

ATLANTICA MIRAMARE BEACH

il mare®

Spa & Health Club

# Welcome to IL MARE SPA

## **Welcome to Il Mare Spa & Health Club**

We have improved our facilities and upgrade our standards to provide a spiritual escape by the sea. With a variety of upgrades to the treatment rooms enabling all guests to feel relaxed, pampered and foremost, we are offering an excellent environment to take of the benefits of our specialized spa treatments.

All team members of the Il Mare Spa & Health Club have gone through intense training in order to offer the highest standard of service at all levels ranging from treatment consultation, beauty treatments, a unique selection of massage treatments and after treatment care.

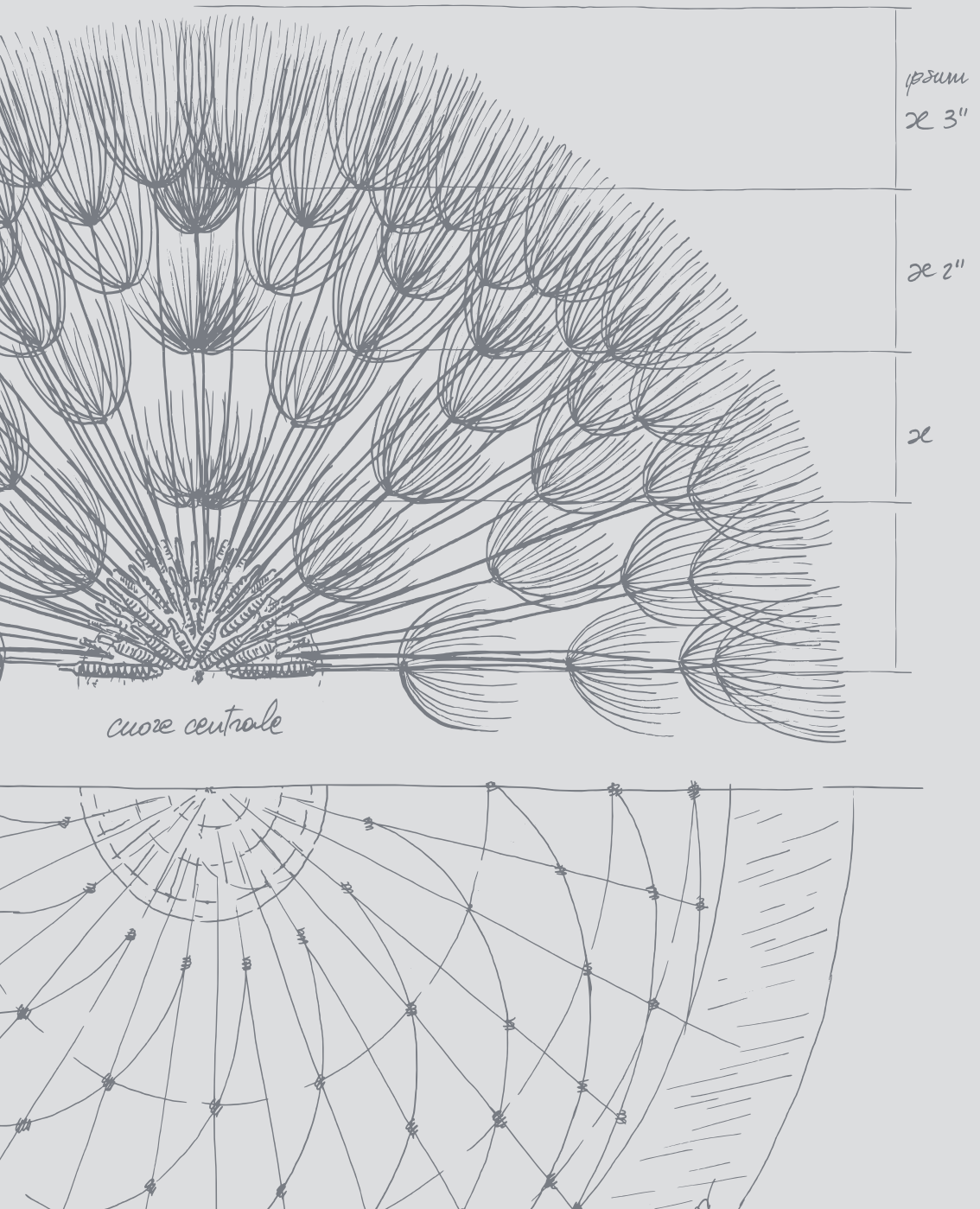
The Il Mare Spa & Health Club facilities include a tennis court, fully equipped gym, aerobics studio, heated indoor pool, 2 outdoor swimming pools, male & female changing rooms, sauna & steam room, therapy retail centre and 4 newly designed treatment rooms to provide care, comfort and an enjoyable relaxing spa environment. We look forward to providing you with a memorable experience.



