



Antara

Destination Spa & Resort

CYPRUS

The Symphony
of Nature

Our Grand Collection of Signature Rituals

Antara Destination Spa & Resort invites you to discover the healthful benefits of our grand collection of signature rituals; 'The Symphony of Nature'. We were inspired to create four rituals that are unique, therapeutic and deeply relaxing, keeping in mind that we, as humans, also change season by season and our bodies' need change as well. Our name, Antara, means related, near, intimate and we believe that living in harmony with nature and respecting the periodicity of the seasons is essential for a harmonious existence.

Spring Spirit

100 minutes

320 EUR

Our Spring Spirit treatment is beneficial for the body, the mind and for spiritual growth. This revitalizing and toning treatment begins with a hydrotherapy treatment with a rare crystal from our crystal collection, hand-picked by your therapist to suit your individual needs, followed by a detoxifying lymph drainage massage that helps release toxins and fluid retention. You will then finish off with the application of our crystal-infused face oil which will leave your complexion feeling toned and vibrant.

Summer Slimming

100 minutes

320 EUR

This deeply detoxifying and stimulating treatment starts with a matcha green tea and argan oil body polish which is a perfect prelude to any slimming and anti-ageing body care. An anti-cellulite massage will be performed in areas of concern then finished with self-heating slimming matcha and green tea oil body wrap. Conclude this exhilarating treatment with a hot and cold crystal massage with application of slimming products leaving you feeling rejuvenated and renewed.

Antioxidant Autumn

100 minutes

320 EUR

Indulge in the world's finest anti-ageing treatment based on French Premier Cru red grapes. With the use of grapes and grape seed oil, this rich in antioxidant treatment helps fight against free radicals involved in the ageing of the structural components of the skin. The treatment starts with a grape herbal ball massage which will wake up your senses and relax the body, while a piece of sage burns in the aromatherapy burner to purify the air and clear the room of unwanted negative energy. A grape herbal pack made with red grapes pulp and seaweeds will follow to provide essential antioxidants for your skin. Enjoy a relaxing red grape nectar bath while you are picturing a vineyard in Bordeaux in your mind... Complete the ritual with a light drizzle of warm grape seed oil leaving you feeling nourished from head-to-toe.

Winter Warmth

100 minutes

320 EUR

When temperatures dip or you are feeling chilled, there's nothing better than our winter warmth treatment. Warm up your feet during our foot ritual by soaking them in a warm bath filled with fresh root ginger then lightly brushed with exotic date and wild honey buff. A rich ginger and honey moisturizing cream will be massaged onto your feet before placing warm booties on both feet then a heavenly four hands reiki will be performed followed by a synchronized arm and scalp massage with the use of luxurious argan oil. Finish by sipping a warm tea in our relaxation room or the comfort of your suite.

This collection of rituals will take you on a blissful journey of wellness and tranquillity and have been specially designed to enhance your body, mind and spirit, season by season.

**Antara Destination Spa & Resort,
Spirou Kiprianou Street 33,
Polis Chrysochous, 8820, Paphos, Cyprus**

**Phone: +35 799 736 976
Email: info@antara-spa.com
www.antara-spa.com**