

# Spa Menu

THE ART OF WELL-BEING



AYANASPA

At Ajax Hotel



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AYANA SPA  
an experience beyond your expectations

## Welcome to Ayana Spa

Ayana Spa, in the heart of Limassol at the exquisite Ajax Hotel reflects a particularly beautiful atmosphere that makes every experience unforgettable. The modern state-of-the-art facilities and the raw materials inspired by traditional Japanese influences, highlight the well-being holistic philosophy in a luxurious refined ambience.

We invite you to discover the world's leading well-being solutions to beauty & health therapies, submerged by rituals from all over the world, from European to Asian cultures, and new exclusive range of signature oriental rituals. The spa is complemented by the sumptuous spa facilities featuring an indoor vitality pool, the thermal suite with a Finnish sauna & steam bath and a state-of-the-art jacuzzi.

The team at Ayana Spa is specialized in the fields of cosmetology, physiotherapy and spa therapies for unrivaled experiences inspired by the art of hospitality.

The hair salon, situated on the first floor, is offering a private ambience and the latest services in hair design.

The gym, featuring leading equipment and a personal trainer, is offering fitness and rehabilitation programs dedicated to privileged members.

## Information

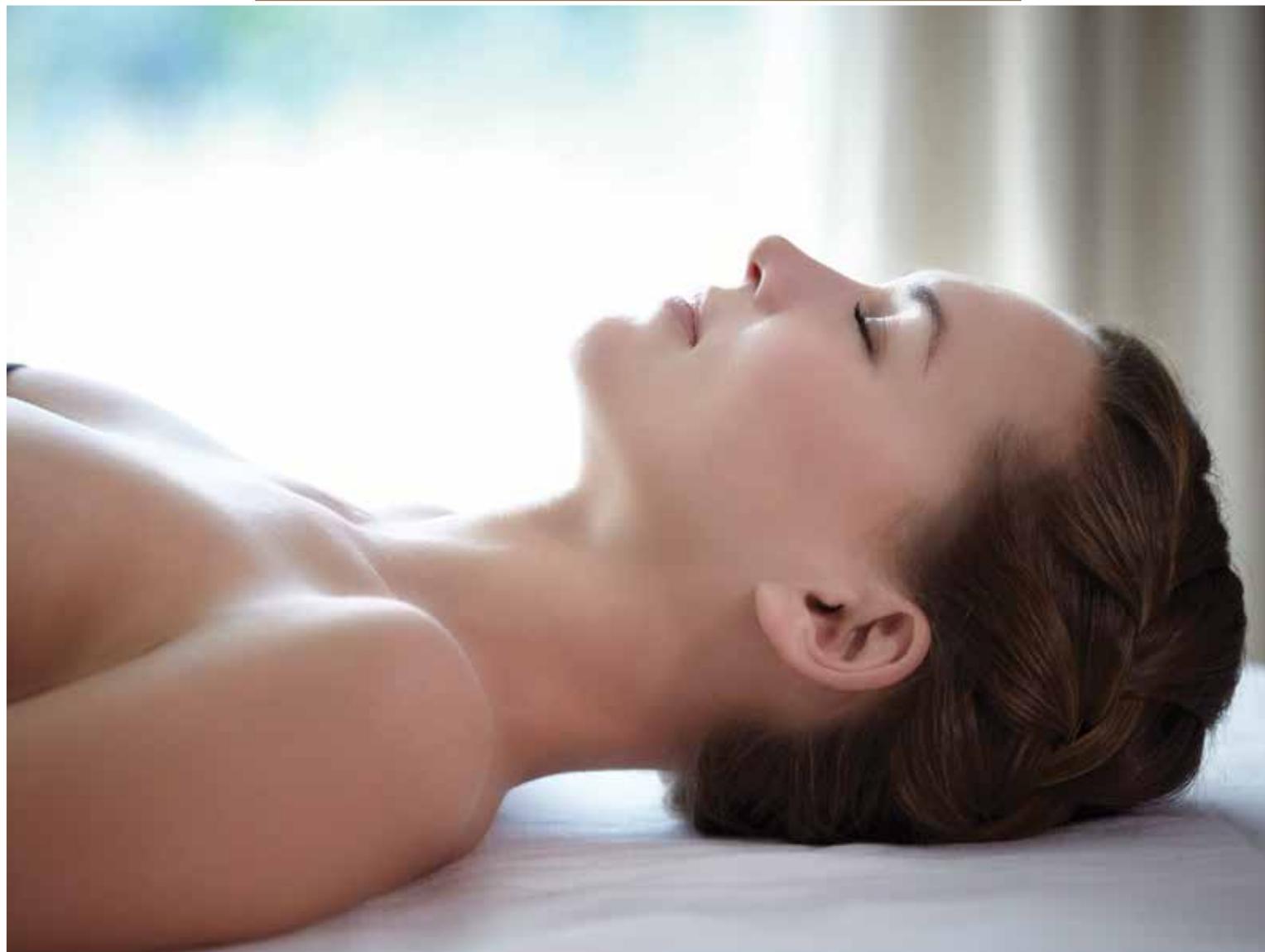
- When visiting our spa, for safety, please ensure that you leave all your belongings in your room safe or in your assigned locker at the spa.
- It is not necessary to wear underwear or a bathing suit beneath your robe for massages, body wraps or body scrubs. Disposable underwear will be provided.
- We recommend that you drink lots of water during your spa program to help accelerate the elimination of toxins.
- Please shower prior to your visit at the Spa - for massages, body treatments and foot-care treatments.
- Some treatments are not appropriate for pregnant women or for those with certain health problems. Please remember to inform your therapists in order to adapt your treatments accordingly.

