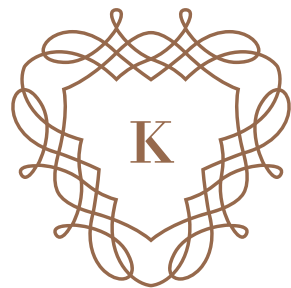




KALLONÍ  
SPA

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*Inspired by the healing powers of the sea and stretching over 3,000 square meters, Kalloni Spa is a luxury, state-of-the-art sanctuary. We provide an exceptional treatment selection paired with impeccable personalized service, blending pure Thalassotherapy treatments with advanced modern face and body treatments supported by cutting-edge technology. Kalloni Spa features the largest sea view Spa Suite in Cyprus and is the only Spa on the island offering Russian Banya Luxury Suites, complete with a private sauna and a plunge pool.*

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## Our Brands

### Biologique Recherche

Biologique Recherche Methodology has a reputation for astounding effectiveness based on a clinical approach to beauty care using intentionally pure, concentrated, raw ingredients, as well as innovative and meticulous protocols and procedures. We have crafted our products and treatments to work together. Our unique treatment protocols use unique, original techniques for immediate, noticeable results, while our Remodeling Face Machine is an advanced bioelectronic treatment for genuinely tailored skincare procedures.

### Thalgo

A source of vital energy for humans, the sea is able to revitalise body and mind thanks to its concentration of bioavailable minerals and trace elements. THALGO has taken inspiration from this for more than 50 years, combining efficacy and well-being. Today, our Laboratory is leveraging its dual anchor points of pharmacy and the Mediterranean to infuse this marine energy through products and treatment protocols that revitalise body and mind for luminous beauty.

### Wellness For Cancer - Philosophy

Our work is anchored on the premise that if the medical industry can personalise cancer treatments to the individual level, the wellness industry can learn to personalise its services to individuals touched by cancer. With our awareness of our place in the world, we utilise our resources to do no harm and to leave a lasting positive impression to help individuals touched by cancer. We believe the wellness industry needs innovative approaches to move from 'status quo' to 'what could be' when addressing cancer awareness.







## **Kalloni Experience**

*55/85 minutes*

Recover from the daily stresses of life with this luxurious massage. Four different aromatic candle choices are available for you to explore. When lit, the divine essence candle melts into a warm, sumptuous massage oil, leaving the skin soft, regenerated, and supple while melting the tension away. The pleasant fragrance will take you on an intense sensorial journey.

*Light Pressure*

## **Watsu (Water Shiatsu Massage)**

*40 minutes*

This unique treatment is performed in our high-density pool, where the body is supported by the natural buoyancy of the water and the capable hands of the masseur. The treatment takes the form of mobilization and stretching movements to return the skeletal system to a natural balance, whilst applying both pressure and manipulation techniques to the meridian lines and points in the body, thus encouraging the circulation of energy.

*Suitable for pregnancy*

## **Kalloni Four Hands Massage**

*70 minutes*

Massage movements sweep the length of the body like a synchronised dance. Two intuitive therapists, four expert hands complement and follow each other to caress and comfort your body's energy flow, resulting in the ultimate experience of the power of touch.

*Light Pressure*

# **Kalloni Signature Treatments**

## **Cyprus Ritual**

*120 minutes*

Explore the nature of Cyprus as you are taken on a journey through the Idyllic Orchards of the island. An adventure of floral, citrus, and sweet elements will awaken your senses and boost tranquillity. Capturing the beauty of summer or winter you will leave revitalised, relaxed, and radiant.

Summer – Body Scrub, Full Body Relaxing Massage & Body Wrap  
Winter - Body Scrub, Hydro Bath & Full Body Relaxing Massage

## **Merveille Arctique Ritual**

*120 minutes*

Discover the wonders of polar nature - immaculate white icy landscapes, hot water springs, and underwater flora - to enjoy an exhilarating Spa experience. Surrender yourself to the benefits of age-old Nordic rituals, in which soothing warmth and reviving freshness alternate to relax the body and release tension.

*Strong Pressure*

## **Kalloni Aroma Back & Head Massage**

*40 minutes*

Our unique relaxing back, neck, and head massage uses a customised essential oil blend to melt away the day to day stresses while sending you to a place of deep relaxation.

*Light Pressure*

## Russian Banya

Russian Banya Luxury Suite will give you the opportunity to experience one of the oldest Russian traditions, offering a relaxing aromatic sauna followed by a cold temperature plunge pool and a boosting Venik massage in a private, relaxing environment. Feeling the adrenalin hormones released after using the cold plunge pool, stress will only become a distant memory. Venik massage experience will improve blood circulation and relieve tension, while Venik essential oils extract will boost your immune system and aid anti-ageing.