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## Our Brand Philosophy

### [comfort zone]

We consider skin as the mirror of our mental wellbeing, physical state and the daily choices we make.

Our mission is to promote a holistic, soulful, healthy and sustainable lifestyle, with advanced science based conscious solutions to visibly improve skin, body and mind.





## Signature treatments

### TRANQUILLITY™ PRO-SLEEP RITUAL

An innovative massage acting on three different sensorial pathways for profound relaxation, favoring sleep, stress reduction, and recovery from the effects of jetlag. The synergy of a unique blend of essential oils, the bespoke Tranquillity™ Sound, and Ayurvedic and Indonesian Sea Malay manualities, combined with the use of soft brushes, gently guide the way to achieve a quiet and peaceful mind and body state.

60 min | €85.00

### TRANQUILLITY™ BODY SCRUB & PRO-SLEEP RITUAL

An extraordinary deep cleansing aromatherapy scrub treatment providing pleasant cellular renewal, removing signs of fatigue and unnecessary from skin tissue and an innovative massage acting on three different sensorial pathways for profound relaxation, favoring sleep, stress reduction, and recovery from the effects of jetlag.

90 min | €110.00



# Massages

<b>FULL BODY MASSAGE</b> This relaxing, pampering, and therapeutic massage is ideal for soothing tired muscles, stimulating circulation, and combating stress. Long, rhythmic strokes are used to promote a calming of the mind and a total relaxation of the body.	45min   €65.00 55 min   €75.00
<b>AROMATHERAPY FULL BODY</b> A gentle massage inspired by holistic techniques depending on your individual preference of essential oil.	55 min   €80.00
<b>LYMPHATIC MASSAGE</b> Manual Lymph drainage uses specific amount of pressure and rhythmic circular movements to stimulate lymph flow and encourage the natural drainage.	55 min   €75.00
<b>DEEP TISSUE MASSAGE</b> Strong massage to help relieve pain and muscle tension, leaving regeneration and refreshing effect.	30 min   €55.00 45 min   €85.00
<b>BACK MASSAGE</b> A relieving massage with specific techniques. Ideal to reduce stress and tension on the back and shoulder area.	30 min   €45.00 45 min   €65.00





# Massages

**SPORTS MASSAGE** 45 min | €80.00

Strong, deep and intensive massage, works on the problem areas in muscles, joints and tissues. Perfect for athletes, improving circulation and mobility.

**HOT STONES MASSAGE** 60 min | €90.00

A deeply soothing and sensorial treatment that achieves an important detoxifying, relaxing and draining effect with the use of heated stones and therapeutic essential oils. It relieves muscle pain, increases the body’s metabolism and relaxes the tissues.

**SCALP NECK AND SHOULDER MASSAGE** 30 min | €45.00

Scalp massage which increases blood flow to the head thereby easing stress and chronic headaches. Neck and shoulder massage is done to relieve the tension and stress around the neck and shoulder area.

**FOOT MASSAGE** 30 min | €50.00

By working specific points on the feet, circulation and lymph flow are improved. The body is cleaned from impurities and re-energized.

**FACIAL MASSAGE** 30 min | €45.00

A facial massage that uses specific techniques that softens the expression lines on the face and relieves tension. Suitable for all skin types. Included cleansing, scrub, massage and cream.

