



LONDA

THE SPA & CLUB

*Unique Moments*



# Welcome

*A Spa experience is no longer just a pampering moment. It is a question of personal well being and stress management. At Londa Spa, we are all devoted to your overall wellbeing through a variety of professional services that encourage and promote the renewal and revitalization of mind, body and spirit.*

*Londa Spa invites you to experience our unique philosophy of combining natural elements with the latest technology. Delivered by highly trained, professional therapists, we will take you on an exceptional and unparalleled journey of the senses, leading to visible results and an increased sense of well being.*

*Londa Spa is a restaurant for the soul; a show, an experience; a place to connect and capture the imagination. Acknowledging that the energy of the mind is the essence of life, we will help you find serenity and inner peace.*

*Join us for an hour, a day or a lifetime ...*

**Marcela Fojtikova**  
**Spa Manageress**



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# ELEMIS

*ELEMIS is the pioneering British skincare and spa brand that treats over 6.5 million people each year and has the single largest influence on trends and developments in the global skincare and spa industry. The successful combination of powerful, natural ingredients, cutting-edge formulation technology and proven clinical trials has enabled ELEMIS to bring to market some of the most influential anti-ageing skincare products and professional spa therapies the beauty industry has ever seen.*

*Your skin, your body and your wellness lie at the heart of ELEMIS.*

*Our therapists harness the power of nature and science to create ground-breaking formulations that genuinely transform your skin. ELEMIS scientifically controls every aspect of product formulation, ensuring quality, efficacy and exceptional integrity. From the seeds chosen and the type of soil used, to the selection of extraction process, ELEMIS ensures that all formulations have maximum therapeutic activity. Sublime sensory. Personally prescribed.*

*The experience is exceptional, the results are real.*

## MULTI-AWARD WINNING BRAND

Elemis is a brand that is celebrity adored and highly respected by beauty editors around the world.





ELEMIS



### **White Brightening Facial**

This highly effective white brightening facial visibly illuminates the complexion to leave it naturally more even and translucently clear. Precision, feather-light movements delicately layer proven brightening actives on the skin to encourage the washing-out of melanin and the visible dullness that develops over time. This targeted treatment responds to individual skin needs helping to reduce age spots, discolouration, and dull skin tone and texture on the face, neck, décolleté, arms and hands. Leaves the complexion illuminated, more even and beautifully white bright.

**1 hr €130**

## **ELEMIS ADVANCE ANTI-AGEING FACIAL**

### **Pro-Intense Lift Effect Facial**

Powered by breakthrough technology that combines cutting-edge plant stem cells, nutrient-rich natural lipids and firming plant actives. Powerful lifting techniques target sagging jowls, cheeks, chin and neck, whilst helping to reduce puffiness and fluid retention associated with sagging skin.

\* 69% of women stated that their facial contours appeared firmed, lifted and shaped

\* 90% of women stated that the sagging on their cheeks and neck was visibly improved

\* 82% of women stated that they would delay facial surgery and/or Botox following a course of facials Boost at home using the Pro-Intense Programme and the New Pro-Intense Super System.

\*Independent Consumer Test Results based on 49 subjects, July 2013

**1 hr €140**

### **Pro-Collagen Quartz Lift Facial**

Clinically proven, after just 1 treatment, to reduce the number of wrinkles by up to 94%\* and improves skin firmness by up to 57%\*. Uses professional strength formulations for maximum efficacy, leaving a firmer, uplifted, more youthful looking appearance.

\*Independent Clinical Trials 2007

**1 hr 15 min €130**

### **Visible Brilliance Facial**

With revolutionary results, this anti-ageing treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are clinically proven to increase by up to 61%\* and elasticity by 40%\* after just 1 treatment.