**Cancellation Policy:** please note 24 hours prior notice should be given in the event of a cancellation. If notice is not provided 100% of the treatment value will automatically be charged.

**Spa services and amenities are not available to children under the age of 16**



OUR SPA  
Practical Advice & Policies



# PHYTOMER

## The Art of PHYTOMER Spa Treatments

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Iconic skin care treatments for face and body, invigorating wellness for the mind and senses, a wide range of rituals inspired by a wealth of resources from the Brittany coast in France and over 40 years of experience in the most respected salons and spas around the world.

The name Phytomer means “plants of the sea”. The company is based in Saint-Malo, France and has been involved in safe and healthy skin care for beauty through ‘Marine cosmetics’ for over 35 years. It became the first cosmetics brand in the world to transpose marine deposits to modern cosmetology and has a commitment to sustainable development (environmental, social and economic behaviour) by considering impact of using the ingredients from the coast of Brittany. Phytomer has harnessed the healing powers of the sea providing a variety of face and body treatments tailored to the needs of the individual client.

## FACIAL TREATMENTS

### **EXPRESS FACIAL - 30 min**

This express facial treatment is formulated to offer maximum beauty results and well-being in minimal time. All skin types are suitable. The treatment cleanses, exfoliates and hydrates your skin for immediate results.

### **EXTENDED YOUTH Wrinkle Correction Firming Treatment - 60 min**

3 key steps in an ultra-effective treatment to resurface the skin, fill wrinkles and restructure the face. In a single treatment your wrinkles are visibly corrected, leaving your skin firm.

### **WHITE LUMINATION For Complexion - Dark Spots - Wrinkles - 60 min**

A pure white second skin mask that combines the brightening power of Vitamin C and purifying properties of argile for a fresh and radiant complexion.

### **HYDRA BLUE Plumping Moisturizing Treatment - 60 min**

Immerse yourself in a moisturizing facial “bath” with record efficacy. The results are instant: your skin regains comfort and radiance. It is plumped up and rested.

### **EYE PERFECTION Radiance Smoothing Eye Treatment - 30 min**

An ultra-comprehensive treatment for sparkling, young-looking eyes. The treatment helps to combat bags and dark circles, hydrating and improving the skin using exclusive massage techniques.



## FACIAL TREATMENTS



## BODY TREATMENTS

### BODY TREATMENTS

#### **SCULPT ZONE Treatment for Abs-Buttocks-Thighs - 60 min**

An intensive heating wrap and massage on the Abdomen-Buttocks-Thighs area to beat your excess fat and cellulite in record time. With an express treatment or intensive program, you will get radical slimming results. More than 1 cm less in waist circumference in only 4 treatments\*.

