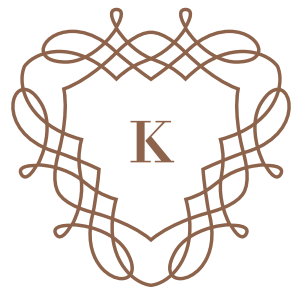




KALLONÍ  
SPA

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*Inspired by the healing powers of the ocean and stretching over 3,000 square meters. Kalloni Spa is a luxury, state of the art unique sanctuary providing an exceptional treatment selection, with impeccable personalized service. Blending pure Thalassotherapy treatments with advanced modern face and body treatments, supported by cutting edge technology. Kalloni Spa is the only spa in Cyprus offering the largest sea view spa suite, luxury Russian Banya Treatment suites, all of them with private sauna and plunge pool.*

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### Biologique Recherche

Biologique Recherche Methodology has a reputation for astounding effectiveness based on a clinical approach to beauty care using intentionally pure, concentrated, raw ingredients, as well as innovative and meticulous protocols and procedures. We have crafted our products and treatments to work together. Our unique treatment protocols use unique, original techniques for immediate, noticeable results while our Remodeling Face Machine is an advanced bioelectronic treatment for genuinely tailored skincare procedures.

### Thalgo

A source of vital energy for humans, the sea is able to revitalise body and mind thanks to its concentration of bioavailable minerals and trace elements. THALGO has taken inspiration from this for more than 50 years, combining efficacy and well-being. Today, our Laboratory is leveraging its dual anchor points of pharmacy and the Mediterranean to infuse this marine energy, through products and treatment protocols that revitalise body and mind for luminous beauty.





# Kalloni Signature Treatments

## **Kalloni Experience**

*55/85 minutes*

Recover from the daily stresses of life with this luxurious massage - four different aromatic candle choices are available for you to explore - Detoxifying, Relaxing, Energizing and De-Stress. When lit, the divine essence candle melts into a warm sumptuous massage oil leaving the skin soft, regenerated, supple and melts away tension. The pleasant fragrance will take you on an intense sensorial journey.

## **Watsu (Water Shiatsu Massage)**

*40 minutes*

This unique treatment is performed in our high-density pool where the body is supported by the natural buoyancy of the water and the capable hands of the masseur. The treatment takes the form of mobilization and stretching movements to return the skeletal system to a natural balance, whilst applying both pressure and manipulation techniques to the meridian lines and points in the body thus encouraging the circulation of energy within.

## **Îles Pacifique (Relaxing Ritual)**

*120 minutes*

Îles Pacifique Relaxing ritual with warm sand pouches inspired by the rocking movement of the waves for deep relaxation. The wonderful flavours (vanilla, coconut and gardenia) in the body scrub recalls the summer, while the active ingredients of the hydrobath algae's, combined with a relaxing massage, succeed the absolute well-being and relaxation of your body.

## **Indocéane (Rebalancing Ritual)**

*120 minutes*

Indocéane On a Far Eastern journey, fragrances, and colours blend with marine riches to relax body and mind. This vital relaxation begins with a salt & sugar grain that polishes your body, followed by a Hydrotherapy milk bath. Next your body unwinds and releases its spirit using Ayurveda techniques and warm essential oils from precious woods, finishing with a creamy body wrap.

## **Kalloni Aroma Back & Head Massage**

*40 minutes*

Our unique relaxing back, neck and head massage uses a customised essential oil blend to melt away the day to day stresses while sending you to a place of deep relaxation

# Russian Banya

Russian Banya Luxury Suites will give you the opportunity to experience one of the oldest Russian Traditions, offering a relaxing aromatic sauna followed by a cold temperature plunge pool, a boosting Venik massage in a private relaxing environment. Feeling the adrenalin hormones released after using the cold plunge pool, stress will only be a distant memory. Venik massage experience will improve the blood circulation and relieve tension, while Venik essential oils extract will boost your immune system and aid anti-aging.

## **Traditional Russian Banya Experience**

*minimum 2h*

Includes Sauna, plunge pool, Venik massage and salt exfoliation.

## **Luxury Russian Banya Experience for Two**

*3h*

Includes Sauna, plunge pool, 2x Organic Hydrating Scrubs, 2x Deep Tissue Massages.

