AMARA

SPA

WELCOME TO

AMARA
SPA



AMARA SPA

Set amongst the archaeological ruins of the Ancient City of the Amathus, the AMARA Spa combines ancient Mediterranean rituals with modern expertise.

We are dedicated to restoring beauty and balance through individual treatments and spa journeys, which are personalised for each of our guests by our exceptionally skilled therapists.

Our spa treatment menu offers an extensive variety of health and beauty treatments to ensure that our guests are nurtured, pampered and relaxed. The AMARA Spa. The ideal place to return to wellness.



SPA PARTNERS

COSMEDIX

COSMEDIX is a pioneer of clean, luxurious skincare with clinical-level results that create a healthy relationship with the skin by combining the finest plant-based ingredients with luxurious, professional skincare. From cleansers to serums, COSMEDIX offers a range of products designed to work harmoniously with your skin to address even the most challenging concerns. COSMEDIX products are gentle yet effective, free of synthetic fragrances, dyes and parabens and are always cruelty-free.

ORGANIC PHARMACY

Organic Pharmacy is formulated by a pharmacist and homeopath, delivering exclusive, luxurious treatments to pamper and treat each individual client. Using only cold-pressed organic oils, herbal and floral extracts to maximize their potency and efficiency, they deliver clinically proven results. Formulated with no artificial preservatives, colourants, and fragrances.

SIGNATURE TREATMENTS

CYPRUS ANCIENT RITUAL 90MIN 185€

Indulge in the natural essence of Cyprus with ingredients like organic olive oil and warmed citrus fruits, designed to gently exfoliate and brighten your skin, leaving it soft and smooth. This is followed by a soothing full-body massage using olive oil infused with the refreshing island scents of rosemary and lemon.

AMARA ELITE FACIAL 80MIN 185€

Target wrinkles and energise the skin for optimum performance with microcurrent pulses and light therapy. A powerfully rejuvenating facial treatment that effectively restores radiance and reduces the visible signs of ageing, using the most potent active ingredients such us retinol and liquid crystal technology. Our facial massage with rose crystal boosts circulation, while a scalp and hand massage offer deep relaxation.

REVITALISING CRYO FACIAL 70MIN 185€

Experience the ultimate in skin rejuvenation with our Signature Cryo-Facial, enhanced by the power of Organic Pharmacy products. This treatment combines the refreshing benefits of cryotherapy with the potency of a double-acting formula to visibly tighten, lift and brighten your complexion.

Indulge in a tailored blend of organic botanicals, antioxidants, and vitamins that work to nourish your skin while the cooling cryo technology stimulates circulation and collagen production. Ideal for reducing puffiness, minimising pores, and achieving an instant glow, this luxurious facial leaves your skin feeling revitalised and refreshed.

AMARA SCRUB BAR 30MIN 80€

Accompany your therapist to the scrub bar where, with assistance, you can create your own body scrub made from all-natural ingredients.

RITUALS

AMARA SERENITY RITUAL 120MIN 220€

A treatment combining ancient Cypriot practices with modern technology to offer a rejuvenating and transformative experience that feels deeply connected to the island's place and culture.

It begins with elements inspired by traditional Cypriot rituals and gentle massage techniques rooted in ancient healing practices, setting the stage for relaxation and connection with the island's heritage. This is followed by Endosphere Therapy—a cutting-edge technology known for enhancing circulation, reducing cellulite, and toning muscles through compressive microvibration.

DETOX CLEANSING RITUAL 90MIN 160€

ORGANIC PHARMACY

An intense, full-body scrub triggers the detoxification process using a stimulating and detoxifying blend of salt, seaweed, and lemon. The ritual continues with a powerful wrap of seaweed and eucalyptus infused with rare fossil mud, while you enjoy a relaxing scalp massage. This treatment leaves the skin deeply cleansed and invigorated.

ROSE BODY RENEWAL 90MIN 160€

ORGANIC PHARMACY

A rejuvenating treatment that envelops the body in the nourishing essences of rose and jasmine, for the perfect balance. The journey begins with the Cleopatra Scrub enriched with ylang-ylang, crushed rose petals, salt and honey that will nourish and cleanse the body. A rose and fossil mud wrap then re-balances and re-mineralises the skin. Meanwhile, you will also enjoy a scalp massage before ending with a delicate rose and jasmine body oil.

