

O'spa



ELYSIUM

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

Soothing sounds and hypnotic aromas unite to create a luxurious haven: to relax, renew and replenish mind, body and soul.

Our ESPA range of products and treatments has been carefully selected to create a memorable spa experience. Your personalised experience will be formulated to combine the therapeutic benefits of highly professional products, and ancient and modern techniques.

Enter a world of exquisite beauty and indulge yourself in the abundance of relaxing, restorative and rejuvenating treatments available.

The Opium Health Spa awaits you.

Please contact us for reservations or further information.



OPIMUM SPA SIGNATURE TREATMENTS

Aphrodite's Radiance Facial

90 minutes / €165

Brighten and revitalise your skin with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, and radiant healthy-looking skin emerges, and your natural glow is restored.

Includes:

Skin analysis with SkinVision™ lamp, triple cleanse, exfoliation, Tri-Active Regenerating Resurface & Brightening Mask, age-defying Rose Quartz crystal massage, professional Lifting & Smoothing Mask, and scalp massage.

Optional treatment upgrade - ESPA Isotonic Hydra Gel Eye Mask €10

Opium Spa Ritual

120 minutes / €198

Exclusively for you, our Opium Spa Ritual is designed to tend to each guest's unique wants and needs. Nurturing and holistic, this all-encompassing treatment artfully combines a host of elegant spa elements, including exfoliation, body massage, body wrap and scalp massage, brought to fruition with the use of a variety of nourishing products and targeted techniques. Whether seeking simple relaxation, lavish indulgence and pure comfort for mind, body and soul, or - rather - specific benefits afforded for skin rejuvenation, reinvigorated circulation and an overall revitalising detox, the Opium Spa Ritual will deliver in abundance.

Includes:

Skin brush, light body exfoliation, body wrap, scalp massage, overnight hydration therapy face mask, and full body aromatherapy massage.

*Packages are excluded from additional discounts.



FACIALS

ESPA Inner Beauty Facial

60 minutes / €118

Deeply cleanse, hydrate and renew with this results-driven facial.

Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils invigorate your mind. Skin looks clear, quenched and, naturally beautiful, and your inner calm is blissfully restored.

Includes:

Skin analysis with SkinVision™ lamp, triple cleanse, exfoliation, facial massage, personalised mask and scalp massage.

Optional treatment upgrade - steam & extraction 15 minutes €20

Optional treatment upgrade - ESPA Isotonic Hydra Gel Eye Mask €10

ESPA Glow from Within

60 minutes / €118

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glows with vitality. Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin.

Includes:

Skin analysis with Skin Vision™ lamp, cleanse & exfoliation, Gua Sha facial massage, double mask, hand & arm GuaSha massage

Optional treatment upgrade - ESPA Isotonic Hydra Gel Eye Mask €10

ESPA Natural Face Lift

90 minutes / €165

Reveal visibly resilient, healthy-looking, youthful skin.

This specialised facial is the complete approach to skin health using cutting edge pre- and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age-defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.

Includes:

Skin analysis with SkinVision™ lamp, double cleanse, Japanese Kobido inspired facial massage, stimulating Jade rollers, sculpting & lifting massage techniques, Lifting & Smoothing Mask, and scalp massage

ESPA Age Rebel Facial

60 minutes / €118

Deeply cleanse, hydrate and renew with this results-driven facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Your skin will look clear, smooth, and energised, while your inner calm is restored.

Includes:

Skin analysis with SkinVision™ lamp, triple cleanse, exfoliation, facial massage, personalised mask, and scalp massage.

Optional treatment upgrade - ESPA Isotonic Hydra Gel Eye Mask €10

MASSAGE

ESPA Inner Calm Massage

55/80 minutes / €118/€165

Quieten your mind, release tension and nourish your skin with this holistic, restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy is renewed and inner calm beautifully restored.

Includes:

Breathwork, full body aromatherapy massage, and scalp massage with Rose Quartz Crystals.

Thai Massage

55/80 minutes / €135/€185

This holistic, healing, oil-free massage has been used for many centuries as a form of prevention rather than a cure and leaves you feeling rejuvenated.

Thai Massage is more energising than classic forms of massage. This technique involves the therapist using their own hands, knees, legs and feet to move you into a series of yoga-like stretches, and also pressure point applied. It has been said that Thai Massage is like doing yoga without doing the work!

Includes:

Thai Massage with no oil targeting the back, legs, arms, neck, head and shoulders.

