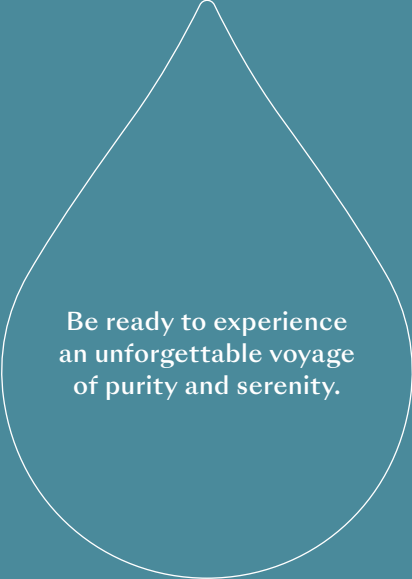
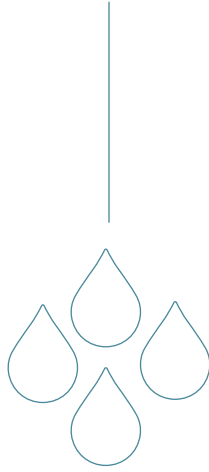




serenity  
HEALTH CLUB & SPA



Be ready to experience  
an unforgettable voyage  
of purity and serenity.



Welcome to Serenity Spa,  
an elegant and intimate sanctuary  
for the senses, created to restore  
balance to body, mind and spirit.

Experience complete bliss and  
wellbeing provided by our precious  
partner, Thalgo which uses only the  
finest natural ingredients. All Serenity  
Spas found in Kanika Hotels & Resorts  
have been designed with tranquility  
at the forefront. All of our treatments  
are steeped in relaxing protocols  
and beautiful rituals from around  
the world ensuring you receive not  
only outstanding results but a unique  
experience you won't forget.



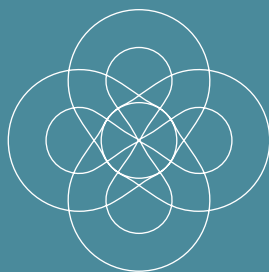
# SERENITY SPA SIGNATURE TREATMENT

120 min €130.00

## Cyprus Experience

The ultimate nourishing, cocooning and relaxation ritual leaving your face and body super smooth and hydrated. This ritual begins with a body exfoliation to prepare the skin, a deeply nourishing body wrap to soothe the skin and restore a feeling of comfort. Followed by comforting facial to reinforce the skins tolerance.





MASSAGE



# UNIQUE RITUALS

Our Rituals at Serenity are composed of 3 stages for unprecedented well-being efficacy



## Escape to Relaxation

100 min €120.00

The relaxing ritual begins with an ultra-smooth exfoliant of coconut shells, white sand and sea salt that leaves the skin feeling like satin. A moisturising balm is wrapped all over the skin. Our warm sand pouches offer a journey to the most beautiful Pacific Islands, for deep relaxation, encouraging the body to let go. Incorporating a Monoï fragrance reminiscent of holidays in the sun and a heated accessory into the massage amplifies the relaxation of body and mind and helps to unwind. The perfect combination for letting go.

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## Tension Release

100 min €120.00

A true well-being solution. We begin by delicately exfoliating and purifying the skin to regain its softness with a salt trio of micro flakes. A body mask restores hydration. Tension release massage takes its inspiration from two key techniques renowned for muscle relaxation. Combining Swedish massage and Deep Tissue massage with the original Relaxing massage Balls to relieve tension, remove stress and harmonise the body. Push the limits of your senses!

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## Tranquil Paradise

100 min €120.00

An exquisite ritual to restore harmony of the body and mind while all 5 senses are stimulated. An exotic aroma blend of sandalwood, cypress, sage and coriander essential oils balance and nourish the body. We begin with a paste of ginger powder, sugar and salt duos, followed by a cocooning wrap and finishing off with a body massage. The soothing oil leaves you in the purest state of relaxation, for an unforgettable experience.

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## Aroma Candle Massage

60 min €80.00

A popular therapy for those wishing to immerse more of their senses into their massage. The delightful aromas, the warmth of the essential oils, the entire experience can offer a deeper, more profound relaxation than massage alone.

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## Deep Tissue Massage

55 min €90.00

A strong, deep and intensive massage by working on muscles, joints and tissues.