\*Enhance your massage with a hydrotherapy bath (ONLY €20)





## Hydrotherapy Bath

### NATURAL BATH

Enjoy the total relaxation of a hydrotherapy bath as the waters soothe your sore muscles, detoxify your system, and help release your inner stress.

25 min | €35.00



# Body Scrubs

[ comfort zone ]

## AROMASOUL SCRUB RITUAL

45 min | €50.00

A unique renewing scrub ritual for smooth, soft skin, enhanced with your chosen essential oil blend, ensuring nourishment and radiance for your skin.

Selection of Blends

Mediterranean: Draining, toning and energizing

Oriental: soothing, calming and anti-stress

Indian: soothes and relieves, stimulates circulation

Asian: restoring and strengthening

## TRANQUILLITY™ BODY SCRUB RITUAL

30 min | €40.00

An extraordinary deep cleansing aromatherapy scrub/massage treatment providing pleasant cellular renewal, removing signs of fatigue and unnecessary from skin tissue. It gives shine, promotes cellular oxygenation, improves microcirculation, and enriches the skin with freshness and vitality.





# Body Treatments

[ comfort zone ]

## HEAVY LEGS

45 min | €60.00

Relieving and detoxifying cocoon to treat tired aching legs. Relieve tired swollen legs with this treatment ritual, designed to reduce fluid retention and tiredness to improve circulation. Legs will gain a wonderful fresh feeling, alleviating the sense of heaviness and tension.

## THERMAL MUD

60 min | €80.00

Detoxifying effect, reduces inflammations, and favours oxygenation of the tissues. The treatment also has analgesic effect for muscles and joints. The therapeutic properties of thermal mud are the same as those of the natural Grotta Giusti thermal springs in Tuscany, Italy where the mud comes from.

## DEEP RENEWAL | FIRM - TONE - ELASTICIZE

60 min | €70.00

The perfect anti-ageing treatment for firming, toning and elasticizing, nourishing the skin. A bespoke body wrap, with nourishing and elasticizing active ingredients enveloped in a cocooning mask that will deeply renew the skin and promote collagen synthesis.





# Facial Treatments

[ comfort zone ]

## HYDRAMEMORY HYDRA GLOW TREATMENT

55 min | €65.00

## HYDRAMEMORY EXPRESS TREATMENT

30 min | €45.00

A dynamic fresh treatment made for anyone seeking visible immediate glow, hydration and vitality. Thanks to its unique combination of Lactic Acid for immediate renewal and glow, powerful concentration of Hyaluronic Acid for superficial and profound hydration, and the bioactive Prickly Pear extract from Regenerative Agriculture, we deliver instant hydration and radiance for a healthy dewy look.

## ACTIVE PURENESS

50 min | €70.00

Ideal for all skin conditions including impure skins, oily skins and with wrinkles. It is a deep cleansing treatment with a special mask with Spirulina Algae which gives a fresh, bright and uniform appearance to the skin. It smoothes and improves skin tissue aspect and provides a mattifying action.



# Facial Treatments

[ comfort zone ]

## SUBLIME SKIN PRO-LIFT

50 min | €90.00

Your anti-ageing solution. Reveal vibrant, younger-looking even tone skin with a bespoke anti-ageing facial. It offers deep wrinkle correction and skin redensification.

## REMEDY SENSITIVE SKIN

50 min | €80.00

An innovative, fortifying approach to sensitive, delicate skin. With a Prebiotic from sugar beets, promoting cutaneous resilience, and Marula Oil, this facial calms skin discomfort, relieves neuroinflammation and reinforces the skin's defense.





## SPA PACKAGES

### CLEOPATRA

4 hrs | €200.00

Sauna & Steam Bath, Natural bath, Aromasoul Mediterranean Ritual Scrub, Aromatherapy Full Body Massage, Lunch, Hydramemory Express Treatment.

### APHRODITE

4 hrs | €250.00

Sauna & Steam Bath, Natural bath, Firm - Tone - Elasticize Body Treatment, Lunch, Sublime skin Pro-lift, Face Massage.



