



serenity
spa
at St Raphael Resort



spa menu



SERENITY SPA WELCOME

We firmly believe that the best place to treat your skin is in the spa. Our trained, experienced therapists and beauty specialists will take their time to diagnose your skin and suggest the best treatment and products based on the nature of your skin, your personal sensitivities and beauty objectives. For a free consultation, please contact us for more details. We will be happy to tailor make any packages for you to suit your individual needs. We are proud to work with the below products.

NEODERMA

Neoderma Research Laboratories, locally based, select the finest and most effective herbal extracts to formulate exceptional beauty products, unifying the highest scientific practices along with traditional knowledge.

As the skin is fragile and sensitive, disclosing our inner beauty, our philosophy is to care for it with natural, skin-friendly products. Therefore it is a primary concern for us to introduce safe, pure beauty products. Neoderma is free of GMO (Genetically Modified Organisms), mineral oil and parabens. Animal testing free.

LITYA

LITYA, means 'Of the Earth', and we offer a unique range of treatments that are based on modern and indigenous herbalism, aromatherapy and touch therapy from the traditional Australian Aboriginals. Our products are formulated using sustainably wild harvested, pure Australian botanicals and organic ingredients with guidance on the Indigenous plant knowledge & healing principles. We are proudly Australian made and owned & certified cruelty-free.



Packages

THE REFRESHER Body polish or Rasul (single), Refresher Facial, Medy Jet Massage, Spa manicure or pedicure with nail varnish.	3 HRS	169 €
PERFECT SKIN Medy-Jet Massage with Body Mask or Body Wrap, Deep Cleanser Facial, Li'tya Miji Jina Foot Therapy and Li'tya Paudi scalp treatment with Quandong hair mask. This package is excellent for those with problematic skin, acne, eczema or psoriasis.	4 HRS	199 €
TOTAL HARMONY Body polish, Relaxing facial, Aromatherapy massage (full body), Spa manicure and pedicure with nail varnish.	4 HRS	290 €
LI'TYA THE DREAMING Li'tya Miji Jina Foot treatment, Li'tya Mala Mayi body wrap, Li'tya Kodo Body Massage, Li'tya Paudi Head Massage, Li'tya Mirri Facial and Li'tya Miji Polama Hand Treatment.	4 HRS	299 €
APOLLON Sports Massage, Men's facial, Spa manicure and Spa pedicure, Rasul Ritual with Scrub and Back Massage.	5 HRS	329 €
SYMPHONY OF TREATMENTS FOR TWO Rasul Ritual with Scrub (couple), Medyjet Massage x 2, private Steambath or Sauna, Back Massage x 1 and Indian Head Massage x 1.	3 HRS	299 €
SERENITY EXPERIENCE Rasul Ritual with scrub, Serenity facial, Aromatherapy massage (full body), Solarium or Medyjet Massage, Reflexology, Luxury manicure and pedicure with nail varnish and a Serenity Spa Gift.	6 HRS	399 €
SLIMMING SILHOUETTE Perfect detox and slimming effect Bodywrap, two Anticellulite massages, Lymphatic massage, Firming & Toning Facial Care, Eye- vital treatment, Reflexology.	7 HRS	469 €

Massage Therapies

REFLEXOLOGY

A gentle treatment that uses pressure on reflex areas of the foot. These pressure points correspond to all major organs of the body. This is a lovely therapy that will trigger the body's healing mechanism and will balance body, mind and spirit.

45 MIN

65 €

FOOT AND LEG MASSAGE

A revitalising treatment perfect for tired or jet-lagged feet and legs. The rhythmic movements of the massage will help stimulate the blood flow and relieve any tension and stress felt from the strained areas of the feet and legs.

30 MIN

35 €

L'I'YA MIJI JINA - MEANS 'LITTLE FOOTPRINT'

Soak away tension and treat your feet to this wonderful relaxing and grounding treatment. Begin with soaking your feet in Australian native flowers and fruits followed by an invigorating Desert Salt exfoliation, warming Pepperberry mask and completed with a decadent foot massage.

25 MIN

30 €

BACK MASSAGE

This massage concentrates on the neck, shoulders and back in order to relieve muscle tension, pains, tiredness and headaches caused by stress. The use of essential oils of your choice helps to stimulate relaxation. This treatment is ideal for tension relief or just relaxation.

30 MIN

45 €

INDIAN HEAD MASSAGE

This ancient technique is more than just a massage. The aim of the Indian head massage is to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders.

