MINTHIS Spa

Minthis Spa is an exclusive sanctuary for wellness, where mind and body are regenerated through the rediscovery of genuine emotions and a sense of inner harmony.

Our Story

Minthis is intrinsically connected to nature, our holistic wellness Spa blends the restorative power of local herbs and minerals, with ancient healing methods and contemporary science to rejuvenate and restore. Escape to the foothills of the Troodos mountains and breathe in the fresh air, awaken your senses with invigorating aromas in the sensory courtyard, experience the wet and dry plateaus of the Thermal Suites or simply immerse yourself in nature.

Our holistic approach to physical wellbeing and spiritual balance focuses on personalisation to achieve your wellness goals. Our knowledgeable therapists and practitioners will help you proactively improve and sustain good health supporting you through your wellness journey and helping you select treatments according to your personal pursuits.

Entering the Spa is like being included in a well kept secret, there is a feeling of exclusivity, intimacy and privacy thanks to the spacious and stunning interiors. There is an outdoor-in sensation throughout the building with the central sensory courtyard, the views are framed from every angle and the Treatment Suites have their own private reflection area. The Spa with its unique Thermal Suites features the 5 elements of nature – earth, water, fire, air, and space – together they provide a multi-sensory experience.

At Minthis wellness extends outdoors with a range of activities such as hiking, golf and yoga that make the most of our unique location. There are few places that offer such an extensive and immersive wellness experience.

Spa Partners

The Naxos Apothecary

NAXOS

The Naxos Apothecary is a luxury natural fragrance and personal care brand that conveys and refines the history, culture, heritage, and endemic flora of the Aegean Island of Naxos, a fertile land with lush vegetation, great biodiversity, and unique endemic species. Combined with scientific expertise in phytotherapy, this sophisticated brand proposes personalized herbal cosmetic remedies as well as soulful, storytelling fragrances and candles.

AB Augustinus Bader

AUGUSTINUS BADER

Inspired by over three decades of science and innovation, Augustinus Bader's award-winning approach to professional skincare is rooted in ground-breaking stem cell research and trusted by the world's most discerning experts. Augustinus Bader is a bespoke, science-backed treatment that combines Professor Bader's award-winning skincare technology, TFC8®, with customized fascia massage to stimulate cell rejuvenation, resulting in an immediate glow with lasting benefits.

iS CLINICAL

IS CLINICAL

Contains a wide range of clinically proven botanical-based formulas using state of the art technology and pharmaceutical grade botanical ingredients. IS Clinical through their active formulation encourage the restoration of the skin through an acceleration of the natural processes of cell regeneration and exfoliation.

SANCTUM

OPERATED BY SANCTUM

Sanctum has long established itself as a specialist in the development and management of concept spas and superior fitness facilities. Sanctum operations are synonymous with a philosophy of personalisation and client care where trained and experienced therapists take a holistic and attentive approach to their guest experience.

The Naxos Apothecary

Minthis Spa takes pride in offering a truly indulgent experience with a focus on the exclusive use of The Naxos Apothecary products. Each treatment and massage is elevated by the use of handcrafted, organic blends of essential oils, nourishing botanical extracts, and sustainably sourced ingredients.

Our exclusive Naxos spa products reflect our philosophy, ensuring that your experience with us is not only a pampering retreat but also a genuine connection to the restorative forces of the natural world.

Facilities

THERMAL SUITES

Enhance your spa journey and enjoy our unique Thermal Suites featuring 9 experiences; hot and cold, wet and dry.

SALT ROOM - TEPIDARIUM

The salt room, tepidarium is a relaxation room with heated stone benches that is a great place to recharge one's batteries with temperatures between 35–45°C. The addition of the inhalation of micro-sized salt particles, known as Halo therapy, can assists in breaking down congestion, reduces inflammation, cleanses airways, and disinfects bacteria in the sinuses and lungs.

Benefits:
Deep Relaxation | Halo Therapy reduces inflammation and cleanses airways

STEAM ROOM - CALDARIUM

The steam room – Caldarium is heated to pleasant 45°C, the hot steam and high humidity levels helps open pores and eliminate toxins. Not only does it detoxify the body, but a steam room is also the perfect place to relax, unwind and release muscular tension.

