



A warm and  
friendly welcome  
from Arsinia Spas!

*as*   
ARSINIA SPAS

AT

  
PERNERA  
BEACH HOTEL



The logo for ARSINIA SPAS features the word 'ars' in a gold, cursive script, followed by 'SPAS' in a gold, sans-serif font. A small gold leaf icon is positioned above the 's' in 'ars'.  
ARSINIA SPAS

**Relaxation is the essence  
where time stops & mind &  
body restoration begins.**

**At ARSINIA SPAS**

we offer you the gateway to ultimate recovery  
& revival of your mind, body & soul.

## Arsinia Program

Stream bath – Sauna – Jacuzzi  
Full body dead sea salt  
& coconut exfoliation  
Face Mask & Anti Stress Massage

🕒 80mins 💰 €120



## Chocolate Dreams

Gives your skin fantastic color  
Steam bath – Sauna – Jacuzzi  
Full Body Chocolate Mask &  
Chocolate oil Massage

🕒 80mins 💰 €120





## Honeymoon

Massage in a romantic setting  
Steam bath – Sauna – Jacuzzi  
Full Body scrub  
Nourishing & Hydrating Body wrap  
& Mini facial  
Full body massage 50 minutes

 2 hr 10 mins  Both €260



## Dead Sea Mud Rejuvenation

Nourishes the skin to support a perfect tan

Steam bath – Sauna – Jacuzzi  
Full Body Mud Mask & Massage  
with Nourishing Oil

🕒 90mins 💰 €120



## Turkish Hammam

Steam bath – Sauna – Jacuzzi  
Nourishing Full Body foam &  
Full back massage

🕒 80mins 💰 €100



## Pregnancy treatment

Nurture your body at this precious time with a specially designed therapy to treat muscle aches. Reduce fluid & induce total rejuvenation of the face and body. The pregnancy specific massage & tailored facial combine into one seamless pleasure melting away fatigue & revealing a radiant you.

🕒 90mins 💰 €125



## Mother to Be

Special pampering for future mothers Suitable for 3rd to 8th months of pregnancy. Highest grade of sweet almond oil is used Improves Skin Elasticity – Hydrating the Skin

🕒 50mins 💰 €70



## Classic Massage

Concentrating on any painfull areas to induce relaxation & therefore helping to reduce pain.

🕒 50min 💰 €50



## Anti-Stress Massage

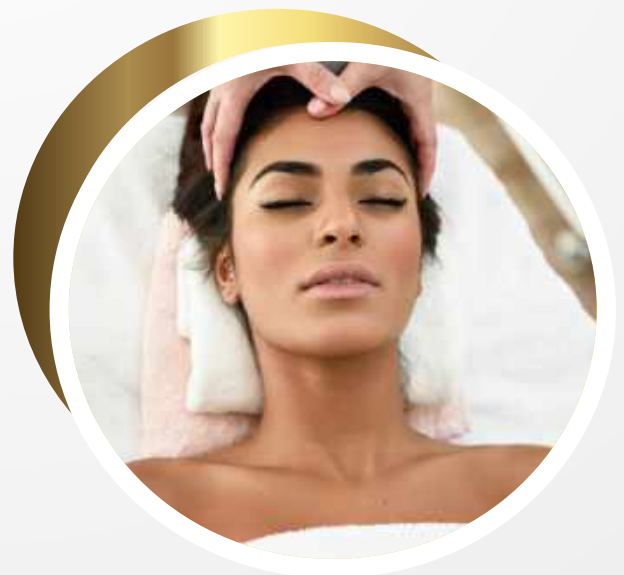
Totally Relaxing Full Body Massage. Your whole body ultimately experiences full deep relaxation

🕒 50mins 💰 €65

## Indian Head Massage

This is a relaxing treatment that uses acupressure massage on the head, face, neck & shoulders. Special Oil – Makes the hair stronger – Highly relaxing, Helps to improve sleep

🕒 50mins 💰 €65



## Deep Tissue

Great for extra deep relaxation  
Full Body Massage –  
Medium to Hard Pressure perfect.  
Following physical activity, the  
tensions & contractures  
will dissipate thanks to a soft and  
deep massage, eliminating the toxins  
from the metabolism &  
reducing the body ache & fatigue.