THERAPEUTIC MASSAGES

ROSE AND JASMINE AROMA MASSAGE

ORGANIC PHARMACY 50/80MIN 110/180€

This soothing, full body light-pressure massage combines fluid movements and long, soothing strokes to ease tension in the muscles and calm both the mind and body.

SWEDISH BODY MASSAGE 50/80MIN 120/185€

This medium-to-firm massage uses classic massage techniques such as gliding, kneading, and friction movements, to improve blood circulation, reduce muscle pain and release toxins from the muscles.

DEEP TISSUE MASSAGE 50/80MIN 140/200€

A massage using the fingers, thumbs and elbows to release chronic muscle tension through slow, deep strokes and friction

HOT STONE MASSAGE 60/90MIN 140/200€

Creating a sensation of comfort and warmth, this deeply relaxing hot stone massage allows the delicate transfer of the heat from basalt volcanic stones to your muscles, offering release and relaxation when combined with slow, soothing massage strokes.

BACK, NECK AND SHOULDERS 30MIN 70€

A tension relieving, invigorating massage designed to relieve stress and induce a feeling of relaxation.

MEDITERRANEAN HEAD MASSAGE 30MIN 70€

A calming yet invigorating head massage that focuses on vital energy points to help to reduce tension and increase circulation.

DETOX DRAINAGE MASSAGE 60MIN 130€

A specialised massage with a drainage action that stimulates the lymphatic and blood circulatory systems, resulting in a re-balanced body.

THERAPEUTIC FOOT MASSAGE 30/50MIN 80/120€

A pressure-point foot massage that stimulates the nervous system, enhances circulation, boosts energy levels, and promotes deep relaxation.

FACIAL THERAPIES

ORGANIC PHARMACY

VITAMIN C AND PAPAYA ENZYME FACIAL 60MIN 130€

A delicate resurfacing and brightening enzyme peel. It targets age spots, pigmentation and uneven skin tone, with a focus on the face, neck and décolleté, reduces the appearance of fine lines, and dramatically improves skin tone. Using natural active ingredients like hibiscus, vitamin C, papaya and plant acids, this treatment is gentle but powerful for instant results.

CLEANSING FACIAL TIME 60MIN 130€

A deep-cleansing facial, which features a peppermint-infused face wash, an exfoliating mask with steam, and finishes with a clay mask and a lymphatic drainage massage.

ROSE CRYSTAL LYMPHATIC FACIAL 60/80MIN 140/160€

A luxurious treatment to re-energise and renew your skin. Awakening the lymphatic system with rose crystals and acupressure massage to lift and firm the skin. The result is hydrated, refreshed and glowing skin. Three luxurious masks of seaweed with crushed flower petals, honey, jasmine and collagen are applied, with an intensive face, décolleté and scalp or hand massage.

COSMEDIX

AGE DEFIANT FACIAL 60MIN 130€

Reduce the visible signs of ageing, including fine lines and wrinkles, with intelligent cranberry enzyme exfoliation and firming peptides. LED and ultrasound technology help to penetrate the active ingredients deeper into the skin layers. Turn back the hands of time and restore radiance with liquid crystal technology and increased suppleness.

HYDRATION FACIAL 60MIN 130€

Relieve dry and dehydrated skin with a hydrating facial that restores moisture, vitality and firmness to the skin. Papain and lactic acid help to exfoliate fine lines while peptides and vitamin C boost hydration and improve the skin's softness and firmness.

LET'S GET EVEN FACIAL 60MIN 130€

Minimise the appearance of age spots and uneven skin tone with a brightening treatment using vitamin C and bamboo stem extracts that gently exfoliate to reveal a brighter, smoother textured skin.

THE CLARITY FACIAL 60MIN 130€

Reduce breakouts and control excess oil for clearer, healthier-looking skin. Peppermint oil and tea tree oil work together to bring a calming balance and clarify the skin, while the sulphur and kaolin clay absorb excess oil and impurities, reducing the appearance of redness and leaving the skin clean and refreshed.