Benefits:
Relaxation | Release muscle tension | Detoxify

FINNISH SAUNA

The Finnish sauna harnesses the power of dry heat. With a dry heat of 85°C, and humidity lower than 20% the sauna will help eliminate toxins from your body and trigger feelings of wellbeing thanks to a release of endorphins, helping you sleep and relax. To revitalise yourself, head towards the nearby Ice Fountain or Plunge pool to close your pores.

Benefits:
Eliminate toxins | Release endorphins

AROMA SAUNA

For gentle relaxation, a temperature of between 75°C to 85°C is maintained to create a comfortable environment. Feel deeply relaxed as the gentle heat relaxes muscle tension, add herbal essences such as eucalyptus to enhance the overall experience and improve benefits.

Benefits:
Release muscle tension | Detoxify

ICE FOUNTAIN

The Ice Fountain delivers crushed ice into a decorative bowl for an invigorating cool down body rub after a thermal treatment. The breathtaking change in temperature firms the skin, increases circulation, strengthens the immune system, and refreshes the user.

Benefits:
Firms the skin | Increases circulation | Strengthens the immune system

COLD PLUNGE POOL - FRIGIDARIUM

The Frigidarium area feature a small cold water plunge pool. This experience is designed to close the pores after enjoying the hot rooms the temperature ranges from 10-15 degrees.

Benefits:
Strengthens the immune system | Closes pores

EXPERIENCE SHOWER

With its different water flow settings, the experience shower delivers a multi-sensual encounter as the water touches your body. Featuring a Tropical Storm, Atlantic Ocean or Caribbean Storm, it is used to help the flow of blood to the skin and internal organs which flushes out toxins and closes the pores.

Benefits:
Cools the body | Stimulate your senses | Flush out toxins

FOOT BATH

Foot baths increase your overall body temperature, which can relieve muscle and mental tension, alleviate stress, and increase white blood cell activity. Choose between a warm or cold-water jet foot massage. Boosting your immune system and your overall health and wellbeing.

Benefits:
Increases immune system | Alleviates stress | Relieves muscle tension

HYDROTHERAPY POOL

Our Hydrotherapy pool features built-in water jets of varying pressures and positions that offer massages for the legs, calf, and feet. This hydro massage and gentle heated promote total relaxation. The heated benches overlooking the pool into nature will soothe away an additional body stress.

Benefits:
Relieve muscle tension | Deep relaxation

INDOOR POOL

The 25m indoor lap pool at a comfortable temperature of between 27 and 28 degrees, is surrounded by rolling hills and breathtaking views of the Troodos mountain range. The pool and surrounding deck is dedicated to relaxation and keeping in shape. This is the perfect place to exercise or drift away into a serene daydream.

SENSORY COURTYARD

Our central sensory courtyard welcomes you with flowing water features and walls cascading with aromatic herbs and flowers. Here, you can sit and watch the world go by and breathe in the invigorating aromas.

TREATMENT SUITES

Wood and marble adorn the 8 luxurious treatment suites, 4 of which lead onto a sky lit private serenity garden. Here our expert therapist guide you through your chosen treatment. Following your treatment, the relaxation area, with breathtaking views and carefully selected refreshments, is where you can reconnect with your inner self.

TREATMENT RELAXATION ROOM

Our relaxation room provides a space for absolute relaxation where you can recharge your batteries and boost your energy levels. Apples, dried fruits, tea, bottles of water and headphones are available to help you relax for as long as you wish. Sit back, relax and admire the view.

*This area is only available to clients following a treatment

HAIR SALON

Wellness is also about haircare. Our expert stylists will assist you with choosing the perfect style and pamper you, making sure you leave feeling renewed and revitalised.

NAIL SALON

Indulge with a beauty treatment for your hands and feet, choosing from a large selection of nail polishes.

