

aquum price List



As you step into Aquum Health Spa, you enter a world of wellbeing. Venture on a journey of relaxation, pampering, and tranquility by treating yourself to a rejuvenating body treatment or holistic therapy, and discover the essence of true beauty and inner harmony.

In ensuring the deliverance of excellence, Aquum Health Spa has partnered with the award-winning BABOR skincare product range.

In keeping with our philosophy, which is focused on unfailing quality, BABOR has been unlocking the secrets of the finest natural active ingredients for over 60 years, thereafter utilising them in the creation of the most luxurious facial and body treatments, designed to stimulate all five senses, and deliver remarkable results.

Supported by the best of nature and the latest innovations developed from extensive research and stem cell technology, BABOR products – and thus Aquum Health Spa's treatments and hydrotherapies – harbour the therapeutic benefits of green caviar extracts, revitalising seaweeds, black pearl extracts, volcanic mud, exfoliating sea salts, and deeply relaxing anti-stress oils.

During your visit, our team of qualified therapists will be at your disposal, to create and offer you a unique and luxurious spa experience aimed at balancing your senses and bringing the utmost serenity to your mind, body, and soul.

FACIAL TREATMENTS

MINI FACIAL - 25 minutes A quick refreshing treatment designed to give your skin an instant boost.	€ 45.00
FACIAL A LA CARTE DEEP CLEANSING - 55 minutes A customised, deep cleansing facial created to suit your individual skin type, which revitalises and refreshes the skin.	€ 70.00
SKIN PERFECTING FACIAL - 70 minutes A rebalancing, calming, and regenerating treatment aimed at balancing the skin, while promoting vitality and harmony.	€ 79.00
BLUE LAGOON FACIAL - 55 minutes Refreshing and hydrating, this facial uses a unique algae peel-off mask to provide an intensive supply of hydrating active ingredients that cool and energize the skin.	€ 79.00
HYALURONIC POWER FACIAL - 55 minutes An intensive, hydrating treatment, this facial contains concentrated hyaluronic acid, which rehydrates and plumps up the skin, repairing and restoring its vital balance, leaving your complexion looking younger and fresher.	€ 79.00
MIMICAL Q10 ANTI-WRINKLE FACIAL - 55 minutes An instant anti-wrinkle treatment, this facial provides a natural alternative to Botox. Plant extracts help to relieve micro-tensions in the skin, while Coenzyme Q10 boosts energy levels and strengthens the skin's natural defense mechanisms. Fine lines and expression lines are visibly reduced, resulting in a fresher, younger complexion.	€ 89.00
HIGH SKIN REFINER DEEP LIFT FACIAL - 85 minutes This powerful, intensive lifting treatment uses a multitude of innovative complexes to help tone and lift the skin, resulting in an immediate firming effect. The outcome is firmer and plumper skin with more elasticity, which helps the face to regain its youthful contours and radiance.	€ 99.00
REVERSIVE YOUTH RECAPTURED FACIAL - 85 minutes Containing the revolutionary 're-youth' complex, BABOR's ReVersive treatment turns back the clock by reinvigorating the youthfulness of your skin. This extraordinary treatment begins with an AHA acid peeling, followed by a special massage utilising relaxation techniques combined with a cocktail of active ingredients, keeping cells younger for longer while targeting pigmentation and free radicals. Your skin will feel smoother, looking more radiant and fresh with an unmistakable glow.	€139.00

EXCLUSIVE FACIAL TREATMENT

SEA CREATION EXPERIENCE FACIAL - 110 minutes

€239.00

A source of profound beauty that goes more than skin deep, treat your skin to a luxurious voyage of the deep sea and enjoy a uniquely relaxing time, while looking forward to stunning results. In each phase of this indulgent facial you will feel the highly effective, rare ingredients from the depths of the ocean saturating your skin, creating perfect radiance and a youthful glow.

The exclusive Sea-Telligent complex is slowly massaged into the skin with heated obsidian and cool coral stones, optimising all skin functions, which help to reduce wrinkles, firm the facial contours, and enhance skin elasticity, leaving firmer, smoother, more hydrated and youthful skin.

COSMECEUTICAL FACIALS

DOCTOR BABOR cosmeceuticals encompass the synergy of medicine and cosmetics, while using the latest botanical and high-tech, active ingredients.

VITAMIN C BOOSTER FACIAL - 55 minutes

€ 99.00

A cellular regeneration treatment balanced on the power of skin detoxification, this facial utilises a highly effective vitamin and mineral cocktail in neutralising harmful substances in the skin that induce aging. The detoxification will allow nutrient revitalisation, which is vital for maintaining a youthful appearance.

COLLAGEN BOOSTING LIFTING FACIAL - 85 minutes

€139.00

An anti-aging lifting treatment that utilises ultra-potent peptides and marine collagen in intensively restructuring and plumping up the skin on a cellular level, thus visibly improving firmness.

