

OPIUM HEALTH SPA

O'spa

The Opium Health Spa is a little piece of paradise we have created especially for you.

Effervescent waters, soothing sounds and hypnotic aromas create a luxurious haven for you to unwind and escape.

Our ESPA range of products and treatments has been carefully selected in order to create a memorable spa experience for you. The range has been formulated to combine the therapeutic benefits of highly professional products, ancient and modern techniques.

Enter a world of exquisite beauty and immerse yourself in the abundance of relaxing and rejuvenating treatments.

The Opium Health Spa awaits you.

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Information

Spa Reservations

For scheduling appointments or further information, please contact us using the details below;

Tel: + 357 2684 4513

E-mail: spa@elysium.com.cy

www.elysium.com.cy

Opening hours: 07:00hrs - 20:00hrs daily.

We recommend that you book your appointments in advance to avoid disappointment.

Kindly email us with your chosen treatments, times and dates. We will do our very best to honour these times and will email confirmation to you promptly.

Pre-booking

Pre-bookings are recommended to ensure that your preferred time and service are available.

Delayed client arrival policy

Please note that a late arrival will determine the length of your treatment as all services will end at scheduled times so that the next guest is not delayed. The full treatment price will be charged.

Cancellation Policy

The Opium Health Spa operates a 24-hour cancellation policy. Notification of a cancellation within 24 hours will result in a 50 percent charge of the treatment. Failure to show up for an appointment will result in the treatment being charged at full price.

Children's Policy

We are delighted to offer treatments for children under the age of 16. However, an adult must accompany children for the whole duration of their visit, apart from manicures and pedicures taken in the Nail Studio. Please contact the reservations team for details of treatments available for our young guests. Access to the rest of the spa – including the changing facilities, spa and heat experiences, and gym – are restricted to over 16s. Children are welcome to enjoy the indoor pool: Monday to Sunday 10:00hrs-18:00hrs.

Gift vouchers

Opium Health Spa Vouchers are the perfect gift for any occasion. For your convenience, Gift Vouchers may also be ordered and presented to you or a loved one upon arrival at the Elysium. Please contact the spa reception team for details of our gift vouchers.



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Treatments

Signature Treatments

Our Signature Treatments have been created by us especially for you. They have been crafted to our standards, using the finest products from ESPA to promote vitality and relaxation.

- ◆ Aphrodite's Radiance Facial
- ◆ Opium Spa Ritual

Facials

Reveal skin that glows each day with natural health and beauty.

By assessing your skin, lifestyle and wellbeing needs, our ESPA experts create a truly personalised, results-focused facial using the latest innovative techniques with our powerful

Tri-Active™ blends. Results are both instant and long-lasting: your skin will look clear and radiant, and your inner calm will be blissfully restored.

- ◆ ESPA Inner Beauty Facial
- ◆ ESPA Optimal Skin Health Facial
- ◆ ESPA Natural Face Lift
- ◆ ESPA Oil Control Facial

Massage

Rediscover your inner calm and physical wellbeing. Genuine care is taken during our massage treatments to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body.

Muscular tensions are released, the mind is quietened, and you will emerge feeling energised, with renewed focus and lasting positivity.

- ◆ ESPA Inner Calm Massage
- ◆ Thai Massage
- ◆ ESPA Balinese Massage

Holistic Therapies

Drawing on ancient techniques and modern practices, our holistic therapies are designed as a journey of discovery to a place of peace and perfection.

Carefully composed to bring mind, body and soul into harmony, Opium Health Spa's holistic therapies are ideal for those seeking a metamorphosis: let our experienced professionals be your guide and allow the best of yourself in all its glory to be unveiled.

- ◆ Total Body Holistic with Hot Stones
- ◆ Ayurvedic Ritual
- ◆ Padabhyanga

Body Treatments

Guided entirely by your personal needs, expect instant and long-lasting results from these powerful renewing rituals.

Unique in every sense, they make use of nature's most powerful and effective active ingredients and oils, coupled with innovative techniques from our expert therapists. Your body will feel rebalanced and your skin's natural beauty will be restored.