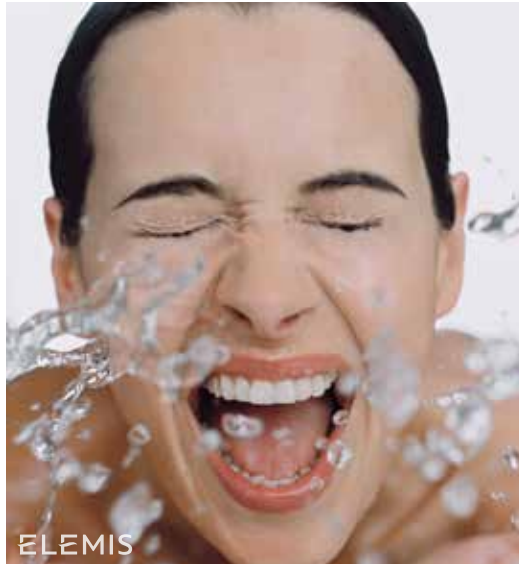
\*Independent Clinical Trials 2004

**1 hr 15 min €120**

### **Skin Booster Facial**

30 minutes to a smooth, glowing complexion. Perfect for a lunch-time or early evening 'quick fix', these facials are uniquely designed for maximum results in minimum time. Add on your beauty essentials such as a manicure, wax or eyebrow shape for a complete package.

**30 min €70**



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## ELEMIS SKIN SOLUTION FACIAL

### Modern Skin Facial (all skin types)

Designed to renew, balance and mineralise skin challenged by modern living.

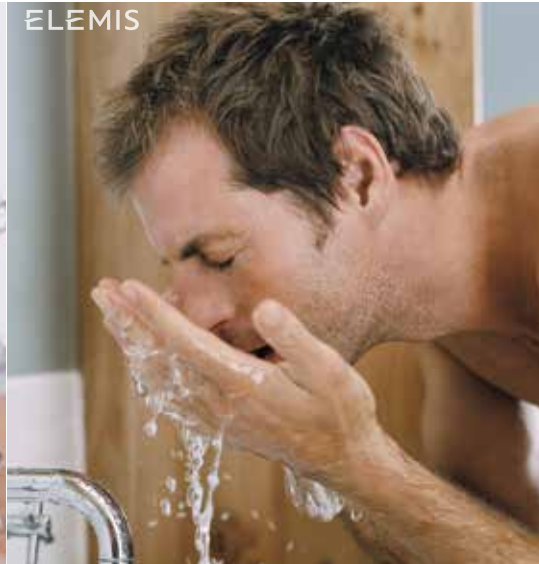
Bursting with anti-oxidant this purifying treatment helps remove toxins, whilst regenerating skin cells and balancing sebum.

**1 hr €100**

### Oxygen Skin Calm Facial

Japanese Silk Mask infused with skin calming booster serum. Designed to rebalance delicate sensitive complexions, relieving redness and soothing irritated skin.

**1 hr 15 min €100**



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## ELEMIS ADVANCE PERFORMANCE FACIAL FOR MEN

### Urban Cleanse Facial

Eliminate blocked pores, rapidly accelerate skin repair and neutralise impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

\*Independent Clinical Trials 2004

**1 hr 15 min €120**

### Total Time Out

Select either the Anti-Ageing Elemis Skin IQ+ or the Urban Cleanse Facial combined with the dynamic and immediate tension-relief of the prescribed Elemis Deep Tissue Muscle Massage. Achieve the ultimate goal of Total Time Out!

**2 hrs €200**

### Skin Booster Facial

30 minutes to a smooth, glowing complexion.

Perfect for a lunch-time or early evening 'quick fix', these facials are uniquely designed for maximum results in minimum time. Add on your beauty essentials such as a manicure, wax or eyebrow shape for a complete package.

**30 min €70**

## ELEMIS ADVANCE ANTI-AGEING FACIAL FOR MEN

### Skin IQ+ Facial

Clinically proven\*, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

\*Independent Clinical Trials 2006

**1 hr 15 min €120**



# ELEMIS



### **Elemis Nurturing Massage for Mother-to-Be**

Massage adapted to each stage of pregnancy.

