



COLUMBIA Spa

Tel: +357 25 83 37 65

Fax: +357 25 83 36 88

POB 54042 • 3779 Limassol, Cyprus

Email: spa@columbia-hotels.com

www.columbia-hotels.com



 **COLUMBIASPA**



Find Our

Packages	4
A la carte	6

Daniele de Winter

Facials	8
Body treatments & massage	9

Molton Brown

Global treasures	12
Body massages	14
Facials	16
Express treatments	17
Grooming treatments	18

Phytomer

Facials	20
Body treatments	22
Waxing, tinting & other	24
General information	26



Where Time Stands Still ...

The 1.050sqm Award Winning COLUMBIA SPA boasts five treatment rooms, Jacuzzi, plunge pool, sauna and steam room, tennis and squash courts, fully equipped gym and aerobic room with regular schedule of fitness classes and yoga.

Guests can relax in the Temple Lounge after treatments furnished with its low beds and mountains of pillows. A Cocoon seating area has white drapes for discreet consultations before therapies commence.

The main hall which houses spa reception and retail area is dominated by a heated indoor swimming pool which flows into the outdoor lagoon style pool.

At last, the finest treatments selection from the Worlds best known brands will suit everyones needs.

Enjoy the journey!



Packages

Oceans Treasure

Ocean glow body polish, Relaxing massage, Seawater Perl ritual facial

1 Day € 254,00

Day of Treat

Rejuvenating green tea wrap, Cinderella seen & kissed facial, Aromatherapy massage

1 Day € 320,00

Head to Toe

Amrusca purifying kesé ritual, Pagoda sandology foot therapy, Mer Rouge scalp and hair therapy, Skin radiance lymph-flow facial

2 Days € 365,00

Mediterranean Cleanse

Ocean glow body polish, Oceanic detox, Streamlining abdominal fusion, Hypnotic cedrus river voyage, Ocean waters firming wrap, Princess rose blossom facial

3 Days € 599,00

For The Bride

Amrusca body polish, Calming soothe-away body massage, Desert bloom hydrating French manicure, Samphire vital French pedicure

3 Days € 267,00

For The Groom

Silverbirch body polish, Tension-relief deep tissue body massage, Desert bloom hydrating manicure, Samphire vital pedicure

3 Days € 267,00



A la carte

Relaxing Massage

A relaxing massage which releases tension improves circulation and eases aching muscles.

55 min € 105,00

Sport Massage

Especially beneficial if you are suffering from aches, pains and stiffness. A full body deep tissue massage to ease tense muscles.

55 min € 109,00

Aromatherapy Massage

A holistic massage for complete relaxation, using quality pre-blended essential oils to suit individual needs.

70 min € 122,00

Reflexology

Using ancient Chinese techniques, reflexology works on the principles that all our organs are represented in the feet. By working on these points, therapist can help to rebalance and obtain harmony to body & mind.

40 min € 81,00

Hydrotherapy

Under water massage is a great way to achieve a deep relaxation all over the body. The treatment helps with water retention and blood circulation leaving the body renewed and invigorated.

40 min € 86,00



DANIELE *de* WINTER

MONACO

INSIDEOUT *beauty*™



Daniele de Winter Facial Treatments

Fragrant Jasmine Rejuvenating Facial 70 min € 135,00
A firming, lifting, anti-ageing therapy using specific techniques to tone facial muscles and stimulate collagen synthesis. For a luminous, youthful complexion. Also suitable to combat the signs of jet lag.

Princess Rose Blossom Facial 70 min € 130,00
A nourishing, hydrating treatment to replenish dry skin and smooth away fine lines. Contained precious botanical extracts that unfold their revitalizing, rehydrating effect for days after the treatment is over.

Cinderella Seen & Kissed Facial 55 min € 120,00
A special eye and lip treatment for a smooth, radiant complexion with clearer, more luminous eyes and lips.

Mediterranean Magic 70 min € 110,00
A cleansing, decongesting treatment to purify skin and calm and clarify the complexion. Uses the finest, 100% natural botanical extracts.