THE CALMING FACIAL 60MIN 130€

Soothe redness and reduce sensitivity with the calming effects of arnica and aloe vera, while potent green tea antioxidants help keep signs of ageing at bay.

PICTURE PERFECT EXPRESS FACIAL 30MIN 80€

Get a refreshing facial that revitalizes the complexion in 30 minutes or less. It's the perfect pick me-up before an event and for posing for those holiday selfies.

EYE & LIP TREATMENT

HYDRA-LIFT EYE TREATMENT 30MIN 70€

A firming and hydrating eye treatment designed to bring new vitality and a more youthful appearance by reducing puffiness and dark circles, smoothing fine lines and brightening the eye area where visible signs of ageing occur.

HYDRA-LIFT LIP TREATMENT 30MIN 50€

A firming and hydrating lip treatment designed to smooth fine lines and boost hydration, revitalising an area of the face where visible signs of ageing occur.

BODY TREATMENTS

GREEN COFFEE BODY SCULPTING 60MIN 130€

A treatment incorporating body brushing and massage techniques to reduce bloating and stimulate the lymphatic flow. Fat-burning coffee and heat-stimulating chilli target problem areas such as thighs, waist, and tummy.

BODY SCRUB AND BACK MASSAGE 60MIN 150€

Enjoy a full-body scrub of your choice, followed by a relaxing back massage.

DETOXIFYING BODY EXFOLIATION 45MIN 100€

A blend of salt, seaweed and lemon stimulates the detoxification process, leaving skin smooth and refreshed.

CLEOPATRA BODY SCRUB 45MIN 100€

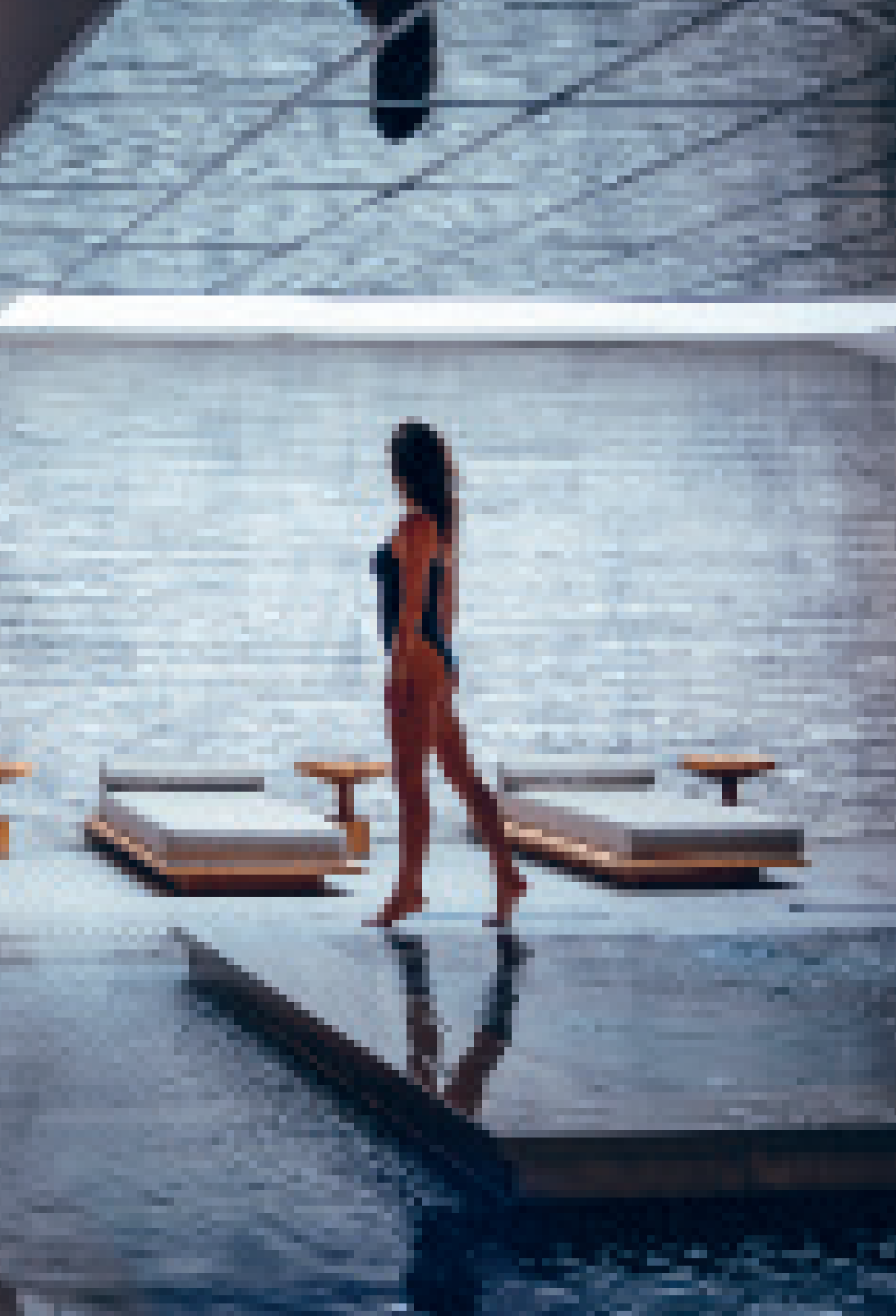
A luxurious Cleopatra scrub enriched with ylang-ylang, crushed rose petals, salt, and honey to nourish and cleanse the body.

