



ANANDA

SPA EXPERIENCES

SPA TREATMENT MENU



For more than 40 years, PHYTOMER treatments have been embodying a professional expertise entirely dedicated to beauty and well-being. PHYTOMER treatments are distinguished by exclusive manual techniques, combined with avant-garde professional products at the height of biotechnological effectiveness for instantly visible and scientifically-proven results. Deeply holistic, PHYTOMER protocols offer comprehensive and relaxing care. Brand signature products accentuate treatments, prolonging the sensory experience and increasing effectiveness.

PHYTOMER FACIAL TREATMENTS

EXTENDED YOUTH Wrinkle Correction Firming Treatment 60 min €75

3 key steps in an ultra-effective treatment to resurface the skin, fill wrinkles and restructure the face. In a single treatment your wrinkles are visibly corrected, leaving your skin firm. You feel good and you look younger.

DOUCEUR MARINE Comforting Soothing Treatment 60 min €70

A veil of softness for sensitive skin and/or redness. This pampering treatment softens your skin and enhances its protection system for soothed and ideally hydrated skin.

CITYLIFE Anti-Pollution Skin Freshness Treatment 60 min € 70

Making the skin of city-dwelling women completely healthy with a personalized treatment for tired skin and uneven complexions. The skin is intensely hydrated, signs of fatigue are erased, the complexion is more even and the skin regains its freshness.

EYE PERFECTION Radiance Smoothing Eye Treatment 40 min (alone) /25 min (in a treatment) €40

An ultra-comprehensive treatment for sparkling, young-looking eyes. Your eye contour area is smooth and rested.



PHYTOMER BODY TREATMENTS

SCULPT ZONE Target Treatment for Abs-Buttocks-Thighs 60 min €80

An intensive localized treatment on the Abdomen-Buttocks-Thighs area to beat your excess fat and cellulite in record time. With an express treatment or intensive program, you get radical slimming results. More than 1cm less in waist circumference in only 4 treatments*. * Centimetre measurements taken on 19 women who received 4 treatments in 2 weeks. Average values obtained.

BODY FIRMING Firming Body Wrap 50 min €60

A highly active gel wrap is applied and then massaged in order to firm the skin, tighten tissues and combat skin slackening. Your body is firmed and toned.

SATIN SHIMMER Salt Crystal Exfoliation 55 min €55

An exfoliation with sea salt crystals combined with a relaxing body massage for an express beauty treatment that leaves your skin soft and silky.

P5 SLIMMING MASSAGE AND WRAP WITH ALGAE JAM 60 min €70

An ideal whole body slimming treatment, which combine a tonic massage and an original algae wrap, to refine curves, reshape and tone the silhouette. The proof is in the results after a course of 4 sessions: - 11%* less belly fat and - 8%* less thigh fat.

*Clinical scoring on 22 women after four P4 Treatments with P5 LOTION application twice daily for 15 days.

SPA PACKAGES (3 HOURS)

1) Reborn (3hours) €210

Includes (Steam bath or sauna, Satin shimmer exfoliation, Head and feet massage, Relaxing Room Experience)

2) Goddess Aphrodite (3hours) €220

Includes (Steam bath, Sculp Zone Treatment anti - cellulite, Head and feet massage, Relaxing Room Experience)

3) Ultimate Figure (3hours) €210

Includes (Steam bath or sauna, P5 Slimming body treatment, Head and feet massage, Relaxing Room Experience)

4) Master Tretamnet (3hours) €210

Includes (90' Master compination, Steam bath ,Thai , Head and feet massage, Relaxing Room Experience)



BODYNEEDS MASSAGE TREATMENTS

FULL BODY MESSAGES

1) CLASSIC MASSAGE 60/90min €50/70

Improve blood circulation, which helps you feel more energetic by increasing the flow of oxygen to the muscles in your body. Additionally, it stimulates the lymphatic system, which carries the body's waste products, meaning you'll process the good and the bad much quicker

2) RELAXING MASSAGE 60/90 min €45/65

Experience the art of total relaxation focuses on giving the client time to recover from the stresses of daily life by Long smooth gliding strokes that are rhythmic and flowing

3) Aromatherapy 60/90min €45/65

Aromatherapy is the use of essential oils to promote healing and a feeling of well-being and relaxation in the recipient. The essential oils are extracted from the parts of herbs and plants and contain all the properties of the plants themselves

4) Pregnancy massage 60min €45

A wonderful complementary choice for prenatal care. It is a healthy way to reduce stress and promote overall wellness. Massage relieves many of the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps and headaches

5) Sport massage 60/90min €50/70

It is used to help prevent injuries, to prepare the body for athletic activity and maintain it in optimal condition, and to help athletes recover from workouts and injuries

6) Combination massage 60/90min €50/70

combinations are used to tailor the massage towards your personal preferences and specific needs integrating more than one style for the ultimate experience.