25 MIN

45 €

SPORTS MASSAGE

This treatment is suited for those who need a more intense massage. It combines acupressure techniques, along with stretching, compression and friction for a deeper tissue treatment and is ideal for those who exercise regularly.

45 MIN

68 €



Massage Therapies (continued)

SWEDISH FULL BODY MASSAGE

55 MIN

75 €

This is a classic, full body massage, utilizing medium pressure techniques. This massage helps to de-stress the body by working on tense muscles, stimulating circulation and leaving a totally relaxed feeling.

ANTICELLULITE MASSAGE

45 MIN

68 €

This massage is designed to tone the skin, eliminate toxins, increase blood circulation, stimulate the lymphatic system and reduce the appearance of cellulite.

THAI AROMATIC MASSAGE

55 MIN

80 €

Combining the ancient arts of healing Thai massage techniques and aromatherapy essential oils to unblock and balance the body's energy flow for a healthier body and mind.

90 MIN

115 €

AMPAI MASSAGE

55 MIN

90 €

A signature treatment specially designed for our award winning spa. This massage is based on ancient Thai healing techniques focused to alleviate pain and irritation in problem areas surrounding the spine, neck, back and legs. Our trained therapist will work according to your body type and blocked areas to help improve mobility and circulation.

CLASSIC THAI MASSAGE

55 MIN

110 €

Thai Massage is an ancient healing technique, which uses compression as a means to release muscular, nervous and energetic tension. It is practiced on the floor in full clothing, without the use of oil. It has been likened to a fusion between reflexology, acupressure and assisted yoga stretching.

90 MIN

130 €

LYMPHATIC MASSAGE

50 MIN

80 €

This slow, gentle massage stimulates the lymphatic system and blood circulation to enable the free flow of the lymph glands to help clean the body of wastes and toxins.

AROMATHERAPY (FULL BODY AND FACE)

75 MIN 98 €

With the use of the highest quality pre-blended warm essential oils chosen to suit individual needs. This is a full body and face experience.

AROMATHERAPY (FULL BODY)

50 MIN 76 €

Concentrating on a full body relaxation experience, this treatment helps to relieve muscle tension, pains and tiredness and to induce relaxation with the use of warm essential oils.

HOT STONE MASSAGE

70 MIN 105 €

A unique treatment of heated volcanic stones applied with essential oils to the body in ways that bring about relief to sore and stiff muscles, releasing tension, to bring about tranquillity and a more balanced flow of energy.

LI'TYA KODO - MEANS 'MELODY'

50 MIN 80 €

This rhythmic body massage is inspired by traditional Australian Aboriginal techniques which work to balance and re-align energy flow, enhancing mind and body wellness. A choice of native aromatic oils is prescribed to address your individual needs – to rejuvenate, reharmonise or detoxify.

40 mins Miji Kodo – 'Little Melody' **€60**

50 mins Kodo – 'Melody' **€80**

85 mins Marta Kodo – 'Big Melody' **€90**

LI'TYA MARMA KODO - PREGNANCY MASSAGE

85 MIN 100 €

This nurturing and rhythmic body massage is inspired by traditional Australian Aboriginal techniques which enhances mind and body bringing balance and wellness. This gentle massage relieves built up tension within the body and prevents disharmony, while our specially crafted Macadamia and Camellia oil blend is used to nurture pregnant mother and child.

Body Treatments

THE RASUL

A cleansing ritual that combines the health enhancing properties of heat, aroma infused steam and different types of mud for a totally relaxing and skin conditioning treatment in a magical and sensory private steam temple.

Rasul Ritual (Single)	60 €
Rasul Ritual (Couple)	100 €
Rasul with Scrub (Single)	75 €
Rasul with Scrub (Couple)	130 €

MEDY-JET MASSAGE

20 MIN 30 €

Experience the sensation of floating on water without actually getting wet. This ultimately relaxing treatment allows you to unwind while having a gentle water-jet massage along your spine and problem areas.

MEDY-JET MASSAGE WITH BODY MASK OR BODY WRAP

90 €

Enjoy the ultimate relaxation experience of floating on water yet staying dry, while you have your choice of a selection of body masks or wraps to help soothe and soften your skin and increase blood circulation.

BODY ENVELOPMENTS

75 MIN 119 €

(relax, detox, energising, toning, firming or slimming)

This energising and refreshing full body treatment uses the gentle application of exfoliating scrubs, followed by a detoxifying body mud or mask of your choice. The treatment ends with a gentle massage.

BODY POLISH

40 MIN 60€

A body exfoliation that removes impurities and dead skin cells followed by a moisturising massage resulting in a longer lasting sun tan. We recommend this treatment before sun exposure. According to your needs and desires your therapist will provide a number of different oils to suit your skin tone and preference.