### **Traditional Russian Banya Experience**

*minimum 2h*

Includes sauna, plunge pool, Venik massage, and salt exfoliation.

### **Luxury Russian Banya Experience for Two**

*3h*

Includes sauna, plunge pool, 2x Full Body Scrubs, and 2x Deep Tissue Massages.





## **Kalloni Deep Cleansing Facial**

*85 minutes*

The deep cleansing facial is well suited for oily skin types. You can expect to have your face steamed to open the pores; an extraction of clogged pores, whiteheads, and blackheads; a deep pore cleansing treatment and healing masks to improve the skin's surface and underlying layers. A deep cleansing facial will help smoothen the skin's appearance and reduce the size of your pores.

## **Biologique Recherche**

### **The Methodology Facial**

*60/90/120 minutes*

Our highly trained therapists will guide you through the unique 3-step methodology, by building a treatment plan designed for your individual needs and concerns.

Depending on your choice of treatment length, different modules can be added to the methodology.

Modules:

- 1 | Boosters,
- 2 | Remodelling Face
- 3 | Co-Factors

## **Exclusive Second Skin Facial**

*120 minutes*

A world first in professional beauty products, this regenerating and lifting treatment is created using an electro-spin mask with 80% pharmaceutical grade hyaluronic acid and is designed for mature skin affected by the signs of ageing. The Second Skin Facial is an intense, regenerating treatment that acts on the extracellular matrix of the skin to accelerate cell renewal, stimulate the synthesis of collagen, and optimize healing.

# Facials

## Thalgo

### Skin Solutions

*60 minutes*

Experience the ultimate in skin solutions for all skin types. The therapist will diagnose your skin and choose the facial best suited for you and your lifestyle.

**Source Marine Moisturising** - Bathe your skin in moisture with sève bleue des oceans. Skin is intensely hydrated.

**Cold Marine Comforting** - Got demanding skin? Reinforce its tolerance with cold cream marine. Your skin is soothed and hydrated.

**Cold Marine Nourishing** - A comforting break for dry skin: lipid "bandage" mask rich in marine oils specific to the cold cream recipe.

**Purifying Marine** - Put a stop to shine! Your skin is purified and instantly clearer thanks to the duo of regulating age-old algae.

**3 Algae Marine** - Exclusive "Thalasso" facial with micronised marine algae to rebalance skin and replenish its minerals.

### Illuminating Radiance Facial

*30 minutes*

The ultimate illuminating treatment, boosting radiance and revealing the beauty of dull, tired complexions.

## Anti-Ageing Treatments

### Lumière Marine Brightening Treatment

*60 minutes*

This triple exfoliation treatment with brown algae extract offers a visible anti-ageing result on skin tone evenness.

### Spiruline Smoothing Detoxifying Treatment

*60 minutes*

The marine shot for urban skin! Detoxifying treatment to refresh the features and recover a fresh complexion and smooth skin.

## **Hyalu-Procollagen Smooth & Fill Treatment**

*60 minutes*

The first marine filler for wrinkles, combining three hyaluronic acids and marine procollagen for instant plumping of the skin. Visibly smooths and fills wrinkles.

## **Firming Silicium Lift Treatment**

*60 minutes*

Inspired by face fitness, this anti-ageing treatment combines an exclusive massage technique with a professional Cryo-firming double mask to firm the skin, fill in wrinkles, and freshen the complexion in just 60 minutes.

## **Exception Marine Redensifying Treatment**

*90 minutes*

Marine 'lifting' treatment that redefines facial contours and restores the skin's density thanks to the combination of the patented marine replenishment complex and the exclusive Energilift massage.

## **Instrumental Treatments**

### **IBeauty Treatment**

*30/45 minutes or 15 minute add on*

Tailor-made high-performance treatment combining three cutting-edge technologies for a targeted result.

### **Face Palp Anti-Ageing Treatment**

*30 minutes*

Kneading-rolling plumping facial for visible anti-ageing efficacy in just 30 minutes.

### **Hydrofacial**

*70 minutes*

Hydrofacial is a type of hydro microdermabrasion that resurfaces the skin using high water pressure and gentle extraction methods. The process is nonabrasive and non-irritating, making it suitable for all skin types, even sensitive skin. This treatment can even out skin tone, help treat acne, and reduce the appearance of enlarged pores and fine lines.