# Useful Information

## GENERAL

Mobile phones are forbidden in any common areas. Please leave them switched off in your locker. The gym centre is open for persons 16 years of age and older. Pool towels can be obtained at the spa reception desk and need to be returned at the end of each day. Hotel guests will need to present their pool towel card. Please leave all valuable items in your locker as Il Mare Spa & Health Club is not responsible for loss or damage to your belongings.

Always shower before using the pools areas, sauna and steam rooms. Please do not add oils or other products to the sauna bucket without speaking to a member of staff.Swimwear is compulsory in both sauna & steam bath. No food or drinks should be brought into the Il mare Spa & Health Club. You will find refreshments inside the spa or out by the pool bar.

All guests are asked to complete a health and lifestyle questionnaire form upon arrival. If you have any voucher please bring it with you and present it to the spa reception. There is a oe20.00 charge for any lost pool towel cards by Hotel residence & members.

## LOCKER ROOMS

A towel should always be placed on sauna benches between you and the bench. Shaving is permitted in the male changing rooms. Please leave vanity areas clean and dry when you are finished. Do not dispose any of your razors in the waste bins and no shaving in the sauna or steam rooms. Hotel guests please return to spa reception to pick up pool card.

## TENNIS & FITNESS AREAS

Please place the hand towels provided between you and the fitness equipment and to wipe down after use. Appropriate Fitness and tennis attire is required at all times. Outdoor shoes should be worn on the tennis court or in the gym. Please pick up and return your tennis key at the spa reception.

## CANCELLATION POLICY

Please note 24hrs cancellation notice is required for all bookings and services otherwise 50% of total treatment will be charged. Hotel residence will get direct room charge. Credit details may be asked to confirm reservations of bookings. No shows will get a full charge of the treatment for which they booked. Prices can change without notice at any time. Above prices are in euro and include services charge and all taxes.

## OPERATING HOURS

Operating hours 08:00-20:30

# Useful Information

## SWIMMING POOLS

Our three fresh water swimming pools form the backdrop to a memorable suntanned holiday. They are kept to the highest hygiene standards and around the pools are sun beds and umbrellas, free of charge. The outdoor pools are open from early morning until sunset. For your own safety, no swimming is allowed after sunset.

## MAIN POOL

The ideal spot for those who wish to relax in a quiet environment. Please note that this swimming pool is dedicated for the use of our adult’s guests. Children are not allowed to use this swimming pool.

## SIDE POOL

Located next to beach and our Atlantic Wet Bar.

## INDOOR POOL

One of the largest indoor hotel pools in Cyprus, swimmers may exercise in attractive surroundings and a climate-controlled environment. No games are permitted.

## JACUZZI

Within the indoor pool area, the Jacuzzi with six jets covers the batters with swirling streams of hot water filled with air bubbles, which stimulate and invigorate the body! Use is free of charge.

## CHILDREN’S POOL

Next to the Side Pool.

## WHEN TAKING A TREATMENT

Please arrive in a good time to enjoy the facilities and ensure that you are ready to be greeted by our therapist at reserved treatment time . Please note that arriving late will insure you have shortened or amended treatment. Please arrive on time or call the spa reception to inform of your lateness.Underwear or suitable swimwear should be worn in the treatment room and during treatments. For some treatments you will be provided disposable undergarments by your therapists and suitable towel coverage will be used at all times.During your treatments please let your therapist know at any time, if you are uncomfortable at any point for whatever reason, being the environment or lightness or firmness of the therapist’s touch. Your care and comfort is our main concern, so your input is very important. If you have any nagging injuries or problem areas make sure your therapist is aware to make any needed adjustments to your positioning before the treatment begins. There is no pressure to talk; the therapist will let you take the lead. Just confirm whether you would like the therapist to point out key moments in the treatments, in regards to massage or products that are being applied.

**IL MARE SPA**

**ATLANTICA MIRAMARE BEACH**

OPERATING HOURS 08:00 - 20:30

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