GYM

With its state-of-the art equipment, our gym provides a complete sports training programme encompassing cardio, strength training and improved flexibility. The gym is equipped with Life Fitness strength and cardio equipment as well as having a free weights area. Our qualified fitness experts will assist you with all your needs.

FITNESS STUDIO

Every day, discover a wide range of classes at different intensity levels tailored for those at beginner, intermediate or advanced levels. Led by qualified fitness instructors, we offer group or individual classes to support you in achieving all your fitness goals. Pilates, yoga, stretching, core training, there are a multitude of different classes to try.

THE YOGA PAVILION

Nestling near to the Spa on the edge of the hill overlooking the Troodos mountains, the pavilion is an idyllic setting for meditation and yoga, enjoy the sunset and sunrise while connecting with your inner self.

SIGNATURE

TREATMENTS

MINTHIS AROMA JOURNEY

Connect with the breathtaking nature of Minthis with our signature scrub and full body massage. Organic olive oil from the surrounding groves is mixed with crushed mint leaves from Minthis combined with salt crystals. These are blended to gently exfoliate and smooth the skin. Herb filled heated poultices are used to trigger energy points on the back leading into our rhythmic body massage that will restore balance and re-align energy flow.

KEY ELEMENTS: Body exfoliation, energy points stimulation with poultices, gentle / relaxing body massage.

Duration: 90 min

MINTHIS BREEZE

This ultimate feeling of clean and fresh skin begins with a full body exfoliation using natural loofah and Koronios soap. It is followed by a full body relaxing massage with ginger and pomelo essential oils to relieve muscle tension throughout the body. To round off the journey, enjoy a facial treatment that leaves your skin refreshed, hydrated and balanced.

KEY ELEMENTS: Body exfoliation with loofah, full body massage, facial

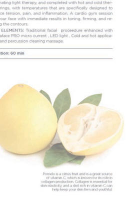
Duration: 90 min (30 min mini facial) | 120min (60 min facial)

MINTHIS THERAFACE PRO SIGNATURE FACIAL

The ultimate device for facial skin health. A relaxing facial massage meets the facial treatments you love. Reduce tension and relax facial muscles with the technology behind Theragun percussive therapy, now designed for the face. This multi-tasking device doesn't stop there – from skin-toning microcurrent to rejuvenating light therapy, and completed with hot and cold therapy rings, with temperatures that are specifically designed to reduce tension, pain, and inflammation. A cardio gym session for your face with immediate results in toning, firming, and refining the contours.

KEY ELEMENTS: Traditional facial procedure enhanced with Theraface PRO micro current , LED light , Cold and hot applications and percussion cleansing massage.

Duration: 60 min



Pomelo is a citrus fruit and is a great source of vitamin C, which is known for its role in collagen production. Collagen is essential for skin elasticity, and a diet rich in vitamin C can help keep your skin firm and youthful.

RITUALS

TREATMENTS

HERBS OF HEALING

A single and luxurious body treatment that offers you relaxation, hydration and calmness, all in one. Our experienced therapists will guide you in your best choice of ingredients including citrus, pears, chamomile or spearmint, all sourced from nature's pantry to best suit your needs. Begin your ritual journey with the full body scrub then the nourishing Alyko body mask and finally a balancing medium pressure body massage, with the oil of your choice to enjoy the deep relaxation your body and mind.

KEY ELEMENTS: Body scrub, body mask, full body massage

Duration: 90 min

INVIGORATING DETOX TREATMENT

A detoxifying and purifying treatment designed to improve your circulation and eliminate toxins. The treatment starts with a body scrub using natural exfoliators and rich oil infused with pomelo and ginger to improve the skin's elasticity. This is followed by a cocoon wrap with the Naxian leave-on mask to hydrate and tighten the skin. Depending on your individual needs, you will complete the ritual with either a lymphatic massage or abdominal massage to activate the lymph system and remove the toxins from your body.

KEY ELEMENTS: Body scrub, body mask, massage

*Choose on of the below massages to complete the experience .