# Body Treatments

## Biologique Recherche

### **The Methodology Custom - Made Treatment**

*60/90/120 minutes*

Our highly trained therapists will guide you through the unique 3-step methodology, first by discovering your main concerns and then by building a treatment plan designed for your individual needs. Depending on your choice of treatment length, different modules can be added to the methodology.

### **Firming and Toning**

*90 minutes*

Firming and toning treatment, using exclusive products in combination with highly developed techniques that work on specific zones. This treatment will leave you with a refined skin texture and a sculpted body.

## Thalgo

### **Body Palp Anti-Cellulite and Firmness Treatment**

*60 minutes/as a course*

Instrumental slimming treatment able to tone skin and reposition body mass.

### **Maderotherapy – (Wood Therapy)**

*60 minutes/as a course*

The maderotherapy, as its name suggests, is a therapy that involves the application of a massage using various wooden utensils of different sizes and shapes and is specially designed to adapt to different parts of the body. Wood Therapy is an effortless and efficient way of contouring the body without harming the skin or tissue. Each wooden instrument has a specific use for a particular area of the body. Wood Therapy also helps fight cellulite on your body, leaving it silky and smooth. Ideally to be done as a course to see a real difference.



## Biologique Recherche

### **Algae Detoxifying**

*45 minutes*

A purifying and detoxifying treatment. It helps eliminate toxins and improves micro-circulation. This treatment features an energizing technique and a Gel d'Algues Wrap, which has detoxifying, draining, and purifying properties. The algae-based wrap will help to eliminate toxins and balance your figure.

## Thalgo

### **Cold Cream Marine Body Wrap**

*30 minutes*

Relaxing body beauty treatment enriched with cold cream marine. Comforted and replenished with lipids, the skin recovers softness thanks to the highly nourishing body wrap.

### **Frigi-Thalgo Light Legs Treatment**

*60 minutes*

Refreshing cold treatment, highly effective in eliminating excess fluid from the hip and thigh area. A body wrap treatment derived from cryotherapy to rapidly recover lighter legs.

### **3 Marine Algae Body Wrap**

*60 minutes*

"Thalasso" body wrap par excellence: 100% pure and natural patented micronised marine algae, rich in minerals, vitamins, and trace elements. Relieves aches and pains, detoxifies, and revives the metabolic balance.



## Biologique Recherche

### **P50 Exfoliation New Skin**

*40 minutes*

An exfoliating and regenerating treatment. It leaves your skin softer, uniform, and hydrated. The highly active ingredients of the exfoliation P50 scrub promote skin resurfacing and stimulation of cellular renewal. Restores your skin's hydration for a softer, more even toned, and all-over healthier glow.

## Thalgo

### **Body Scrubs**

*30 minutes each*

#### **Revitalising Marine Scrub**

Energising ocean blue sorbet scrub with refreshing menthol.

*Fine Scrub*

#### **Salt Flake Scrub**

The micro-flakes of three exfoliating salts and cryo-extract of boreal algae soothe the body and transform the skin, leaving it wonderfully soft.

*Light - Medium Scrub*

## Thalassotherapy

### Supervised Thalassotherapy Program

*75 minutes*

The supervised Thalassotherapy Program is a unique program offering the curative effects of mineral-enriched seawater. The experience takes you through 2 outdoor or 3 indoor pools, each with a different temperature and salinity content. It is a treatment that can be enjoyed by a couple or a group. Thalassotherapy induces relaxation as the support from the high-density sea-water pools allows the body's skeletal frame to relax completely whilst floating. It is the ideal treatment for detoxification, sheer indulgence, and relaxation.

### Sea Shower Jet

*25 minutes*

The Sea Shower Jet incorporates a stimulating manual jet of seawater with specific movements all over the body. This refreshing treatment improves circulation, relieves tension, and invigorates the body.

## Thalasso Baths

### Thalgo

#### Bath with Effervescent Crystals

*30 minutes*

Merveille Arctique hydromassage bath inspired by Icelandic hot springs.



# Massage

## Royal Thai Massage

*75 minutes*

Through a combination of stretching, pressure point, and acupressure movements, this treatment will bring about muscular and mental relaxation. A warmed blend of essential oils with relaxing or invigorating properties is used, together with traditional Thai massage techniques, to alleviate pain and simultaneously invigorate the body and muscles while boosting the body's energy level.

*Strong Pressure*

## Thai Massage

*55/85 minutes*

An ingenious system of movements, stretching and pulling techniques, performed on a padded mat on the floor to relieve tension and enhance flexibility. Working on the energy lines, which run throughout the body, it releases blockage, opens the chakras, and increases your energy and flexibility while inducing a peaceful mind.