Balinese Massage

80 minutes / €165

This massage uses long, warming strokes to encourage a sense of complete calm and wellbeing. Gently heated aromatherapy oils are poured onto the centre of the body and massaged into the skin using stretching and sweeping movements for deep relaxation. Hot volcanic stones are used to tailor the massage pressure to your needs and to release tension. This soothing and indulgent massage leaves your mind, body and spirit soothed and relaxed.

Includes:

Foot ritual and Balinese massage with hot stones, targeting the back, legs, abdomen, neck, shoulders and scalp massage.

Deep Muscle Massage

55/80 minutes / €135/€185

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

Includes:

Targeted massage, with or without hot stones, focusing on areas of concern, and scalp massage

HOLISTIC THERAPIES

Total Body Holistic with Hot Stones 100 minutes / €165

An ultimate body experience, grounded in a holistic approach, begins with a rejuvenating face cleanse, followed by the application of nourishing face oils to enhance the treatment's benefits. The body is then prepared with a light brushing and full body polish (which aids lymphatic drainage), allowing for the full absorption of the aromatic oils. The journey continues with a deep full body massage using volcanic hot stones, complemented by a soothing scalp massage, to promote balance, relaxation, and overall well-being of both body and mind.

Includes:

Face cleanse and nourish, skin brush, light full body scrub, full body massage with hot stones and scalp massage

Reflexology 45 minutes / €110

Working on the pressure points of the feet, the reflexologist will be able to detect tiny deposits and imbalances. With the use of gentle pressure, these will be released, thus restoring the free flow of energy to the whole body.

Includes:

Reflex pressure point massage on the feet.

Modern Alchemy Empowering Ritual 90 minutes / €165

This invigorating journey is influenced by the symbolism of the new moon, a lunar phase representing an awakening of the spirit that invites us to plant new desires and intentions.

Includes:

Foot ritual, crystal ritual, breath work, full body massage with Green Jade Roller, sage aura clearance

Modern Alchemy Harmonizing Ritual 90 minutes / €165

Influenced by the power and symbolism of the full moon, this deeply meditative journey is defined by the fluid circularity of its massage movements.

Includes:

Foot ritual, crystal ritual, breath work, full body massage with Kansa Wand and Kansa Bowl, sage aura clearance



BODY TREATMENTS

ESPA Back, Face & Scalp Treatment with Hot Stones

100 minutes / €165

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly personalised facial helping you to look and feel your very best: restored, de-stressed and radiant.

Includes:

Back exfoliation, back massage with or without hot stones, inner beauty facial and scalp massage.

Back of Body Massage with Hot Stones

55 minutes / €118

Treat yourself to a journey of complete relaxation with this back of body treatment using hot stones to massage the backs of the legs, back, neck and shoulders.

Includes:

Skin brush, light scrub, and hot stone massage across the back of the legs, back, neck & shoulders

ESPA Body Wrap

55 minutes / €118

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying algae or nourishing marine mud. Skin looks refined, toned and radiant, while a soothing scalp massage restores inner calm.

Includes:

Skin brush, body exfoliation, algae or mud wrap, and scalp massage.

Maternity Massage

55 minutes / €118

A relaxing full body massage to help improve skin elasticity, reduce fatigue and target areas prone to tension during pregnancy.

Includes:

Back exfoliation (if required), relaxing full body massage and scalp massage

Lighter Legs

45 minutes / €110

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalizing treatment. A relaxing foot ritual cleanses and smooths the feet and lower legs before they are treated to a rejuvenating massage with pure jojoba and sweet almond oils and enveloped in a cooling yet deeply nourishing moisturiser. Pregnancy-safe. Suitable for expectant mothers.

EXPRESS TREATMENTS

ESPA Express Facial

30 minutes / €80

Reveal a clear, refreshed, and naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils captivate your mind, leaving you looking and feeling relaxed and radiant.

Includes:

Skin analysis with SkinVision™ lamp, double cleanse, exfoliation, personalised mask, and scalp massage.

Optional treatment upgrade: ESPA Isotonic Hydra Gel Eye Mask €10

ESPA Salt & Oil Scrub

30 minutes / €80

Revive your skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare your skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells, and provides rich nourishment, resulting in smooth, supple skin that looks radiant and healthy.

Includes:

Skin brush, and salt & oil full body exfoliation.

ESPA Back, Neck & Shoulder Massage

30 minutes / €80

Ease tension where you need it most with this fast-acting, stress-relieving treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

Includes:

Massage to the back, neck and shoulders.