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialised positioning on the unique Elemis beanbag is used to ensure the ultimate in safety, comfort and relaxation. Helping to relieve tension in the back and alleviating swelling in hands and feet, while easing the mind and uplifting the spirit.

**1 hr €100**

## **ELEMIS BODY THERAPY**

### **Aroma Stone Therapy**

Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

**1 hr €100**

### **Deep Tissue Muscle Massage**

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.

#### **Choose from:**

**Stress-a-Way:** Wind down and release the tension of the day.

**Spirit Reviver:** A powerful surge to invigorate and recharge.

**Muscle Melt:** Relax and re-energise a tired and aching body.

**Chakra Balancing:** Reconnect your mind, body and soul.

**1 hr €90**

### **Deep Tissue Back Massage**

Minimum time, maximum tension-relieving results. Specifically targeting the back, shoulders and neck areas, where you need it most.

**30 min €60**

### **Absolute Spa Ritual**

Choose from one of the unique Elemis Advanced Anti-Ageing or Skin Solutions Facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage.

Two hours of pure relaxation with dramatic results!

**2 hrs €200**

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#### **Cellutox Aroma Spa Ocean Wrap**

Be cocooned in a foil wrap or dry float and treated to a pressure point facial massage and de-stress scalp treatment. This rich therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

**1hr 15 min €110**

## **ELEMIS EXOTIC THERAPY**

#### **Exotic Frangipani Body Nourish Wrap**

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce Monoi which is poured over the body then cocooned in a foil wrap or dry float. Drenches skin with moisture and provides ultimate radiance, vitality and all over body glow.

**45 min €80**

#### **Exotic Lime and Ginger Salt Glow**

A body exfoliation to invigorate and revitalise. After light body brushing, warm oil is dripped over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

**45 min €80**

#### **Exotic Coconut Rub and Milk Ritual Wrap**

Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a foil wrap or dry float. This opulent therapy is great for smoothing and softening, combined with a pressure point facial massage and de-stress scalp treatment.

**45 min €80**

## **ELEMIS DETOX THERAPY**

#### **Body Sculpting Cellulite and Colon Therapy**

Clinically proven to target stubborn cellulite and sagging skin, for visible, rapid results. A peel off body mask is applied and combined with massage to deeply cleanse the body, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

**1 hr €110**





ELEMIS

## ELEMIS HANDS AND FEET THERAPY

### Pro- Radiance Hand and Nail Treatment

Cuticles and nails are conditioned and strengthened, whilst the indulgent Elemis Skin Nourishing Milk Bath combined with the anti-ageing Pro-Collagen Hand Nail Cream intensely hydrates for irresistibly smooth, youthful looking hands.

**1 hr €65**

### Sole Delight Grooming for Feet

Warmed aroma-therapeutic oils nourish and super-condition neglected feet and nails. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin.

**1 hr 15 min €70**

### BASIC HAND AND FOOT

Nails cut, filing, cuticles pushed, varnish

Manicure, Basic Colour **30 min • €35**

Pedicure, Basic Colour **30 min • €35**



## **INDULGE IN NATURE ORGANIC SPA TREATMENTS HEALTHY BEAUTY**

### **In Harmony with Nature**

The perfection of nature combined with our highly trained therapists help transform your inner self. Escape the world and experience bliss at Londa Spa with these exquisite treatments using only the purest organic ingredients that fully compliment our holistic approach to wellness. Precious antioxidants, vitamins and phytonutrients are the key ingredients that ensure tranquility of balance. All the products used in Londa Spa's Organic Treatments are completely pure and natural, with certified organic ingredients that leave you looking and feeling fabulous.

### **From Skin to Within**

The skin is the largest organ of the body. Feeding it with the most precious nourishing and antioxidant ingredients strengthens the immune system and supports your body's natural processes with all that lies within. Our therapists work through target areas to effectively release physical and emotional blockages, leaving you feeling relaxed and rejuvenated. Our goal is to rebalance and invigorate your entire being for a truly holistic approach to healing.