*Strong Pressure*

## Deep Tissue Massage

*55/70 minutes*

An intense massage using specific therapeutic techniques and deep pressure to reach deeper layers of muscle tension, soothe chronic muscle pains, relieve common discomfort and sport-related tension, and energize the body.

*Strong Pressure*

## Sports Massage

*55/70 minutes*

Especially beneficial if you are suffering from aches, pains, and stiffness. This strong massage will help to relieve tension from specific areas of your body, improving circulation and mobility.

*Strong Pressure*

## Therapeutic Massage

*25/55/70/85 minutes*

A full-body or partial massage to ease tense muscles and soothe aches and pains, bringing harmony to body and mind. The therapist will focus on stiff muscles and specific tense areas.

*Medium - Firm Pressure*

## Hot Stone Massage

*75 minutes*

This treatment combines the ancient healing powers of warm volcanic stones with massage to relax body and mind. Warm volcanic stones are placed on your body's natural pressure points to balance energy flow. A gentle, full-body massage enhanced with the heated stones helps to soothe tired muscles and melt away stress. This unique massage induces a feeling of deep relaxation and renewal.

*Light Pressure*

## Lymphatic Massage

*70 minutes*

Lymphatic drainage massage is a form of gentle massage that encourages the movement of lymph fluids around the body. The fluid in the lymphatic system helps remove waste and toxins from the body's tissues.

*Light Pressure*

## Anti-Cellulite Massage

*40 minutes*

Anti-cellulite massage is a stimulating and refreshing experience with some moments of intensity. Your therapist will discuss your concerns before starting and tailor their technique accordingly. An anti-cellulite massage focuses on releasing and smoothing problem areas. This massage is very vigorous, but you should still come away feeling rejuvenated.

*Strong Pressure*

## Thai Foot Massage

*40 minutes*

The lower legs and feet are stretched and massaged to open the energy channels. Thai foot massage is all about the pressure points and reflexes in your feet. These pressure points provide a map of the entire body and organs. By applying pressure to these acupressure points, this traditional massage will contribute to your overall health and well-being and restore the natural flow of energy throughout your whole body.

*Medium Pressure*

## Reflexology

*40 minutes*

Originating in the East around 5,000 years ago, reflexology is a therapeutic method of relieving pain by stimulating predefined pressure points on the feet. By working on these points with acupressure, the therapist can help to rebalance the system and bring harmony to the body and mind.

*Medium - Firm Pressure (Feet Only)*



## Mother To Be

### Pregnancy Massage

*70 minutes*

A full-body massage technique that is specialised to meet the unique needs of pregnant women. It uses a beautiful, safe for the mother and baby Mama Oil. Special care is taken in supporting the mother-to-be's body to allow for the physical changes that accompany pregnancy.

**Suitable for pregnancy over 12 weeks.**

### Pregnancy Ritual

*90 minutes*

Nourishing Mama Oil is used to gently ease stress and tension with head-to-toe body exfoliation and full-body, face, and scalp massage. Melt away the aches and pains associated with pregnancy and feel comfortably cocooned, supported, and restored.

**Suitable for pregnancy over 12 weeks.**

### Pregnancy Scrub

*30 minutes*

One Million Nights scrub removes dead skin cells leaving the skin feeling soft and glowing ready for babies' arrival. A shower refreshes before the application of a body butter.

**Suitable for pregnancy over 12 weeks.**

### Pregnancy Belly Facial

*30 minutes*

Belly Facials provide the perfect way for mum's skin to be nourished & relaxed in the gentlest ways. The Belly Facial focuses on mums growing belly to soften skin, reduce itching while growing a belly, and possibly prevent stretch marks.

**Suitable for pregnancy over 12 weeks.**

*There is a wide selection of suitable treatments available for pregnancy (after the first trimester), please consult our spa reception for further details.*

## Gentlemen's Treatments

### Facials

#### Express Anti-Fatigue Facial

*30 minutes*

A treatment in 30 minutes flat for a clearer and cleaner skin.

#### Tailor-Made Marine Treatment for Men

*60 minutes*

Tailor-made treatment for men enriched with vital blue algae extract. Your skin will recover its balance.

*There is a wide selection of treatments available for Gentlemen please ask Spa reception for more details.*

# Beauty Services

## Hands & Nails

### Manicure

*60 minutes*

A full manicure treatment including removal of cuticles, nail shaping, and application of nail varnish of your choice.

### French Manicure

*75 minutes*

### Luxury Manicure

*75 minutes*

A full luxury manicure including exfoliation, cuticle removal, mask, and a soothing hand massage followed by the application of nail varnish of your choice.

