

OPIUM HEALTH SPA

The Opium Health Spa is a little piece of paradise we have created especially for you.

Effervescent waters, soothing sounds and hypnotic aromas create a luxurious haven for you to unwind and escape.

Our ESPA range of products and treatments has been carefully selected in order to create a memorable spa experience for you. The range has been formulated to combine the therapeutic benefits of highly professional products, ancient and modern techniques.

Enter a world of exquisite beauty and immerse yourself in the abundance of relaxing and rejuvenating treatments.

The Opium Health Spa awaits you.



OPIUM HEALTH SPA INFORMATION

SPA RESERVATIONS

For scheduling appointments or further information, please contact us using the details below;

Tel: - + 357 2684 4513

e-mail: spa@elysium.com.cy

www.elysium.com.cy

Opening hours: 08:00 - 20:00 daily

We recommend that you book your appointments in advance to avoid disappointment.

Kindly email us with your chosen treatments, times and dates. We will do our very best to honour these times and will email confirmation to you promptly.

PRE-BOOKING

Pre-bookings are recommended to ensure that your preferred time and service are available.

DELAYED CLIENT ARRIVAL POLICY

Please note that a late arrival will determine the length of your treatment as all services will end at scheduled times so that the next guest is not delayed. The full treatment price will be charged.

CANCELLATION POLICY

The Opium Health Spa operates a 24-hour cancellation policy.

Failure to show up for an appointment will result in a full charge for the treatment; any cancellation within 24 hours will result in a 50% charge for the treatment.

CHILDREN

Our OPIUM Health Spa welcomes all guests of 16 years of age and older.

GIFT VOUCHERS

Opium Health Spa Vouchers are the perfect gift for any occasion.

For your convenience, Gift Vouchers may also be ordered and presented to you or a loved one upon arrival at the Elysium.



OPIUM HEALTH SPA TREATMENTS

REJUVENATE

At the Opium Health Spa we will personalise your ESPA Facial according to your skin needs.

A specific blend of oils and treatments are carefully selected by your therapist.

All of our ESPA Facials include a de-stressing acupressure massage of the face, neck and shoulders, and an oriental head massage. Your therapists will consult with you to achieve maximum benefits and a true facial experience. The treatments will leave your skin looking bright, fresh and feeling rejuvenated.

ESPA FACIALS

- ♦ ESPA Age Defyer
- ♦ ESPA Skin Brightener
- ♦ ESPA Oil Controller
- ♦ ESPA Desensitizer
- ♦ ESPA Re Hydrator
- ♦ ESPA Face & Back
- ♦ ESPA Men's Facial

BALANCE

Indulge in balancing and holistic therapies available at the Opium Health Spa in order to balance the body and mind, ease tension, and soothe away stress.

ESPA Holistic Therapies

- ♦ ESPA Balinese Massage
- ♦ ESPA Total Holistic Hot Stones
- ♦ ESPA Back, Face & Scalp Hot Stones
- ♦ ESPA Back of Body Hot Stones
- ♦ ESPA Reflexology
- ♦ ESPA Ayurvedic Ritual
- ♦ ESPA Padabhyanga
- ♦ ESPA Shirobhyanga

DETOXIFY

Enjoy unique cleansing body therapies at the Opium Health Spa. It is recommended that you follow a specific programme of treatments in order to achieve optimum results. Your therapist will consult with you to personalise a programme that suits your specific requirements.

ESPA Detoxifying Body Treatments

- ♦ ESPA Stimulating Hip & Thigh Treatment
- ♦ ESPA Detoxifying Algae Wrap
- ♦ ESPA Detoxifying Algae Wrap & Back, Neck & Shoulder Massage
- ♦ ESPA Detoxifying Full Body Massage
- ♦ ESPA Vichy Salt & Oil Scrub

INDULGE

At the Opium Health Spa we offer a unique selection of luxurious body treatments to relax and rejuvenate the mind and body. All of the selected treatments include lymphatic skin brushing and body exfoliation to allow full absorption of the active ingredients. Ultimate tranquility is achieved with a mind-calming oriental scalp massage.

ESPA Indulgent & Body Envelopment Treatments

- ♦ ESPA Total Holistic Hot Stones
- ♦ ESPA Total Holistic Body Care
- ♦ ESPA Muscle Relaxer Wrap
- ♦ ESPA Restorative Mud Wrap
- ♦ ESPA Detoxifying Algae Wrap
- ♦ ESPA Skin Hydrator Wrap
- ♦ ESPA Body Envelopment & Back, Neck & Shoulder Massage
- ♦ ESPA Pre-Natal Body Care



OPIUM HEALTH SPA TREATMENTS

RELAX

Massage therapies are renowned worldwide as great forms of relaxation and health care.

