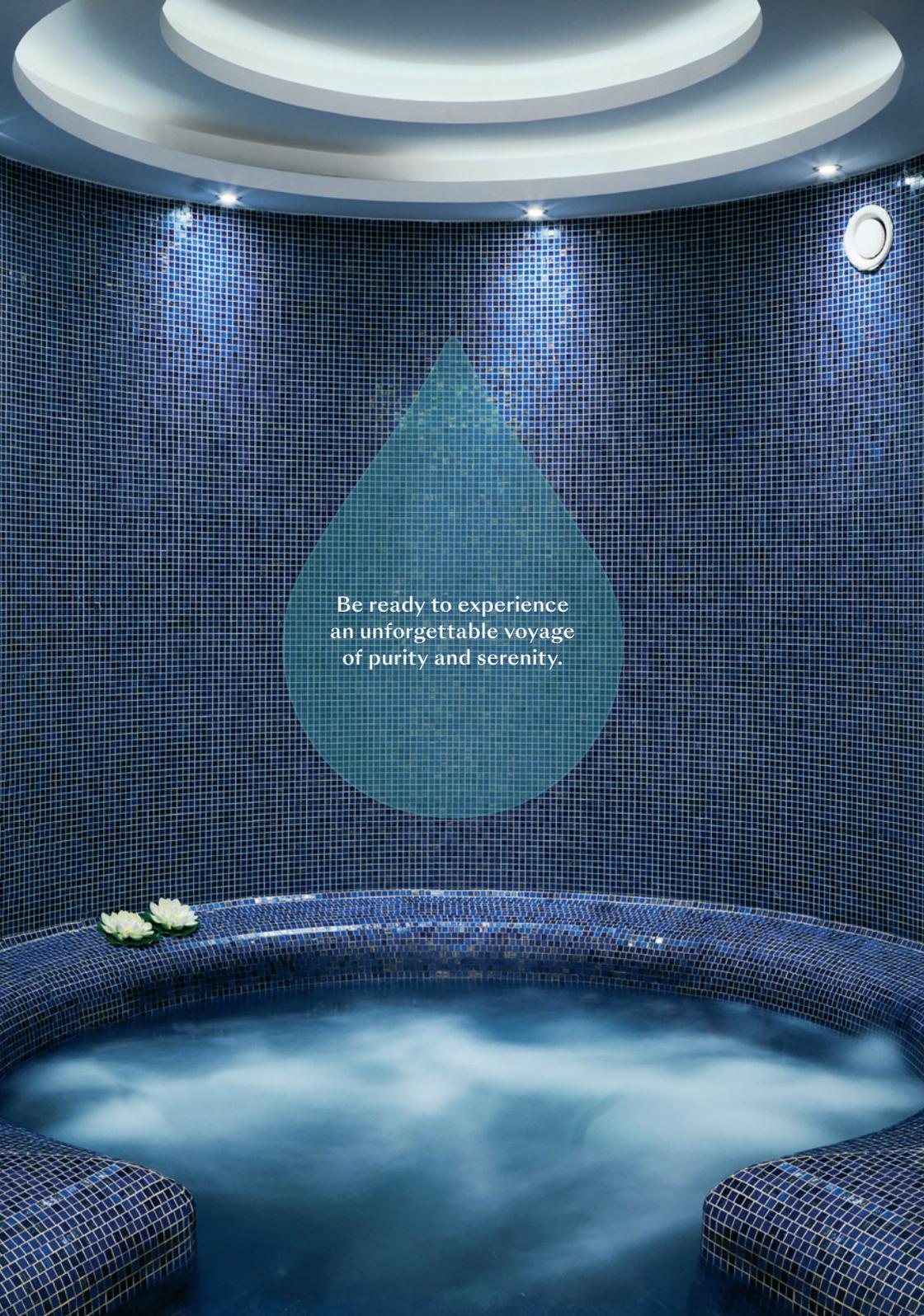




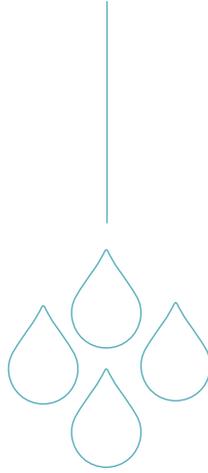
serenity

HEALTH CLUB & SPA



Be ready to experience
an unforgettable voyage
of purity and serenity.