LI'TYA YANKO - MEANS 'SONG OF RUNNING WATER'

40 MIN

45€

With your choice of Australian native aromatic oil blends followed by Desert Salts to exfoliate, this full body energizing scrub will cleanse the spirit, revitalize your energy levels and wash away your stress, leaving your skin glowing.

LI'TYA YANKO JINDALEE - MEANS 'SONG OF RUNNING WATER ON SKIN'

70 MIN

80€

An energizing full body exfoliation therapy to recharge, cleanse and revitalize the body. With your choice of one of our Australian Native Aromatic Oils blended with our Desert Salts, your skin will be left cleansed and purified. A facial treatment is also included designed to deeply cleanse, smooth and hydrate the skin along with Li'tya Paudi scalp massage with our nourishing Quandong hair mask to ease the body of any remaining stress or tension. A truly superior experience for the face and body.

LI'TYA MALA MAYI - MEANS 'CLAN FOOD'

90 MIN

100€

Unwind, invigorate and celebrate with this complete body rejuvenation experience. After a restorative exfoliation with your choice of Australian Desert Salts and Aromatic Oils your body will be cocooned in a warm layer of your chosen mineral rich body mud, followed by an Aboriginal inspired Li'tya Paudi scalp treatment massage with Quandong hair mask and completed with an uplifting rhythmic Li'tya Kodo full body massage.

90 MIN (includes 40 minutes Miji Kodo massage) **100 €**

2 HRS (includes 55 minutes Kodo massage) **130 €**

WAXING/EPILATION

Full leg wax	38 €
Full leg and bikini line	48 €
Half leg	28 €
Bikini line	18 €
Full bikini	25 €
Arms	30 €
Under arm	18 €
Upper lip	10 €
Chin	10 €
Back wax	35 €
Chest wax	30 €

PRIVATE SAUNA OR STEAMBATH EXPERIENCE

1 person	60 min	25 €
couple	60 min	40 €

SOLARIUM WITH BODY CARE TREATMENT CREAM

1 Session	25 €
3 Sessions	60 €
6 Sessions	100 €



Face Care

FACE REFRESHER	45 MIN	49 €
<p>A perfect way to cleanse, exfoliate, tone and moisturise your skin. You can choose between a tailor made mask or a facial massage.</p>		
SERENITY FACIAL	75 MIN	79 €
<p>This multi-active 100% natural treatment can be individually tailored to meet the needs of all skin types. Your therapist selects products according to your skin type. It includes cleansing, gentle exfoliating and a relaxing facial massage followed by a mask.</p>		
ANTI-AGING EXPERT	75 MIN	110 €
<p>This anti-aging treatment is designed to fulfil the needs of dry and mature skin, improving the elasticity and tone of the facial contours. It repairs the skin, relaxes wrinkles and increases hydration and the skin's suppleness resulting in a visibly youthful skin.</p>		
DEEP CLEANSER	50 MIN	55 €
<p>A special treatment for oily or problematic skin, which includes deep exfoliation, anti-bacterial steam, pore cleansing followed by a clay mask. This is the ideal purifying treatment to leave the skin clean, light and refined.</p>		
LI'TYA MIRRI - MEANS 'FACE'	40 MIN	60 €
<p>Integrating Australian native ingredients such as Lilypilly, Tasmanian Kelp and Macadamia, this is an ideal treatment to cleanse and nourish your skin. Perfect after a long flight, late night or just as a pick me up, this facial includes a complimentary hand or foot massage and is a particular favorite for busy clients or to combine with other Li'tya treatments.</p>		
LI'TYA MIKIRI - MEANS 'DEEP'	55 MIN	80 €
<p>This tailor-made facial treatment is prescribed as an intensive boost for all skin types, customized to target specific skin conditions such as dehydration, congestion, dryness and sensitivity. Two specialized masks are applied using a combination of Australian native ingredients rich in Vitamin C, fruit acids and protein to revitalize your skin.</p>		

LI'TYA YIRRI - MEANS 'MY FACE'

This facial is targeted to anyone needing a complete skin boost leaving your skin purified, hydrated and velvety smooth. Combining Australian native ingredients such as Tasmanian kelp, Wild Rosella and Old Man Weed extract and is packed with antioxidants deeply nourishing your skin with penetrating botanical oils.

