

# MINTHIS Spa



## LADIES DAY € 180.00

- Welcome drink on arrival
- A choice of two treatments from the list below:

### BACK MASSAGE

A tension relieving back massage using a blend of delicate bergamot massage oil. Our skilled therapist will use a fusion of different massage techniques, to ensure that you leave feeling supple and relaxed.

Duration | 30 min

### FOOT MASSAGE

A combination of specific techniques, pressure points and stretching, this treatment improves flexibility, stimulates the nervous system, improves circulation, increases energy levels, and induces a deep state of relaxation.

Duration 30 mins



### HONEY ENZYME

This luxurious, hydrating facial soothes and hydrates. Beginning with the warming sensation of the honey cleanser, followed by an exfoliating masque to boost circulation and gently resurface the skin. The drainage massage leaves the skin feeling rejuvenated.

**KEY ELEMENTS:** Welcome touch, cleansed massage mask

Duration | 30 min

### OLIVE BODY POLISH

Full body gentle exfoliation, using crushed herbs, sea salt, and organic olive oil that allow you to tap enjoy nature's extracts. Smooths, cleanses and hydrates your skin all over.

Duration | 30 min

During your stay you are invited to use the thermal suites, hydrotherapy pool, indoor pool as well as the gym facilities. A locker, robe and slippers will be provided.

## RELAX AND RESTORE €235.00

- Welcome drink on arrival

### OLIVE BODY POLISH

Full body gentle exfoliation, using crushed herbs and sea salt and organic olive oil, that allows you to tap natural extractions and powerful botanics. Smooths, cleans, and hydrates your skin all over.

Duration | 30 min

- A Smoothie of Your Choice



### BASIL MANDARIN THERAPEUTIC MASSAGE

This rhythmic body massage was created to restore your balance and re-align energy flow. The delicate aromas of basil and mandarin will uplift your spirit, reduce stress, and muscle aches.

Duration | 60 min

During your stay you are invited to use the thermal suites, hydrotherapy pool, indoor pool as well as the gym facilities. A locker, robe and slippers will be provided.

## MINTHIS DE-STRESS €240.00

- Welcome drink on arrival

### AROMATIC CANDLE MASSAGE

Give in to the flowing strokes of this warming and nourishing candle massage with aromatic essences that have been selected for their qualities and ability to relax the muscles and relieve tension, leaving your skin smooth and fragrant.

Duration | 60 min



- And a choice of one of the below:

### HARMONY FACIAL

This soothing and revitalizing facial is designed to awaken the senses and restore balance to the skin as it renews tone, clarity, and resilience. Gives a healthy glow to fatigued skin.

Duration | 30 min

Or

### HEAD MASSAGE

Head Massage, focusing on tension in the neck, shoulders and head, this massage is designed to relieve deep seated stress and deep relaxation. Choose your oil from our 3 signature blends.

Duration | 30 min

During your stay you are invited to use the thermal suites, hydrotherapy pool, indoor pool as well as the gym facilities. A locker, robe and slippers will be provided.

## MINTHIS WELLBEING DETOX DAY €360.00

- Welcome drink on arrival

### DETOX BODY SCRUB

Full body gentle exfoliation, using crushed salt rosemary and essences of lime and ginger that allow you to tap natural extractions and powerful botanics resulting in a gentle detoxification. Rich olive oil leaving the skin hydrated.

Duration 30 mins

### DETOX DRAINAGE MASSAGE

In this gentle massage, controlled pressure and rhythmic circular movements are used to stimulate lymph flow and encourage the natural drainage of the lymph system. A customized blend of ginger, lime oil with detoxification properties, is used.

Duration 60 mins

- A Smoothie of Your Choice

### POMEGRANATE SKIN REFINER

The pomegranate, the symbol of good fortune and positive energy, is a rich source of tannins, A, C and E as well as various minerals. This combination of ingredients has significant astringent properties that deeply purify and tighten the pores, leaves your skin soft, hydrated, and balanced.

Duration 60 mins

During your stay you are invited to use the thermal suites, hydrotherapy pool, indoor pool as well as the gym facilities. A locker, robe and slippers will be provided.

