

# SPA TREATMENTS



nissiSPA

We welcome you to the **nissiSPA** and invite you to visit us for personalised face and body treatments. Our therapies are performed by certified therapists and are designed for health, beauty, relaxation, and rejuvenation.

All the NissiSPA therapies address guests' increasing desire for simple, effective and authentic spa experiences. Developed in combination with specialists in Ancient Greek Medicine, Naturopathy and Aromatherapy ensures the harmony between body, mind and soul. We only use products made from natural ingredients , essential for optimal skin treatment results, that will penetrate your skin, face and body.

Apart from offering beauty services for special relaxing, detox , rejuvenating and anti-aging holistic therapies, NissiSpa also features hydrotherapy, an indoor pool, sauna and steam bath, as well as a fitness centre and a hair salon.

*Our spa will not only revitalize your body, but rejuvenate your soul.*



Aegli was Asclepius' mythical daughter, symbol of Glow, Radiance and Beauty, resulting from good health.

Aegli-Premium Organics is a Greek company inspired by the enchanting Greek flora and the inexhaustible global biodiversity. We are constantly searching for valuable organic active ingredients from all over the world, thoroughly testing these, both in laboratory and clinically used methods.

The natural raw materials of Aegli-Premium Organic cosmetics, plants and herbs, come from organic farms, produced and certified in compliance with international regulations for the production and certification of organic products.

Organic cosmetics contain none of suspicious substances. On the contrary, they present the highest levels of antioxidants, which thanks to their active ingredients can prove equally and even more effective than common cosmetic products.

**THE AEGLI SPA MENU** was created by Dr Erika Papavenetiou, Greek Homeopath- Holistic Nutritionist- Medical Doctor, in cooperation with chemist-cosmetologist and natural healers. It is inspired by the global need for pure beauty, protection of the human body and the environment and essential euphoria.

**AEGLI PRODUCTS DO NOT CONTAIN:** Parabens, Mineral oil, Petrolatum/Parafin wax, Silicones, Propylene Glycol, PEG, SLES, ALES, Sulfates, EDTA, Phthalates, Alcohol, BHT/BHA, Imidazolidinyl Urea, Diazolidinyl Urea, Acrylates, Carbomer, Aluminum, Ethanolamines, Triclosan, Synthetic fragrances, Genetically modified ingredients.

*All products are dermatologically tested without testing on animals, and are vegan approved.*



# FACIAL TREATMENTS

aegli  organics

 Aegli Mini Facial 35 MIN. • €45

Individual facial treatment based on precious organic herbs, oils and extracts hydrates and rejuvenates all skin types.

*Suitable for all skin types, for men and women.*

 PRE - SUN WELCOME TREATMENT 60 MIN. • €70

For purification and antipollution based on fruit enzymes, organic herbs and hyaluronic acid regenerates the skin cells and restores the metabolic system of the skin. It protects the skin against sun exposure, moisturises and firms the skin.

*Suitable for all skin types, for men and women.*

 PRE - SUN HOLISTIC PROTOCOL 70 MIN. • €80

Thirst relief facial therapy, which revitalises and recovers the dehydrated skin. Based on coconut, arnica, sambucus, chamomile, aloe, cucumber and low molecular hyaluronic acid. Protects the skin and relieves inflammation, bringing a smooth texture and giving a cool, calm sensation.

*Suitable for all skin types, for men and women.*

 AFTER SUN RELIEF AND REPAIR 40 MIN. • €50

Thirst relief facial therapy, which revitalises and recovers the dehydrated skin. Based on coconut, arnica, sambucus, chamomile, aloe, cucumber and low molecular hyaluronic acid. Protects the skin and relieves inflammation, bringing a smooth texture and giving a cool, calm sensation.

*Suitable for all skin types, for men and women.*

 DEEP EXOTIC DETOX 60 MIN. • €75

Natural detox facial therapy which brightens the skin and brings out its radiance. A unique combination of Indian shikakai, gypsophila and soap berries. Plants, which are very rich in saponins, and exfoliating fruit enzymes, stimulate dull skin and activate microcirculation. It provides the perceived skin purification and rejuvenation with instant effect.

