Our Story

Minthis Spa & Fitness is a sanctuary where ancient wisdom meets modern luxury. Nestled in the heart of Paphos, our spa invites you to slow down, breathe deeply, and reconnect with yourself through the timeless rituals of Cyprus.

Our philosophy is rooted in the belief that true wellness comes from balance — between body and mind, between tradition and innovation, between the island's natural gifts and the care of those who know how to use them. We source our products from local Cypriot farms and artisans, our therapists carry generations of knowledge in their hands, and our facilities are designed to let the Mediterranean light do its work.

Whether you come for a single treatment or a week of deep restoration, we will guide you through a journey that leaves you lighter, clearer, and more at home in your own skin.

Spa Partners

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Facilities

Hours

Monday – Friday: 07:00 – 21:00
Saturday: 08:00 – 21:00
Sunday: 08:00 – 20:00

Pool & Sauna

Indoor heated pool: 25 m, 6 lanes
Pool temperature: 28–30 °C
Sauna: 12 seats, 80–90 °C
Steam room: 8 seats, 45–50 °C
Cold plunge: 2 m²
Pool towels provided

Gym

Cardio: treadmills, ellipticals, rowers, bikes
Free weights: up to 40 kg
Functional training area
Stretching area
Personal training available

Spa Rooms

Treatment rooms: 6
Couples' suite: 1
Hydrotherapy room: 1
Relaxation lounge: 1

Amenities

Locker rooms with showers
Towel service
Free Wi-Fi throughout
Parking: 40 spaces
Vending machine: snacks, drinks

SANCTUARY

Hydrotherapy

Hydrotherapy Circuit
Sauna, steam room, cold plunge, rest
60 min
Pre-booked, one session per day

Thermal Pool Access
Indoor heated pool, 28–30 °C
Daily
Included with any treatment

Sauna Session
Dry heat, 80–90 °C
30 min
Daily

Steam Room Session
Steam, 45–50 °C
30 min
Daily

Cold Plunge
Cold immersion, 2 m²
5–10 min
Daily

Rituals

Mediterranean Ritual
Olive oil, sea salt, herbs, citrus
90 min
Daily

Olive Oil Ritual
Cold-pressed olive oil, warm massage
60 min
Daily

Herbal Ritual
Herbs, steam, massage
90 min
Daily

Sea Salt Ritual
Sea salt, citrus, massage
60 min
Daily

PILLARS

Yoga

Morning Yoga
Hatha, gentle flow
60 min
Daily, 08:00

Sunset Yoga
Hatha, gentle flow
60 min
Daily, 18:00

Pilates

Mat Pilates
Core, balance, mobility
60 min
Daily, 09:00

Reformer Pilates
Reformer, core, balance
60 min
Daily, 10:00

Mindfulness

Breathwork
Breath, calm, focus
30 min
Daily, 07:00

Meditation
Guided, silence, breath
30 min
Daily, 19:00

MASSAGE

Signature Massages

Mediterranean Massage
Olive oil, sea salt, herbs, citrus
90 min
Daily, 10:00, 14:00, 16:00, 18:00

Olive Oil Massage
Cold-pressed olive oil, warm massage
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Herbal Massage
Herbs, steam, massage
90 min
Daily, 10:00, 14:00, 16:00, 18:00

Sea Salt Massage
Sea salt, citrus, massage
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Classical Massages

Swedish Massage
Long strokes, kneading, circulation
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Deep Tissue Massage
Pressure, tension release
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Sports Massage
Pre-/post-exercise, recovery
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Hot Stone Massage
Heated stones, warmth, massage
90 min
Daily, 10:00, 14:00, 16:00, 18:00

Lymphatic Massage
Light pressure, drainage, circulation
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Pregnancy Massage
Side position, support, comfort
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Cold Massage
Cold stones, pressure, circulation
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Hot Massage
Heat, pressure, circulation
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Cupping Massage
Suction, circulation, release
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Aromatherapy Massage
Essential oils, massage
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Reflexology
Feet, pressure, balance
30 min
Daily, 10:00, 14:00, 16:00, 18:00

Cupping Therapy
Suction, circulation, release
30 min
Daily, 10:00, 14:00, 16:00, 18:00

Togetherness
designed for couples

Couples Rituals

Mediterranean Ritual
Olive oil, sea salt, herbs, citrus
90 min
Daily, 10:00, 14:00, 16:00, 18:00

