

## SPA RESORTS

### *Antara Spa: A Retreat From the World*

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Antara Spa Cyprus

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### *A retreat of pure luxury, we discover the holistic wellbeing of Antara Spa Cyprus*

A place of holistic wellness, a retreat from the world and a sanctuary of utter relaxation, the spa allows time away from the busy streets, the pressure of work and the chaos of everyday life. With most of the world's finest hotels also housing exclusive spas, this short break to pamper and indulge is becoming a necessity as much as it is a luxury. However in the majority of spas, upon leaving you are once again assaulted by the outside world, all the good achieved by the various treatments washed away. For true relaxation and long-term benefits a full retreat is needed, a true haven of wellbeing. One such place is Antara Spa, Cyprus.

One of the most exclusive spa resorts in the world, Antara's coastal location, surrounded by the fresh fragrances of the sea mingled with citrus notes of lemon trees and sweet roses, provides a dazzling view of the ocean stretching off to the horizon. The warm Mediterranean air lifts the spirits upon arrival before even entering the spa itself. Amid these sights and smells of a Cypriot paradise sits Antara itself, a palace situated atop the rugged cliff line.

Based upon the architectural traditions of Ancient Greece, Antara is indeed palatial. The marble statues and water features combined with the strong pillared façade create a grand construction emanating Hellenic beauty. Each wall has been hand-painted, every mosaic tile individually laid, every statues sculpted by skilled artisans. A magnificent garden terrace is the crowning feature, with an infinity pool gazing out to sea.



Antara Spa Cyprus Suite

Antara Spa Cyprus En Suite Bathroom

Antara Spa Cyprus Spa Bath



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Antara Spa Cyprus Pool



Antara Spa Cyprus Fountain



The View from Antara Spa Cyprus

Mirroring the exterior, the inner sanctum of Antara is endowed with a level of luxury worthy of the finest palaces. This is epitomised in the most magnificent of spaces, the presidential suite. Unobstructed panoramic views of the Mediterranean Sea, sumptuous fabrics and opulent surroundings create a room fit for royalty. Unparalleled levels of comfort and opulent décor inspired by the Hellenic masterpieces of old create a space in which a guests every whim can be met. With its own dining room and swimming pool, the presidential suite is a retreat in itself, a haven within a haven and a paragon of sheer luxury.

Of course the main reason to visit this extraordinary location is to experience the healing touch of the spa itself. Treatments take their cues from nature and our dedicated to individual skin requirements, creating a radiant glow that is more than skin deep. Rejuvenation, hydration, purity and brightening are all achieved without the use of artificial substances, using bespoke skincare ranges to restore the skin and imbue a beautiful lustre. For inner wellbeing, the spa offers a number of meditation and yoga classes with experienced, dedicated instructors, to bring balance back to your inner self. A state-of-the-art fitness centre furnished with sophisticated strength training and cardio equipment allows guests to exercise their body while calming their mind.

The Antara spa is undoubtedly world class, yet the retreat has much more to offer than just that. The philosophy is that 'a joyful heart fosters inner beauty', a sentiment that pervades every element of the retreat. This makes Antara more than just a place to experience exclusive treatments, but a home in which to convalesce.



Antara Spa Cyprus Pool View

One of the single most important factors of wellbeing is diet, with both food consumed and the body's ability to take in these nutrients directly affecting health. Guests at Antara, even those with specialist dietary requirements, can experience the benefits a perfect diet can achieve with their own personal chef. Specialising in creating menus that combine fresh, healthy ingredients and low, nutrient-preserving cooking times, the spa's chefs use traditional techniques to create contemporary Asian, Western and Indian cuisine. Able to cater to all needs and preferences, the food is invariably healthy and indisputably exquisite.

As inactivity is most definitely not conducive to a healthy mind and body, Antara's holistic approach extends to a huge number of activities to experience. For the more active guests, the Akamas Marine Reserve provides the perfect arena for any number of water sports, including snorkelling, windsurfing and canoeing. With those less inclined or able to take part in such activities, mental stimulus is also available in the form of nature and educational tours, be it experiencing the areas diverse wildlife, an exclusive wine tasting or a historical tour of the area's many ruins and ancient landmarks. No matter what guests decide to do, Antara's activity concierge is always on hand to arrange anything and everything they could want.

Far more than a spa, Antara is an escape from the world, a haven of luxury which answers its guests need to retreat. A place to recuperate and gather both mind and body, the holistic approach encapsulates every facet of a person's wellbeing to leave them refreshed, reinvigorated and ready to face the world once again.

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