



myrianthousa spa







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Welcome to our outside-in retreat, bathed in light and surrounded by orchards. Carved into the dramatic northern slopes of the Troodos mountains, Myrianthousa Spa overhangs a rippling stream, with tranquil views across the valley.

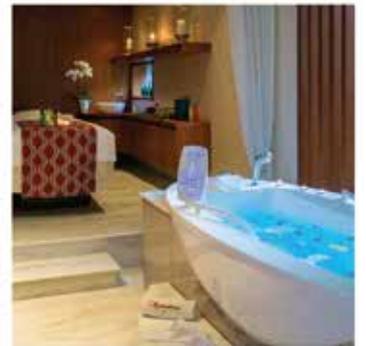
For centuries, ancient Cypriot kings, Venetian queens, humble pilgrims, curious travellers and resident locals alike have sought the curative powers of the natural local sulphur-spring waters, known as '*theouha*'.

Today, this ancient spa tradition has been reborn in sumptuous surroundings, with luxurious treatments by Temple Spa, inspired by the botanical treasures of the Mediterranean, and Germaine de Capuccini, known for elegance, serenity, beauty and purity, as well as our own bespoke *Myrianthousa* Experiences.

Whether you journey with the kings and queens of old with a traditional ancient sulphur '*theouha*' bath ritual, or indulge in a deluxe couple's experience with private outdoor whirlpool, this menu of top-to-toe treatments is designed to soothe, relax and refresh.



CASALE PANAYIOTIS



OUR SPA

HYDROTHERAPY

Relieve tension in our indoor hydrotherapy pool, with warm water massage jets and bubble beds to relax your muscles and melt away stress. Treat your feet to a warm bath as you drink in the view across the valley through the floor-to-ceiling windows.

THERMAL SUITES

The thermal suites are a balanced series of wet and dry, hot and cold temperature experiences designed to give you an utterly relaxing, detoxing and soothing pre-treatment or therapy on its own. They include a sauna-sanarium with mountain views, herbal steam room, snow cabin and tropical and ice-mist experience showers. The perfect place to embark on your spa journey!

SPA LOUNGE

A tranquil space to relax, read and sip from our selection of hand-picked local mountain teas and fresh, seasonal fruit from our orchards.

SANOSPA MASSAGE BATH

Try one of our bath rituals in this specially-designed tub, with over one hundred underwater micro-jets to massage your body and leave you feeling completely relaxed. Don't miss the opportunity to bathe like the kings and queens of old, in natural healing sulphur-spring water piped directly from the ancient springs nearby.

COUPLE'S SUITE

To fully relax with your partner, try our couple's suite with two treatment beds and double shower, and outdoor private whirlpool overlooking the Setrachos stream. Relax in the bubbles with a glass of bubbly - it doesn't get any better!

RASUL MUD CABIN

Treat yourself and your partner to a totally relaxing and skin-conditioning mud treatment in a magical and sensory private environment with twinkling lights, soothing music and aromatic vapours.

CHROMOTHERAPY SUITE

A private suite with indoor whirlpool in which to enjoy the stress-relieving benefits of gentle light therapy performed in a mild steam chamber, enveloped in a body mask of your choice.

SUITE TREATS

We have seven beautiful treatment rooms in which to indulge in our menu of treatments to soothe every bone in your body and relax your mind.



Herbal Steam Bath

Myrianthousa *experiences*

HYDROTHERAPY & THERMAL SUITES

Relax in our award-winning Spa, with full use of the Hydrotherapy and Thermal Suites and Spa Lounge. We will provide you with selected complimentary refreshments, robe, towel, slippers, use of the changing facilities with complimentary toiletries and a private locker. Don't forget your swimsuit!

Day Guests €48 per person (2 hrs)

Hotel Residents €30 per person (2 hrs)

Spa Days

Myrianthousa spa offers a collection of Spa Day experiences, including full use of the spa facilities, spa treatments and healthy spa lunch. Robe, towel and slippers are provided. Please enquire at the spa.



Myrianthousa *journeys*

To make the most of Myrianthousa Spa, choose one of our Myrianthousa Journeys, which include specially selected treatment combinations.