Duration: 60 min With Abdominal Massage

OR

Duration: 90 min With Full body Lymphatic Massage

Chamomile is used in skincare products and home remedies for its anti-inflammatory and soothing properties. It can help alleviate skin conditions like eczema, psoriasis, and rashes. Chamomile infused creams or oils are often applied topically to soothe irritated skin.

MASSAGE

TREATMENTS

HOLISTIC MASSAGE

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: 60min

ENERGY BALANCING

The mind and the body are inseparable and must be treated as a whole. Similarly, this full body holistic massage is a first step that will help you find the path, by unblocking and balancing the energy of your body through specialized movements and techniques derived from various world philosophies. These techniques are designed to connect the seven main parts of the body to achieve absolute clarity. The aromatic oils and ingredients of Naxos enhance the massage by soothing your mind and recharging your body.

Duration: 90min

TRADITIONAL MASSAGE

AROMA MASSAGE

This rhythmic body massage was created to restore your balance and re-align energy flow. Choose from one of our aroma oils blended with the delicate aromas to uplift your spirit reduce stress and muscle aches.

Duration: 60 min I 80 min

THERAPEUTIC MASSAGE

Especially recommended for anyone suffering from aches, pains and stiffness, your skilled therapist will adjust the massage style and pressure to your particular needs. This full-body massage will ease tense muscles and bring harmony to body and mind.

Duration: 60 min I 80 min

DEEP TISSUE MASSAGE

Recharge your body and kick-start your circulation with this deep tissue massage. The powerful detoxifying essential 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's an effective way to recondition your skin tone and feel free from aches and pains.

Duration: 60 min I 80 min

THAI MASSAGE

Working on the energy lines, which run throughout the body. Thai massage through a combination of stretching, pressure points and acupressure movements releases blockages, opens the chakras, increases your energy and flexibility. It is performed fully clothed on a padded mat on the floor, an ingenious system of movements, stretching and pulling techniques to relieve tension and increase flexibility.

Duration: 60 min I 80 min I 120 min

ROYAL THAI MASSAGE

Warmed blend of essential oil with relaxing or invigorating properties are used, together with traditional Thai massage techniques, to alleviate pain and simultaneously invigorate the body and muscles while boosting the body's energy level. A combination of stretching and acupressure movements are used to bring about muscular and mental relaxation.

Duration: 60 min I 80 min I 120 min

MASSAGE SPECIALITIES

MINTHIS 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

MINTHIS STONE MASSAGE

Hot basalt stone creates a sensation of comfort and warmth, this deeply relaxing massage allows the delicate transfer of the heat from basalt volcanic stones to your muscles, offering release and relaxation when combined with slow, relaxing massage movements.

Duration: 60 min

DETOX LYMTHATIC DRAINAGE MASSAGE

In this gentle, light massage, controlled pressure and rhythmic circular movements are used to stimulate lymph flow and encourage the natural drainage of the lymph system. It is recommended for detoxification, to reduce water retention and the appearance of cellulite.

Duration: 60 min

Lavender is native to the Mediterranean and is commonly found throughout Minthis. Lavender oil is believed to have antiseptic and anti-inflammatory properties and research suggests that it may be useful for treating anxiety, insomnia, depression and restlessness.

Rosemary has been cherished for its potential health benefits and used in traditional remedies, offers a rejuvenating and therapeutic experience. Its aromatic and therapeutic properties combine to provide a range of benefits such as relaxation and stress relief, improved circulation, mental clarity, skin health and respiratory comfort.

MUM TO BE MASSAGE

This nurturing and rhythmic pregnancy massage addresses mind and body to promote balance and wellness for both mother and baby, this treatment is designed for expectant mothers from their 4th month onwards or post labor. Our expert therapists will provide a targeted massage to enhance muscles and joint function, improving circulation and relieving mental and physical fatigue.

Duration: 60 min

FOOT MASSAGE

Begin your treatment with an invigorating scrub followed by 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 min

BACK MASSAGE

Ideal for those who require focused attention on the back, this massage is designed to release tension in the back, shoulders and neck. Using a fusion of different techniques, your therapist will customise the strokes to ensure that you leave feeling supple and relaxed.