Welcome to Serenity Spa,
an elegant and intimate sanctuary
for the senses, created to restore
balance to body, mind and spirit.

Experience complete bliss and
wellbeing provided by our precious
partner, Germaine de Capuccini,
which uses only the finest natural
ingredients. All Serenity Spas found
in Kanika Hotels & Resorts have
been designed with tranquility at
the forefront. All of our treatments
are steeped in relaxing protocols
and beautiful rituals from around
the world ensuring you receive not
only outstanding results but a unique
experience you won't forget.



By **GERMAINE DE CAPUCCINI**



KANIKA SIGNATURE TREATMENT

100 min €130.00

Cyprus Experience

Our Signature Treatment begins with the art of holistic therapy that will calm the mind, body and soul. We will start, by balancing the body's chakras with warm healing stones.

A unique Mediterranean body exfoliation will start to awaken all of your senses with citrus aromas of Cyprus. Your body will then be cocoon wrapped to help rejuvenate and deeply nourish the skin. Followed by traditional ancient massage techniques that will help ease away your tension, calm the spirit and leave you in the purest state of relaxation.

Treatment Type

SERENITY, ENERGY



UNIQUE
MASSAGE
RITUALS



Tranquil Paradise

55 min €85.00

An exquisite ritual with spice pindas of nutmeg, cinnamon and cardamom bathed in rice, sesame and almond oils.

Exotic aromas blend to invite the purest state of relaxation.

Treatment Type

ENERGY

Toning Tea Massage

60 min €75.00

Body massage with high load of theine and minerals that transfers unique properties. Choose: Green Tea or Black Tea. Formidable textures that melt on the skin, providing a unique sensory experience. Awakens positive emotions and revealing a perfectly nourished and repaired skin.

Treatment Type

ENERGY, DETOX

MEDITERRANEAN
LIGHT CANDLE
MASSAGE



Sunset in Egypt

90 min €85.00

Close your eyes and let yourself be seduced by the charm of the fragrance of citrus fruits from Egypt. Its aromatherapeutical action relieves stress and anxiety, while its properties hydrate and rejuvenate the skin.

Treatment Type

SERENITY

The Colour of Provence

90 min €85.00

Leave stress behind and enjoy a massage with a lavender fragrance candle, feeling the magic of Provence dusk! A complete aromatic experience guaranteed to soothe the body, ease the mind and calm the soul.

Treatment Type

SERENITY

Flavour of Andalucía

90 min €85.00

The flavour of Andalucía in an unforgettable massage with a candle! Nourishment and protection thanks to the natural benefits of olives, that will make your skin silkier than ever, revealing all its 100% Mediterranean beauty.

Treatment Type

SERENITY

Deep Tissue Massage

55 min €90.00

A strong, deep and intensive massage by working on muscles, joints and tissues.

Helps to relax, while increasing oxygen and blood flow. Helps to improve the metabolism and relieves sore and overworked muscles. Perfect for athletes, as it improves circulation and mobility.

Full Body Aromatherapy

55 min €80.00

A full body massage using essential oils according to your needs! Detoxifies, stimulates and relaxes you with a series of light strokes and stretching motions.

Hot Stone Massage

55 min €95.00

This treatment offers deep relaxation, which invites sleep with a careful expert handling of volcanic stones with original decongesting effects on muscular and nervous tension.

Full Body Massage

55 min €75.00

Relieves fatigue, stress and tension to relax body and mind!

Back Massage

30 min €45.00

Relaxes muscle tension in the shoulders, back and neck.

Foot Massage

30 min €45.00

Massaging the feet can bring you to a deep state of relaxation. Also releases any blockages that can holding back energy that should be flowing through the body freely.

Indian Head

30 min €45.00

A specific blend of essential oils to relieve tension in shoulders, neck, scalp and face.

Anti-Stress Aromatherapy

30 min €50.00

A back massage using essential oils to eliminate all traces of fatigue and stress.

Therapeutic Massage

30 min €50.00

A combination of different massage techniques depending on your individual needs.



FACE & BODY
RITUALS



Vitamin C Face & Body Ritual

90 min €100.00

Step into the Mediterranean culture with an orange exfoliation, face and body mask! While it provides your skin with luminosity and vitality, the Vitamin C serum leaves your skin firm and supple.