*Suitable for oily and combination skin.*



 SUPER FOODS DETOX RITUAL 70 MIN. • €80

Gentle detox treatment for sensitive and reactive skin. Matcha green tea, cocoa, exotic basil and five flavor berries tone, balance and control the skin. Feel the power of nature and relax, in both, mind and your stressed skin.

*Suitable for sensitive and normal skin.*

 AEGLI DEEP HYDRATING 60 MIN. • €75

Deep facial skin hydration based on organic herbs and extracts, bio-cellulose technology and low molecular hyaluronic acid. Rejuvenates and repairs the dehydrated skin, restores the metabolic system of the skin and reduces fine lines. Your skin regains its hydration, restores its brightness and has a smooth texture!

*Suitable for all skin types, for men and women.*

 MEDITERRANEAN LIGHT TREATMENT 60 MIN. • €70

Hydration, lightening and anti-aging therapy with a strong complex of acerola, orange, berries, avocado, sunflowers, vitamin C and hyaluronic acid. Brighten and protect your skin whilst feeling and enjoying safely the benefits of the Mediterranean sun.

*Suitable for all skin types.*

 MOTHER EARTH'S YOUTH ESSENCE 75 MIN. • €90

Triple action holistic therapy with exfoliating, antioxidant and antiaging action. Pineapple and mango enzymes stimulates cell renewal, acerola and orange enhances skin cohesion and offering instant luminosity. Super foods and coconut create a protective environment and increasing the moisture of the skin by up to one hundred times. Feel the unique velvety texture and a pleasant lifting effect!

*Suitable for all skin types, perfect for more mature skin.*





## APHRODITE'S PURE BEAUTY PATH 70 MIN. · €80

Advanced anti-aging treatment, based on rose and myrtle, holy plants of Goddess Aphrodite. Antioxidant seeds like grapeseed, apricot, olive and pear refine skin texture, and low molecular hyaluronic acid activates pro-collagen production and enhance skin cohesion. Improve firmness, resilience and elasticity, making it the ideal way to feel essential euphoria!

*Suitable for all skin types, perfect for the first signs of time.*



## OPEN EYE EXPERIENCE 40 MIN. · €40

An instant "eye-opening" experience based on organic rose, coconut and hyaluronic acid swiping away signs of age and fatigue. Thanks to the synergy of arnica, sambucus, chamomile, cucumber, hesperidin and hyaluronic acid, the skin is brightened and reveals its radiance.

Prevent the appearance of fine lines and experience a pleasant lifting effect!

*Suitable for all skin types, for men and women, can be integrated into another treatment.*

# SPECIAL FOR MEN



## SUPER FOOD DETOX 50 MIN. · €65

Detoxifying skin therapy based on super food enzymes, ginseng and berries. Gently exfoliates, healing damages, protects and tones the skin. Harmonises and relaxes your stressed skin and mind!



## MOTHER NATURE RITUAL 70 MIN. · €75

Protective, radiance and antiaging treatment based on Macha green tea, Cocoa and Ginseng, refreshes and boosts the resilience of the skin. Feel a truly rejuvenating smoothing result, and relax your senses in an authentic way, organically wise!



# BODY TREATMENTS

## THALGO LA BEAUTE MARINE

A pioneer in marine scientific research, THALGO invites you on a unique sensory experience at the heart of the oceans. Drawing on over forty years of skincare expertise, THALGO SPA rituals cleverly bring together beauty results and deep relaxation. Surrender to the pleasure of our exclusive massages combining exquisite traditional techniques with the latest innovative practices. Pampered in luscious, enveloping textures, you will drift away amidst heavenly fragrances - take the time to escape to one of our enchanting destinations. A journey suspended in time, a moment of pure bliss and absolute serenity for the body and mind...

