

## MASSAGES

### DEEP TISSUE MASSAGE

Specific techniques of deep, direct pressure and slow strokes are used to release chronic muscle tension and revitalize your body.

55 min €65

### AROMATHERAPY MASSAGE

Soothing and calming treatment based on the healing power of essential oils. Choose your favourite massage oil from our signature blends and let yourself unwind! Highly recommended for over-stressed individuals.

55 min €60/80 min €75

### SWEDISH MASSAGE

A classic massage for everyone! Relieves tension, reactivates circulation and improves flexibility.

55 min €55

### SIGNATURE CUSTOM MASSAGE

Using our *Mandarin-infused oil*, this treatment is designed to target areas of stress and tension that affecting you the most, as an individual.

45 min €50

### TIME FOR TWO

Escape and enjoy a personalized massage with your partner or with a friend in our Couples room. Two therapists work in unison to provide an unforgettable shared experience.

55 min €115/80 min €140 per couple

### BACK OR LEG MASSAGE

The rescue treatment for aching back or stiff legs.

25 min €30

### REBALANCING HEAD MASSAGE

Relieves headaches • Conditions Dry Hair

Using a warm blend of Lavender oil and inspired by Eastern traditions, this massage focuses to release deep-seated tension from the upper back, neck and scalp.

40 min €45

### REFLEXOLOGY

An ancient technique using pressure-point massage on the feet. Restores the flow of energy throughout your body and promotes emotional and physical balance.

40 min €50

## FACIALS

### CLASSIC BEAUTY FACIAL

Revitalizes • Balances • Nourishes

A customized treatment designed to treat your individual skin concerns and leave you with a beautiful, healthy glow!

50 min €60

### HYDRA DELUXE TREATMENT

Hydrates • Repairs • Plumps

Active products, rich in hyaluronic acid and plant peptides, are combined with an advanced antiaging massage to deeply hydrate your skin and dramatically reduce the signs of wrinkles and lines.

60 min €65

### NEW "SECRETS OF YOUTH"

Regenerates • Contours • Relaxes

Revolutionary facial with *Rose Stem Cells* and *Plant Botanicals*. Infuse your skin with these intelligent ingredients that stimulate new cell growth and, reverse the signs of ageing!

65 min €70

### SEASONAL FACIAL

Oxygenates • Restores • Brightens

Excellent for stressed, dull skin. This nutritional boost of minerals and vitamins will instantly detoxify, rejuvenate and brighten your complexion.

45 min €55

### QUICK FIX FACIAL

Purifies • Refreshes • Hydrates

The perfect mini facial to quickly renew and refresh your skin.

30 min €35

### MULTI-ACTION EYE TREATMENT

Eyes looking bright, youthful and relaxed! Targets puffiness, dark circles and fine lines.

30 min €35  
(As facial add on) 15 min €15

## BODY

### SENSORIAL VELVET SCRUB

Gentle sugar scrub, blended with our signature aromatic oils, buffs away dry skin to restore its beauty and soft feeling.

\*Moisturizing cream is massaged at the end of the treatment.

40 min €45

### "ON-THE-GO" SALT SCRUB

Featuring a mixture of mineral salts and "uplifting" oils, this energizing exfoliation, will deeply cleanse and nourish your skin in short time.

25 min €35

### ORGANIC DETOX WRAP

This powerful combination of organic algae and sea minerals stimulates every cell in your body providing a deep cleansing effect. Eliminates toxins and physical stress; targets cellulite; boosts the metabolism and alleviates fluid retention

55 min €65

## SPA FOR MEN

LUXURIOUS TREATMENTS FOR THE HARD-WORKING MAN!

### MEN'S SKIN ENERGIZER

Enjoy a purifying, cleansing and antiaging facial that will energize your skin and leave you with a radiant and fresh look!

45 min €50

### RESTORATIVE BACK & NECK TREATMENT

A detoxifying back cleanse and massage

Ideal for the over-worked and strained back and neck. Helps restore fresh skin while a deep tissue massage melts away tension and soothes tired muscles.

40 min €45

### MEN'S MANICURE

Includes: Warm soak, nail & cuticle tidy up, softening mask

30 min €30

### MEN'S PEDICURE

Includes: Foot soak, scrub, nail & cuticle tidy-up, cooling mask and massage

40 min €40

## NAILS

DELUXE MANICURE 55 min €40

DELUXE MANICURE & GEL POLISH 75 min €55

DELUXE PEDICURE 60 min €50

DELUXE PEDICURE & GEL POLISH 80 min €65

SHAPE & POLISH (hands or feet) 25 min €20

SHAPE & GEL POLISH (hands or feet) 40 min €35

FRENCH POLISH (extra add on) €5

GEL SOAK -OFF (extra add on) €10

## WAXING

FULL LEGS €25 BIKINI LINE €10

HALF LEGS €12 LIP & CHIN €6

ARMS €10 BACK or CHEST €20

UNDERARMS €8 EYEBROWN SHAPE €8

## SAUNA & JACUZZI

PRE-BOOKING IS REQUIRED

Enjoy a private session alone, with your partner or with friends.  
(up to 5 people)

30 min €6 per person  
60min €10 per person

## SPA PACKAGES

### “RISE & SHINE”

- 20 minute Full Body “On The Go” Salt Scrub
- 80 minute Full Body Aromatherapy Massage

1hr 40 min €105

### “PRETTY WOMAN”

- 25 minute Back, Neck & Shoulders massage
- 50 minute Classic Beauty Facial
- Choice of Hands or Feet Shape & Polish

1hr 45 min €105

### “SPA ESCAPE” FOR HIM

- Back Cleanse / Exfoliation
- 55 minute Full Body Swedish Massage
- 30 minute Men’s Skin Energizer Facial

1hr 40 min €90

## OUR POLICIES

**CANCELLATIONS** •If you wish to cancel your appointment a 24-hour notice is required. •Canceling within 24 hours will incur a 50% charge. •No shows will be charged at full price.

**DEPOSITS** •For bookings, worth over €100, a 30% deposit is required. Please be aware, in case of cancellation (including the 24hr notice), or no show, the deposit is NOT REFUNDABLE.

**ARRIVAL**•We suggest you arrive 20 minutes prior to your appointment. This will allow ample time to fill in your health form and prepare for your treatment. •Please be aware that late arrivals may result in reduction of your treatment time but charged the full amount.

**AGE RESTRICTIONS** •Spa services and heat facilities are available only for adults (18+), with exception of our indoor pool and fitness center (16+).

**CHILDREN** •We welcome children aged 6+, always accompanied by an adult. We offer a selection of treatments tailored to kids and teens (6-17). Treatment Menu is available at the Spa Reception. •Please be advised, for safety reasons, children under 16 are not permitted to use the gym, regardless if accompanied by an adult.



Monday to Sunday  
9:00 am – 19:00 pm

The Hotel management reserves the right to adjust the above hours without notice



+357 26 621014



0151 (Ext.)



spa@sofianna.com



www.sofianna.com



9, Agamemnon Str.,  
CY 8102 Paphos Cyprus



Sofianna  
Resort & Spa



*a journey begins!*