Aloe Vera Calm, Sooth Face & Body Recovery Treatment

45 min €65.00

A treatment with a soothing and cooling effect to relieve irritated skin, especially after exposure to strong solar radiation. It is rich in beta-carotene, Aloe Vera, vitamins, Sulphur & antibiotic enzymes. Helps to stimulate cellular metabolism to repair and restore the healthy appearance of the skin.

FACE



Mini Facial

30 min €45.00

Suitable for all skin types, this treatment with immediate effects improves skin tone and elasticity!

An extraordinary way to firm and revitalize the skin in just 30 minutes.

Purexpert Facial

75 min €80.00

Suitable for combination to oily skins! Say no to imperfections.

A complete treatment to deep clean the skin, balance the skin's PH, regenerate and remove the dead cells. The skin appears free of shine spots, pure, balanced and healthy.

Timexpert Radiance C+ Illuminating Facial Anti-fatigue Treatment Vitamin C

60 min €85.00

An innovative facial treatment that increases firmness and generates new collagen whilst reducing dark spots and pigmentation. Incorporating a patented formulation which increases the benefits of Pure Vitamin C by 6 times. To complement the hands on therapy, a massage ball is utilised to lift facial muscles, release tension and increase blood flow for increased glow.



Deep Hydration Hydracure

55 min €60.00

Suitable for all skin types.
Once the skin is deeply cleansed,
restoring the skin's level of hydration,
becomes an essential task.

Timexpert Ritualist Beauty In-Fusion & Premium Lift Massage

60 min €80.00

An “infusion of beauty” for all ages
and needs, combined with the beauty
“instrument” roll n’ lift premium lift
massage. Recover your skin from
daily stress, work against the harmful
effect of free radicals, preventing
premature ageing with a “lifting
effect” in record time! Vitality
and luminosity if you are 30, firmness
and hydration if you are 40 and
density and nutrition if you are 50.
Always young!

Unique Roll & Lift Massage

30 min €50.00

The massage method together with
Roll & Lift Massage complement
each other perfectly! Based on the
movements of pinching, rolling and
pressure points, it will facilitate the
remodelling and drainage of the face.
In just 30 minutes the appearance
of the skin, the eye contour and in
all senses feel as they relax and are
reborn to a new well-being.
Maximum comfort!

* Enhance your chosen treatment with
Roll & Lift (only €30.00).

Timexpert Lift (IN) Vector - 3

60 min €95.00

An advanced programme, with great effectiveness, that emulates surgical lifting providing a global result of rejuvenation, the oval redefines its contours. With cosmetic technology that reinvents the lifting thanks to V-Matrix, a complex develops to give a solution to the loss of suppleness and firmness.

Excel Therapy O2 Cityproof Anti-pollution / Oxygenating

60 min €85.00

A powerful protection against pollution so the skin can resist the rhythm of the city! This shocking cure, oxygenating and anti-pollution, prevents and fights aging while strengthening the skin's defenses.

The skin is transformed: oxygenated, detoxified, strengthened and regenerated. It appears, radiant and immediately acquires a high level of well-being.

Rose Hydration

55 min €70.00

Suitable for aging, sensitive and dehydrated skins. With a unique combination of 6 different types of rose extracts, this treatment helps not only your skin, but mind and spirit as well! The rose extracts help to neutralize the effects of emotional stress, while leaving the skin feeling comforted, soothed and hydrated.

Youthful Lift Facial

55 min €70.00

Suitable for aging skins. In only 55 minutes, the fine lines of skin fade and small wrinkles are reduced. The skin rediscovers its firmness. It feels fresher, softer and more supple. Over time, both the length and the depth of deep wrinkles are reduced. Suitable as a flash effect for anyone who wants an immediate result. Brilliant after a long night or before a special occasion!

For Men

55 min €75.00

Energy and vitality especially designed for men. This energising and detoxifying treatment works against the effects of skin fatigue.

The natural ingredients of Birch Sap & Pure Vitamin C, make up the perfect formula that leaves the skin with a fresh clean feeling!

Timexpert Rides Eyes & Lips Treatment

45 min €55.00

A high-performance treatment targeting both expression and ageing wrinkles around the eyes and lips, reducing puffiness and all the signs of fatigue to the eye contour and softening and plumping the lip contours. A unique work protocol that combines Facial Cupping, Eye Yoga and Gua Sha Massage with rose quartz.