Queen of Marathasa (2 hrs 25 min)

€180

- Chocolate Sensation Wrap with Chromotherapy
- Totally Quenched and Drenched facial
- Windows of the Soul eye treatment



King of Soli (2hrs 15 min)

€180

- Ancient Sulphur Bath Ritual
- Myrianthousa Signature Massage
- Male Executive Facial

My Kinda Mood (1hr 45 min)

€145

- Drift away massage
- My Kinda Skin facial or Male Executive facial



Body Ritual (1hr 20min)

€120

- Vit C+ or Mediterranean Exfoliation
- Myrianthousa Signature Massage

Eastern Adventure (for one or two) (1hr 40 min)

€125/€225

- Rasul Experience
- Eastern Massage or Royal Eastern Massage (add €5 pp)



Myriantousa *journeys*

SPA SUITE RITUALS FOR TWO

An indulgent ritual in our private treatment suite for couples, with an outdoor whirlpool overlooking the Marathasa valley. A glass of sparkling wine and platter of fresh seasonal fruit complete your wellness journey.

Spa Suite Indulgence (1hr 50 min)

€280 per couple

A relaxing side-by-side exfoliation and full-body massage.

Spa Suite Heaven (2hrs 20 min)

€340 per couple

A luxurious full-body Myriantousa Signature massage, with a Male Executive facial for him and My Kinda Skin facial for her.



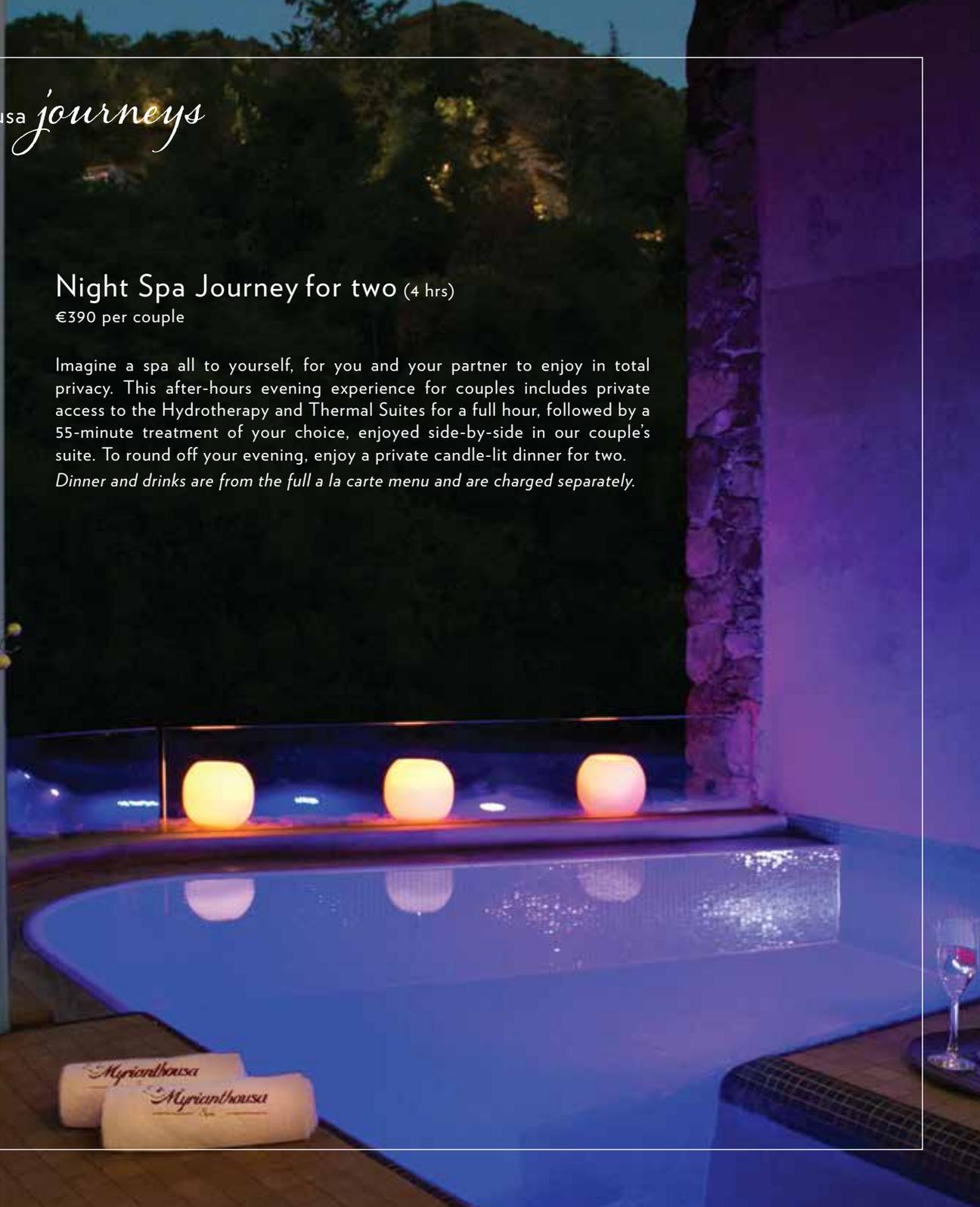
Myrianthousa *journeys*

Night Spa Journey for two (4 hrs)