7) Aloe Vera (sun burn) treatment 60min €50

Aloe vera is touted as the "burn plant," the perfect natural remedy for a bad sunburn. Initial research has shown aloe vera aids the skin in healing from sunburns and mild burns. In addition, aloe vera oil can moisturize the skin, helping you avoid the peeling normally associated with sun damage.

Back body massage treatments 45'

CLASSIC	€35
RELAXING	€35
PREGNANCY	€35
SPORT	€35
COMBINATION	€40
Aloe Vera	€40

Partial massage treatments

Back or legs 30'	€30
Neck and shoulders 20'	€25
Kids massage 30'	€30

MASTER MASSAGE AND THERAPIES 90 MIN

Master Massage €65

The master provides a healing massage according to clients needs. More than 20 techniques are used for the perfect result

Thai Royal Oil Massage €65

Thai Royal treatment aims to unblock, balance and restore the body's natural flow of Prana/Qi/Chi/Energy and so maintain equilibrium in all organs and systems within the body thus preventing poor health and disease, enabling the body to heal itself and work efficiently.

HAIRDRESSING



BLOW DRY	FROM €20
STYLING	FROM €25
HAIRCUT	€18
HAIRCUT&STYLING	FROM €30
HAIR DYE	FROM €35
HIGHLIGHTS OR LOWLIGHTS	FROM €60
EVENING STYLE – HAIR UP	FROM €40
MENS HAIRCUT	€15
CHILD HAIRCUT (UNDER 10 YEARS OF AGE)	€10
HAIR BRAID	FROM €40
Bridal Hair style	€70
Bridal Hair style & Trial	€100

SAUNA & STEAM BATH (PER HOUR)

1 person	€12
2 persons	€20
3 persons	€30
4persons	€35

BEAUTICIAN

NAILS

Shape & Polish	€10
Spa manicure	€20
Spa pedicure	€30
Soak off gel with spa manicure	€30
Soak off gel with spa pedicure	€40
Nail art	€1 each
Soak off removal	€10
Full set gel nails	€50
Refill	€40
Single nail repair	€6
Acrylic in natural nails	€30
Only gel polish	€25

WAXING

Full legs from	€20
Full leg & Bikini	€30
Half legs wax	€14
Arm wax	€15
Back wax	€15
Eye brow shape & upper lip	€8
Full face	€12
Bikini	€10
Chest	€10
Belli	€10
Chest & Belli	€15
Armpit	€6

MAKE UP

Normal , night or day	€40
Bridal make up	€70
Trial make up	€35
Photo shoot make up	€50 (waterproof cosmetics)

WEDDING PACKAGE

Bridal hair & bridal make up	€180 (With trial* €200)
Bridal hair, Make up, hand + legs nail polish	€220



SPA ETIQUETTE

It's always good to know the basics of etiquette of the place you go to. We have formed the basics of SPA etiquette so that you feel comfortable with us. You will feel simpler if you know the common things to do when you visit the spa salon.

Turn off your cell phones. It's very hard to relax when you have to answer calls, emails, or SMS. This is also applies for pedicures. If you do not want time to last - take a book or magazine.

Come on time. The exact arrival time depends on which procedure you choose, how well you know about it and the effect you expect from the procedure. It's always better to go to the spa salon 10 minutes before. You should not delay the procedure - we recommend arriving at least a few minutes before.

Explain your wishes. Do not hesitate and explain what exactly you would like to get during the procedure when registering.

Tell us about your ailments: allergies, hypersensitivity, high blood pressure, diabetes, heart problems (or other physical illnesses) when you book your treatment.

Forget about everyday problems. Do not waste your time spitting on them. No matter what the problem is - leave them outside the spa door and let yourself enjoy the treatments provided.

Do not come to the procedure sweaty. Wash in the shower, because it will be more pleasant not only for you, but also for the therapist.

Do not speak loudly. No matter where you are in the spa, do not speak loud and do not use your mobile phone as it interferes to relax with others and yourself.

Do not expect the miracle from one procedure. One massage salon will not suffice to eliminate all your ailments and muscle tension. You will need to visit several times to feel the improvement.

Do not treat the spa staff with disrespect. Do not play the king or queen in any spa salon, as this will not make your life more beautiful.

Do not come to spa after eating too much food and drinking alcohol. You feel uncomfortable and agitated. After the procedure it is recommended to drink plenty of pure water and do not rush to eat.

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