Duration: 30 min

MEDITERRANEAN HEAD MASSAGE

Focusing on tension primarily to the neck, shoulders and head, this massage is designed to relieve deep seated stress by combining selected oils customised to the individual needs. A mix of warmth, textures and aroma results in deep relaxation. Choose from 3 signature oil blends.

Duration: 30 min

Spearmint is a delightful and aromatic herb known for its refreshing and invigorating qualities. It has a long history of use in traditional medicine for its potential digestive and calming properties.

Togetherness designed for couples

COUPLE INDULGENCE

The ultimate romantic experience for a couple to enjoy. Our gentle relaxing Aroma massage is performed side by side with your loved one in our romantic couple's suite.

Duration: 60 min

TIME FOR TWO

Reconnect with your partner during the tension relieving back massage which is performed side by side in our beautiful and spacious couple's suite.

Duration: 30 min

TAILOR MADE TREATMENTS

Custom make your own couples experience by choosing any two treatments and request them to be in the couple's room.

Price relates to treatments chosen.

Sage contains vitamins A and C, along with several other antioxidants which help reduce the risk of some serious health conditions.

FACIAL

TREATMENTS

IS CLINICAL

FIRE AND ICE FACIAL

Experience the resurfacing and rejuvenation of the legendary Fire and Ice Facial. Designed to resurface the skin rapidly and safely, this professional treatment involves the combination of warming and cooling sensations that will leave your skin feeling refreshed and invigorated. Often referred to as the "Red Carpet Facial", it has been the go-to treatment of celebrities and non-celebrities alike for its effective benefits. Beginning with an intensive resurfacing masque to heat up the skin, the treatment is concluded by a rejuvenating masque to cool down. Enjoy added benefits of refined skin texture, reduction of blemishes, and improved appearance of fine lines and wrinkles – all with little to no downtime.

KEY ELEMENTS: Welcome touch, facial and scalp massage, percussion massage, decolté and hand massage.

Duration: 60 min

HARMONY FACIAL WITH O2DERM OXYGEN & ANION THERAPY

Oxygen Glass Facial or Oxygen Dome Therapy uses a hyperbaric anion oxygen system. A revolutionary system that turns natural air into pure oxygen of up to 92% and delivers it through a dome-shaped mask in a hyperbaric-like chamber. It generates the amount of anion (negative anion) by 3 million more than natural production. Anions are vitamins from the air, similar to what you get in a deep forest. 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, clarity, and resilience. Brings vibrant energy, circulation, and a healthy glow to fatigued skin.

KEY ELEMENTS: Welcome touch, facial and scalp massage, percussion massage, decolleté and hand massage.

Duration: 60 min

EXFOLIATING CLEAR SKIN FACIAL (DEEP CLEANSING)

Achieve smooth, polished skin with the Exfoliating Clear Skin Facial. Gentle exfoliation combined with soothing hydration improves oily, congested, and blemish-prone skin. This advanced treatment helps to deep clean and minimize the appearance of large pores. A clarifying masque is applied to gently remove impurities. A gentle mist, hydration serum, and cooling masque are massaged onto the face, neck, and decolletage for a relaxing finish. You will feel confident knowing your skin is nourished and super healthy.

KEY ELEMENTS: Welcome touch, facial and scalp massage, percussion massage, decolté and hand massage.

Duration: 90 min

FOAMING ENZYME FACIAL

Enjoy the powerful, yet soothing Foaming Enzyme Treatment Facial that features active foaming agents for light and effective exfoliation. This professional treatment combines papaya and pineapple enzymes with a potent, botanically derived Glycolic Acid to reveal a polished, more radiant complexion. The foaming masque is lightly massaged onto the skin while steam helps it to diffuse further. A light mist and hydrating serum are applied, followed by an intensive cooling masque. Good for all skin types, the Foaming Enzyme Treatment Facial will leave your skin clear and glowing.

KEY ELEMENTS: Welcome touch, facial and scalp massage, percussion massage, decolté and hand massage.