Helps to relax, while increasing oxygen and blood flow. Helps to improve the metabolism and relieves sore and overworked muscles. Perfect for athletes, as it improves circulation and mobility.

## Full Body Aromatherapy

55 min €80.00

A full body massage using essential oils according to your needs! Detoxifies, stimulates and relaxes you with a series of light strokes and stretching motions.

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## Hot Stone Massage

75 min €95.00

This treatment offers deep relaxation, which invites sleep with a careful expert handling of volcanic stones with original decongesting effects on muscular and nervous tension.

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## Full Body Massage

55 min €75.00

Relieves fatigue, stress and tension to relax body and mind!

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## Back Massage

30 min €45.00

Relaxes muscle tension in the shoulders, back and neck.

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## Foot Massage

30 min €45.00

Massaging the feet can bring you to a deep state of relaxation. Also releases any blockages that can holding back energy that should be flowing through the body freely.

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## Indian Head

30 min €45.00

A specific blend of essential oils to relieve tension in shoulders, neck, scalp and face.

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## Anti-Stress Aromatherapy

30 min €50.00

A back massage using essential oils to eliminate all traces of fatigue and stress.

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## Face Massage

30 min €50.00

Face massage will help to release toxins, boosts circulation, tones facial muscles. The unique techniques of pressure points will relieves any tensions and help face and mind to relax .





FACE FACIALS



## Mini Illuminating Facial

30 min €50.00

Personalise your treatment and choose between our Face Shot masks full of marine super concentrates for an express skin beautifying effect.

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## The Essential Marine 'Thalasso' Facial

60 min €70.00

Experience true marine beauty with our algae facial where a warm mask of remineralising and revitalising natural seaweed is applied, leaving your complexion soft, radiant and clear.

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## Purexpert Facial

60 min €70.00

Suitable for combination to oily skins. A purifying action and regulation of excess sebum production. Leaving the skin clean, balanced and healthy.

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## Deep Hydration

60 min €75.00

Give your skin a bath of hydration rich in marine active ingredients to instantly hydrate and strengthen even the thirstiest skin.

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## Anti-pollution treatment

60 min €75.00

A Detoxifying treatment with Spirulina to smooth out fine lines, restore energy and radiance to tired skin.

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## Recharge Anti-fatigue treatment with Vitamin C

60 min €85.00

The Vitamin power for your skin. The anti-stress vitamin does not only support the skin with vital substances, it also protects skin against oxidative stress. C Pure is vitamin C power formulated in compact form. The unique formula focuses on revitalizing skin effectively with lasting results, aiming to block off free radicals, stimulate the firmness of collagen fibers and balance moisture loss.

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## The Marine Filler

60 min €80.00

This wrinkle Correcting Treatment will plump up, smooth and fill in all wrinkles. At the heart of the formula are 3 Hyaluronic Acids and Marine pro-collagen with an exclusive Roller booster technique. Instantly the face looks younger and even established wrinkles appear smoothed.

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## Lifting & Firming Treatment

75 min €90.00

Inspired by 'Face Fitness' this treatment firms and tones the skin, features are instantly lifted and the complexion visibly fresher. An exclusive firming and anti-wrinkle massage technique is used with Face Fitness Rollers by the therapist for efficiency and wellness.

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## Energilift Power Treatment

90 min €100.00

This treatment precisely targets skin sagging and loss of density. Let us redesign your facial contour, redensify the skin and fill in deep wrinkles. Our exclusive massage with a Lift and Roll technique remodels the face while your skin is reborn to a new well-being.

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## For Men

60 min €75.00

This personalised facial for stressed male skin combines energising, marine active ingredients with soothing massage movements to revitalise and energise the skin. A shoulder, neck and scalp massage relieve any remaining tension, while a skin-specific mask and moisturiser correct skin concerns, leaving the skin restored.

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## Eye touch treatment

30 min €50.00

Targeting the eye contour area of ageing wrinkles and reducing puffiness. All signs of fatigue to the eye area is softened and instantly rejuvenated, wrinkles and fine lines are smoothed.

SPA BODY SCRUBS



## Oriental Exfoliation

30 min €55.00

A body exfoliation that removes in a gentle and effective way the dead skin cells. This scrub is rich in ginger powder, sugar and salt with a base of amber sandalwood notes. Your skin is wrapped in soft, aromatic notes.