€390 per couple

Imagine a spa all to yourself, for you and your partner to enjoy in total privacy. This after-hours evening experience for couples includes private access to the Hydrotherapy and Thermal Suites for a full hour, followed by a 55-minute treatment of your choice, enjoyed side-by-side in our couple's suite. To round off your evening, enjoy a private candle-lit dinner for two.

Dinner and drinks are from the full a la carte menu and are charged separately.





Myrianthousa *odysseys*

Staying with us for a few days? Can't decide?

Why not take an indulgent journey through all your favourite treatments for a complete top-to-toe solution?

Leave all the hard work to us - all you have to do is relax and be pampered!

- **Choose 5 treatments** (enjoyed over two days)
- **Choose 7 treatments** (enjoyed over three days)

Each odyssey is per person and will be individually priced. T&Cs apply.

Myriantousa *experiences*

CHROMOTHERAPY

Chromotherapy uses light in the form of colour to balance energy levels on a physical, mental and emotional state. Every colour has its distinct properties and corresponds to a different part of the body. Our chromotherapy experiences take place in our signature Chromotherapy Suite, and combine the stress-relieving flow of colours with a body mask of your choice and mild steam to maximize the benefits of each treatment.



Marine Mineral Wrap (65 min)

€90

Feeling tired, swollen or in need of a detox? This detoxing, slimming and relaxing body treatment is just for you. Rich in minerals, vitamins, trace elements and iodine, due to the micronized marine algae and natural sea salt, this treatment will minimize water retention and improve the outlook of your skin. After a gentle body exfoliation, the wrap is applied as a complete body mask, while mild steam infused with essential oils enhances skin penetration. A final body lotion captures the benefits and leaves the skin feeling soft and smooth.

Chocolate Sensation (65 min)

€90

A delicious chocolate therapy with zero calories! This deeply hydrating and nourishing therapy begins with a stimulating chocolate body scrub to buff away dead skin cells before a deeply warming full body chocolate envelopment with a rich, sensual aroma. The treatment concludes with a light, refreshing massage to reinvigate the body and leave you full of vitality.



Myrianthousa *experiences*

Rasul Experience (40 min)

€60 per person / €105 per couple

Enjoy the privacy of our mosaic rasul mud chamber on your own or together with your partner. Apply the mineral-rich Dead Sea mud on the skin and enjoy the detoxifying and conditioning effects. The herb-scented steam and calming music will relax you while the mud works its powers. A unique experience not to be missed!

Choose chocolate: add €5 pp

BATH RITUALS

Bath Rituals are performed in our specialist hydrobath massage tub with over one hundred underwater micro-jets to massage your body and leave you feeling completely relaxed.

Ancient Sulphur Relief (25 min)

€35

Visitors to Kalopanayiotis have bathed in the natural sulphur springs for centuries, and with good reason. Soaking in the 'theouha' water softens the skin, relieves swelling and joint pains, and helps fight disease.

Royal Milk Bath (25 min)

€40

The classic hydrobath with beneficial aromatic essential oils and the luxurious richness of milk – Queen Cleopatra's favourite bathing luxury!

Myrianthousa Heavenly Whirlpool* (25 min)

€50 (2 pax)

Share a beautiful view across the Marathasa valley with your partner or friend from our private outdoor whirlpool. An ideal way to start your treatment journey in our luxurious couple's suite. Add a glass of sparkling wine and fruit platter for €12 pp

*Must be booked in combination with another couple's treatment



BODY ADVENTURES

by Germaine de Capuccini

Vitamin C+ Body Wrap (55min)

€85

The ultimate hydrating body treatment, this rich and fresh firming mask provides a complete beauty treatment. Its protective and hydrating properties provide an effective defence against free radicals and stimulates the production of collagen, reducing the loss of firmness and increasing suppleness.