Duration: 30 min

HONEY ENZYME FACIAL

Revitalize your complexion with the Honey Enzyme Facial. This luxurious, exfoliating, and hydrating facial enhances skin with gentle massage and soothing hydration. Enjoy the warming sensation of the honey cleanser as you receive a lymphatic drainage massage. An exfoliating masque is applied in a circular motion to boost circulation and gently resurface the skin. The Honey Enzyme Facial is completed with a deeply hydrating masque to nourish the skin and leave it feeling rejuvenated. Effective for all skin types, you will enjoy a dramatically smoother, brighter complexion with a noticeable glow.

KEY ELEMENTS: Welcome touch, facial and scalp massage, percussion massage, decolté and hand massage.

Duration: 30 min I 60 min

AUGUSTINUS BADER

EVERYTHING YOUR BODY NEEDS, IT ALREADY KNOWS !

No need for myths or miracles, every single one of us is made up of trillions of cells working in unison, orchestrated by a genetic code driving every instinct, thought, feeling and the incredible, innate capacity to heal. From skincare to clinical practice to biotech research, all Augustinus Bader advances are grounded in a belief that the body is its own best therapist. For every giant leap in technology, the human body remains our most remarkable machine. The belief has led Professor Augustinus Bader, one of the foremost scientists of his generation, to unlock the body's healing code.

THE METHOD FACE THERAPY

The Method Face by Augustinus Bader is a one-of-a-kind, highly sophisticated skincare treatment. It was created to boost cell communication to support the body's innate biological wisdom to self-heal and regenerate. The method supports cell activity, which is responsible for balanced hydration, firmness, equal pigmentation, and protection of the skin, to fight against intrinsic and extrinsic aggressors. It refines the surface by boosting the exfoliation metabolism and sealing the skin to prevent TEWL (Trans epidermal Water Loss). The combination of science-based formulas, cutting-edge technology and state-of-the-art massage techniques send an external trigger to the fascia, namely the tissue; this is where all the cell communication processes take place. This synergy delivers highly targeted individual stimulation, triggering a sequence of highly individualized regenerative processes. Augustinus Bader products could be thought of as a toolbox that the skin cells the most benefits from. These creations resolve all skin-related problems effectively taking the optimal amount of time to alter the most suitable solution for individual skin needs. The 90 min facial includes head and scalp massage with the Augustinus Bader scalp treatment and an O2 derm oxygen and anion infusion.

Duration: 60 min I 90 min

THE METHOD BODY THERAPY

The Method Body by Augustinus Bader, boosts and loosens the bonds of the fascia and with the support of the unique TFC8® of The Body Oil. The treatment offers an ongoing and sustainable process regarding rejuvenation, with a continuous improvement of skin elasticity, reduces the appearance of cellulite and the stretch marks. The Fascia is a band or sheet of connective tissue, primarily collagen, beneath the skin that attaches and stabilizes. The method of fascia offers skin tightening and fights impressively against saggy and loose skin. The treatment protocol is completed with the use the The Body Cream or The Body Lotion according to needs for maximum results.

Duration: 30 min I 60 min I 90 min

THE METHOD BODY WRAP

A rich creamy scrub containing brown sugar and rice grains ensures the enriched with macadamia oil and shea butter. The treatment protocol is completed with the use The Body Oil and followed by The Body Cream which is applied like mask to cocoon the body to boost the action of the unique TFC8® to support, the rejuvenation, with a continuous improvement of skin elasticity ,reducing the appearance of cellulite and stretch marks.

Duration: 45 min

With The Method Augustinus Bader, which is now being offered in selected locations worldwide by trained professionals, we aim to activate the tissue from the outside. A specially developed facial massage, as part of the treatment protocol, contributes to this. In this way we complement the mode of action of our TFC8®, to support the communication of the cells as best as possible, to constantly regenerate according to the innate ability of the body.