BODY
SCRUBS
& TREATMENTS



Exotic Orient Exfoliation

30 min €45.00

A body exfoliator that removes in a gentle and effective way the dead cells of the skin, stimulating the elimination of toxins and activating circulation. Its exotic and enveloping cinnamon fragrance is joined by the properties of Ginger, Cinnamon, Bitter Orange Extracts and Aromatic Orange Blossom Water to improve the appearance of the skin, favor the supply of nutrients and protect it against ageing.

Treatment Type

ENERGY

Mediterranean Exfoliation

30 min €45.00

An essence of the Mediterranean that is truly enjoyable due to the aromas and textures of native Mediterranean plants; argan, olive seed, grape seed & orange water.

Treatment Type

ENERGY

Vitamin C Body Scrub

30 min €45.00

Provides the skin with an ultra-smooth texture thanks to the exfoliating properties of the orange peel. The skin appears like satin, with a silky and luminous glow. It's the perfect preparation for your skin prior to sun exposure.

Treatment Type

ENERGY

Marine Scrub

30 min €45.00

Freeing the skin of dead cells by exfoliation, this scrub holds the secrets of the sea! It will leave the skin extremely smooth and supple.

Treatment Type

ENERGY, DETOX

Dead Sea Aromatic Salt Scrub

30 min €45.00

An aromatic salt scrub that brings fresh oxygenated blood to the surface of the skin, improving circulation while detoxifying and firming contours; it erases the dull surface and leaves the skin soft and radiant.

Dead Sea Detox Seaweed Wrap

50 min €70.00

Seaweed is nature's "antibiotic"! It stimulates metabolism, strengthens the tissues and improves the circulation of oxygen through the body. Post treatment, your skin is firmer and enriched with vital minerals from the Dead Sea. The aromatic oils give your skin moisture, nourishment and a silky feeling.

Dead Sea Anti-Cellulite Treatment

70 min €85.00

Using toning and firming botanicals to reduce that dimpled appearance and create smoother contours.

Enhances the body with a natural mixture of Dead Sea minerals and plant extracts which have been carefully chosen to fulfil the specific needs of the skin, combating cellulite and smoothing away unsightly lumps.

Gold Privilege Treatment

55 min €80.00

Radiant as an Olympian Goddess with subtle gold glitters!

This body massage carried out with a gold nectar and gold wrap will become an unforgettable Spa beauty experience.

Vitamin C Firming Body Wrap

55 min €70.00

This rich and radiant firming mask offers a complete all-in-one body treatment. Its protective and hydrating properties provide the skin with firmness and suppleness.

A perfect treatment for healthy sunbathing.

Treatment Type

ENERGY

Svelte Body Slimming Marine Wrap

55 min €75.00

Sensational wrap that contains an abundance of vitamins and minerals with a slimming and detoxifying effect. Consists of micronized marine algae and natural marine salt.

Treatment Type

ENERGY, DETOX

Heavy Legs Wrap

45 min €55.00

Working with warm and cool ingredients to reduce fluid retention and improve circulation.

The perfect treatment for those who are on their feet all day and perfect for 'pregnant' Mum's to be! You are left feeling incredibly refreshed and more energised.

