

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, Tr-Active Regenerating Resurface & Brightening Mask, age-defying Rose Quartz crystal massage, professional Lifting & Smoothing Mask, and scalp massage.

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:

Body exfoliation, body wrap, scalp massage, overnight hydration therapy face mask, and full body aromatherapy massage.



FACIALS

ESPA Inner Beauty Facial

60 minutes / €115

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.

ESPA Glow from Within

60 minutes / €115

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glow 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. Concentrating on your scalp, face, neck and décolleté and combining steaming, exfoliation and multi-masking to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

Includes:

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

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

Oil Control Facial

75 minutes / €130

Ideal for oily, congested, problematic skin or those suffering from hormonal imbalance. This deep cleansing facial is designed to regulate oil secretions while refining open pores to encourage a clear complexion.

MASSAGE

ESPA Inner Calm Massage

60/90 minutes / €115/€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

60/90 minutes / €130/€180

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

90 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 targeting the back, legs, abdomen, neck and shoulders.

Deep Muscle Massage

60 minutes / €130

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, the skin is first prepared with a light brushing and full body polish (which itself aids lymphatic drainage) to allow for the full benefits of the aromatic oils to be attained. The journey then continues with a deep full body, face and scalp massage using volcanic hot stones.

Includes:

Skin brush, body scrub, full body massage, and face & scalp massage with hot stones.

Padabhyanga 45 minutes / €110

A deeply relaxing lower leg and foot treatment utilising a blend of warm Ayurvedic oils to revitalise tired muscles, and ease aches and pains. The treatment starts with bathing and exfoliation of the feet, and continues with a lower leg massage and the use of deep pressure points to release blocked energy.

Includes:

Foot ritual, and foot & lower leg massage.

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. After a cleansing foot bathing ceremony, using basalt magma stones and The Grounding Crystals, which fills the air with a soothing aromatic, attention moves to the rest of the body. The Anointing Oil smooths and nourishes the skin, while swift massage movements flow from your left side to your right, balancing your energy centres. The long linear strokes and firm pressure work on the base of the muscle tissue to release tension with an intensity enhanced by Green Jade roller – a crystal venerated for centuries for its empowering properties. The purifying scent of sage signals the end of your journey, slowly bringing your awareness back to your surroundings and leaving you feeling uplifted and revitalised.

Includes:

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

Modern Alchemy Harmonising 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. Beginning with a foot bathing ceremony that uses healing basalt magma stones, feet are gently cleansed with The Grounding Crystals. The Anointing Oil is smoothed onto your hands in slow circles, softening the skin as you slowly inhale its soothing aromatic. Using the curvature of the Kansa wand, a time-honoured Indian tool believed to calm the nervous system, cycles of infinity flow over the body, creating a hypnotic rhythm that brings peace to your mind, freeing you from thoughts and feelings that no longer serve you. The purifying scent of sage signals the end of your journey, slowly bringing your awareness back to your surroundings and leaving you feeling blissfully relaxed and liberated.

Includes:

Foot 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

60 minutes / €115

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, scrub, and hot stone massage across the backs of the legs, back, neck & shoulders.

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.

ESPA Body Wrap

60 minutes / €115

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.

ESPA Maternity ESPA Pre-Natal Relax & Restore

90 minutes / €165

Nurture your changing body and calm your mind with this comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish the skin while expert massage soothes tight, tender muscles and engenders a state of blissful relaxation.

Includes:

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

FOR MEN

Our ESPA face and body treatments for men are tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

ESPA Age Rebel Facial

60 minutes / €115

Deeply cleanse, hydrate and renew with this results-driven facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and awaken 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.

Fitness Massage

60 minutes / €130

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

ESPA Muscle Reviver

45 minutes / €110

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised and a positive mindset is restored.

Includes:

Back massage, facial massage, and scalp massage.



EXPRESS TREATMENTS

ESPA Express Facial

30 minutes / €75

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.

ESPA Salt & Oil Scrub

30 minutes / €75

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 / €75

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 / €75

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.



ESPA PACKAGES

Mother-To-Be

165 minutes / €295

This total body treatment has been carefully designed for mothers-to-be and nursing mothers to aid relaxation as you engage with this special time of your life. The treatment begins with a gentle exfoliation on the back, which is followed by a soothing massage: the ultimate pampering experience you deserve. Upon completion of your wonderful body treatment, your therapist will indulge you in our ESPA Personalised Facial. To complete your top-to-toe journey, you will be treated to a luxury pedicure.

Includes:

ESPA pre- & postnatal treatment, ESPA personalised express facial, and a luxury pedicure.

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 (90 minutes)

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

Day 3 – ESPA Inner Calm Massage (60 minutes)

Subject to hotels re-confirmation

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.

Classic Manicure

45 minutes / €50

A full manicure treatment including removal of cuticles, nail shape and application of nail varnish of your choice.

Opium Spa Luxury Manicure

60 minutes / €65

A relaxing arm, hand, and nail treatment that includes a gentle skin refiner, cuticle work, and a therapeutic massage using aromatherapy oil. Hands and nails are then treated in a mask to intensively nourish them, and nails are painted to achieve a polished finish.

Classic Pedicure

55 minutes / €55

A full pedicure treatment includes a relaxing bath to sooth your tired feet, nail shaping, cuticle work, and hard skin removal, followed by an application of nail varnish of your choice.

Opium Spa Luxury Pedicure

65 minutes / €70

A soothing foot, leg, and nail treatment that includes a gentle exfoliation, cuticle work, and a relaxing massage using essential oils. The feet are enveloped in a mask to soften, deeply nourish and condition them, with the nails thereafter painted to achieve a polished finish.

Beauty

Visit Opium Health Spa to avail yourself of a host of treatments, spanning eyebrow shaping and tinting, to a full leg wax, bikini wax, and more. Further details may be found on our dedicated price list.

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.



OPIUM 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.

Complimentary group classes are scheduled throughout the week. Please consult the spa reception for booking requirements. The gym and group classes are available to hotel guests and members.

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.