Mediterranean Body Wrap (55 min)

€85

A fresh, melting wrap with extraordinary sweetness and intensity that nourishes, refreshes and deeply renews the skin, leaving it irresistibly silky. Its light texture, together with the properties of essential and natural oils of lemon, cypress, olive and grape, provide immediate well-being and comfort. Rich in Aloe Vera, it is the perfect body wrap to nourish dry, irritated or sun-damaged skin.

Vitamin C+ Exfoliation (25 min)

€50

This energizing body exfoliation gives the skin an ultra-smooth texture, thanks to the exclusive action of orange peel micro-particles. The skin appears silky, satin and luminous.

Mediterranean Exfoliation (25 min)

€50

A wonderfully cleansing body exfoliation, using a combination of Mediterranean seeds and fragrances. The anti-oxidizing polyphenols from grape seeds, argan shells and essential oils, and the hydrating effects of olive leaves and orange-blossom water will leave your skin feeling clean, smooth and free from impurities.



FACE ADVENTURES by Temple Spa

Totally Quenched & Drenched (70 min)

€95

This lavish experience is a must for a dehydrated, dull or devitalised skin, leaving your skin looking radiant & fresh. We combine powerful ingredients and techniques to help fight the ageing process and loss of elasticity in the skin. This divine facial includes a signature face and décolleté massage including a specialised eye massage to stimulate circulation and muscle tone. Skin is then exfoliated and treated to a double layer hydrating and cooling cryogenic mask including an application of the award-winning Temple Spa Quench hydrating mask. The results are outstanding; skin looks plumper, firmer, hydrated, visibly smoother and wonderfully soft.

Champagne & Truffles Deluxe Facial (60 min)

€90

This stunning treatment is just the thing if you are looking for a serious celebration for your skin. This super luxe facial includes an anti-ageing lifting and sculpting face massage, resurfacing peel and an application of the multiple Award-Winning Skin Truffle. Your skin will be visibly plumper, firmer, radiant and glowing. Simply irresistible results.

My Kinda Skin (55 min)

€85

A totally bespoke facial designed to suit your personal skin type and your concerns. We'll analyse, prescribe and then tailor a gorgeous facial which will deliver amazing results. To begin with your skin will be deeply cleansed and exfoliated followed by our signature Temple Spa face & décolleté massage an application of a bespoke treatment mask and a prescribed moisture treat. Whilst you drift off your treatment is completed with a choice of a tension relieving hand & arm massage or a divine scalp massage. You will feel amazing and your skin will look so, so good!



Male Executive (55 min)

€85

This high-performance men's facial is perfect to revive, refresh and invigorate. Your skin will be revitalised and energised with a deep brush cleanse, followed by a targeted face & shoulder massage. Skin is then treated to a deep exfoliation and an application of a bespoke face mask. Finally choose from a detoxifying foot massage or stress relieving scalp massage to melt away the final traces of tension and stress. Skin is left smoother, softer and hydrated and you ready to face the world.

Power Breakfast Facial (25 min)

€50

We've taken all the ingredients that you would find in a healthy breakfast like oats, honey and fruit juices, to create this pick me up facial. Includes a deep power-cleanse and nutritious scrub & mask. For all skin types.

Windows of the Soul (treatment enhancer)

€25

This divine treatment is designed to revitalise and treat the delicate eye area that needs some special attention. Temple Spa's unique 'cold therapy' tightens and tones your eye area, reducing fine lines, wrinkles and dark circles to put the sparkle back into your eyes.

MASSAGE ADVENTURES

Rocks of Troodos (70 min)

€100

This popular thermal stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. This all-encompassing treatment is an experience you just have to try. Simply heavenly!

Myrianthousa Signature Massage (55 min)

€90

Our signature full-body massage is carefully designed to relieve stress, muscle pain and to detox you bodily and mentally. Choose from our own selection of blended oils based on your mood and needs, and then simply enjoy the journey as your therapist skillfully releases your tension through our signature combination of massage techniques.