### THALGO PURIFYING-EXFOLIATING TREATMENTS

Inspired by the sea, THALGO scrubs combine sea salt with nourishing plant oils, giving them their extremely sensory texture. This unique combination is the secret of their gentle exfoliating effectiveness.

#### MARINE BODY POLISH | 30 MIN. | €40

Gentle and efficient cream body scrub for all skin types, even the most sensitive.

#### MARINE PRELUDE | 60 MIN. | €65

A deeply sea salt body scrub with detoxifying and remineralising Dead Sea mud combined.

## THALGO DETOXIFYING AND REBALANCING TREATMENTS

A concentration of the invigorating benefits of the ocean, this blue lagoon scrub combines the unique exfoliating power of sea salt with nourishing oils, to reveal a refined skin texture, velvety to the touch.

Its marine notes delicately scent the skin, while providing a moment of well-being.

#### MARINE ALGAE BODY WRAP · THALGO PATENT 60 MIN. | €70

The ultimate "thalassa" body wrap, this 100% pure and natural algae cream (focus, laminas, lithothamnium) is recommended for getting back into shape and is particularly effective for starting a slimming programme.

#### AROMAOCEANE MUD TREATMENT 80 MIN. | €95

Since ancient times, this unique mud, 100% pure and natural, has been renowned for its strong concentration of minerals (calcium, magnesium, iron etc). An ideal treatment programme for getting back into shape or preserving the beauty of your skin.

# RITUALS

Ultimate fulfilment from the heart of the Oceans, THALGO Spa Rituals are truly unique sensory experiences. Exclusive massages inspired by ancestral techniques, melting and enveloping textures and divine scents offering an escape to an enchanting destination.

## INDOCEANE SPA RITUAL | 120 MIN. | €120

Close your eyes and be drawn into a dream of serenity on a Far Eastern journey. From stopover to stopover, divine scents and colours combine with the richness of the sea.

- **Mediterranean stopover**, prelude with citrus flavours: Sweet and Savoury Body Scrub
- **Egyptian stopover**, relax on the Nile: Precious Milk Bath
- **Indian stopover**, tranquillity on the Sacred Ganges: Indocéane Indian Massage
- **Chinese stopover**, temple of Beauty: Silky Smooth Body Wrap

## POLYNESIA SPA RITUAL | 120 MIN. | €110

Relax and beautify to the rhythm of reinvented ancestral practices... Four sensory stopovers in the Polynesian atolls, from which the body returns detoxified, refreshed and relaxed.

- **Stopover in Tahaa**, the Vanilla Island: Exotic Island Body Scrub
- **Stopover in Manihi**, the Lagoon Island: Lagoon Water Bath
- **Stopover in Bora Bora**, the White Sand Island: Mahana Massage
- **Stopover in Raiatea**, the Sacred Island: Take advantage of this wonderful last stopover to adorn your skin with beautiful iridescent pearls





# MASSAGES

NISSI AROMA SIGNATURE BY AEGLI | 60 MIN. | €70

A must have experience for your senses! Our signature treatment, especially designed to fit your needs with quality essential oils been blended for you, individually. A relaxing, medium pressure massage encouraging deeply relaxation and balancing body, mind and spirit.

THERAPEUTIC MASSAGE | 30 MIN. - €40 | 60 MIN. - €70

Ideal to enhance the body mins natural restorative functioning. Light to firm pressure to release tension, relax muscles, increase blood circulation and impart a sense of calmness.

MANUAL LYMPHATIC DRAINAGE | 75 MIN. | €75

A gentle treatment using very light movements and long, rhythmic drainage techniques to stimulate lymph flow. The use of juniper berries and fennel essential oils, are encouraging the natural detoxification procedure of your body.

DEEP TISSUE MASSAGE | 75 MIN. | €80

Extremely beneficial to the deepest layer of tissue, muscles and fascia, relieving muscle tension, easing stiffness and improving blood circulation. Firm massage, beneficial for athletes and those who like stronger approach.

HOT STONE MASSAGE | 75 MIN. | €85

A melt away tension treatment! The warmth of volcanic stones on your skin and the smell of a unique blend of essential oil, will take you on a journey of deeply relaxation and tranquillity.