🕒 50mins 💰 €70



## Swedish massage

This massage will favour lymphatic &  
blood circulation via the extensive  
use of numerous maneuvers &  
stretching.

Tensed muscles will be completely  
relaxed, stimulating & loosening the  
body into a natural balance

🕒 50mins 💰 €65







## Arsinia Massage

Arsinia massage is the most relaxing massage treatment in our menu. The sesame warm oil is the central component of this practice. When combined with massage strokes, it's thought to promote overall health and wellness. Using heat during a massage has many benefits beyond just helping the body to relax. In combination with moistened warmed towels is a popular way to achieve this effect. Reduce joint and muscle stiffness and increase blood flow in the areas where it is applied.

🕒 75mins 💰 €100

## Herbal Massage

Herbal compress therapy has been used for nearly 5000 years to soothe muscle aches and reduce swelling also have a relaxing effect on the mind and provide you with a positive boost in energy.



🕒 50mins 💰 €70

## Hot Towel back treatment

Enjoy an invigorating exfoliation of the upper & lower back, followed by the application of hot towels & a deeply relaxing back, neck and shoulder massage.

🕒 45mins 💰 €60



## Hot Stone Massage

Gives fantastic relaxation  
Massage with hands &  
Hot Volcanic Stones & the superb  
benefits of heat to the body  
Stimulates circulation  
Regulates blood

🕒 50mins 💰 €70



## Four Hands Massage

Four Hand Full Body Oil Bathing  
Two therapists bath the body in gallons of warm herbal oil which continuously flows throughout the stress re- living massage makes this treatment bliss

🕒 50mins 💰 €90



## Thai Massage

Offered in clothing -  
No oil used  
Lots of revitalizing acupressure & stretches  
Releaves muscular tension  
Increases flexibility

🕒 50mins 💰 €65



## Anti-Cellulite Massage

Concentrating on problematic areas, with slow rhythmic motions to loosen fatty tissues & improve circulation.

Works best with a course of treatments

🕒 50mins 💰 €65



## Manual Lymphatic Drainage

Gentle Massage to drain Lymph  
Reducing swelling.  
Improves general well being

🕒 50mins 💰 €60





## Foot Acupressure

Miraculous massage of feet & legs  
Gives great feeling of lightness  
to the whole body

🕒 50mins 💰 €55



## Kids Massage

Children need massage too!  
Improves immunity to keep kids  
protected from Colds & Flues  
Improves ability to Focus &  
concentrate. Improves Sleep

🕒 30mins 💰 €35



# FACIAL TREATMENTS

## Collagen Facial

To fight against the signs of ageing this unique treatment drenches the skin in Native Marine Collagen with incomparable bioactivity. Wrinkles & fine lines are reduced. The skin is intensely moisturized & ultra-smooth with a radiant complexion.

🕒 50mins 💰 €55

## Silicium Super Lift Facial

This treatment excels in correcting loss of firmness & smoothing deep wrinkles. At the heart of its treatment procedure are a highly effective anti-wrinkle massage & a double firming that erases wrinkles & restores radiance to the complexion.

🕒 60mins 💰 €75



# FACIAL TREATMENTS

## Source Marine Facial

This facial corrects the hydration level of dehydrated skin. Deeply replenishes & restores the skin's velvety - smooth feel & original radiance.

 50mins  €60

## PURIFYING

Anti-imperfection-rebalancing  
Rescue clogged, oily skin and soothe your imperfections with this purifying facial to leave the skin renewed, soothed & mattified. This purifying facial will treat excess sebum and imperfections, leaving the skin renewed, mattified and cleared.

 50mins  €70

## Brightening and glow

Radiance-energizing  
Rescue dull, tired skin which has started to show the first signs of ageing with this vitamin glow facial to leave the skin glowing, smooth and energised. This vitamin glow facial will remove signs of fatigue and leave the skin smooth and glowing.

