



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 TEMPLESPA, 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.

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.

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. You will only need to bring your swimsuit.

Session times:

10:00–12:00, 12:30–14:30, 15:00–17:00, 17:30–19:30.

Day Guests €55 per person (2 hrs)

Hotel Residents €35 per person (2 hrs)



Myrianthousa *journeys for two*

Eastern Adventure for two (1hr 40 min)

€255 per couple

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

Rasul Experience for two (40 min)

€110 per couple

Enjoy the privacy of our mosaic rasul mud chamber with your partner. Apply the mineral-rich 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

Myrianthousa Heavenly Whirlpool*

(25 min) €55 (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



Myrianthousa *journeys for two*

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)

€310 per couple

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

Spa Suite Heaven (2hrs 20 min)

€370 per couple

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



Myrianthousa *journeys for one*

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

My Kinda Mood (1hr 45 min)

€160

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

Body Ritual (1hr 20min)

€135

- Vit C+ or Mediterranean Exfoliation
- Myrianthousa Signature Massage

Eastern Adventure (1hr 40 min)

€135

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

Rasul Experience (40 min)

€65

Enjoy the privacy of our mosaic rasul mud chamber. Apply the mineral-rich 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



Myrianthousa *body adventures*

BATH RITUALS

Ancient Sulphur Relief (25 min)

€45

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)

€45

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

EXFOLIATION RITUALS

by Germaine de Capuccini

Vitamin C+ Exfoliation (25 min)

€60

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)

€60

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.



BODY RITUALS

by Germaine de Capuccini

Vitamin C+ Body Wrap (55min)

€120

The ultimate hydrating body treatment, this rich and refreshing firming mask provides complete skin nourishment. Its protective and hydrating properties offer an effective defence against free radicals while stimulating collagen production, helping to reduce the loss of firmness and improve skin suppleness.

Mediterranean Body Wrap (55 min)

€110

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.

Marine Mineral Wrap (55 min)

€110

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. A final body lotion captures the benefits and leaves the skin feeling soft and smooth.

Myrianthousa *body adventures*

Chocolate Sensation (55 min)

€120

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 reinvigorate the body and leave you full of vitality.



Chromotherapy

Treatment Enhancer

€20

Chromotherapy uses light in the form of colour to balance energy on a physical, mental and emotional level. Every colour has its distinct properties and corresponds to a different part of the body. Our chromotherapy experiences take place in our signature Chromotherapy Bed, 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.



Myrianthousa *face adventures*

FACIALS

by TEMPLESPA

Champagne & Truffles

- the crème de la crème of facials

(90 min) €130

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, a hydrating and brightening alginate mask to iron out fine lines and wrinkles, cold stone therapy to reduce puffiness and finished with an application of the multiple Award-Winning Skin Truffle. Your skin will be visibly plumper, firmer, radiant and glowing. And if all that's not enough you'll be treated to a shoulder & neck massage using warm stones. Simply irresistible results.

My Kinda Skin (55 min)

€95

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 TEMPLESPA 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)

€95

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. As your skin is left smoother, softer and hydrated, you are ready to face the world.



Power Breakfast Facial (25 min)

€55

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 (20 min) (treatment enhancer)

€30

This divine treatment is designed to revitalise and treat the delicate eye area that needs some special attention. TEMPLESPA'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.

Myrianthousa *face adventures*

FACIALS

by Comfort Zone

Hydra Glow (55min)

€100

A dynamic fresh treatment made for anyone seeking visible immediate glow, hydration and vitality. Thanks to a unique combination of Lactic Acid, Hyaluronic Acid, and the bioactive Prickly Pear extract from Regenerative Agriculture, we deliver an instant healthy dewy look.

Active Purenness (55 min)

€105

If your skin is oily, scarred or acne-prone, this is the perfect choice! Characterized by a mattifying peel-off Spirulina Algae mask, this deep purifying facial with Mandelic Acid, Green and White Clays rebalances and reduces pores and blackheads.

Remedy (55 min)

€105

An innovative, fortifying approach to sensitive, delicate skin. With a Prebiotic from sugar beets, promoting cutaneous resilience, and Marula Oil, this facial calms skin discomfort, relieves neuroinflammation and reinforces the skin's defence.



Myrianthousa *massage adventures*

Rocks of Troodos (55 min / 70 min)

€105 / €120

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 / 70 min)

€100 / €115

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)

€95 / €125

Strongly influenced by oriental techniques, especially Thai massage, your therapist will manipulate your body along energy lines, using 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 massage.

Royal Eastern Massage (55 min / 70 min)

€100 / €120

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.



Myrianthousa *massage adventures*

Drift Away massage (55 min / 70 min)

€95 / €110

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 melt away.....zzzzzzz.....

Indian Head Massage (25 min)

€55

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 Massage (25 min)

€55

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)

€55

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)

€95

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!



Myrianthousa *hand & feet adventures*



Rejuvenating Hand Ritual (40 min)

€68

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)

€75

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 (25min / 55min)

€55 / €95

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 ADD-ONS

Glow Peel (15 min)

€30

A gentle facial application to boost your skin for instant glow and vitality; perfect with a body treatment.

Scalp Massage (15min)

€25

If your head feels heavy or tight, you will love our sedating oil scalp massage.

Mini Hand Ritual (15min)

€25

Your hard-working hands deserve to be pampered!

Mini Foot Ritual (15min)

€25

Put a spring in your step with our rejuvenating foot ritual.

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 15 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 cancellations or re-scheduling of your appointment at least 24 hours before your appointment time. Please note that cancellations made within 24 hours prior to your appointment time will incur a 50% cancellation fee. No-shows to your appointment time 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.

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 - 7:30pm

Opening times may vary seasonally

Bookings and Enquiries:

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Hotel guests dial 300



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