PREGNANCY MASSAGE | 75 MIN. | €70

Give yourself some time to appreciate the joy of pregnancy. A healthy way to reduce stress and promote overall wellness. This massage relieves many of the normal discomforts experienced during pregnancy such as backaches, stiff neck, leg cramps, headaches, and edema.



# JOURNEY TO THE EAST

## TRADITIONAL THAI MASSAGE | 75 MIN. | €80

An ancient healing process performed on the floor using unique stretching techniques and pressure points, adjusting the procedure according to your needs.

## INDIAN HEAD MASSAGE BY Aegli | 40 MIN. | €45

Rebalancing and modifying treatment using the secrets of Ayurvedic approach. Warm oil blended with essential oils is smoothly dripped on your back, neck, head, forehead and hair. Opening chakras through your third eye and the scalp massage that you will get is to be remembered!

## REFLEXOLOGY | 40 MIN. | €45

Application of pressure to the feet, with precise techniques on a system of zones and reflex areas that purportedly reflect an image of the body on the feet. A premise that such work effects a physical change to the body.

## THAI FOOT MASSAGE | 40 MIN. | €45

Art of Thai-Reflexology providing an enjoyable unwinds and rejuvenating occurrence that heals body, mind and spirit. Helping relieve stress and tension, decrease fatigue, foster good health and mental serenity.



# INTEGRATIVE SLIMMING

## THALGO SLIMMING TREATMENTS CONCENTRATIONS OF EFFICACY FOR A RESHAPED FIGURE

### PERFECT SCULPT MASSAGE

| 30 MIN. | €45

The Perfect Sculpt massage, a true mark of THALGO'S professional expertise, is a succession of deep and effective maneuvers created to lastingly dislodge both cellulite and stubborn fat, while restoring skin tone.

### HIGH PRECISION SLIMMING SHAPING TREATMENT

| 45 MIN. | €65

The first corrective treatment of the two types of fat - superficial and deep - known to cause cellulite dimpling, excess fat and skin slackening. A concentration of high-performance and efficacy, thanks to its exclusive Perfect Sculpt massage and its original body wrap with Active Oxygen. The silhouette is visibly reshaped. Cellulite dimpling is significantly smoothed.

### FRIGI-THALGO BODY WRAP

| 45 MIN. | €65

A cryotherapy body wrap that addresses feelings of discomfort and fatigue in the legs. The effectiveness of the algae complex used in this treatment, enriched with menthol and camphor, is well established. Feelings of painful fatigue in the legs disappear for a refined silhouette.



## WAXING

HALF LEG	€20
FULL LEG	€30
FULL LEG AND BIKINI LINE	€35
BIKINI LINE	€10
FULL BIKINI	€20
UPPER LIP AND CHIN	€10
UNDER ARM	€8
ARMS	€18
BACK	€25
CHEST	€25
EYEBROW WAX	€10
EYEBROW SHAPE (TWEEZERS)	€10

## EYES

EYEBROW TINT	€10
EYELASH TINT	€15
EYEBROW & EYELASH TINT	€20
EYEBROW LINE SHAPING	€10
EYELASH LIFT	€50

## MAKE-UP

MAKE-UP	€50
BRIDAL MAKE UP	€80
BRIDAL MAKE UP (including trial)	€100

## NAILS

NISSISPA MANICURE	€35
Additional charge for Shellac Polish €10	
NISSISPA PEDICURE	€45
Additional charge for Shellac Polish €10	
SIMPLE MANICURE	€25
Additional charge for Shellac Polish €10	
SIMPLE PEDICURE	€30
Additional charge for Shellac Polish €10	
SIMPLE MANICURE AND PEDICURE	€50
Additional charge for Shellac Polish €10	
GEL MANICURE	€45
NAIL EXTENSION WITH COLOUR (Gel or Acrylic)	€70
NAIL RE-FILLS (Gel or Acrylic)	€55
NAIL EXTENSION PERFECT GEL	€35
GEL POLISH REMOVAL	€10
RESHAPE AND POLISH	€15
POLISH	€10
REPAIR (per nail)	€5
MEN'S NISSISPA PEDICURE	€40
MEN'S MANICURE	€20
MEN'S PEDICURE	€35