### **Londa's Organic Corner**

Continue your treatments at home and enjoy a longer lasting Spa sensation by taking with you some of the products suggested by your therapist and made available at the Spa. Gift Vouchers for organic treatments are also available as a fabulous present to the ones you love and appreciate!

Enjoy 10% discount for any of your wonderful rituals by purchasing a 5-treatment package.



## LONDA'S UNIQUE FACIAL TREATMENTS

### Enzyme Collagen Booster

Restorative and preventative anti-ageing treatment, ideal for skin that needs to be renewed, rejuvenated and refreshed. Natural enzymes from pineapple and papaya exfoliate gently and oxygenate effectively, reducing expression lines and revealing fresher, clearer complexion. Antioxidant berry extracts help brighten skin, giving you a safe and effective alternative to chemical peels. Essential minerals and phytonutrients stimulate cell regeneration and collagen production in the skin's deeper layers. The purifying enzymatic action, provided by 100% active plant ingredients is combined with organic honey to give tired, sallow skin the boost that it needs. Excellent for visible toning, restoring brightness and refining pores, leaving a lasting radiance to your face.

**1 hr €110**

### Cellular Repair

This is an excellent restorative experience with lymphatic drainage massage and deep therapeutic cleanse that helps detoxify and balance your skin. The Cellular Repair Mask, with the enzymatic honey mask, protects and fortifies the skin's defences against environmental irritants and pollutants. The biologically active antioxidant elements contained in this mask are essential for the repair and regeneration of damaged and traumatized skin. In all of its power, this uniquely soothing facial will be tailored to your individual needs and has been designed to rejuvenate even the most sensitive, inflamed and sun-kissed skin.

**1 hr €90**

### Skin Food Facial

A most beneficial bespoke treatment, designed to deliver exactly what your skin requires. Unique organic ingredients provide deep cleansing, restoration and balancing. Rich in antioxidants and enzymes, this facial rejuvenation helps eliminate toxins and improve your skin's overall health through all layers, leaving you with a radiant glow. Enjoy as a weekly maintenance or as the perfect introduction to Londa's bespoke organic treatments.

• **Skin Food Facial 1 hr €80**

• **Extended w/ Facial Scrub & Toning Massage 1 hr 15 min €110**



## EXCLUSIVE MESSAGES & RITUALS

### **Invigorating Therapeutic Body Massage**

The well-deserved ritual after all your hard work, this strong massage is designed to help you relieve all your aches and pains. Tailored to your individual needs, unique deep pressure techniques are applied to help reduce pain and release muscle tension and tightness, leaving you completely refreshed and rejuvenated.

**1 hr €110 / 1 hr 30 min €150**

### **Royal Body Glow Ritual**

Surrender to the skilled hands of your Londa Therapist for your revival and uplifting experience. This wonderful body ritual begins with a heavenly nourishing foaming scrub that is rich in antioxidants and phytonutrients. Finely crushed fruit shells exfoliate gently and effectively, while organic oils provide excellent moisturizing benefits, for incredibly soft and glowing skin. A full body massage follows with aromatically infused organic oils.

**1h 30 min €140**

### **Londa's Wholesome Ritual**

Londa's Signature holistic ritual for face and body! The combination of a full body massage and Skin Food facial make this ritual a completely relaxing and rejuvenating experience that leaves you feeling blissfully nurtured.

**2h €170**

### **Relax Into Dreamtime**

The ultimate in relaxation, this full body modelling with rare plant oils supports the body's natural processes for a holistic approach to your health and wellness. Rich in essential fatty acids, these organic oils hydrate deeply and improve skin elasticity, while promoting cell regeneration. Completely unwind with the unique essential oil infusions and enjoy your journey through the customized massage tailored just to your needs, for a fully harmonizing and rebalancing experience.