Daniele de Winter Body Treatments

Rejuvenating Green Tea & Herbal Wrap 70 min € 105,00
Cleansing, rejuvenating therapy using deW's energizing, antioxidant green tea wrap. Saturates skin with antioxidants, improves skin smoothness and promotes the elimination of toxins.

Purifying Seaweed Wrap 70 min € 105,00
Slimming, firming therapy using deW's re-mineralising, detoxifying seaweed wrap. Promotes the reduction of Cellulite and firmer, tighter body contours.

Monaco Hot Stone Therapy 80 min € 122,00
Hot Stone Massage is a unique treatment of heated volcanic stones applied with preblended oils to the body in ways that bring about relief to sore and stiff muscles, releasing tension, to bring about tranquility and a more balanced flow of energy.





DANIELE *de* WINTER
MONACO

...because you can never be too beautiful!



MOLTON BROWN
LONDON

Molton Brown Global Treasures

Hypnotic Cedrus River Voyage

55 min € 120,00

Close your eyes. Step into the meditative current of the cedrus river as it flows on its way. Intensely relaxing, this therapy uses Indian ayurvedic philosophies, hot pebbles and our special 'cedrus oil flow' technique to create a space for you to travel inward. Your energies are realigned, your hair and body are deeply moisturized and a sense of calm prevails. Ideal for... anyone wanting to step off their daily treadmill of life and mentally power-down; those who suffer with bedtime restlessness or headaches due to lifestyle stress; anyone searching for a fresh sense of perspective or needing to restore equilibrium to their life. With Atlas Mountain cedrus tree oil, sweet orange and Bulgarian lavender oils.

Streamlining Abdominal Fusion

55 min € 120,00

The serious antidote to modern living. Targeting your skin and colon, our therapy uses flavors of Chinese chi nei tsang, tui na and acupressure beliefs to deeply detoxify your body from the inside out. Invigorating body brushing, Chinese abdominal massage, lymphatic drainage and Swedish relaxation methods deeply cleanse the body's systems, helping firm and smooth skin, encourage circulation and help minimize fluid retention. Ideal for... anyone suffering from a sluggish or sensitive digestive system; bloating; frequent travelers; anyone holding a lot of stress or feeling out of sorts; times when you want a deep spring clean. With... lychee fruit extract, volcanic mud and grapeleaf oil.

Amrusca Purifying Kesé Ritual

70 min € 130,00

A flavor of the hamam. Immerse yourself in the world of body purification with our body, skin, hair and mood enlivener. This brings together Middle Eastern-style kesé exfoliation, detoxifying deep pore cleansing, anointment techniques, a hair masque and scalp massage. Ideal for ... anyone feeling out of condition; dull, tired-looking skin tone; those wanting to kick start a detox programme. With ... firming argan tree extract, anti-oxidant amrusca grapeleaf and lychee.

Molton Brown Global Treasures

Celestial Maracuja Amazon Adventure

100 min € 195,00

Lushness abounds. Fragrant moisture drips from the canopy of the earth's greatest rainforest. Relax while your feet are bathed in warm maracuja nectar and your body is polished with raw sugar and passionflower oils. Your skin and hair enjoy a drenching aromatic masque before indulging in a languid scalp and body massage. A velvety soufflé of fragrant hydration completes your experience. Ideal for... lovers of indulgence and pampering; anyone with dry skin or simply wanting a deeply hydrating body experience. With... Amazon maracuja passionflower oil, raw sugar, rosehip oil.

Comfort-cocoon Desert Bloom Safari

100 min € 195,00

Your personal cocoon. This intensely hydrating and enriching therapy works on many levels. From your initial foot bathing ritual to your reawakening hair masque, via soft body brushing, a pampering body masque and a deeply soothing body and scalp massage, you'll feel secure and emotionally boosted. Ideal for... anyone who feels in need of some nurture or protection; dry or sensitive skin wanting comfort and soothing hydration; anyone suffering the after-effects of too much sun or wind exposure. With... extract of the African resurrection plant, which is incredibly resistant to drought and miraculously springs back to blooming life with just a few drops of moisture.