Indian Head Massage

30 minutes / €80

A targeted treatment, which is perfect for relieving stress around the shoulder and neck area. Indian pressure point techniques are used to deliver a relaxing scalp massage, while ESPA's Pink Hair & Scalp Mud mask is used to condition and nourish the hair and scalp.

Optional treatment upgrade: ESPA Isotonic Hydra Gel Eye Mask €10



PRIVATE SPA SUITE

Our exclusive Private Couple's Suite offers a truly unique and intimate spa experience. Featuring a jacuzzi for two, an infra-red sauna for two, and private showers, the suite is designed for complete relaxation and privacy.

Select any combination of treatments, with a minimum of one hour per person, and allow our expert therapists to tailor every detail, or choose from one of the two exclusive packages below.

ESPA Warmth & Renewal Thermal Journey

120 minutes / €450 per couple

A deeply immersive 120-minute journey designed to calm the mind, renew the body and restore natural radiance. Your ritual begins with a warming Jacuzzi soak to soften the muscles and settle the senses. A cooling body exfoliation with Peppermint & Aloe then smooths and revitalises the skin, while a clarifying facial cleanse and application of nourishing face and hair mask restores hydration. You are then invited to unwind in the comforting glow of the infrared sauna, where soothing heat encourages detoxification, improves circulation and melts away residual tension. The experience concludes with a deeply therapeutic ESPA Muscle Reviver, combining tailored back, face and scalp massage with cooling eye patches to ease fatigue and restore balance.

Includes:

Jacuzzi, glass of bubbly, full body exfoliation, face & hair/scalp mask, infrared sauna, back massage, face & scalp massage, hydrating eye patches, face & body moisturising application

ESPA Radiant Wellness Ritual for Two

75/100 minutes / €290/380

Begin your experience with a choice of gentle warmth - either a soothing 15-minute Jacuzzi immersion to ease the muscles or an infrared sauna session to promote circulation and calm the mind. This mindful pre-treatment ritual prepares the body beautifully for deeper relaxation. You'll then drift into a tailored 55- or 80-mins relaxing full body massage, delivered with expert care to restore balance, release tension and leave you feeling renewed from within.

Includes:

Jacuzzi or Infrared Sauna, glass of bubbly – 55/80 minutes ESPA Inner Calm Massage

Private Spa Suite Escape – Optional Enhancement

Extend your spa ritual with 30 minutes of exclusive private suite access, where a fruit platter and chilled bubbly await as you relax in serene seclusion.

€75 per couple | Minimum 55-minute treatment per guest required
(excluding hair, nail & beauty treatments)

*Packages are excluded from additional discounts.



ESPA PACKAGES

Naturally Powerful Body Detox

90 minutes / €170

Awaken your skin and senses with this powerful detox treatment. Begin with the ESPA Detoxifying Salt Scrub which gently exfoliates and stimulates lymphatic flow, encouraging natural detoxification and a radiant, healthy-looking complexion. Followed with a detoxifying full body massage using Coconut, Sweet Almond and Avocado oils enriched with Cypress, Juniper Berry, Grapefruit, Sage and Eucalyptus. The treatment concludes with an application of Smooth & Firm Body Butter, leaving skin nourished, toned and detoxified.

Includes:

body brush – full body exfoliation – full body detox massage - detoxifying drink

Men's Total Reset

75 minutes / €140

A refined spa experience crafted exclusively for men. The ritual begins with gentle back exfoliation and a luxurious marine mud application to purify and soothe the muscles. As the mud infuses the skin, enjoy a relaxing foot and leg massage, followed by an expert back, neck and shoulder massage. The experience concludes with an express facial, leaving the skin refreshed and the body deeply relaxed.

Includes:

Light back exfoliation - marine mud - foot & leg massage - back, neck & shoulders massage - express facial with sclar massage

Three Days of Harmony

3-day package / €395

The ultimate package for a truly pampering and utterly relaxing 3 days of treatments. Our Three Days of Harmony package offers guests the chance to escape the outside world and immerse themselves in total relaxation. Leave yourself in our expert hands to help you unwind and recharge, and balance mind, body and spirit with a different treatment each day. At the end of the three days, your energy is renewed and inner calm is beautifully restored.

Package includes:

Day 1 – ESPA Balinese Massage (80 minutes)

Day 2 – Reflexology and Indian Head Massage (75 minutes)

Day 3 – ESPA Inner Calm Massage (55 minutes)

*Packages are excluded from additional discounts.

HAMMAM TREATMENTS

Revitalizing Hammam Cleanse

30 minutes / €75

This deeply cleansing full body scrub, using a traditional Kese mitt and black olive soap, will leave your skin refreshed, revitalised and feeling like silk.