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## Exotic Aromatic Exfoliation

30 min €55.00

The skin is left smooth and soft as a mixture of white sand, sea salt and coconut shells are used all over the body. Vanilla and frangipani oil aromas envelope the skin.

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## Salt Crystal Exfoliation

30 min €55.00

An amazing texture of micro-flakes exfoliating salts, purifies the body and leaves the skin wonderfully soft and velvet to the touch. With an aroma of fresh and fusing floral notes of hyacinth, notes of white flowers of jasmine, magnolia and orange blossom.

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## Energizing Coral and White Crystal Exfoliation

30 min €55.00

Feel the smooth pink cream with delicate Pink Sand and White Quartz crystals that delicately scrub the skin. The freshness of Rose and Lily meets the fruity spirit of the Pear and Citrus notes. Finally, a Vanilla base envelops the skin in a delicious scented veil.



MARINE BODY WRAPS



## Detox Seaweed Wrap

60 min €70.00

The original marine algae wrap, harnessing all the incredible benefits of seaweed. It activates circulation, increases metabolism, relieves aches and pains and can improve certain dry skin conditions. After a marine scrub exfoliation, Thalgo's patented seaweed wrap is applied, infusing its minerals, vitamins and micro-nutrients. Excellent for detox and general well-being.

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## Dead Sea Mud with Salt Scrub

60min €80.00

The ultimate full body exfoliation and wrap in one treatment with Natural Marine Mud taken from the dead sea and natural sea salts freeing the skin from dry and rough skin. To finish, the whole body is treated to a light massage using an ultra-nourishing body cream.

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## Heavy Legs Wrap

45 min €65.00

Cooling ingredients are used to reduce fluid retention and improve circulation. An excellent treatment for those who want to continue slimming treatments and the perfect treatment for those who are on their feet all day.

## PACKAGES

### Serenity Experience For Two

120mins €290.00

- Tranquil Paradise
- Oriental Exfoliation
- Deep Hydration Facial

### For HIM

80 min €95.00

- Antistress Back Massage
- For Men Facial
- Eyetouch Treatment

### For HER

80 min €95.00

- Antistress Back Massage
- Mini Illuminating Facial
- Eyetouch Treatment





# GENERAL INFORMATION

## Holiday Fitness & Fun

Kanika Hotels and Resorts are committed to offering you a holiday that combines fitness, fun and relaxation.

Our in-house leisure facilities include a gym, fitness classes, table tennis, tennis courts and an all-weather indoor pool, while independent operators offer a range of water sports on the beach.

Above all, our in-house Spa extends an open invitation to experience mind and body rejuvenation.

Sauna & Steam: Complimentary

## Opening Hours

Guests are welcome to use our Indoor Swimming Pool, Fitness Room, Health Club & Spa.

Fitness Room: 07:00am - 19:00pm

Spa: 08:00am - 19:00pm

## Prices

Prices in this catalogue are in Euros and include all taxes.

## Children Policy

Children under 16 years old are not permitted in the Serenity Health Club & Spa and Fitness Rooms.

## Cancellation Policy

Kindly note that cancellations must be made at least 3 hours prior to your appointment, otherwise 50% of the cost of your booked treatment will be charged to your room or credit card. "No show" guests will be charged the full amount.

## Useful Information

1. Please remove all your jewellery off before your treatments. Underwear or suitable swimwear should be worn into the treatment room and during treatments.
2. For some treatments your therapist will provide with disposable undergarments, and suitable towel draping should be used at all times.
3. Before any treatment, please complete the Health Form provided by your therapist for any particular injury, physical condition or allergies.
4. Your comfort and care is our greatest concern and priority

## Personal Belongings

1. For your personal belongings a locker can be provided.
2. The Hotel is not responsible for any loss or damage of valuables left in the Spa area, nor can it be held liable for any such loss.

Thank you for your understanding and compliance. We hope that your Spa experience will be truly memorable and beneficial.

## **Alexander the Great Beach Hotel**

tel: +357 26 965 000

ext. No: 3113

### **Reservations**

We highly recommend making your Spa reservation in advance, to avoid disappointment. Reservations can be made through our Reception Ext. No. 0 or Health Club & Spa centre directly. We encourage you to arrive at least 15 minutes prior to your appointment.