**45 min €80 / 1 hr €90**



## BODY THERAPY

### **Anti-Cellulite Detoxifying Cupping Modeling**

Unique to Londa Spa this signature anti-cellulite treatment is strong and effective! Based on Asian-Chinese knowledge, special techniques are used to stimulate the lymphatic circulation and drainage system to assist the body in removing cellular waste, Excellent in supporting weight loss and maintenance. Enjoy organic tea as part of your detoxifying treatment, enhancing the results and deepening your experience.

**45 min €90**

**Buy Package of 6, Get 1 Session Free**

### **Slimness Body Sculpting**

A slimming massage with organic oils and essential oils that fully support your body's natural processes and deliver essential nutrients to the skin and the entire body.

This bespoke massage effectively increases circulation and reduces fluid retention, while it is adapted to your individual needs. Ideal for detoxification, slimming, cellulite, weight loss and loss of centimeters. Experience the rejuvenating results from your first treatment.

**1h €90**

**Buy Package of 6, Get 1 Session Free**

### **Soft Drainage Massage**

Lymphatic massage with detoxifying and decongesting essential oils, for relaxation and detoxification. Soft and effective massaging techniques activate the lymphatic system and lymph glands, eliminating body toxins for a truly invigorating sensation.

**1h €80**

### **Exfoliation**

We highly recommend to combine the chosen massage with a skin polish, to experience the ultimate body sensation.

**30 min €50**





### **Harmonious Pain Relief Back Massage**

With focused attention on the back, neck and shoulders, this is the ideal treatment to help stressed, hard-working souls quickly feel energized and invigorated. Your Therapist uses a combination of techniques to boost your spirits, while helping you to unwind and relax.

**30 min €60**

### **Rejuvenating Head Massage**

This soothing massage is concentrated on the head, scalp, ears, neck and face in order to restore energy and balance. It encourages the elimination of toxins, improves circulation and calms muscle tension around the head, for a deeply relaxing and revitalized sensation.

**30 min €60**

### **Tonifying Hair Treatment**

Ideal both for men and women, this treatment relaxes yet tones the scalp and promotes shiny, thick and healthy hair, while melting away tension. Scalp massage is combined with the hair mask to deliver a soothing, rejuvenating experience. The rare plant extracts, along with the natural vitamin E contained in the organic hair tonic, all help to rebalance the scalp, boost hair growth and minimize the appearance of split ends.

**30 min €60**

### **Reflexology**

Reflexology works on the principle that all our organs are represented on the feet. It brings harmony to the body and mind by using techniques that apply deep pressure to certain points on the feet in order to release any blocked energy that causes imbalance in the body.

**45 min €85**

### **Soothing Leg & Foot Massage**

Comforting and energizing treatment that focuses specialized techniques for a unique and totally relaxing experience. It stimulates the flow of energy, while encouraging detoxification and a feeling of overall wellbeing.

**30 min €60**





### **Waxing - Hair Removal**

A complete care programme that combines hygiene, effectiveness, feeling good about yourself and beauty: hair removal with single-use, virgin wax (traditional, low temperature or disposable) combined with a concentrate post-depilatory serum for smooth and long-lasting results.

- Facial Contour Waxing €25.00
- Eye-brow Shaping €20.00
- Upper Lip €10.00
- Arm-pits €25.00
- Arms €25.00
- Half Arms €15.00
- Whole Leg €40.00
- Half Leg €20.00
- Bikini Line €20.00
- Extra Bikini Line €40.00
- Nape of Neck €20.00
- Back €42.00
- Eyelash Tint €25.00
- Eyebrow Tint €20.00

### **UPON REQUEST**

#### **BRIDE AND GROOM DAY**

With our Spa's "magical touch", let us contribute to making your special day a truly unforgettable one.

#### **FACE AND BODY PACKAGES**

With the help of our highly skilled therapists face and body packages can be assembled to cater for all your needs.

