

ars  
ARSINIA SPAS

PERNERA  
BEACH HOTEL



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**We offer you the gateway  
to ultimate recovery  
& revival of your mind, body & soul**

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## ARSINIA PROGRAM

Stream bath - Sauna  
Full Body Dead Sea Salt & Coconut Exfoliation  
Face Mask & Anti Stress Massage

🕒 80' 💰 120

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## DEAD SEA MUD REJUVENATION PROGRAM

Nourishes the skin to support a perfect tan  
Steam bath - Sauna  
Full Body Mud Mask & Massage with Nourishing Oil

🕒 90' 💰 120

## CHOCOLATE DREAMS

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

🕒 80' 💰 120





**Relaxation is the**  
*essence where time stops*

## HONEYMOON

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

🕒 2h 10' 💰 Both 300

## 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.

🕒 90' 💰 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

🕒 50' 💰 70

## 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.

 75'  100

## 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.

 50'  70

## ANTI-STRESS MASSAGE

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

 50'  65

## 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

 50'  65


## HOT STONE MASSAGE

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

 60'  90

## 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

 50'  65

## 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

 50'  120

## MANUAL LYMPHATIC DRAINAGE

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

 50'  60

## HOTTOWEL 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.

 45'  60

## FOOT ACUPRESSURE

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

🕒 50' 💰 55

## KIDS MASSAGE

Children need massage too!  
Improves immunity to keep kids protected from colds & flues. Improves ability to Focus & concentrate. Improves sleep.

🕒 30' 💰 35



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

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## 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.

⌚ 50'    💧 75

## 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.

⌚ 60'    💧 75

## SOURCEMARINE FACIAL

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

⌚ 50'    💧 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.

⌚ 50'    💧 70

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## 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.

⌚ 55'    🧴 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, regenerated and contoured.

⌚ 60'    🧴 80

## DEEP CLEANSING FACIAL

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

⌚ 50'    🧴 60

## SOOTHING FACIAL

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.

⌚ 50'    🧴 65

  
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## 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.

⌚ 50'    💧 70

## STRENGTHENING & RESETTING (MULTI VITAMINS)

Decongesting - resetting the very 1st Decleor 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

⌚ 50'    💧 65



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**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!

 50'

 60

# NAILS MAKE UP NAILS MAKE UP

**Manicure with Shellac**

**€45**

**Manicure with French Polish**

**€40**

**Pedicure with Shellac**

**€55**

**Pedicure with French Polish**

**€45**

**Pedicure with Polish**

**€40**

**Gents Pedicure**

**€40**



# HAIR & MAKE UP

<b>Bridal Hair "Up" &amp; Make Up (Trials included)</b>	<b>€250</b>
<b>Bridal Hair "Up" &amp; Make Up</b>	<b>€160</b>
<b>Bridal Hair "Up" (Trials included)</b>	<b>€150</b>
<b>Bridal Hair "Up"</b>	<b>€100</b>
<b>Bridal Hair "Up" Trial</b>	<b>€70</b>
<b>Bridal Hair Blow Dry &amp; Make Up</b>	<b>€125</b>
<b>Bridal Make-up</b>	<b>€85</b>
<b>Bridal make up Trial</b>	<b>€65</b>
<b>Bridal make up (Trials included)</b>	<b>€135</b>
<b>Bridesmaids Hairstyle</b>	<b>€55</b>
<b>Bridesmaids Hairstyle (under 13 years old)</b>	<b>€27</b>
<b>Make-up for Wedding Party (Per Person)</b>	<b>€50</b>

# HAIR & MAKE UP

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



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Thank you for choosing



ARSINIA SPAS

for your treatment



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+357 97 760 218

[www.arsiniaspas.com](http://www.arsiniaspas.com)

[info@arsiniaspas.com](mailto:info@arsiniaspas.com)

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\*All prices include VAT charges