*Traditional Russian food & beverage Menu available on request.*





### Kalloni Deep Cleansing Facial

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*85 minutes*

The deep cleansing facial is well suited for oily skin types. You can expect to have your face steamed to open the pores; an extraction of clogged pores, whiteheads and blackheads; a deep pore cleansing treatment and healing masks to improve the skin's surface and underlying layers. A deep cleansing facial will help smoothen the skin's appearance and reduce the size of your pores.

### Biologique Recherche

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#### **Skin Instant Lab®**

*25 minutes*

A personalised analysis, diagnosis and product/treatment prescription system and also monitors changes of the Skin Instant® over time, providing dynamic assistance with products and treatments that are totally appropriate for each individual.

The Skin Instant Lab® consists of five probes (measuring hydration, trans-epidermal water loss, elasticity, pigmentation and sebum levels) linked into a computer equipped with an exclusive diagnosis and analysis software program developed by Biologique Recherche.

#### **The Methodology Facial**

*60/90/120 minutes*

Our highly trained therapists will guide you through the unique 3 step methodology, first by discovering your skin with Skin Instant Lab® and then building a treatment plan designed for your individual needs and concerns. Depending on your choice of treatment length, different modules can be added on the methodology.

Modules:

- 1 | Boosters,
- 2 | Remodelling Face,
- 3 | Co-Factors

# Facials

## Exclusive Facial Second Skin

*120 minutes*

A world first in professional beauty products, this regenerating and lifting treatment is created using an electro-spin mask with 80% pharmaceutical grade hyaluronic acid and is designed for mature skin affected by the signs of aging. The Second Skin Facial is an intense, regenerating treatment that acts on the extracellular matrix of the skin to accelerate cell renewal, stimulate the synthesis of collagen and optimize healing.

## Thalgo

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### Skin Solutions

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*60 minutes*

Experience the ultimate in skin solutions for all skin types. The therapist will diagnose your skin and choose the facial best suited for you and your lifestyle,

**Source Marine** - Bathe your skin in moisture with sève bleue des océans. Skin is intensely hydrated.

**Cold Marine** - Got demanding skin? Reinforce its tolerance with cold cream marine. Your skin is soothed and hydrated for a comforting break and for dry skin: lipid "bandage" mask rich in marine oils specific to the cold cream recipe.

**Purifying Marine** - Put a stop to shine! Your skin is purified and instantly clearer thanks to the duo of regulating age-old algae.

**3 Algae Marine** - Exclusive "Thalasso" facial with micronised marine algae to rebalance skin and replenish its minerals.

## Illuminating Radiance Facial

*30 minutes*

The ultimate illuminating treatment, it boosts radiance and reveals the beauty of dull, tired complexions.

## Anti-Ageing Treatments

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### Lumière Marine Brightening Treatment

*60 minutes*

This triple exfoliation treatment with brown algae extract offers a visible anti-ageing result on skin tone evenness.

### Spiruline Smoothing Detoxifying Treatment

*60 minutes*

The marine shot\*\* for urban skin! Detoxifying treatment to refresh the features, recover a fresh complexion and smooth skin.

## **Hyalu-Procollagen Smooth & Fill Treatment**

*60 minutes*

The 1<sup>st</sup> marine 'filler' specialist in wrinkles, combining 3 hyaluronic acids and marine pro-collagen for instantly plumping the skin, visibly smooths and fills wrinkles.

## **Silicium Marine Super Lift Treatment**

*75 minutes*

Anti-ageing treatment rich in marine silicium, integrating a double mask for effective action on wrinkles and nascent loss of firmness.

## **Exception Marine Redensifying Treatment**

*90 minutes*

Marine "lifting" treatment that redefines facial contours and restores the skin's density thanks to the combination of the patented marine replenishment complex and the exclusive Energilift massage.

## **Instrumental Treatments**

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### **IBeauty Treatment**

*30/45 minutes or 15 minute add on*

Tailor-made high-performance treatment combining three cutting-edge technologies for a targeted result.

### **Face Palp Anti-Ageing Treatment**

*30 minutes*

Kneading-rolling plumping facial for visible anti-ageing efficacy in just 30 minutes

# Body Treatments

## Biologique Recherche

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### **The Methodology Custom Made Treatment**

*60/90/120 minutes*

Our highly trained therapists will guide you through the unique 3 step methodology, first by discovering your main concerns and then building a treatment plan designed for your individual needs. Depending on your choice of treatment length different modules can be added on the methodology.