 50mins  €70

## Pregnancy Facial

The hormonal effects on your skin during pregnancy can cause dryness, breakouts, increased pigmentation & a lack lustre complexion. Regain that beautiful pregnancy glow with this rehydrating soothing facial. Using intensive nourishing oil. Special attention is paid to relaxing your neck & shoulders followed by a heavenly scalp message which will leave your skin glowing.

 55mins  €70

## Global anti-ageing

Rescue ageing, dull skin with deep wrinkles to leave skin recushioned, redensified and glowing with rosy youthfulness. This anti-ageing facial will leave skin redensified, re-generated and contoured.

 70mins  €80

# FACIAL TREATMENTS

## Deep cleansing Facial

Treatment includes skin cleansing exfoliation, extraction mask & cream or protective finish. Indicated for all skin types & ages

 50mins  €60

## Soothing

Rose Damascena

Anti-redness-soothing

Rescue red and irritated skin with this soothing facial to leave skin even, smoothed and more resilient to external aggressions. This soothing facial will reduce redness, calm & soothe the skin.

 50mins  €65

## Strengthening & Resetting (multi Vitamins)

Decongesting-resetting

The very 1st Décléor bespoke treatment created that brings out your complexion's natural beauty. The face is perfectly replenished and glowing with vitality, thanks to essentials oil and an instant blend of flaxseed, sunflowers and wheat vitamins-rich.

 50mins  €65

## Hydrating

Rescue tired, dull, dehydrated skin with this hydrating facial to leave the skin quenched, plump & beautiful. This hydrating facial will leave your skin hydrated, plump and bright.

 50mins  €70

## Facial Treatment for Men

Powerful, close to nature, extremely effective! A power package for men's skin!

Clarity with deep – cleansing exfoliation! Relaxation & care with the revitalizing massage & special care! Natural high – tech power for HIM.

The result: a strong skin sensation and a dynamic radiance!

 50mins  €60



## Manicure & Pedicure

Manicure with Shellac	€45
Manicure with French polish	€40
Manicure with polish	€30
Pedicure with Shellac	€55
Pedicure with French polish	€45
Pedicure with polish	€40
Gel Extension	€65

## Waxing

Lip or Chin wax	€8
Lip & Chin wax	€12
Eyebrow Wax	€7
Eyebrow wax & tint	€12
Under arm wax	€10
Fore arm wax	€15
Half Leg Wax	€20
Full Leg wax	€35
Bikini Line wax	€15
Full body	€60
Gents chest	€20
Gents back	€15
Gent Back & Chest	€30





## Hair & Make up

Bridal Hair "Up" & Make Up (Trials included)	€250
Bridal Hair "Up" & Make Up	€160
Bridal Hair "Up" (Trials included)	€150
Bridal Hair "Up"	€100
Bridal Hair "Up" Trial	€70
Bridal Hair Blow Dry & Make Up	€125
Bridal Make-up	€85
Bridal make up Trial	€65
Bridal make up (Trials included)	€135
Bridesmaids Hairstyle	€55
Bridesmaids Hairstyle (under 13 years old)	€27
Make-up for Wedding Party (Per Person)	€40
Evening make up	€60
Day make up	€40

# Hair & Make up

Wash & Cut (Long hair)		€30	
Wash & Cut (Short hair)		€25	
Wash & cut & blowdry (Long)		€45	
Wash & cut & blowdry (Short)		€35	
Blowdry (Long)		€30	
Blowdry (Short)		€25	
Strighten with irons		€35	
Curly with iron or curling tongs		€40	
Full head color		€50	
Root Color		€45	
High lights (Full head)	€90	Braiding (Full head)	€40
(Half head)	€60	(Half head)	€30
(T-section)	€45	(Single Braid)	€20
		(Double braid)	€20
Gent wash & cut	€25		
Gent cut	€20		
Beard trim	€10		



*Thank you for choosing  
Arsinia Spas for your treatment!*



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