- ◆ ESPA Back, Face & Scalp Treatment with Hot Stones
- ◆ Back of Body Massage with Hot Stones
- ◆ Reflexology
- ◆ ESPA Body Wrap
- ◆ ESPA Targeted Hip & Thigh Treatment
- ◆ ESPA Pre-Natal Relax & Restore

For Men

Our ESPA face and body treatments for men are tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

- ◆ ESPA Age Rebel Facial
- ◆ ESPA Deep Muscle Massage
- ◆ ESPA Muscle Reviver
- ◆ ESPA Life Saving Back Treatment



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Treatments

Express Treatments

If time is short or you want to boost your treatment experience with a targeted solution, then ESPA Express is for you.

- ♦ ESPA Express Facial
- ♦ ESPA Eye Lift
- ♦ ESPA Salt & Oil Scrub
- ♦ ESPA Back, Neck & Shoulder Massage
- ♦ Indian Head Massage

Espa Packages

Enliven your senses with our all-encompassing ESPA packages. Hide yourself away from the hustle and bustle of the world for an extended array of treatments designed to nourish your skin, de-stress your body, and cheer your soul. A little 'you time' can go a long way!

- ♦ Sun Soother
- ♦ Just For Men
- ♦ Mother-To-Be
- ♦ Harmony (3-day package)

Hair & Nail Salon

To ensure optimum grooming from top to toe, we offer a wide range of hair and beauty treatments, using only the very best, premium brands.

For more details and appointment, please contact Opium Spa reception.

Beauty

Visit Opium Health Spa to avail yourself of a host of treatments, spanning eyebrow shaping and tinting, to a full leg wax, bikini wax, and more.

For more details and appointment, please contact Opium Spa reception.

Embrace

Our candlelit relaxation room awaits you at the beginning and end of your chosen spa journey.

Here you can reflect on your spa experience, savour a selection of herbal teas while enjoying soothing tunes as you relax and unwind.



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Activities

Energise

Exercise plays an important role in our health care.

Opening hours: 07:00hrs - 20:00hrs daily.

The Opium Health Club offers a wide range of state-of-the-art fitness equipment.

We recommend Pilates, as it will re-train the muscles that support the pelvic and spinal column, helping to improve posture and define muscle tone.

We offer complimentary fitness classes for our resident guests. For the current fitness schedule and to book your space, please contact spa reception.

Being away from home need not equate with the abandonment of your personal wellness goals. Rather, take advantage of the expertise of our highly trained fitness personnel in designing and executing a programme of activities that will engage you physically and mentally beyond the bounds of your comfort zone: seize your opportunity for health and happiness.

Opium Health Spa offers the following personal activities (extra charge):

- ◆ Personal Fitness Training
- ◆ Personal Yoga
- ◆ Pilates Personal Training
- ◆ Swimming Lessons
- ◆ Tennis Lessons

Revive

- ◆ Indoor Swimming Pool (heated November - April)
- ◆ Jacuzzi

Opening hours: 07:00hrs – 20:00hrs daily.

Steam room and Sauna are available for our spa guests. Adults only of 16 years and above.

Children are welcome to enjoy the indoor pool: Monday to Sunday 10:00hrs-18:00hrs.



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Conduct

When to arrive

Please allow sufficient time before your treatment to complete a Spa Consultation Form. We recommend you arrive up to 1 hour in advance of your treatment so that you can change, relax, and enjoy the spa facilities.

What to wear

We provide a luxurious bathrobe and slippers for your use while visiting our Spa. These items are available in the Spa changing room locker.

For certain treatments you will be provided with disposable undergarments or requested to wear your swimsuit. The bathrobe should be worn when using the hotel's common areas.

Health and hygiene

Food and drinks are not allowed in the Spa.

We kindly ask you to take a shower before your spa treatment.

You are kindly requested to inform us of any health conditions, allergies or injuries that could affect your treatment or use of the Spa facilities.

The Opium Health Spa is a non-smoking area.

Gratuities

Gratuities are not included and therefore are left to your discretion.

Valuables

Please leave all valuables in your 'in - room' safe to ensure safety. The Spa cannot accept responsibility for loss of any personal belongings.

Mobile Phones

Silence, like all things in our Spa, is golden.

Please respect the tranquil environment of sanctuary and refrain from bringing mobile phones.