### **Firming and Toning**

*90 minutes*

A firming and toning treatment, using exclusive products in combination with highly developed techniques that work on specific zones. This treatment will leave you with a refined skin texture and sculpted body.

## Thalgo

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### **Body Palp Anti-Cellulite and Firmness Treatment**

*60 minutes/as a course*

Instrumental slimming treatment able to enhance the power of manual kneading-rolling to tone skin, reposition body mass and redefine.



## Biologique Recherche

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### **Algae Detoxifying**

*45 minutes*

A purifying and detoxifying treatment. It helps eliminate toxins and improves micro-circulation. This treatment features an energizing technique and a Gel d'Algues Wrap, which has detoxifying, draining and purifying properties. The algae-based wrap will help to eliminate toxins and balance your figure.

## Thalgo

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### **Cold Cream Marine Body Wrap**

*30 minutes*

Relaxing body beauty treatment enriched with cold cream marine: comforted and replenished with lipids, skin recovers comfort and softness thanks to its highly nourishing body wrap.

### **Frigi-Thalgo Light Legs Treatment**

*60 minutes*

A refreshing cold treatment, highly effective in eliminating excess fluid from the hip and thigh area. Body wrap treatment derived from cryotherapy to rapidly recover lighter legs.

### **3 Marine Algae Body Wrap**

*60 minutes*

"Thalasso" body wrap par excellence: 100% pure and natural patented micronised marine algae, rich in minerals, vitamins, and trace elements. Relieves aches and pains, detoxifies and revives the metabolic balance.

### **Marine Prelude Wrap**

*60 minutes*

Natural marine Dead Sea mud and sea salts, for detoxifying exfoliation paired with an intensely relaxing effect. It has a stimulating and invigorating effect leaving the body smooth, detoxified and tranquil.

### **Dead Sea Mud Body Wrap**

*60 minutes*

100% natural mud with exceptional mineral content (in particular Calcium and Magnesium) makes this wrap a multi action treatment: natural anti - stress and post exercise recovery.



## Biologique Recherche

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### **P50 exfoliation New Skin**

*40 minutes*

An exfoliating and regenerating treatment. It leaves your skin softer, uniform and hydrated. The highly active ingredients of the exfoliation P50 promotes skin resurfacing and stimulation of cellular renewal. Restores your skin's hydration for softer more even toned and all over healthier glow.

## Thalgo

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### **Marine Scrubs**

*30 minutes each*

#### **Revitalising Marine Scrub**

Energising ocean blue sorbert scrub with refreshing menthol.

#### **Island Body Scrub**

Îles Pacifique Oil scrub with Bora Bora sand, vanilla and coconut notes.

#### **Sweet and Savoury Scrub**

Indocéane Oil scrub with brown sugar, sea salts and essential oils.

# Thalassotherapy

## Supervised Thalassotherapy Program

*75 minutes*

The supervised Thalassotherapy Programme is a unique programme offering the curative effects of mineral enriched seawater. The experience takes you through 2 outdoor or 3 indoor pools each with a different temperature and salinity content. As a treatment that can be enjoyed by a couple or a group. Thalassotherapy induces relaxation as the support from the high-density sea-water pools allows the body's skeletal frame to relax completely whilst floating. It is the ideal treatment for detoxification, sheer indulgence and relaxation.

## Sea Shower Jet

*25 minutes*

The Sea Shower Jet incorporates a stimulating manual jet of seawater with specific movements all over the body. This refreshing treatment improves the circulation, relieves tension and invigorates the body.

# Thalasso Baths

## Thalgo

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### Bath with Effervescent Crystals

*30 minutes*

Merveille Arctique Hydromassage bath, inspired by Icelandic hot springs.

### Lagoon Bath

*30 minutes*

Îles Pacifique Blue lagoon bath, for a relaxing exotic journey.

### Bath with Olivine Extract

*30 minutes*

Joyaux Atlantique Body balm with olivine extract, for a moisturising milky bath.

### Milk Bath

*30 minutes*

Indocéane Aromatic milky bath with gentle powdery scents.



# Massage

## Royal Thai Massage

*75 minutes*

Through a combination of stretching, pressure point and acupressure movements, this treatment will bring about muscular and mental relaxation. Warmed blend of essential oil with relaxing or invigorating properties are used, together with traditional Thai massage techniques, to alleviate pain and simultaneously invigorate the body and muscles while boosting the body's energy level.