\*Centimeter measurements taken on 19 women who received 4 treatments in 2 weeks. Average values obtained.

#### **BODY FIRMING Firming Body Wrap - 50 min**

This expert treatment targets problem areas like hips, thighs and buttocks. A highly active gel wrap is applied and then massaged in order to firm the skin, tighten tissues and combat skin slackening. Your body will look and feel smoother, firmer and tighter.

#### **DETOX BACK MASSAGE Cool-Down Treatment - 40 min**

An ultra-relaxing and unwinding massage of the back and head combined with detoxifying marine products for deep cleansing.

#### **LEG REVIVAL Leg Soothing Treatment - 35 min**

For a spring in your step, this foot and leg treatment drains, stimulates and revitalizes. Ideal for pre and post-holiday travelling and also for the latter stages of pregnancy when puffy ankles and fluid retention can be problematic. Tired legs and feet feel like they're walking on air.

#### **SATIN SHIMMER Salt Crystal Exfoliation - 40 min**

An exfoliation with sea salt crystals combined with a relaxing body massage for an express beauty treatment that leaves your skin soft and silky.

#### **MARINE BODY WRAP Full Body Wrap and Massage - 60 min**

Choose the best, detox and invigorating full body wrap, followed by a relaxing body massage. The ultimate treat for both body and mind.

## MASSAGE THERAPIES

### REFLEXOLOGY - 40 min

Reflexology is a therapeutic method of relieving stress by stimulating predefined pressure points on the feet. The benefits of a foot Reflexology Session are manifold - calmness and serenity, improved circulation, increased energy and balanced emotions among many others. It is appropriate for all ages as well as for a variety of ailments. Not only soothing to sore feet, it can benefit most other body aches and pains.

### ANTI-CELLULITE MASSAGE - 40 min

Anti-Cellulite Massage is a specialized massage concentrating mainly on the area where cellulite or 'orange peel' skin is most prevalent on the body. The Anti-Cellulite massage stimulates the blood vessels in the skin. This clears out the lymph cells of the toxic fatty deposits, which cause the appearance of the 'orange peel' look.

### MANUAL LYMPHATIC DRAINAGE TREATMENT - 50 min

This massage focuses on the areas of the body prone to cellulite, blockages, fluid retention and uneven skin texture, stimulating the lymphatic and circulatory systems. It has a detoxifying effect, therefore improving skin tone and subcutaneous tissues.

### AROMATHERAPY FULL BODY - 60 min

Everyday stresses and strains disappear with our heavenly Aromatherapy Massage. The incredibly soothing sensation of the Warm Aromatherapy Balms, expertly blended from an exquisite elixir of natural Essential Oils, melts away tension, relaxes, detoxifies and tones for renewed energy and velvety skin.

### AROMATHERAPY BACK BODY, NECK OR LEGS - 30 min

### SWEDISH MASSAGE - 30 /60/ 90 min

This classical European massage involves long strokes and kneading on the surface muscles to relax the body, make it suppler, improve circulation and relieve aches and tension.

### DEEP TISSUE ENERGIZER MASSAGE - 45 / 60min

Banishes tight muscles with deeply therapeutic massage techniques. Powerful, deep and strongly rhythmic movements make this customized massage pure therapy for body and soul. Created to alleviate stress deep down and release the dis-

comfort of aching muscles (whether through fatigue or stress). Essential Oil Balms actively work with your body to release localized areas of intense tension. Leaves your mind feeling less cluttered and muscles intensely relaxed.

### AROMATHERAPY HOT STONE MASSAGE - 45 / 75 min

Heated stones relax away muscle tension and strains. The most blissful way to soothe body and mind. Your personalized sensorial journey relies on the therapist's intuitive touch in harmony with smooth, heat-releasing stones. Individually shaped, these magical stones help release tension, soothe aches and re-balance energy levels; The use of luxuriously melting Aromatic Balms ensure skin emerges soft as silk too.

### LOMI LOMI MASSAGE - 75 min

Lomi lomi is a type of massage long practiced in Hawaii . Rooted in huna, a philosophy centered on mind body and spirit, lomi lomi aims to improve circulation, address muscle pain and other physical ailments and provide spiritual and emotional benefits, including the relief of fear, anxiety and other negative emotions. One of the goals is to clear blockages in the body natural flow through the body.