DETOX BODY WRAP 45MIN 100€

This potent wrap combines seaweed, eucalyptus, and rare fossil mud, while you enjoy a soothing scalp massage. This treatment deeply cleanses and stimulates the skin.

ROSE MUD WRAP 45MIN 100€

A rose and fossil mud wrap is used to restore balance and infuse the skin with essential minerals. While the wrap works, enjoy a soothing scalp massage, followed by the application of a delicate rose and jasmine body oil to complete the experience.



BANYA SUITE EXPERIENCE

The banya suite offers a private sanctuary for up to two people, featuring an exclusive sauna and plunge pool. You can reserve the suite on its own or enhance your experience by adding a treatment on our advanced steam and colour therapy beds.

TREATMENTS

DETOX SCRUB and STEAM CAPSULE 30MIN 100€

A blend of salt, seaweed and lemon triggers the detoxification process while the steam increases circulation and induces deep relaxation.

NOURISHING BODY MASK and STEAM CAPSULE 30MIN 100€

Envelop your body in a choice of body masks that nourish and moisturise your skin, while enjoying the warmth of the gentle steam.

STEAM CAPSULE WITH COLOUR THERAPY 20MIN 50€

A session in the steam capsule can be added prior to or after a treatment to relax the body, before a massage, or as a stand-alone therapy.

BANYA SUITE ADD ON: 30/60/90MIN 100/150/200€

Limited to 2 persons at a time

Includes complimentary water – fruit plate – and a hot detox tea.

JUST FOR HIM

MEN'S RESTORE AND RELAX 70MIN 170€
ORGANIC PHARMACY

Begin your journey with a relaxing back treatment, starting with a combination of refreshing peppermint wash, detoxifying scrub and hot compress application. A relaxing back massage using detox oils deepens the experience. A green tea and seaweed facial will gently and deeply cleanse your skin, removing impurities, leaving the face smooth and soft.

MEN'S HYDRATION FACIAL 60MIN 130€

Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands. This facial is designed to restore energy, moisture, vitality and firmness to the skin.

MEN'S MANICURE 50MIN 50€

A tailored grooming treatment focused on improving the health and appearance of a man's hands and nails. Nails are carefully trimmed and filed. The treatment ends with a final mositurising step to hydrate the hands and nails, leaving them soft and well-groomed.

MEN'S PEDICURE 60MIN 70€

This treatment begins with soaking the feet in warm, soapy water, often infused with salts and essential oils. Toenails are trimmed to a proper length and filed to a smooth edge, preventing ingrown toenails and promoting neat, even nails. The feet are exfoliated using a scrub to remove dead skin cells and smooth rough patches. It ends with the application of moisturisers, leaving the feet soft and rejuvenated.

COUPLES

À LA CARTE OPTION FOR TREATMENTS
ALSO AVAILABLE IN COUPLES' ROOM.