## Thai Massage

*55/85 minutes*

Performed on a padded mat on the floor, an ingenious system of movements, stretching and pulling techniques to relieve tension and enhance flexibility. Working on the energy lines, which run throughout the body, it releases blockage, opens the chakras, increases your energy and flexibility while including a peaceful mind.

## Deep Tissue Massage

*70 minutes*

An intense massage using specific therapeutic techniques and deep pressure to reach deeper layers of muscle tension, soothe chronic muscle pains, relieve common discomfort, sport related tension and energize the body.

## Sports Massage

*70 minutes*

Especially beneficial if you are suffering from aches, pains and stiffness. This strong massage will help to relieve tension from specific areas of your body, improving circulation and mobility.

## Therapeutic Massage

*25/55 minutes*

A full body or partial massage to ease tense muscles and soothe away aches and pains, bringing harmony to body and mind. The therapist will focus on stiff muscles and specific tense areas.

## Hot Stone Massage

*75 minutes*

Combines the ancient healing powers of warm volcanic stones with massage to relax body and mind. Warm volcanic stones are placed on your body's natural pressure points to balance energy flow. A gentle, full-body massage enhanced with the heated stone helps to soothe tired muscles and melt away stress. This unique massage induces a feeling of deep relaxation and renewal.

## **Shiatsu Massage**

*55 minutes*

Shiatsu is an ancient Japanese art, which offers both pressure and manipulation of the body, releasing tension and improving circulation thus bringing about a state of equilibrium.

## **Anti-Cellulite Massage**

*40 minutes*

Anti-cellulite massage is a stimulating and refreshing experience, with some moments of intensity. Your therapist will discuss your concerns before starting and will tailor their technique accordingly. An anti-cellulite massage focuses on releasing and smoothing problem areas. This massage is very vigorous, but you should still come away feeling rejuvenated.

## **Reflexology**

*40 minutes*

Originating in the East around 5000 years ago. Reflexology is a therapeutic method of relieving pain by stimulating predefined pressure points on the feet. By working on these points with acupressure, the therapist can help to rebalance the system and harmony to body and mind.

## **Thai Foot Massage**

*40 minutes*

The lower legs and feet are stretched and massaged to open the energy. Thai foot massage is all about the pressure points and reflexes in your feet. These pressure points provide a map of the entire body and organs. By applying pressure to these acupressure points, this traditional massage will contribute to your overall health and wellbeing and restore the natural flow of energy throughout your whole body.

## **Lymphatic Massage**

*70 minutes*

Lymphatic drainage massage is a form of gentle massage that encourages the movement of lymph fluids around the body. The fluid in the lymphatic system helps remove waste and toxins from the bodily tissues.

## Mother To Be

### **Pregnancy Massage**

*70 minutes*

A full body massage technique that is specialised to meet the unique needs of pregnant women. Using a beautiful Mama Oil safe for mother and baby. Special care is taken in supporting the mother-to-be's body to allow for the physical changes that accompany pregnancy. Suitable for pregnancy over 12 weeks.

### **Pregnancy Ritual**

*90 minutes*

Nourishing Mama Oil is used to gently ease stress and tension with a head to toe body exfoliation and full body, face and scalp massage. Melt away the aches and pains associated with pregnancy and feel comfortably cocooned, supported and restored. Suitable for pregnancy over 12 weeks.

*There are a wide selection of suitable treatments available for pregnancy (after the first trimester), please consult our spa reception for further details.*

## Gentlemen's Treatments

### **Facials**

#### **Express Anti-Fatigue Facial**

*30 minutes*

A treatment in 30 minutes flat for clearer, cleaner skin.

#### **Tailor-Made Marine Treatment for Men**

*60 minutes*

Tailor-made treatment for men enriched with vital blue algae extract. Your skin recovers its balance.

*There is a wide selection of treatments available for Gentlemen please ask reception for more details.*





# Beauty Services

## Hand & Nails

### Manicure

*60 minutes*

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

### Luxury Manicure

*75 minutes*

A full luxury manicure including exfoliation, cuticle removal, mask and a soothing hand massage followed by application of a nail varnish of your choice.

### Pedicure

*60 minutes*

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

### Luxury Pedicure

*75 minutes*

A Spa bath will soften and soothe your feet, followed by the removal of hard skin and corns, which can cause discomfort, nail

shaping, cuticle work, exfoliation and mask followed by a relaxing foot massage, and a nail varnish of your choice to complete.