70 MIN 90€

LI'TYA MARRI MARLI - MEANS 'GREAT MAN'

An uplifting experience that begins with a steam exfoliation and massage to soften and soothe the tired muscles of the back and followed by a facial using Australian Native blends of essential oils and pure botanicals to nourish, soothe, strengthen and heal the face from the harsh effects of shaving and everyday life.

90 MIN 115 €

EYE VITAL TREATMENT

Alleviates the problem of wrinkles and also helps to hydrate, plump and reduce the appearance of fine lines. May be performed alone or added to any facial treatment.

30 MIN 35 €

TINTING AND SHAPING

Eyebrow tint	12 €
Eyelash tint	18 €
Eyebrow and eyelash tint together	25 €
Eyebrow shape	12 €



Make-up

SPECIAL OCCASION MAKE-UP	50€
BRIDAL MAKE-UP	130€
BRIDAL MAKE-UP WITH TRIAL	160€

Beauty for hands and feet

LUXURY MANICURE	38 €
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Nail shaping, cuticle removal and a peeling followed by a relaxing and moisturizing hand massage.

LUXURY PEDICURE	48 €
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It includes a bubbling spa-bath to sooth your feet, exfoliation, nail shaping, cuticle care, removal of hard skin and a relaxing foot massage.

VARNISH APPLICATION

Polish	10 €	Soft gel application	25 €
French polish	15 €	Soft gel removal	15 €
Shape and polish	18 €	Hard gel removal	25 €

Serenity Hair Salon

Shampoo & blow dry (short hair)	€20	Bridal hair styling with trial	€200
Shampoo & blow dry (long hair)	€25	Treatment mask	from €25
Hair set with curlers	from €35	Straightening	from €25
Highlights (half head)	from €60	Perm	from €60
Highlights (full head)	from €95	Men's hair cut	€20
Hair up	from €50	Permanent straightening	from €80
Ladies hair cut	€30	Treatment for damaged hair	€40
Colour	from €50	Hair extensions	by quotation
Children's hair cut (up to 12 years)	€15		
Bridal hairstyling	€150		



Spa Etiquette

APPOINTMENTS

Please contact us in advance to make a booking for either the spa or hair dressing salon in order to book your preferred treatment times before your arrival in the spa.

PUNCTUALITY

Please arrive 10 minutes before your scheduled reservation. This allows time for leisurely check in, a change of clothes and a few quiet moments to relax before your treatment. Late arrivals will be charged in full and given only the remaining time of the session.

CONSIDERATION

To ensure the serenity of the spa experience, we ask that you turn off your mobile phones upon arrival. In the relaxation room, please respect other guests and keep conversations quiet and noise to a minimum level.

SPA GIFT VOUCHERS

A perfect way to spoil a friend or loved one. Spa Gift Vouchers can be purchased from the spa reception for a variety of different amounts and treatments.

PACKAGES

Whilst we have done our best to arrange a full array of packages, we do understand that everyone has different needs and requirements. Please do let us know if there is anything else we can arrange for you and we will be happy to tailor make a programme just for you. Your comments and opinions are always welcome.

SEASONAL AND SPECIAL TREATMENTS

Please do ask our therapists about any special treatments that may be available seasonally or tailored to your individual requirements.

BE ALERT

Please alert our staff if you are: pregnant, suffer from muscle or joint injuries, varicose veins and broken capillaries, are using retin-A creams, have any sensitivity to iodine, are taking any photosensitive medication, have had recent laser treatment or plastic surgery, suffer from heart disease, hypertension, thyroid problems or any other problems that may affect your treatment. The above conditions may come in conflict with some of our treatments.

MALE OR FEMALE THERAPIST?

It's up to you. Spas make every effort to accommodate guests' wishes in this regard. Keep in mind that at peak hours, it may be harder to fulfil your request, and that for less-requested treatments, the spa may have only one therapist available. Remember to book in advance. If you are a fan of a particular therapist, chances are someone else is as well.

SPA CANCELLATIONS

A 24-hour cancellation policy is required to help us reschedule your appointment. If a cancellation is made less than 24 hours prior to your appointment time, a 50% charge will apply whilst a full charge will be imposed for no shows or a cancellation made within a 4 hour period of the appointment time.

OPENING HOURS AND CONTACT DETAILS

Our Serenity Spa is open every day throughout the year.

Operating hours: 08:00-20:00hrs

For guests calling from outside the resort, you can contact us for your appointments at: St Raphael Resort at +357 25 834200 or by calling the Serenity Spa directly at +357 25 834332.

For guests calling from their rooms, please dial 4332

You can also email spa@raphael.com.cy

Credit card details or room numbers will be asked to confirm treatment reservations.



St Raphael

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