#### **MAKE-UP UPON REQUEST**

"A special occasion needs special attention and care. Let our professional make-up artists bring out your best, for a stunning look and an aura of confidence!" Details for make-up, upon request at the Spa Reception.



## EXCLUSIVE SPA EVENINGS

Do you want something really special for a Unique Occasion?

Enjoy the Londa Spa lounge in total privacy.

Dream away with Jacuzzi, sauna, steam bath and plunge pool.

Don't miss the possibility to enjoy our amazing massage therapies or facial treatments.

We also recommend you try our delicious spa buffet.

### Choose one of our unique spa evening ideas ...

- Bathrobe business meeting
- Romantic moment
- Family evening
- Ladies night out
- Birthday party
- Old buddies' reunion
- Find yourself experience

...or we may work out an individual proposition for you!

To make this a unique moment we may adapt to accommodate your desires and your dreams can become true.

### Spa evening:

Treatments, beverage, food and extra decoration are not included.

Reservation: min 36 hours in advance.

Monday to Friday. **€400 2h max 8 persons**



## *Spa etiquette*

### **Reservations**

As Londa Spa and Health Club is very popular we strongly recommend that you book your treatment at least 2 days in advance. In order to secure the Spa treatment reservation for our non resident guests, a credit card number is required. All prices quoted are in euro and include all applicable taxes.

### **When Taking a Treatment**

Please remove all your jewellery before your treatments. Underwear or suitable swimwear should be worn into the treatment room and during treatments. For some treatments you will be provided with disposable undergarments by your therapist, and suitable towel draping should be used at all times.

During treatments, please let your therapist know if the overall atmosphere is to your entire comfort or if the treatment pressure is too light or too firm. Your comfort and care is our greatest concern and priority. If you have a particular injury or physical condition, please explain it to the therapist. They can suggest appropriate adjustments to the treatment for your comfort and enhancement. There is no pressure to talk during a treatment. It is entirely up to you. If you have any questions or would like to talk, certainly do so. The therapist will take their cues from you. If you are quiet they will be too.

### **Arrival Time**

We invite you to arrive at least 15 minutes prior to your reserved treatment time to check in. Please

understand that your treatment will end on time for the next guest not to be inconvenienced. Time lost through late arrival will result in a shortened or amended treatment being offered without refund.

### **Personal Belongings**

For your personal belongings a locker may be provided for you. The Hotel is not responsible for any loss of valuables left in the Spa area nor can it be held liable for any such loss.

### **Cancellation Policy**

Please note 3 hours cancellation notice is required for all booking and services otherwise 50% of the total treatment price will be charged.

### **General Spa Behaviour**

In consideration of other guests, please turn off your mobile phone or pager during your Spa visit and leave it in your locker.

### **Spa**

Please conduct all conversations at levels consistent with a relaxing Spa environment. The Londa Spa is a strictly non-smoking area. Please always shower before using the facilities. A robe or swimwear must be worn in all common areas of the Spa. A towel must always be placed on steam bath and sauna benches before you sit down. Food and alcoholic beverages are prohibited. Thank you for your cooperation... and enjoy!





The Londa Spa & Club operate an exclusive membership.  
For more information & reservations please contact the Londa Spa

72 King George A' Street, Potamos Yermasoyias, 4048 Limassol  
PO Box 5200, 3509 Limassol, Cyprus

**Tel.:** +357 25865561

**Email:** spa@londahotel.com

### **CANCELLATION POLICY**

Kindly note that cancellation must be given minimum 3 hours  
prior notice, as a 50% of the treatment cost will be charged to the room account.

No shows will be charged fully to the room account.



**ELEMIS**

### **Operating Hours**

Spa & Treatments

Monday ~ Friday: 09.00 am - 8.00 pm  
Weekend ~ Holidays: 10.00 am - 8.00 pm

### **Gym**

Monday ~ Sunday: 6.00 am - 11.00 pm