Includes:

Steam - Scrub

Softening Hammam Ritual

45 minutes / €110

A nurturing full body treatment combining a traditional Hammam exfoliation and full body foam massage to purify and soften the skin, with a hair cleanse and divine scalp massage using an ESPA nourishing hair and scalp treatment.

Includes:

Steam, scrub, foam massage, hair cleanse and conditioning treatment, body cleanse

Indulgence Hammam Ritual

75 minutes / €140

A total body experience that caresses your skin, revitalises your body and calms your mind. This traditional experience starts by deeply cleansing the skin with a revitalising body scrub, followed by a full body foam massage, a nourishing marine mud body mask and finishes with a refreshing hair cleanse and hydrating conditioning scalp massage treatment.

Includes:

Steam, scrub, foam massage, hair wash and conditioning treatment, mud body mask, body cleanse

O'Spa Hammam Ritual

120 minutes / €198

A total body experience that caresses your skin, revitalises your body and calms your mind. This traditional experience starts by deeply cleansing the skin with a revitalising body scrub, followed by a full body foam massage, a nourishing marine mud body mask and finishes with a refreshing hair cleanse and hydrating conditioning scalp massage treatment. Concluded by a full body inner calm aromatherapy massage.

Includes:

Steam, scrub, foam massage, hair wash and conditioning treatment, mud body mask, body cleanse, inner calm massage

KIDS AND TEENS SPA

Recommended for ages 8 and 15

- **With Mum or Dad
Parent & Child Spa Experience** 75 minutes / €280 for two
A special spa moment for parents and children to relax together.
Enjoy a fun bubble bath, a gentle back massage, and a refreshing mini facial,
designed to create happy, relaxing memories for you and your little one.

- **Mini facial 30'** €70
A gentle facial cleanse, tone, massage and mask.

- **Teenage Facial 45'** €90
A cleansing facial for problematic teenage skin

- **Top to Toe Massage 30'** €70
A relaxing full body massage, including feet, back,
hands and scalp.

- **Purifying Back Treatment 45'** €90
A special comforting treatment for your
back and legs

- **Twinkle Toes 30'** €30

- **Fancy Fingers 30'** €30



HAIR & NAIL SALON

To ensure optimum grooming from top to toe, we offer a wide range of hair and beauty treatments, using only the very best, premium brands.

HAIR SALON

Short hair wash & blow dry	€22
Medium hair wash & blow dry (above shoulders)	€25
Long hair wash & blow dry (below shoulders)	€28
Ladies' hair cut & blow dry short hair	€32
Ladies' hair cut & blow dry medium hair	€35
Ladies' hair cut & blow dry long hair	€39
Hair Styling	€52
Tint roots	€48
Half head highlights (foil)	€80
Full head highlights (foil)	€125
Short hair colour	€45
Medium hair colour	€65
Long hair colour	€85
Conditioning treatment	€18
Fusio – Dose treatment	€20
Gent's hair cut	€23
Child's hair cut	€18



NAIL TREATMENTS

Opium Spa Luxury Manicure	65 minutes / €65
Opium Spa Luxury Pedicure	65 minutes / €70
Classic Manicure)	45 minutes / €50
Classic Pedicure	55 minutes / €55
Gent's Manicure	45 minutes / €45
Gent's Pedicure	45 minutes / €52
Shape & Polish	30 minutes / €34
OPI Soft Gel	€10
Soak Off	€10

WAXING

Half leg	30 minutes / €35
Full Leg	45 minutes / €48
Underarm	10 minutes / €18
Arm	20 minutes / €35
Chest	25 minutes / €32
Back	45 minutes / €45
Bikini line	15 minutes / €25
Brazilian	30 minutes / €35
Hollywood	45 minutes / €40
Lip	10 minutes / €15

BEAUTY

Eyebrow shape	15 minutes / €30
Eyebrow and eyelash tint	20 minutes / €35
Eyebrow tint	15 minutes / €22
Eyelash tint	15 minutes / €27
Strip Eyelash	€20
Make up	45 minutes / €90

OPIUM SPA ACTIVITIES

Being away from home need not equate with the abandonment of your personal wellness goals. Rather, take advantage of the expertise of our highly trained fitness personnel in designing and executing a programme of activities that will engage you physically and mentally beyond the bounds of your comfort zone: seize your opportunity for health and happiness.

Personal Fitness Training

60 minutes / €70

Personal fitness training is suitable for all, whether you are new to exercise, preparing for a major sporting event, have specific goals in mind, or require assistance in the creation of a life-changing fitness programme. Our personal trainer is available upon request.