Professor Augustinus Bader

Gentleman's Ritual

A tailor-made experience which both detoxes and nourishes. Your treatment begins with an exfoliating back massage using olive stone, jojoba, bamboo and citrus essential oils to eliminate impurities and dead skin cells. The unique facial treatment that follows was formulated specifically for men's skin types. It addresses common issues such as razor burn, ingrown hair and sensitivity. Erase discomfort and dullness and enjoy the nourishing, strengthening and soothing effect of this total care solution.

KEY ELEMENTS: Exfoliating back massage, facial and scalp massage.

Duration: 70 min

Calendula flower is used to prevent muscle spasms and reduce fever. It is also used for treating sore throat and mouth, stomach and duodenal ulcers.

BODY

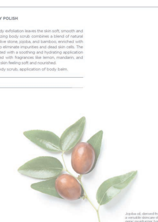
TREATMENTS

CITRUS TREE BODY POLISH

This effective full-body exfoliation leaves the skin soft, smooth and polished. The revitalizing body scrub combines a blend of natural exfoliators such as olive stone, jojoba, and bamboo, enriched with citrus essential oils to eliminate impurities and dead skin cells. The treatment is completed with a soothing and hydrating application of body balm, infused with fragrances like lemon, mandarin, and orange, leaving your skin feeling soft and nourished.

KEY ELEMENTS: Body scrub, application of body balm.

Duration: 40 min



Jojoba oil, derived from the jojoba plant's seeds, is a versatile skincare staple. It acts as a non-comedogenic moisturizer, balances oil production, soothes skin inflammation, and offers anti-aging benefits, making it an essential component in cosmetics and skincare routines.

Finishing Touches

SPA PEDICURE

A full pedicure treatment to soothe tired feet, including exfoliation, foot mask and a relaxing foot massage, followed by an application of nail varnish of your choice.

Duration: 70 min

SPA MANICURE

A full manicure treatment that includes exfoliation, nourishing hand mask and a soothing hand massage, followed by an application of nail varnish of your choice.

Duration: 60 min

GEL MANICURE

This treatment only focuses on the nails and the cuticles. The nails and cuticles are methodically prepared for the application of your chosensemi permanent gel colour that is cured with a UV light. Please advise when booking if you require gel removal.

Duration: 60 min

GEL PEDICURE

This treatment only focuses on the nails and the cuticles. The nails and cuticles are methodically prepared for the application of your chosen gel nail colour. A UV light is then used to cure the gel. Please advise on booking whether you require gel polish to be removed before your treatment.

Duration: 60 min

RE-SHAPE & POLISH

Gentle re shaping of the nails followed by a fresh coat of nail varnish colour.

Duration: 20 min

GEL APPLICATION

Duration: 20 min

Treatment Extenders

* ADD ON TO RESERVED TREATMENTS ONLY

FACE MASK

Your therapist will advise the perfect mask for your skin condition in the treatment room prior to the start of your treatment.

Duration: 15 min

HAND MASSAGE

Duration: 15 min

THERAGUN PERCUSSION THERAPY

Duration: 15 min

MAKE UP

Let your natural beauty shine through on your special day.

BRIDAL MAKE UP TRIAL

Duration: 60 min

BRIDAL MAKE UP

Duration: 60 min

BRIDAL MAKE UP AND TRIAL

Duration: 120 min

FITNESS

The MINTHIS fitness team consists of dedicated Personal Trainers who conduct consultations and personal training in the gymnasium and studio.

PERSONAL TRAINING SESSION

A dedicated team of Personal Trainers, each an expert in different fitness disciplines, are available to you. A customised regime can be swiftly designed, implemented, and carefully monitored to help you achieve your goals.

Duration: 60 min

SWIMMING LESSON

Private swimming lessons for all levels are offered by our professional swimming coach.

Duration: 60 min

YOGA / PILATES PRIVATE SESSION

Realise the benefits of Pilates and Yoga during group sessions provided in our fitness studio. The perfect opportunity to listen to your body and eliminate stress and toxins whilst revitalising yourself, sculpting your muscles or mastering your breathing!