## MINTHIS PERSONALISED FITNESS DAY €310.00

- Welcome drink on arrival

### ADVANCED 3-DIMENSIONAL BODY COMPOSITION ASSESSMENT

Duration 30 mins

### A PERSONAL TRAINING SESSION

Duration 60 mins

- 2 Smoothies of your choice

### DEEP TISSUE MASSAGE

Recharge your body and kick-start your circulation with this deep tissue massage. The powerful detoxifying oils, ginger and lime will help relieve muscle tension in specific areas of the body, both to release lactic acid build-up and muscle stiffness due to over-exertion in the gym, or to reduce fluid retention and improve poor circulation associated with cellulite conditions. It is an effective way to recondition your skin tone and feel free from aches and pains.

Duration 60 mins

During your stay you are invited to use the thermal suites, hydrotherapy pool, indoor pool as well as the gym facilities. A locker, robe and slippers will be provided.

## CONNECT WITH NATURE € 180.00

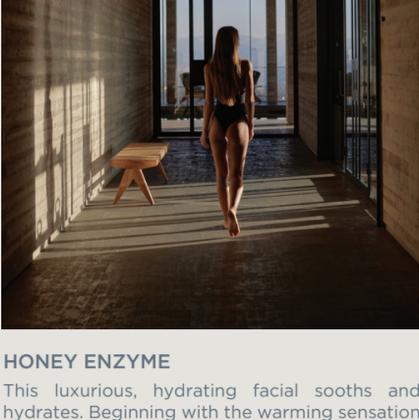
- Welcome drink on arrival

### BERGAMOT BACK MASSAGE

A tension relieving back massage using a blend of delicate bergamot massage oil that alleviates tension, calms, and purifies. Our skilled therapists will use a fusion of different massage techniques, to ensure that you leave feeling supple and relaxed.

Duration | 30 min

- A Smoothie of Your Choice



### HONEY ENZYME

This luxurious, hydrating facial soothes and hydrates. Beginning with the warming sensation of the honey cleanser, followed by an exfoliating masque to boost circulation and gently resurface the skin. The drainage massage leaves the skin feeling rejuvenated.

**KEY ELEMENTS:** Welcome touch, cleansed massage mask

Duration | 30 min

During your stay you are invited to use the thermal suites, hydrotherapy pool, indoor pool, as well as the gym facilities. A locker, robe and slippers will be provided.

## DELUXE LADIES' ESCAPE € 250.00

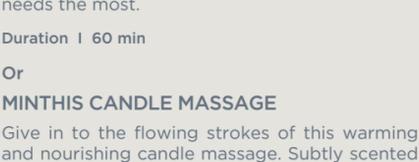
- Welcome drink on arrival

### HARMONY FACIAL WITH OXYGEN

Awaken your senses and restore balance to the skin with the Harmony Facial, a professional treatment designed with refreshing and therapeutic bio-nutrients to renew tone, hydrates and revitalise. Using a revolutionary system that turns natural air into pure oxygen of up to 92% and delivers it through a domeshaped mask in a hyperbaric-like chamber.

**KEY ELEMENTS:** Cleansed, exfoliation, massage, masque and oxygen application

Duration | 60 min



- And a choice of one of the below:

### THE ESSENCE OF MINTHIS

Mind , body alignment and balance is the key to both mental and physical wellness. This full body aromatherapy massage employs rhythmic circular movements that promote the alignment of body and mind, to help you achieve physical and emotional wellness. Relax your body, breathe deeply, Smell our aromatic oil blend, and let your body guide and tell you what it needs the most.

Duration | 60 min

Or

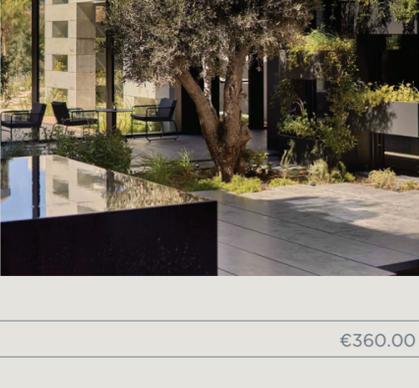
### MINTHIS CANDLE MASSAGE

Give in to the flowing strokes of this warming and nourishing candle massage. Subtly scented oils were selected for their qualities and ability to relax the muscles and relieve tension, leaving your skin smooth and fragrant.

Duration | 60 min

- A Glass of Prosecco

During your stay you are invited to use the thermal suites, hydrotherapy pool, indoor pool as well as the gym facilities. A locker, robe and slippers will be provided.



Daily Opening Hours: 07:00 – 20:00hrs  
Open to guests aged 16 or over.

Reservations for Spa treatments are required.

Please call the Spa reception from your Suite on extension 299,  
dial + 357 26 842 299  
or email [spa@minthisresort.com](mailto:spa@minthisresort.com)