Personal Yoga

75 minutes / €80

Yoga promotes the alignment of body, mind, and spirit. It features classic asanas explored gently and in a non-competitive atmosphere with an emphasis on physical and emotional awareness.

Pilates Personal Training

60 minutes / €70

Pilates is an innovative and safe system of mind-body exercise conducted on a floor mat whilst using a variety of equipment. Pilates builds strength without excess bulk and is a safe, sensible exercise system that will help you look and feel your very best. It teaches body awareness, good posture, and easy, graceful movement. Pilates also improves flexibility, agility, and economy of motion. It can even help alleviate back pain.

Swimming Lesson

45 minutes / €60

No matter if you want to learn to swim for the first time, are keen to improve your technique and skill, or are eager to enroll your child on a swimming course, our qualified swimming teacher has a host of tailor-made options to suit every need.

Tennis Lesson

60 minutes / €70

Suitable for players of any level, from beginners learning basic strokes, scoring, and rules, to intermediate and advanced players wishing to improve their technique.



OPIMUM HEALTH SPA CONDUCT

Spa Opening Hours

Monday to Sunday: 07:00hrs-20:00hrs

Spa Treatment Times

Monday to Sunday: 10:00hrs-19:00hrs

Scheduling an Appointment

We recommend you book in advance to ensure that your preferred time and service is available. To schedule an appointment, please contact our spa reservations team, a member of which will be able to guide you in selecting the perfect treatment.

Tel: +357 26 844 513

Email: spa@elysium.com.cy, or visit: www.elysium.com.cy

Arrival Time

Please allow sufficient time before your treatment to complete a Spa Consultation Form. We recommend you arrive up to 1 hour in advance of your treatment so that you can change, relax, and enjoy the spa facilities.

Please be advised that late arrivals will result in a reduction of treatment time.

The spa will provide luxurious towels, bathrobes, and slippers required for use during your spa visit.

Spa Facilities and Access

The following spa facilities are available at Opium Health Spa: sauna, steam room, showers, pool, vitality pool, and changing and relaxation areas.

What to Wear

We provide a luxurious bathrobe and slippers for use whilst you're visiting our spa. These items are available in the spa changing room locker. You will be provided with disposable undergarments for certain treatments, or requested to wear your swimsuit. The bathrobe should be worn when using the spa common areas.

Gym/Studio

Opium Health Spa boasts a gym equipped with Technogym cardiovascular equipment, along with strength machines, and a free weights area.

Group classes are scheduled throughout the week. Please consult the spa reception for booking requirements.

Indoor Pool and Jacuzzi

The 17.5 metre indoor pool, and Jacuzzi with air and water massage jets, is available to hotel guests, members, and day spa guests.

Adults-only swim between 07:00h-10:00h and 18:00h-20:00h.

Children's Policy

We are delighted to offer treatments for children under the age of 16. However, an adult must accompany children for the whole duration of their visit, apart from manicures and pedicures taken in the Nail Studio. Please contact the reservations team for details of treatments available for our young guests. Access to the rest of the spa – including the changing facilities, spa and heat experiences, and gym – are restricted to over 16s.

Children are welcome to enjoy the indoor pool: Monday to Sunday
10:00hrs-18:00hrs.

Cancellation Policy

The Opium Health Spa operates a 24-hour cancellation policy. Notification of a cancellation within 24 hours will result in a 50 percent charge of the treatment. Failure to show up for an appointment will result in the treatment being charged at full price.

Health and Hygiene

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity.

In light of this, the spa is a mobile phone, pager, camera and smoke-free zone.

Health Conditions

When making your spa reservation, kindly advise us of any health conditions, allergies, or injuries, which could affect your choice of treatment.

Pregnancy

We have specially designed treatments for mothers-to-be and nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable for you during this special time.

Gift Vouchers

An ideal gift for someone special on any occasion: please contact the spa reception team for details of our gift vouchers.

Homecare

Most products used in our treatments are available for purchase at the Opium Health Spa reception: the perfect way to continue your spa experience at home!

Valuables

Opium Health Spa accepts no responsibility for loss of valuables and jewellery at any time on the spa premises. Please leave all valuables in your room's safe.

Lost Property

All lost property found on the premises should be handed in to the Opium Health Spa reception. Items will be stored for four months. If they are not collected within this time, they will be donated to a local charity. Liquids, undergarments and hairbrushes are kept for 24 hrs only.

Prices

All prices are quoted in euro (€), and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.