Olive Oil Ritual
Cold-pressed olive oil, warm massage
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Herbal Ritual
Herbs, steam, massage
90 min
Daily, 10:00, 14:00, 16:00, 18:00

Sea Salt Ritual
Sea salt, citrus, massage
60 min
Daily, 10:00, 14:00, 16:00, 18:00

FACIAL

Signature Facials

Mediterranean Facial
Olive oil, sea salt, herbs, citrus
90 min
Daily, 10:00, 14:00, 16:00, 18:00

Olive Oil Facial
Cold-pressed olive oil, warm massage
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Herbal Facial
Herbs, steam, massage
90 min
Daily, 10:00, 14:00, 16:00, 18:00

Sea Salt Facial
Sea salt, citrus, massage
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Classical Facials

Classical Facial
Cleansing, massage, mask
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Deep Cleansing Facial
Deep cleansing, exfoliation, mask
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Anti-Aging Facial
Firming, massage, mask
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Hydrating Facial
Hydration, massage, mask
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Eye Treatment
Eye area, massage
30 min
Daily, 10:00, 14:00, 16:00, 18:00

Lip Treatment
Lips, massage
30 min
Daily, 10:00, 14:00, 16:00, 18:00

Neck Treatment
Neck, massage
30 min
Daily, 10:00, 14:00, 16:00, 18:00

Scalp Treatment
Scalp, massage
30 min
Daily, 10:00, 14:00, 16:00, 18:00

Hand Treatment
Hands, massage
30 min
Daily, 10:00, 14:00, 16:00, 18:00

Foot Treatment
Feet, massage
30 min
Daily, 10:00, 14:00, 16:00, 18:00

Gentleman's Ritual

BODY

Body Treatments

Mediterranean Ritual
Olive oil, sea salt, herbs, citrus
90 min
Daily, 10:00, 14:00, 16:00, 18:00

Olive Oil Ritual
Cold-pressed olive oil, warm massage
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Herbal Ritual
Herbs, steam, massage
90 min
Daily, 10:00, 14:00, 16:00, 18:00

Sea Salt Ritual
Sea salt, citrus, massage
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Finishing Touches

Manicure

Classic Manicure
Nails, cuticles, polish
30 min
Daily, 10:00, 14:00, 16:00, 18:00

Gel Manicure
Nails, cuticles, gel polish
45 min
Daily, 10:00, 14:00, 16:00, 18:00

Pedicure

Classic Pedicure
Feet, nails, cuticles, polish
45 min
Daily, 10:00, 14:00, 16:00, 18:00

Gel Pedicure
Feet, nails, cuticles, gel polish
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Make-up

Make-up Lesson
Technique, products, guidance
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Make-up Application
Face, eyes, lips
30 min
Daily, 10:00, 14:00, 16:00, 18:00

Hair

Hair Styling
Styling, finishing
30 min
Daily, 10:00, 14:00, 16:00, 18:00

Hair Cut
Cut, styling
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Hair Colour
Colour, styling
90 min
Daily, 10:00, 14:00, 16:00, 18:00

Hair Treatment
Treatment, styling
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Treatment Extenders
add to any treatment

Cupping

Cupping Therapy
Suction, circulation, release
30 min
Daily, 10:00, 14:00, 16:00, 18:00

Cupping Massage
Suction, circulation, release
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Aromatherapy

Aromatherapy Massage
Essential oils, massage
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Aromatherapy Facial
Essential oils, massage
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Reflexology

Reflexology
Feet, pressure, balance
30 min
Daily, 10:00, 14:00, 16:00, 18:00

Reflexology Foot Massage
Feet, pressure, balance
60 min
Daily, 10:00, 14:00, 16:00, 18:00

Minthis Spa Etiquette

Minthis Spa & Fitness · Paphos, Cyprus

Before your visit

Please arrive 15 minutes before your treatment. Late arrivals may shorten the session to allow the next guest to begin on time.

Please inform us of any allergies, medical conditions, or pregnancy when you book or arrive.

Bring swimwear, towels, and comfortable clothing. Towels are available for rental if needed.

Pool & sauna

Shower before entering the pool and sauna.

Children under 16 must be accompanied by an adult in the pool area.

Please respect the silence in the sauna and steam room.

Gym

Wipe down equipment after use.

Return weights to the rack.

Closed-toe shoes are recommended on the gym floor.

Treatments

Please silence your phone before your treatment.

Tipping is not required but is appreciated if you feel your therapist has served you well.

Cancellations must be made at least 24 hours in advance.