Treatment Type

DETOX

Idyllic Jeju Scrub and Head Massage

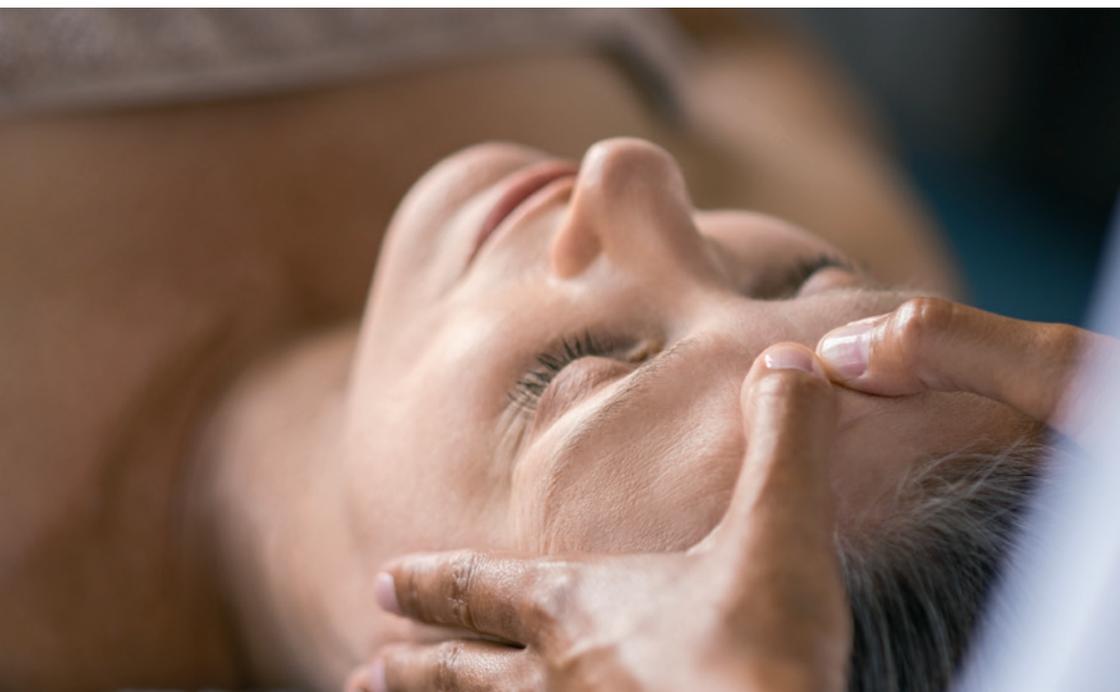
55 min €70.00

More than an exfoliation! This exotic extra-sensory exfoliating therapy with particles of Bamboo, Argan, Olive and Orange, takes the client to the Jeju island, enveloping body and soul in a renewing freshness.

Its magnificent anti-oxidising properties and the beneficial minerals seal the skin, leaving a hydrated and extraordinarily luminous appearance. The treatment is complemented by a Shiatsu head massage. Revitalises the hair, while you immerse in total relaxation.

Treatment Type

DETOX



PACKAGES

Serenity Experience for 2

2 hours €290.00

- Tranquil Paradise
- Exotic Oriental Body Exfoliation
- Rose Hydration Facial

for HIM

80 min €95.00

- Antistress Back Massage
- Mini Facial For Men
- Timexpert Rides Eye Contour Treatment

for HER

80 min €95.00

- Antistress Back Massage
- Mini Facial
- Timexpert Rides Eye Contour Treatment



GENERAL INFORMATION

Holiday Fitness & Fun

Kanika Hotels and Resorts are committed to offering you a holiday that combines fitness, fun and relaxation.

Our in-house leisure facilities include a gym, fitness classes, table tennis, tennis courts and an all-weather indoor pool, while independent operators offer a range of water sports on the beach.

Above all, our in-house Spa extends an open invitation to experience mind and body rejuvenation.

Sauna & Steam €10.00 per person per Hour (where applicable).

Opening Hours

Guests are welcome to use our Indoor Swimming Pool, Fitness Room, Health Club & Spa.

Fitness Room: 07:00-19:00

Spa: 09:00-20:00

Prices

Prices in this catalogue are in Euros and include all taxes.

Children Policy

Children under 16 years old are not permitted in the Serenity Health Club & Spa and Fitness Rooms.

Cancellation Policy

Kindly note that cancellations must be made at least 3 hours prior to your appointment, otherwise 50% of the cost of your booked treatment will be charged to your room or credit card. "No show" guests will be charged the full amount.

Useful Information

1. Please remove all your jewellery off before your treatments. Underwear or suitable swimwear should be worn into the treatment room and during treatments.
2. For some treatments your therapist will provide with disposable undergarments, and suitable towel draping should be used at all times.
3. Before any treatment, please complete the Health Form provided by your therapist for any particular injury, physical condition or allergies.
4. Your comfort and care is our greatest concern and priority.

Personal Belongings

1. For your personal belongings a locker can be provided.
2. The Hotel is not responsible for any loss or damage of valuables left in the Spa area, nor can it be held liable for any such loss.

Thank you for your understanding and compliance. We hope that your Spa experience will be truly memorable and beneficial.

Alexander the Great Beach Hotel

tel.: +357 26 965 000
ext. No: 3113

Olympic Lagoon Resorts Paphos

tel.: +357 26 883 300
ext. No: 3425

Olympic Lagoon Resorts Ayia Napa

tel.: +357 23 500 000
ext. No: 4016

Reservations

We highly recommend making your Spa reservation in advance, to avoid disappointment. Reservations can be made through our Reception Ext. No. 0 or Health Club & Spa centre directly. We encourage you to arrive at least 15 minutes prior to your appointment.



kanikahotels.com