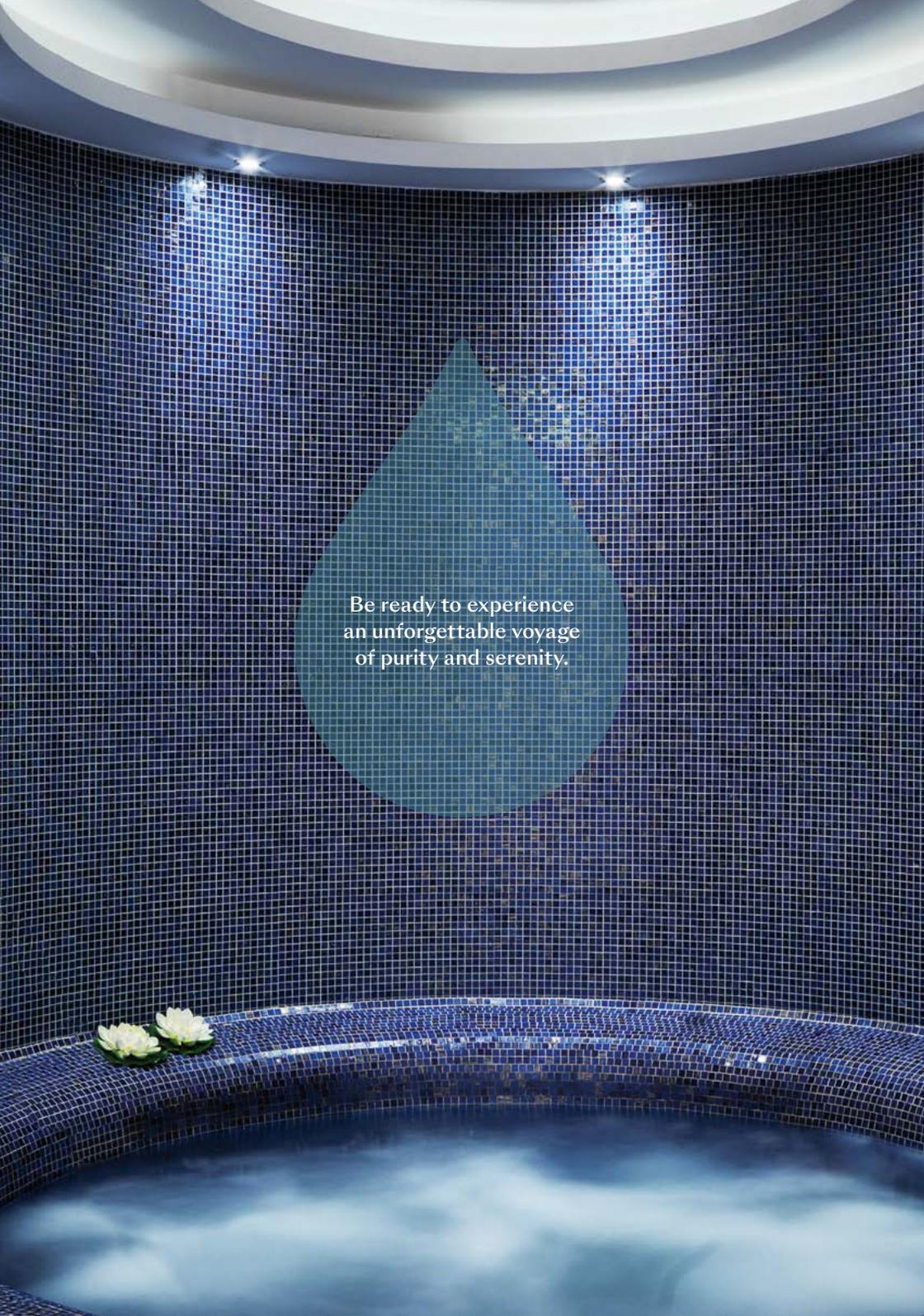


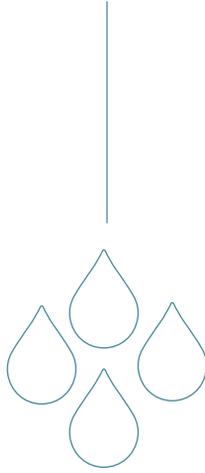


serenity

HEALTH CLUB & SPA

A circular spa with walls covered in small blue mosaic tiles. The ceiling is white with recessed lighting. A large, semi-transparent blue water drop graphic is centered on the wall. In the foreground, two white lotus flowers are floating in the water.

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

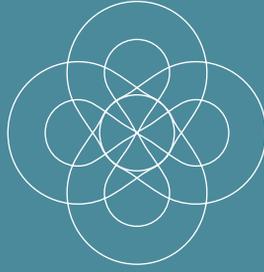
Cyprus Experience

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 a warm candle massage by traditional ancient 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



MEDITERRANEAN
LIGHT CANDLE
MASSAGE



Sunset in Egypt

60 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

60 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

60 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



Radiance Vitamin C Face & Body Ritual

90 min €130.00

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.

After Sun Repair Treatment Face & Body

60 min €75.00

A treatment with a soothing and cooling effect to relieve irritated skin, especially after exposure to strong solar radiation. Helps to stimulate cellular metabolism to repair and restore the healthy appearance of the skin.

FACE



Purexpert Facial

60 min €70.00

75 min €85.00
with extraction

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.

Mini Facial

30 min €50.00

Suitable for all skin types, this treatment with immediate effects improves the skin.

An extraordinary way to revitalize the skin in just 30 minutes, according to your skin type and needs.

Timexpert Radiance C+ Illuminating Facial Treatment

60 min €90.00

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.

Timexpert Hydraluronic Facial

60 min €85.00

A new dimension of hydration is delivered to the skin by exclusive ingredient formulations plumping and adding volume. Hyaluronic Acid (HA) is released to the deepest layers of the skin, allowing recovery and preservation of naturally occurring HA in the skin. Whilst the slow-release technology delivers and retains moisture reserves for longer-lasting effects. This therapy is elevated with a unique facial massage tool, that works as a cooling method across the facial contours to actively plump lines.

Unique Roll & Lift Facial

60 min €75.00

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 (20 min - €20.00).

Timexpert Lift (IN) Vector - 3

60 min €110.00

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.

Rose Hydration

60 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.

For Men

60 min €85.00

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



Mediterranean Exfoliation

30 min €50.00

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 €50.00

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 €50.00

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

Aromatic Salt Scrub

30 min €50.00

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.

BODY TREATMENTS



Vitamin C Body Treatment

60 min €70.00

An energising body treatment which commences with a Vitamin C exfoliation followed by a collagen-boosting body wrap. Its protective and hydrating properties provide the skin with firmness and suppleness. A perfect treatment for healthy sunbathing.

Treatment Type

ENERGY

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 Jasmine Salt Scrub & Back Massage

60 min €75.00

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.

The treatment is completed with back massage that relaxes muscle tension in the shoulders, back and neck.

PACKAGES

Serenity Experience for 2

2 hours €290.00

- Rose Hydration Facial
- Marine Scrub
- Choose the massage of your preference: Aromatherapy full body, Hot stone, Back & Head.

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: Complimentary

Opening Hours

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

Fitness Room: 07:00am - 19:00pm

Spa: 08:00am - 19:00pm

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.

**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.