Eastern Massage (55 min / 85 min)

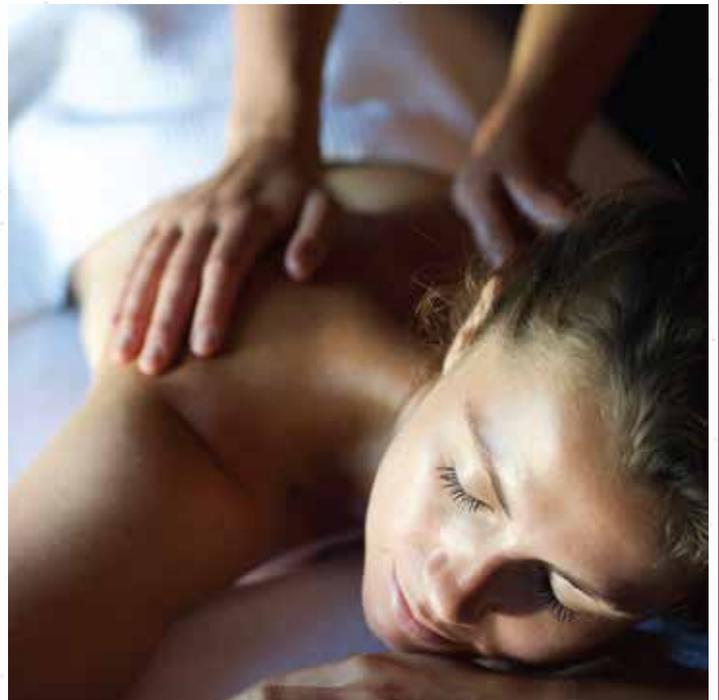
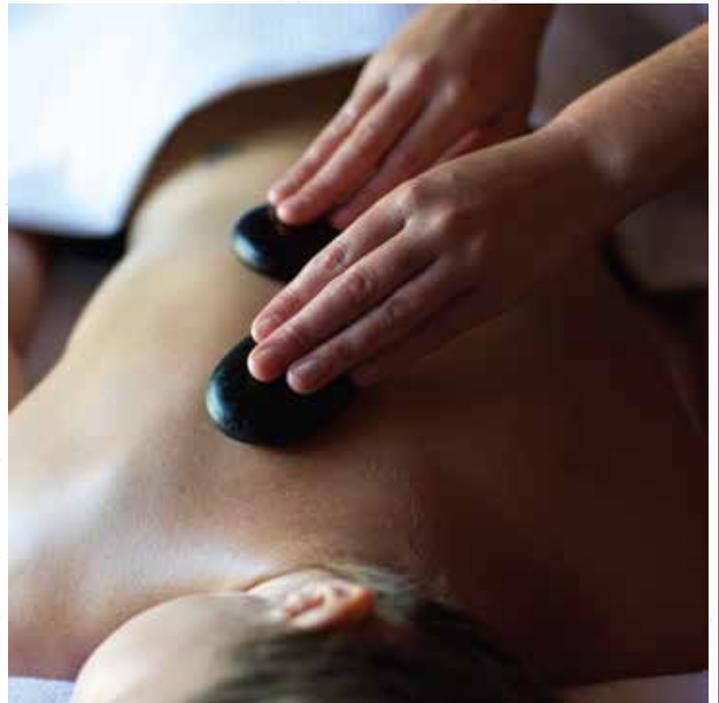
€90 / €120

Strongly influenced by oriental techniques, especially Thai massage, this treatment takes place on a floor mattress and you will be provided with a comfortable pair of loose-fitting trousers. Your therapist will manipulate your body along energy lines, using yoga-like stretching techniques, rocking and pulling motions, to deeply relax your whole body, improve flexibility and trigger self-healing mechanisms. Finish this exotic treatment with an invigorating head and face massage with our signature oil blends.

Royal Eastern Massage (55 min / 70 min)

€95 / €115

A luxurious treatment inspired by Royal Thai traditions. This massage uses a unique blend of essential oils to release tension from the body by using a combination of stretching, acupressure and deep tissue massage to restore balance and harmony to the body and mind.



Drift Away massage (55 min)

€85

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. The perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away.....zzzzzzz.....

Indian Head Massage (25 min)

€50

An ancient therapeutic treatment that focusses on specific pressure points on the shoulders, neck and scalp. It is a deep massage, using a variety of pressures and techniques, including circular massage strokes on the scalp, deep tissue work on the shoulders and stretching the neck.

Back, Neck and Shoulder Release (25 min)

€50

A short, targeted pressure massage that focuses on the build-up of stress and muscle tension around the neck, shoulders and back. Helps to relax muscles and relieve stress.

Foot & Leg Energiser (25 min)

€50

The perfect treatment after a day in the mountains. This foot and leg massage will rejuvenate tired, overworked legs & feet and prepare you for your next adventure. Includes application of our cooling and soothing balm, Aaahhh!, followed with a skin treating sweep across the feet with the award-winning Sole Balm.