Molton Brown Massages

Tension-relief Deep Tissue Body Massage

55 min € 115,00

Targeted. Our deep tissue massage therapy will help to release deep-seated muscle tension together with reviving Ardèche ambrusca grape leaf essential oils to energize your mood. Ideal for... anyone suffering with post-exercise or stress-related muscle tension; those that like a deeper massage.

Calming Soothe-away Body Massage

55 min € 108,00

Stop the clock and step out of your reality. Our de-stressing and relaxing body massage will help you to drift away with a blend of gently flowing, hypnotic massage movements and Moroccan cedrus tree oil. Ideal for... anyone wanting to escape the strains of their everyday world; those juggling a hectic, fast-paced lifestyle; lovers of blissfully relaxing massage.

Bodynurture Mother-to-be Massage

70 min € 125,00

A deeply relaxing and comforting experience designed exclusively for mothers-to-be. Specific areas of physical tension and heaviness are soothed away with gently flowing massage strokes. Aromatic oils of Bulgarian rosebud, mandarin and coriander help to ease any emotional tensions and revitalize your mood while enriching areas where your skin is most stretched. Leaves you feeling rejuvenated, calm and floating on air. Your therapist will carry out your massage in a comfortable recovery position and tailor the treatment to your stage of pregnancy.



Molton Brown Facials

Skin Awakening Uplifting Facial

85 min € 160,00

Unlock your skin vitality. This is our red-carpet treatment: a dramatically different facial that works on your muscle pathways to instantly transform your complexion. Precision up-lifting massage techniques, plus a tailor-made fusion of vitalizing essential oils, help to reduce signs of fine lines and ageing and leave your skin looking firmer and plumped.

Ideal for... an instant lift before a special event; for skin that is losing its youthful 'bounce' and vigor; anyone concerned about age lines and creases. Results... instantly lifts and enhances skin firmness; boosts elasticity and plumpness; deeply cleanses and conditions your skin; improves blood circulation and oxygen flow to the skin and facial muscles; helps to slow down the ageing process to minimize the appearance of lines around your eyes, mouth, nose, brow and forehead.

Skin Radiance Lymph-flow Facial

55 min € 116,00

Good lymphatic flow is vital to a good complexion. Our deeply relaxing facial uses lymphatic drainage techniques to boost radiance, your skin health and relieve the impacts of stress. This, together with a personalized blend of essential oils, results in the perfect facial for the modern world. Ideal for... dull skin in need of revitalization; blemish-prone complexions; frequent travelers; anyone suffering from lifestyle stress, tension headaches or nasal congestion. Result... boosts your short and long-term skin radiance; relieves puffiness; helps minimize the formation of blemishes and acne; deeply cleanses and conditions your skin; releases pressure in your face and head, which can lead to tension headaches and sinus problems.

Molton Brown Express Treatments

Bespoke Back, Neck & Shoulder Massage

25 min € 68,00

Knots begone. Our focused massage therapy relieves muscle tension just where you need it most. Your therapist will target specific aches and soreness with a tailored range of techniques and oils to suit your tastes and mood. From intense deep tissue, to Swedish, via lomi lomi and our own shiatswe blend, choose your pressure and relax while the remedial work takes place.

Bespoke Body Polish *Ambrusca *Eucalyptus *Silverbirch *Maracuja

25 min € 70,00

A deliciously skin brightening body therapy, all in the name of a beautifully soft, smooth, glowing body. The ideal antidote to out-of-condition skin, this exfoliating treatment is also deep cleansing and will help improve circulation and boost cell renewal. Once cleansed the body is treated to a rich fusion of hydrators leaving your skin feeling silky soft, reconditioned, energized and radiant.

Pagoda Sandology Foot Therapy

35 min € 60,00

Our deeply indulgent therapy for the feet and legs will help transform their appearance and release deep-seated tension. Unwind as warm lagoon ocean salts, Bora Bora sand and gardenia blossoms polish, enrich and intensely soften the skin. Complete your therapy with a luxurious foot and leg reflex pressure point massage with extracts of Japanese pagoda tree bud.