### DELUXE EVASION MADAGASCAR MASSAGE - 90 min

Massaging every piece of the body, with essential oils takes you into Phytomer's world, for a moment of pure essential and well-being. Combining a sequence of 55 different massage techniques, including stretching, pressure points, light and firm alternative pressure, using a nectar nourishing mask, this complete massage re-energizes the body and skin.

### INDIAN HEAD MASSAGE - 40 min

Indian head massage is based on the ayurvedic system of healing which has been practised in India for over a thousand years. The aim of Indian head massage is to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulder.



MASSAGE  
THERAPIES



## SIGNATURE DELUXE PACKAGES

Unique Experience

### SIGNATURE DELUXE PACKAGES

#### AYANA SIGNATURE JOURNEY - 3HRS

Escape to a superlative state of renewal and rejuvenation with your own customized journey. Release all your worries and give in to unrivaled rest as you begin this personalized experience with a relaxing: FULL BODY SWEDISH MASSAGE. Replenish your skin with the SATIN SHIMMER CRYSTAL EXFOLIATION. Complete the journey with an EXPRESS FACIAL to uncover that glow within you.

#### GENTLEMAN'S ESCAPE - 3HRS

Melt all your cares and stresses away, during three hours of total relaxation. Unwind with an AROMATHERAPY HOT STONES FULL BODY MASSAGE and rejuvenate during the HYDRA BLUE TREATMENT. Spend some quality time on yourself, look and feel your absolute best.

#### DETOX TO RELAX - 3.5HRS

For the ultimate of luxurious purification, enjoy 3,5 hours of pure bliss. Start off with a relaxing AROMATHERAPY FULL BODY MASSAGE. Further reach total detoxification by eliminating toxins and cleansing your body during the MARINE BODY WRAP. Revitalize with an invigorating SPA PEDICURE complete with herbal soak and essential oils.

#### COUPLE'S PAMPERING PACKAGE - 3.5HRS

Bring your special someone to enjoy relaxation in a Couples Private Suite, where your journey begins. This romantic treatment includes a herbal-infused REFLEXOLOGY MASSAGE for the legs, feet and hands. Enjoy the ultimate treat of a MARINE BODY WRAP, creating a moment of shared bliss, not soon forgotten. Complete the journey with an INDIAN HEAD MASSAGE to balance your mind.

## NAILS & BEAUTY

### NAIL SERVICES

Express Polish Hands or Feet

- Normal Polish
- French Polish
- Shellac Polish
- Hard Gel

### NAIL EXTENSION

We suggest trying gel nail extensions for those who want to have long, beautiful nails and a flawless manicure. During this treatment, nails are extended with a gel that protects the surface of a natural nail. You can enjoy the flawless manicure for up to 4 weeks.

### NAIL ART

Special nail art designs can be provided for those of you who want the extra touch on a special occasion.

### SPA MANICURE

A full manicure treatment including exfoliation, hand mask, and a soothing hand massage, followed by an application of nail varnish of your choice.

- Normal Polish
- French Polish
- Shellac Polish
- Hard Gel

### SPA PEDICURE

A full pedicure treatment including a bubbling spa bath to soothe your tired feet, exfoliation, foot mask, and a soothing foot massage, followed by an application of the nail varnish of your choice.

- Normal Polish
- French Polish
- Shellac Polish
- Hard Gel

### SPA WAXING/HAIR REMOVAL

- Legs - Half
- Legs - Full
- Top lip
- Under Arms
- Arms
- Back - Half
- Back - Full
- Chest
- Bikini
- Eyebrow

### MAKE UP

- Make-Up
- Bridal Make-Up Package - Trials Included



## NAILS & BEAUTY

Essential Spa Touches



## SPA ETIQUETTE

### SPA OPENING HOURS

Monday – Friday: 11am to 7pm

Saturday: 9am to 7pm & Sunday: 9am to 6pm

### FITNESS CENTER OPENING HOURS

Monday – Friday: From: 7am to 9pm

Saturday: 9am to 7pm & Sunday: 9am to 6pm





# AYANASPA

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