### Reshape and Polish

*30 minutes*

Nail shape and application of nail varnish of your choice.

### French nail paint

*30 minutes*

Application of French nail polish is applied to either fingernails or toenails.

### Shellac add on / Shellac removal

#### Manicure with Shellac

*60 minutes*

A full manicure treatment including removal of cuticles, nail shape and application of shellac.

#### Pedicure with shellac

*60 minutes*

A full pedicure treatment includes a bubbling spa bath to sooth your tired feet and relaxing foot massage followed by application of shellac.

## Make- Up

### Make-Up

*30/55 minutes*

By ways of highlighting and shading, our make-up artist will bring out the natural beauty in your face.

### Make-Up Lesson

*45 minutes*

New techniques and the latest colours will be shown to give a totally new look or maybe some tips to update your present make-up. Our make-up artist will explain the methods of application on a 'one on one' lesson.

### Bridal Trial Make-Up

*55 minutes*

### Bridal Make-Up

*55 minutes*

Every bride should look their very best on their special day. Our make-up artist will expertly ensure that you do by ways of highlighting and shading to enhance your natural features.

### Eye Brow Shape

*15 minutes*

To neaten and define the eyebrows, our therapists will shape your eyebrow to suit you.

### Eyelash/ Eyebrows Dye

*25 minutes*

Application of waterproof tint to the eyelashes / eyebrows. Lasting up to two weeks it will enhance and define your eyes

### Eye Combo

*30 minutes*

Eyebrow shape, application of waterproof tint to the eyelashes & eyebrows. Lasting up to two weeks it will enhance and define your eyes

## Waxing

Full Leg | Half Leg | Full Leg + Full Bikini | Full Arm  
Full Bikini | Bikini Line | Back | Chest | Under Arm  
Upper Lip



We look forward to welcoming you to Kalloni Spa. The following information is intended to make your visit as memorable and enjoyable as possible. To maintain a tranquil and relaxing environment and respect guest's right to privacy, we request you to kindly switch off your cell phone.

## **Age Requirement**

The minimum age requirement for access to the Spa is 16 years of age.

## **Health Concerns**

During your first visit to Kalloni Spa, you will be required to complete a Guest Questionnaire form which will provide our therapists with the necessary information to complete a treatment safely and without any complications. Please advise us of any health conditions such as high blood pressure, allergies, pregnancy or other health related concerns that you may have. All information collated is strictly confidential and will only be shared with the therapists who will be completing your treatment.

## **Spa Attire**

For your comfort we shall provide you with luxury spa attire for use in the spa; undergarments or suitable swimwear is required during treatments.

## **Jewellery and Valuables**

It is recommended that you do not bring jewellery or valuables to the Spa but instead these should be left in your guestroom safe box or at home. The Spa does not assume any responsibility and/or liability for loss or damage of personal articles.

## **Reservations**

Advanced booking is highly recommended to ensure preferred times are available, particularly if you choose to enjoy multiple bookings during your stay. The Spa provides walk-in bookings subject to availability.

## **Preferences**

Should you have a therapist preference please make sure to include the request at time of booking, so we can secure preferred therapists and time availabilities.

## **Arrival**

We recommend that you check in at Kalloni Spa's Reception at least 30 minutes prior to your first scheduled appointment. This allows us to have a discussion with you about your treatment expectations. Time is precious, and we are committed to offering all our guests a reliable time table. Late arrival will result in a reduction of treatment time.

# Kalloni Etiquette

## **Cancellation Policy**

To cancel or re-schedule your treatment please contact us at least 12 hours before the treatment is due to start (if you cancel later than this, a 50% cancellation charge will be added. No-shows will incur the full charge). Credit card details may be required in order to confirm a booking.

## **Gift Certificates**

Our gift certificates make a wonderful gift for any special occasion. Please enquire at the Spa Reception for details and purchase.

## **SPA Retail Boutique**

To continue your spa routine at home, all spa products used in the treatments are available from our Kalloni Spa Boutique.

## **Pregnancy**

We have specially designed treatments that are suitable during pregnancy from the second trimester (after 12 weeks). We kindly ask you to consult with your physician prior to booking any spa services.

## **Opening Hours**

Daily from 9:30 am to 7 pm

For any additional information and/or appointment bookings, please call Parklane Resort & Spa on: +357 25862000.

In-House Guests may contact the Spa Reception direct on: Ext. 2611 and 2612.

POCKET