Mer Rouge Scalp & Hair Therapy

40 min € 90,00

Designed to transform your mood and your hair condition. Totally unwind as we treat you to a deeply relaxing scalp, neck and shoulder massage, while our marine hydramask de-frizzes, fortifies and smoothes even the driest, heat- or beach-ravaged hair. Great before or after a beach or sunshine holiday, for frequent swimmers and anyone suffering from tension headaches.

Molton Brown Grooming Treatments

Desert Bloom Hydrating Manicure

55 min € 41,00

A revitalizing nail, hand and arm therapy that will leave your skin soft, silky and hydrated, your nails and cuticles in great shape, and your color fresh and hard-wearing. Your hands will be soaked, buffed and moisturized and then we will treat your hands and palms to a relaxing massage. Nails are finally polished in your chosen shade - including top and base coats.

Desert Bloom Hydrating French Manicure

55 min € 47,00

A full spa manicure followed by an application of French nail polish.

Samphire Vital Pedicure

55 min € 56,00

Relax while we indulge your feet and legs. Emerge with smooth, moisturized skin, immaculate cuticles, precision polish and a revived mood. Your soles and heels are soaked and polished, before your feet and lower legs are given a hydrating and stress-relieving massage, finish with an application of your chosen nail polish - including base and top coats

Samphire Vital Luxury Pedicure

85 min € 86,00

A full spa pedicure as well as an intense foot treatment including deeply moisturizing foot mask, while your hands are given a relaxing massage, finish with an application of your chosen nail polish - including base and top coats



Phytomer Facial Treatments

Classic facial

70 min € 92,00

A complete deep cleansing facial, using steam to soften the skin, followed by manual extraction of impurities. Ideal for those who suffer from black heads and acne

Soothing Sea Breeze Facial

55 min € 90,00

Flushed, blotchy complexions get the cool-down they need with this extra mild, award-winning treatment. Healing marine extracts will reduce any redness and irritation, refresh the epidermis and help build natural protection.

Spa Anti-Age Facial

55 min € 110,00

Presenting the seas fountain of youth, this unique treatment uses patented, geothermal water, found on the coast of Franc, which has the natural properties of combining a firming and toning action and powerful anti-free radical effect.

Seawater Perl Ritual Facial

70 min € 115,00

Ideal treatment for dry and dehydrated skin. A key moment of the treatment, the face massage with marine boluses helps relax the skin while providing it with elements essential to its hydration.

Eye delight

40 min € 70,00

A complete treatment for the eye contour area, dedicated to tired eyes, dark circles and puffiness, aging look, wrinkles and fine lines.



Phytomer Body Treatments

Ocean Glow Body Polish

40 min € 63,00

This invigorating exfoliation treatment gently polishes away dry, dull skin while hydrating and softening the deeper layers.

Oceanic Detox

50 min € 99,00

Seaweed has long been known for its rebalancing effects on the body. Our detoxifying seaweed body mask is rich in fucus and ascophyllum, two algae known to promote perspiration and stimulate the body's metabolism.

Contouring Envelopment

50 min € 99,00

It will leave your skin soft on the outside while its active ingredients boost the natural process of lipolysis (fat burn) on the inside. As with any targeted program, this treatment is recommended in series for optimum results.

Cellulite Treatment Smoothing Gel

50 min € 108,00

Suffering from cellulite? To the rescue comes a self-heating marine mud that when applied to localized areas initiates rapid absorption of minerals while simultaneously forcing stagnant fluid out of the tissues.

Ocean Waters Firming Wrap

50 min € 99,00

Relax, as your body is enveloped in cool gel concentrated with marine nutrients that promote a firmer appearance and improved elasticity of the skin. It is highly recommended after pregnancy, substantial weight-loss and sun damaged skin.

Smoothing Leg Gel Treatment

40 min € 50,00

Say good-bye to varicose veins, pain and aching legs and feel this refreshing leg gel treatment is the perfect antidote to improve the appearance and feeling of swollen and congested legs.

