



INTRODUCING THE WORLD'S FIRST RESTORATIVE SPA PALACE ON THE ROMANTIC ISLAND OF THE ANCIENT GODDESS OF LOVE



Polis Chrysochous, 5 October 2013 - Antara Palace, Wellness & Destination Spa, on the southwest shores of Cyprus is the world's premiere luxury wellness spa palace.

Redefining the benchmark of traditional luxury spas, exquisite opulent interiors combine with legendary quality service and most significantly, results-driven, redefining programmes for the spirit, body and soul.

Recalling the luxury of the days of kings on the island of beauty and love, Antara is a palace for the 21st century based on the noblest architectural traditions of Hellenistic culture, established in a majestic form. The ultimate transformative retreat, guests are encouraged to abandon their daily routine and indulge in a new quality of existence where every aspect of wellness is considered. Committed practitioners employ techniques from ancient philosophies to a combination of the latest scientific research.

Carefully formulated retreat programmes for guests include a helicopter or limo airport transfer on arrival, a personal butler, two spa treatments a day, naturopathic consultations, unlimited use of the spa and fitness facilities, unlimited participation in classes, workshops and sporting activities and a private chef to prepare three a la carte wellness meals a day tailor made based on the guest's well-being goals.

An ancient Sanskrit name meaning beauty from within, Antara draws on the natural environment of fertile, organic farmland and the healing properties of the Mediterranean. Based on the basic principle that given the right environment, our bodies are innately able to



heal themselves, Antara provides a supportive holistic wellbeing experience that allows the individual to unfold, grow and transform.

Retreat programmes are aimed at enhancing overall health and focus on the key areas of cardiac health, digestive health, stress management, women's health, fertility balance, and emotional wellbeing. Brides-to-be can indulge in a bridal retreat to pamper themselves prior to the wedding day and work on any areas of concern with a wellness consultant.

Traditional spa journeys are complemented by more targeted Ayurvedic treatments such as Kati Vasti, Royal Ayurveda Four Hand Massage and Shirodhara, promoting balance and harmony. Antara is partnered with Maharishi Vedic University and each of Antara's therapists has been provided with authentic Ayurveda training.

With six Royal Suites and a Presidential Suite, Antara is easily one of the world's most exclusive and private spa resorts. Owner Mr. Kenyeres comments, "We built Antara Destination Spa & Resort as a specially protected and uniquely intimate place for regeneration where the atmosphere, interiors and evocative details serve to create harmony for body and soul."

Co-founder, Nora Csige, comments, "My inspiration and concept for Antara was as a serene sanctuary - a place where you can go to slow down and hide from the hassle of everyday life, to listen to your body's needs, get back to your real self and find a level of well-being that you may never have experienced before."

As guests approach the resort along a cobblestone trail, senses are heightened from the sweet smell of roses and citrus from the lemon trees. The gardens represent expert skill and meticulous hard work with rare plants, striking flowerbeds, babbling fountains and romantic promenades. Drawing on the ancient traditional custom of food as our medicine, certified organic farming on site delivers the freshest ingredients from the garden to the kitchen. Medicinal and culinary herbs are also grown in the gardens.

Antara firmly believes that nature is the best source of health preservation. In this spirit, cooking times and methods of preparation are carefully considered in preparing delectable dishes that complement the well-being goals of the guest.

Each dish is high in vitamins and minerals, balanced in macronutrients and tailor-made based on the guest's needs. Michelin-trained chef Polis Papageorgiou, offering guests a variety of flavours to tickle their taste buds, creates each menu. Guests can sample the catch of the day or choose from the flavourful a la carte dishes at gourmet restaurant Ambrosia or they may choose lighter refreshments at Pomona Terrace. Damia Lounge Bar offers an extensive selection of complimentary cocktails and mocktails as well as the opportunity to join wine



and cocktails master classes whilst the Tea House and Smoothie Bar serves more virtuous options.

Inside the resort, each wall is hand painted to represent the palaces of the Ancient Greek aristocracy. The six Royal Suites and a Presidential Suite display unique architecture and noted artistry, adorned in silk with original paintings from award winning artists, floor to ceiling windows, bathrooms decorated with mosaic mother of pearl tiles, plasma TVs, personal iPads and private terraces with views of the Mediterranean.

Other facilities for guests include a private cinema, outdoor infinity pool, yoga and meditation rooms, a grand gallery, beach lounge and tropical garden terrace.

For the ultimate opulent retreat, guests may have exclusive hire of the 2400sqm palace including all the spa and fitness facilities, infinity pool, gourmet dining areas and abundant garden terraces.

In a region recognised for its healing waters and ancient spa culture, Antara Palace, Wellness & Destination Spa encourages wellbeing from within combined with restful sleep, good nutrition and enhanced lifestyle choices through bespoke retreat programmes.

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About Antara Palace: In its mission to be the primary source of wellbeing, knowledge and restoration, Antara retreat

programmes deliver a fusion of the greatest ancient knowledge and modern scientific research. At the outset of each retreat is a consultation with a wellness consultant to discuss any wellbeing concerns and establish ultimate goals. This can be useful for detox, fertility, convalescence or post-operative care. A bespoke programme is then tailored to the guest's specific individual requirements, supplemented by dietary recommendations. The retreat experience is fine-tuned through the use of holistic diagnostic tools. For example, Bioimpedance Analysis is a simple electrode procedure to determine hydration levels of the cells and is useful to establish accurate weight management.



Visiting practitioners, highly recognized in their fields, bring a variety of specialist retreats that are one of a kind and satisfy the needs of the most sophisticated spa connoisseurs.

In any traditional philosophy pertaining to wellness, it is not possible to separate individual parts but to treat the body as a whole. Every situation must be approached with careful consideration of both genetic and environmental factors. Programmes are customised to allow the body to redefine itself.