Duration: 60 min

3-DIMENSIONAL BODY SCANNER

Minthis Spa offers the Fit 3D scanner which assist our instructors to be able to customise the best program for you. It is able to show a 3D scan of your body and posture, predicting lean and fat mass. Circumference measurement automatically measures various points without human bias so you can keep track over time. It has an overlay facility in 2D to be able to compare your progress and finally your health score.

Duration: 15 min scan I 30 min consultation

PROGRAMMES AND CLASSES

Daily group classes and bespoke fitness progammes are offered for all fitness levels. Designed to help you achieve your goals, they are the ideal way to improve your fitness, lose weight and sculpt your body.

Minthis Spa Etiquette

For the comfort, safety and undisturbed relaxation of all our guests, please always respect the following guidelines

MINTHIS SPA ETIQUETTE

For the comfort, safety and undisturbed relaxation of all our guests, please always respect the following guidelines:

GENERAL GUIDELINES

- MINTHIS SPA facilities are open to guests aged 16 and over.
- Upon arrival and prior to using the facilities, all guests will be required to complete and sign a health and lifestyle questionnaire.
- MINTHIS SPA and its surroundings areas are strictly a NO SMOKING area.
- To ensure a tranquil environment and to maximize the benefits of your MINTHIS Spa experience, mobile phones are not allowed in the spa areas. Please leave them switched off in your locker.
- MINTHIS Spa is not liable for loss of or damage to a guest's personal belongings, so we request to leave your valuables in your locker during your visit.
- To ensure a peaceful environment we request that you are mindful of your conversation levels to be consistent with a relaxing spa environment.
- Showering is required before using pool facilities and between visits to the sauna and steam rooms. Robe and slippers should be worn in all spa areas.
- Swimwear is compulsory in the Thermal Suite, Hydropool and indoor pool areas.
- While using the Thermal Suite and the heat room (sauna), a towel must always be placed between your body and the bench.
- In the gym and fitness area, comfortable sportswear is recommended, and appropriate footwear is required.
- Please do not leave toiletries in showers or wet vanity areas.
- Shaving is permitted in the men's changing rooms. However, please ensure that wet vanity areas are left clean. Shaving in the Thermal Suites, saunas and steam rooms are strictly forbidden.
- Please do not add oils or other products to the sauna bucket water or other Thermal areas without first consulting a member of staff.
- Ensure that you drink plenty of fluids to rehydrate after using the Thermal Suite heat rooms.
- Please place all used towels in the baskets provided.
- Food and beverages are not permitted in the Spa and fitness areas for consumption during your visit. Refreshments are available from the health bar menu.
- If you have a gift voucher, please remember to bring this with you and hand it to our reception staff upon arrival.
- All facilities are subject to availability.

YOUR SPA EXPERIENCE

- Please arrive in good time to enjoy the facilities and ensure that you are ready to be escorted by your therapist at the allocated time. Late arrival will result in a shortened or amended treatment being offered without refund.
- Underwear or suitable swimwear should be worn in the treatment room and during treatments. For some treatments your therapist will provide disposable undergarments, and suitable towel draping will be always used.
- During treatments, please let your therapist know if you are uncomfortable, too warm, or too cold, or if her pressure is too light or too firm. Your comfort and care are our greatest concern and priority.
- If you have a particular injury or physical condition, please advise your therapist. Appropriate adjustments to the treatment will be made for your comfort and enhanced benefit.
- There is no pressure to talk during a treatment. If you have any questions or would like to talk, feel free to do so.
- If you prefer silence, that is entirely up to you. Our therapists will take their cue from you.

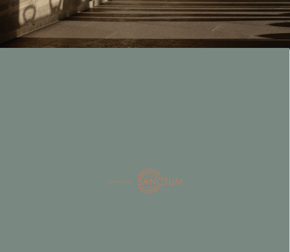
We sincerely hope you enjoy your MINTHIS Spa experience. Your feedback is always welcome.

SPA TOURS

Tours are by appointment only and can be conducted outside of the spa's operating hours.

CANCELLATION POLICY

Please note that 24 hours' cancellation notice is required for all bookings and services, otherwise 50% of the total treatment price will be charged. Credit card details may be required to confirm a booking.



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SANCTUM