Sea Holistic Treatment

80 min € 120,00

This Thai-inspired techniques focuses on well-being and relaxation, working out physical tension while freeing the mind of negative emotions. A true delight for the skin and senses.



Waxing & Tinting

Eyelash & Brow tint	25 min € 36,00
Eye Brow Tint	10 min € 18,00
Eyebrow shape	10 min € 14,00
Upper Lip Wax	10 min € 14,00
Full Leg Wax	40 min € 50,00
Half Leg Wax	25 min € 39,00
Full Arm Wax	25min € 45,00
Half Arm Wax	10 min € 36,00
Under Arm Wax	10 min € 22,00
Bikini Line Wax	10 min € 27,00
Full Bikini Wax	25 min € 39,00

Other

Nail Paint	10 min € 9,00
French Nail Paint	15 min € 14,00
Nail Art (per nail)	€ 1,00
Nail Art Swarovski (per strass)	€ 1,00
Make up	40 min € 47,00
Make-up Lesson	55 min € 56,00
Bridal Make-up (one trial included)	55 min € 150,00
Racket Ball Lesson (private)	55 min € 45,00
Tennis Lesson (private)	55 min € 45,00
Squash Lesson (private)	55 min € 45,00
Personal Training	70 min € 54,00



Spa Etiquette

Do I need a Spa appointment?

Appointment are highly recommended. To avoid any disappointment either phone Spa reception on extension 765 or visit the Columbia Spa personally.

What if I have to cancel the Spa appointment?

Please note that, a 50% cancelation fee will apply should you cancel your appointment less than 12 hours prior to the scheduled time or should you not show for the appointment.

Male or Female Therapist?

You are welcome to state your preference for a male or female therapist when you make your appointment. All of our therapists are trained to ensure your privacy and comfort at all times.

Men's facial / Make-up

For best results we recommend that men shave a few hours prior to their facial. We also recommend, before any Spa treatment to remove all make up.

What do I wear?

For in-house guests, we recommend wearing the robe and slippers provided in your guest room. Alternatively, we can provide you with a robe and slippers at the Spa. During some Spa treatment you will be provided with a disposable undergarments by our therapist and you will be draped appropriately at all times. Also, kindly note, **swimwear is compulsory while using any public areas of the Spa.**

Valuables

We kindly request that guests do not wear jewellery when using the Spa, for safety reasons, valuables must be deposited in the room safe. The Columbia Spa is not responsible for loss or damage to guest's personal belongings.

Are children allowed in the Spa?

Persons under the age of 16 are not allowed in the Gym, Jacuzzi area and may not book a treatment. Kids swimming time in the indoor pool is from 9:00 to 14:00 in the summer and 9:00 to 20:00 in the winter. Children must be accompanied by parents at all times.

Spa environment

To preserve the Columbia Spa tranquil environment, we respectfully request that you leave your mobile phones switched off in your locker. This is the time for your body and mind to release worries and stresses of the day. Please remember Columbia Spa is a **Non Smoking** area.

Sauna & Steam room

Kindly, shower before using sauna, steam room or swimming pool. A towel should always be placed on sauna bench between you and the bench. Please **Do Not** add oils or other products to the sauna bucket without first speaking to a member of staff.

Gym & Fitness areas

Please place a towel provided between you and the fitness equipment and wipe down after use. Use of all gym equipments is totally under everyone's own responsibility and risk. Squash and Tennis courts are by appointment and subject to availability. Appropriate fitness attire is required at all times.

Columbia Spa Gift Vouchers

Gift Vouchers are available upon request. Our team members will be happy to advise you. If you already have a Gift Voucher, please remember to bring this with you on the day to hand to Spa reception.

Spa hours

Daily from
09.00 - 20.00

Spa Treatments

Daily from
09.00 - 13.00

and
14.00 - 20.00

by appointment

All facilities are subject to availability.

Appointment

For an appointment, please contact:

COLUMBIA Spa

Tel: +357 25 83 37 65

Fax: +357 25 83 36 88

Email: spa@columbia-hotels.com



Columbia Spa - The best place for a heavenly treat ...