COUPLE'S INDULGENCE 90MIN 380€
ORGANIC PHARMACY

The luxurious Cleopatra Body Scrub with ylang-ylang, honey and salt will prepare your body for a relaxing aroma massage. After your treatment, take some time to relax on the seawater pool cabanas, and enjoy the endless views of the Mediterranean Sea.

TIME FOR TWO 50MIN 220€
ORGANIC PHARMACY

Enjoy this precious time together in our couples suite. Experience a side-by-side, soothing full-body massage using delicate blends of oils to induce relaxation, ease tension and soothe the mind and body.

ENHANCE YOUR EXPERIENCE

Celebrate your time together with sparkling bubbles and fresh fruit for the ultimate treatment indulgence by adding a bottle of chilled Prosecco and a seasonal fruit platter for an additional of €70 at the seawater pool cabanas.

MOTHER-TO-BE TREATMENT

MOTHER-TO-BE TREATMENT 70MIN 170€

ORGANIC PHARMACY

Pamper yourself with our specially formulated products. This treatment is designed for expectant mothers in their fourth month onwards, or post-partum. Our expert therapists provide a targeted massage for the back and legs, concluding with a luxurious facial, leaving you nourished, balanced and radiant.

PREGNANCY MASSAGE 50MIN 110€

A gentle blend of lavender and calendula aromatic oils, perfectly suited for mamas-to-be, will help relax your body. Gentle massage movements relieve tension, leaving you feeling soothed and calm.

JUNIOR THERAPIES

YOUNG GUESTS (AGES 6-16) MUST BE ACCOMPANIED BY A PARENT OR GUARDIAN FOR THE DURATION OF THEIR TREATMENT.

JUNIOR MASSAGE 45MIN 90€
ORGANIC PHARMACY

A light-to-medium pressure massage using specially selected chamomile and lavender oils to calm and relax mind and body.

JUNIOR MINI FACIAL 30MIN 60€
ORGANIC PHARMACY

A carrot butter and flower petal exfoliation will gently cleanse the skin. Rosehip oil is then used during a gentle massage, and finally, a clay mask leaves the skin feeling clean and fresh.

JUNIOR PERFECT HANDS OR FEET 30MIN 30€
ORGANIC PHARMACY

Delicately pampering mini manicure or pedicure, finished with a fresh coat of nail varnish.



HANDS AND FEET

DELUXE MANICURE 60MIN 60€
Indulge in a complete manicure experience that includes meticulous nail cleaning, trimming, and shaping, finished with your choice of polish for a flawless look.

DELUXE PEDICURE 60MIN 75€
Experience ultimate foot care with our deluxe pedicure. This treatment includes nail cleaning, trimming, and shaping, followed by a gentle exfoliation to smooth the skin. Finish with a hydrating moisturiser and your choice of polish for beautifully refreshed feet.

RESHAPE AND POLISH 40MIN 40€

SHELLAC MANICURE 70MIN 80€
Enjoy long-lasting colour with our Shellac manicure. Nails and cuticles are carefully prepared for the application of your chosen gel polish, providing a flawless, durable finish. Complete the treatment with a hydrating moisturiser to leave your hands soft and nourished.

SHELLAC PEDICURE 70MIN 90€
Achieve lasting colour and refreshed feet with our Shellac pedicure. Nails and cuticles are carefully prepared for your choice of gel polish, followed by a gentle exfoliation to smooth and revitalise the skin. Finish with a hydrating moisturiser for soft, nourished feet and a flawless, durable finish.

GEL REMOVAL 20MIN 20€

WAXING

- Upper lip or chin 15€
- Upper lip and chin 25€
- Underarm wax 25€
- Arm wax 40€
- Half leg wax 45€
- Full leg wax 60€
- Bikini line wax 30€
- Deep bikini wax 35€
- Full bikini wax 45€
- Back wax 45€
- Chest wax 40€

TINTING

- Eyebrow shaping 15€
- Eyebrow or eyelash tinting 20€
- Eyebrow and eyelash tinting 25€
- Eyebrow shaping and tinting 30€



FITNESS AND WELLBEING

Boost your health and fitness in our state-of-the-art gymnasium, featuring the latest Technogym equipment. In our fitness area, you will find:

- Indoor 25-metre pool with a whirlpool (heated in the winter months from November to April) and mixed sauna
- Fitness studio
- Pilates studio
- Personal training room
- Bike room with Expresso and spinning bikes
- Lockers and changing rooms

PERSONAL TRAINING SESSION WITH GYM INSTRUCTOR 60MIN 60€ per person

Our personal fitness instructor will work with you to assess your needs, help you set goals, and devise a tailor-made programme to help you achieve a balanced body.