## OTHER SPA-FACILITIES

STEAM & SAUNA	30 min.   €5 per person
	60 min.   €8 per person
	90 min.   €10 per person

JACUZZI (ESSENTIAL OILS, MARINE ALGAE OR DEAD SEA SALTS)

30 min. | €12 per person

JACUZZI IN COMBINATION WITH SAUNA / STEAM BATH

60 min. | €10 per person

90 min. | €17 per person

# HAIR SALON

## LADIES

WASH / CUT	from €25
WASH / BLOW DRY	from €20 - €28
WASH / CUT / BLOW DRY	from €40
COLOUR & BLOW DRY	€50
COLOUR / CUT / BLOW DRY	€60
HIGHLIGHTS FULL HEAD	from €90
CONDITIONING TREATMENT	€18
WEDDING UPDO (guests)	from €40 - €60
WEDDING STYLES (bridesmaids)	from €50 - €60
BRIDE UPDO (includes trial)	€100
CHILD UPDO	from €25 - €35

## GENTLEMEN

WASH / CUT / STYLING	€20
HEAD SHAVE	€15

## CHILDREN (UNDER 5 YEARS OLD)

WASH / CUT	€10
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For reservations Hotel guests - call no. 13

Non-hotel guests - call 23 204 050

The hair salon is open on appointments only.

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## OPENING HOURS OF THE SPA

Every day 10:00 – 19:00

For appointments, please call:

Tel: +357 23 204 050 (in-house call ext. 13)

or email us at [spa@nissi-beach.com.cy](mailto:spa@nissi-beach.com.cy)

nissi beach resort

## GENERAL

- Swimwear is compulsory in steam, sauna and pool areas.
- Please do NOT add oils or other products to the sauna and steam room without first speaking to a member of staff.
- Food and drinks should not be brought into the Spa for consumption during your visit. Refreshments are available at the Spa.
- Kindly shower before your Spa treatment.
- If you have a gift voucher, please remember to bring this with you on the day to hand to the Spa-reception
- All facilities are subject to availability.
- The Spa cannot accept responsibility for loss of any personal belongings.
- Prices are inclusive of all taxes and V.A.T
- This price list is subject to change by the Hotel at any time.

## ARRIVAL TIME

Please check in at the Spa reception 15 minutes before your treatment in order to complete the required health and lifestyle consultation form after which you will be escorted to your treatment room. Out of respect for other client's reservations, we advise you that we are unable to extend your time due to late arrival and that your treatment time will be reduced or amended accordingly without refund.

## DRESS CODE

Please arrive at the Spa reception wearing the bathrobe provided in your room. Alternatively, we will provide you with bathrobe, slippers and disposable underwear in the treatment room. Nudity is not permitted, and your therapist will use suitable towel draping at all times during treatments.

## MOBILE PHONES

Silence, like all things in our Spa, is golden. Please respect the tranquil environment of the sanctuary and refrain from bringing mobile / smart phones.

## HEALTH CONDITIONS

Please inform us if you have any injuries, physical ailments or allergies that may contraindicate spa treatments or may require modification in order to ensure your comfort and well-being. During treatments, please let your therapist know if you have any concerns or experience any discomfort. Your care is our greatest priority.

## CHILDREN

We regret that the Spa and its facilities are not available to children under the age of 16 years old.

## CANCELLATION POLICY

Please ensure you inform us of any treatment cancellation 12 hours prior to your scheduled appointment in order to avoid a 50% cancellation fee. Failure to give the required notice and failure to turn up for your appointment will incur a 100% charge of the reserved treatment.

## PAYMENT

All treatments may be paid for in cash, credit card or may be charged to your room prior to your treatment at the Spa reception.