At the Opium Health Spa, our fully qualified therapists will consult with you to personalise your massage treatment to best suit your specific requirements.

Massage

- ♦ ESPA Full Body Massage
- ♦ ESPA Back, Neck & Shoulder Massage
- ♦ ESPA Balinese Massage
- ♦ ESPA Total Holistic Body Care
- ♦ ESPA Life Saving Back
- ♦ ESPA Muscle Relaxer Wrap & Back, Neck & Shoulder Massage

MEN

Take time to indulge in a memorable spa experience with these carefully selected treatments to de-stress and relax the mind and body. (Please note that all of our ESPA treatments are unisex).

- ♦ ESPA Men's Facial
- ♦ ESPA Face & Back
- ♦ ESPA Total Holistic Hot Stones
- ♦ ESPA Balinese Massage
- ♦ ESPA Stress Reliever Full Body Massage
- ♦ ESPA Muscle Relaxer Wrap & Back, Neck & Shoulder Massage
- ♦ ESPA Life Saving Back

WEDDINGS

It is recommended that you book your hair and make-up trial in order to ensure that you are completely satisfied with your look for your special day. With many years of experience, our Hair Stylist and Make-up Artist are sure to please you.

- ♦ Bridal hair with trial
- ♦ Bridesmaid hair with trial
- ♦ Child bridesmaid hair with trial
- ♦ Bridal make-up including trial
- ♦ Luxury manicure
- ♦ Luxury pedicure

PAMPER

To experience the ultimate Spa journey we have designed a selection of Spa Retreats to help you relax, de-stress and awaken your senses.

Skin Quencher

- ♦ ESPA Re-Hydrator Facial, ESPA Re-Hydrator Wrap
- ♦ ESPA Stress Reliever Full Body Massage

Just For Men

- ♦ ESPA Men's Facial, ESPA Muscle Relaxer Wrap
- ♦ ESPA Muscle Relaxer Full Body Massage

Mother to Be

- ♦ ESPA Pre-Natal Care,
- ♦ ESPA Re-Hydrator Facial, Luxury Pedicure



OPIUM HEALTH SPA TREATMENTS

ENHANCE

Treat yourself at our Beauty Salon to look and feel your very best. Our experienced staff can transform you for a special occasion or simply pamper you as you truly deserve.

EMBRACE

Our candlelit relaxation room awaits you at the beginning and end of your chosen spa journey. Here you can reflect on your spa experience, savour a selection of herbal teas while enjoying soothing tunes as you relax and unwind.

ENERGISE

Exercise plays an important role in our health care. The Opium Health Club offers a wide range of state-of-the-art fitness equipment. Opening hours: 8:00hrs - 20:00hrs daily. We recommend Pilates, as it will re-train the muscles that support the pelvic and spinal column, helping to improve posture and define muscle tone. Please check your daily programme for fitness timetable and charges. One to one Personal training available on request.

REVIVE

Indoor Swimming Pool,
Jacuzzi, (heated November - April).
Opening hours: 8:00hrs – 20:00hrs daily. Adults only.
Steam & Sauna available for guests experiencing spa treatments.



OPIUM HEALTH SPA CONDUCT

WHEN TO ARRIVE

Please plan to arrive at least 15 minutes prior to your treatment time to register, de-stress, and enjoy our wet and dry areas. We also encourage you to conclude your treatment with a visit to our Hammam, showers and dressing area.

WHAT TO WEAR

We provide a luxurious bathrobe and slippers for your use while visiting our Spa. These items are available in the Spa changing room locker.

For certain treatments you will be provided with disposable undergarments or requested to wear your swimsuit. The bathrobe should be worn when using the hotel's common areas.

HEALTH AND HYGIENE

Food and drinks are not allowed in the Spa. We kindly ask you to take a shower before your spa treatment. You are kindly requested to inform us of any health conditions, allergies or injuries that could affect your treatment or use of the Spa facilities. The Opium Health Spa is a non-smoking area.

GRATUITIES

Gratuities are not included and therefore are left to your discretion.

VALUABLES

Please leave all valuables in your 'in - room' safe to ensure safety. The Spa cannot accept responsibility for loss of any personal belongings.

MOBILE PHONES

Silence, like all things in our Spa, is golden. Please respect the tranquil environment of sanctuary and refrain from bringing mobile phones.