BODY MASS ANALYSIS 30MIN 80€ per person

Our In-Body Composition Analysis goes beyond your body weight, breaking down your body into four components: fat, lean body mass, minerals, and body water. Our personal trainers will assist you with the evaluation and interpret the results for you.

FITNESS CLASSES 45MIN 30€ per person

Daily fitness activities and classes designed for your enjoyment. These include Yoga, Core Conditioning, and Stretch and Tone. Bookings can be made via the Spa reception, depending on scheduling.

TENNIS

INDIVIDUAL TENNIS LESSONS 60MIN

Improve your tennis skills while on holiday, and book a lesson with our tennis pro on our floodlit artificial grass tennis courts.

TENNIS COURT BOOKING

Complimentary for all hotel guests, with all equipment provided. Advanced booking are required at the Spa reception. Please note that proper tennis shoes are required on the court.

YOGA/PILATES

IMPROVE YOUR PHYSICAL, MENTAL AND SPIRITUAL WELLBEING WITH A CLASS LED BY OUR EXPERT TRAINER.

PRIVATE YOGA/PILATES SESSION 60MIN 80€ per person

A personalised one-on-one session with our trainer, designed to harmonise your mind, body, and spirit. Tailored to all levels of experience, from beginner to advanced. Pre-bookings are essential at the Spa reception.





SPA ETIQUETTE

SPA ARRIVAL

Arriving late for your appointment may mean cutting your treatment short so that the next guest is not delayed. Please arrive at least 20 minutes prior to the scheduled time so that you have sufficient time to check in and prepare to enjoy your treatment. Should you wish to make use of the Spa facilities, please bring a swimsuit to enjoy our Seawater pool, Indoor pool and Sauna area.

SPA ENVIRONMENT

The spa environment is one of tranquillity and relaxation. Please respect all Spa guests' right to privacy and serenity. All family members under 16 years of age must be accompanied by an adult and are not permitted to use the seawater pool and sauna facilities. Please turn off mobile phones or place them on silent upon arrival at the Spa.

HEALTH MATTERS

Please communicate any health conditions such as high blood pressure, allergies, pregnancy or any other health-related concerns you have when making your appointment. We do not recommend the consumption of alcohol before or directly after Spa treatments. Please consult your doctor before using the Spa heat and water facilities or exercise equipment if under medical supervision or if you are taking medication.

Expectant mothers in their fourth month of pregnancy and beyond can enjoy our specifically designed treatments that aim to care for both mother and baby.

SPA ATTIRE

We will provide you with Spa attire, including bathrobe, slippers and disposable Spa underwear (alternatively, you may choose to wear your own). Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

VALUABLES

We provide a secure place to store your personal items inside the Spa locker rooms. However, please keep in mind that we do not assume any liability for personal items and recommend you leave valuables in the safe in your hotel room or suite.

CHILDREN

Children are welcome to attend treatments in the treatment room from the age of 6 years old, provided they are accompanied by a parent or guardian. Our young guests must be over 18 years of age to enjoy the Spa and gym facilities. An adult must be present when using the indoor pool. We do ask that children remain quiet in all areas of the AMARA Spa, to ensure the enjoyment of all our guests.

CANCELLATION POLICY

The treatments you select are reserved especially for you. Guests will be charged a 100% cancellation fee for treatments cancelled less than 12 hours from the scheduled appointment time.

REFUNDS AND RETURNS

Treatments and packages are non-refundable, non-transferable and may not be exchanged for other treatments. For hygiene reasons, products purchased may not be returned or exchanged.

SPA SERVICE HOURS:

Treatments between 10h30 to 19h00
Fitness, Indoor pool and Sauna 07h00-20h00

RESERVATIONS & ENQUIRIES:

Dial extension #2301/2302 (hotel resident guests)
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