### Pedicure

*60 minutes*

A full pedicure treatment including a bubbling Spa bath to soothe your tired feet, nail shaping, and cuticle work followed by the removal of hard skin, a relaxing foot massage, and the application of nail varnish of your choice.

### Luxury Pedicure

*75 minutes*

A Spa bath that will soften and soothe your feet, followed by the removal of hard skin and corns, which can cause discomfort, nail shaping, cuticle work, exfoliation, and mask. This luxury pedicure is completed with a relaxing foot massage and the application of nail varnish of your choice.

### Reshape and Polish

*30 minutes*

Nail shaping and application of nail varnish of your choice.

### Manicure with Shellac

*60 minutes*

A full manicure treatment including removal of cuticles, nail shaping, and application of shellac.

### French Manicure with Shellac

*75 minutes*

### Pedicure with Shellac

*60 minutes*

A full pedicure treatment including a bubbling Spa bath to soothe your tired feet and a relaxing foot massage followed by the application of shellac.

### Make-Up

#### Make-Up

*55 minutes*

By using highlighting and shading techniques, our make-up artist will bring out the natural beauty in your face.

#### Eye Brow Shape

*15 minutes*

To neaten and define the eyebrows, our therapists will shape them to suit you.

#### Eyelash/ Eyebrows Dye

*25 minutes*

Application of waterproof tint to the eyelashes/eyebrows. Lasting up to two weeks, it will enhance and define your eyes.

#### Eye Combo

*30 minutes*

Eyebrow shaping and application of waterproof tint to the eyelashes and eyebrows. Lasting up to two weeks, it will enhance and define your eyes.

#### Waxing

Full Leg | Half Leg | Full Leg + Full Bikini | Full Arm  
Half Arm Wax | Full Bikini | Bikini Line | Back | Chest  
Under Arm | Upper Lip



# Kalloni Etiquette

We look forward to welcoming you to Kalloni Spa. The following information is intended to make your visit as memorable and enjoyable as possible. To maintain a tranquil and relaxing environment and respect the guests' right to privacy, we kindly request that you switch off your cell phone.

## **Age Requirement**

**The minimum age requirement for access to the Spa is 16 years of age.**

## **Health Concerns**

During your first visit to Kalloni Spa, you will be required to complete a Guest Questionnaire form. This will provide our therapists with the necessary information to complete a treatment safely and without any complications. Please inform us of any health conditions such as high blood pressure, allergies, pregnancy, or other health related concerns that you may have. All information collated is strictly confidential and will only be shared with the therapists who will be performing your treatment.

## **Spa Attire**

Underwear or suitable swimwear should be worn in the treatment room and during treatments. For most treatments, the therapist will provide you with disposable underwear. A suitable towel draping will always be used.

## **Jewellery and Valuables**

It is recommended that you do not bring jewellery or valuables to the Spa. Instead, please leave them in the safe box in your guest room or at home. The Spa does not assume any responsibility and/or liability for loss or damage of personal articles.

## **Reservations**

Advanced booking is highly recommended to ensure preferred times are available, particularly if you choose to enjoy multiple bookings during your stay. The Spa provides walk-in bookings subject to availability.

## **Preferences**

Should you have a therapist preference, please make sure to include the request at the time of booking so that we can secure preferred therapists and time availabilities.

# Kalloni Etiquette

## Arrival

We recommend that you check in at Kalloni Spa's Reception at least 30 minutes prior to your first scheduled appointment. This allows us to have a discussion with you about your treatment expectations. Time is precious, and we are committed to offering all our guests a reliable timetable. Late arrival will result in a reduction of treatment time.

## Cancellation Policy

To cancel or re-schedule your treatment, please contact us at least 12 hours before the treatment is due to start. If you cancel later than this, a 50% cancellation fee will be charged. No-shows will incur the full charge.

## Pregnancy

We have specially designed treatments that are suitable during pregnancy from the second trimester (after 12 weeks). We kindly ask you to consult with your physician prior to booking any Spa services.

## Gift Certificates

Our gift certificates make a wonderful gift for any special occasion. Please enquire at the Spa Reception for details and purchase.

## SPA Retail Boutique

To continue your Spa routine at home, all Spa products used in the treatments are available from our Kalloni Spa Boutique.

## Opening Hours

Daily, from 9:30 am to 7 pm.

For any additional information and/or appointment bookings, please contact +357 25 862 060, Whatsapp +357 99 471 689 or email [spa@parklanecyprus.com](mailto:spa@parklanecyprus.com)

In-house guests may contact the Spa Reception direct on: Ext. 2611 and 2612.