New Beginnings (55 min)

€80

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!





HAND & FEET ADVENTURES

Rejuvenating Hand Ritual (40 min)

€60

Soften and smooth your hands with a resurfacing mask exfoliator to renew the skin. Follow by feeding your skin with a Royal Jelly resilience mask to eliminate dryness and restore healthy skin. (While the mask is on, your therapist will offer you a head or foot massage.) Finally, enjoy a hydrating and detoxifying hand massage to promote ultimate relaxation and finish with an application of high repair moisturiser.

Rejuvenating Foot Ritual (45 min)

€65

Start with a cleansing and softening foot soak to relieve tired and achy feet. Enjoy a relaxing and regenerating menthol exfoliation to smooth the skin, followed with a detoxifying algae and macadamia masque to improve blood micro-circulation and enhance the texture and complexion of the feet and legs. (While the mask is on, your therapist will offer you a head or hand massage.) Finish with a moisturising foot massage to create lasting comfort and hydration.

Reflexology (55min)

€85

A unique foot massage that treats more than your feet! Stress is reduced, the body is brought into balance and you will experience deep relaxation. Begin with a luxurious foot-bath in warm water with selected salts and an infusion of essential oils, before progressing to the indulgent reflexology massage. Finish with the award-winning Sole Balm to soothe and nourish.

TREATMENT SIDE ORDERS

VIP Contourist Face Mask

€15

Upgrade your treatment for instant brightening and skin-conditioning results.

Head feel heavy and uptight?

You will love our **sedating oil scalp massage**.

Love your hands to be pampered?

Select our **indulgent mini hand ritual**.

Want a spring in your step?

Choose our **indulgent mini foot ritual**.

Duration: 15 min / €20 each

SPA ETIQUETTE

To ensure the comfort, safety and relaxation of all our guests, we kindly ask you to respect the following guidelines at all times:

Arrive early

We recommend arriving at least 20 minutes prior to your appointment to allow for check-in, and to complete our Health and Lifestyle questionnaire. If you are late for your appointment, your service will still end as scheduled so that our next guest may begin their treatment on time.

Attire

Robes, towels, slippers are provided and should be worn in all common areas. Swimwear must be worn in the hydrotherapy and thermal suites. Disposable underwear is provided for certain treatments. We operate a strict draping policy for your privacy. Please place all used towels in the baskets provided.

Cancellations and no-shows

Please inform the Spa of any cancellation or rescheduling of your appointment at least 24 hours in advance, otherwise a 50% cancellation fee will be charged. No shows will be charged the full amount of the treatment.

Children

Children under the age of 12 are not permitted in the spa. Children aged 12-15 are permitted in the Hydrotherapy & Thermal Suites when accompanied by a paying adult and must be supervised at all times (maximum two children per adult). Minimum age for use of the thermal cabins and for spa treatments is 16. Your child's safety is our primary concern; please co-operate with the spa staff if they request to see a child's identity document in order to confirm their age.

Food & Drink

Food and alcoholic beverages are not permitted in the hydrotherapy & thermal suites. Selected complimentary refreshments are available in the Spa Lounge for eligible guests.

Gender preference

Should you have a gender preference for your treatment provider, please state this at the time of booking. Preferences are based on availability and are not guaranteed. All therapists are trained professionals who will properly drape you throughout your treatment.

Payment and Prices

Payments are accepted in cash, credit card or can be charged to your room. Myrianthousa Spa reserves the right to modify its prices or services without prior notice.

Personal Belongings

Lockers are provided for your personal belongings. We regret that we cannot be held responsible for lost or damaged items. It is advisable not to bring any valuables to the Spa.

Pregnancy

Please inform the staff if you are pregnant, or think you could be pregnant, prior to scheduling your treatment.

Quiet Policy

Myrianthousa Spa operates a quiet policy to maximise relaxation for all. Guests are requested to keep noise to a minimum throughout the spa. To respect a peaceful experience for everyone, the use of mobile phones is not permitted in the spa.

Smoking

Myrianthousa Spa operates a strict non-smoking policy in all areas.

Thermal Suites

For your comfort and safety, please read and respect the safety information displayed outside each thermal cabin, and shower between use of the different facilities. Make sure you drink plenty of water to rehydrate your body during and after your session. Please do not use oils or other products in the thermal cabins.



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We are open

Daily

10am - 7pm

Opening times may vary seasonally

Bookings and Enquiries:

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Hotel guests dial 300



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