MEN'S FACIALS

TIME OUT FACIAL - 55 minutes

€69.00

The perfect deep cleansing facial designed to restore the skin's pH balance while cleansing and refreshing the skin.

ENERGY RELEASE FACIAL - 55 minutes

€79.00

The ultimate men's anti-aging treatment, this facial improves the skin's elasticity while boosting its moisture levels, leaving the skin with a fresh, well-groomed feeling.

EYE TREATMENTS

EYEBROW SHAPING - 15 minutes

€15.00

For beautifully shaped eyebrows, we will neaten and define your eyebrows to perfection.

EYEBROW TINTING - 20 minutes

€20.00

The application of a colour tint allows for a natural looking way to enhance your eyebrows.

EYELASH TINTING - 20 minutes

€20.00

Lasting up to 6 weeks, the application of a colour tint to your eyelashes will serve to enhance and define your eyes.

POWER LIFTING EYE TREATMENT - 40 minutes

€49.00

An anti-aging eye treatment that will restore the youthful sparkle of the eye area by using a unique algae firming eye mask tasked with improving the skin's elasticity and minimising fine lines and wrinkles.

BODY EXFOLIATING TREATMENTS

BALANCING LUXURIOUS MILK PEELING - 25 minutes €39.00

A warming and balancing peeling treatment that gently exfoliates the skin amid spicy and woody wellness aromas. For the perfect finish, warm balancing oil is massaged onto the body, leaving your skin feeling soft and luxurious.

AQUUM PEELING - 40 minutes €49.00

A blend of rich mineral sea salt and algae is used as a gentle peeling to smooth and detoxify your skin. Warm, soothing oil is used in deeply moisturising your skin, leaving it soft and subtle.

AROMATIC SALT GLOW PEELING - 40 minutes €59.00

This luxurious sea salt, aromatic oil peeling will deeply exfoliate your body, and replace vital minerals. Customised according to your needs, choose between relaxing lavender aromas or energising lime fragrances, depending on the feeling you would like to inspire. For the perfect finish, the skin is nourished with relaxing, calming body lotion, or energising body sorbet.

BODY CELLULAR/ SLIMMING/ TONING TREATMENTS

DOCTOR BABOR body cellular products and treatments have been developed with powerful, high-performance formulas, which contain natural and effective active ingredients that help to reduce fat deposits and firm connective tissues, giving you results that you can both see and feel.

SLIM & COOL BODY STYLING LEG TREATMENT - 45 minutes €59.00

Cooling and refreshing, this is the ideal body treatment for those with heavy legs, cellulite, and varicose veins. Using a unique peel-off mask with cooling effects, excess water retention is eliminated, leaving the legs looking smooth and toned.

DR.BABOR ANTI CELLULITE TREATMENT - 55 minutes €89.00

A treatment designed to help reduce fat deposits, firm connective tissues and improve the appearance of cellulite, your therapy begins with an enzyme and mineral sea salt peeling to polish your skin, followed by a wrap saturated in a highly effective concentrate of natural active ingredients: caffeine, guarana, and green algae all combine to activate fat breakdown. The skin will be left looking firmer and smoother, with cellulite less visible.

BODY WRAPS

AQUUM ALGAE BODY WRAP - 70 minutes

€79.00

An invigorating and moisturising algae wrap, this treatment begins with a maritime salt full body peeling, followed by a moisturising, detoxifying algae envelopment, which provides hydration and encourages toning.

BALANCING WOOD BODY WRAP - 70 minutes

€79.00

A beautifying and nourishing body wrap that begins with a full body aromatic salt and oil peeling, engendering polished, smoother skin. The treatment continues with a nourishing envelopment with champagne pear stem cells – a unique anti-aging ingredient – that protects the cells of the skin. This body wrap is an exclusive treatment that provides the ultimate in relaxation for those who aspire to attain beautiful, soft and velvety skin.

VOLCANIC MUD WRAP PACK - 70 minutes

€79.00

A full body cranberry and menthol peeling that gently removes dead skin cells and stimulates the lymphatic and circulatory system, helping to slim and detoxify the body. Thereafter, pure warm volcanic mud is applied to the face and body, while you lie back and relax. Finally, a shaping body cream leaves your skin feeling firm and smooth.

HYDROTHERAPY BATHS

BALANCING WOOD AND FLOWER BATH - 25 minutes

€39.00

This beautiful moisturising bath with nutrient rich milky proteins and moisturising balancing wood oil aids the creation of silky soft skin. The woody warm fragrance of the oils leads to inner balance and harmony.

RELAXING LAVENDER MILK HARMONY BATH - 25 minutes

€39.00

Relax and immerse your body, mind, and soul in a bath of lavender essences and rich milky proteins, leaving your skin moisturised and silky smooth.

AQUUM ALGAE DETOXIFYING BATH - 25 minutes

€45.00

Detoxify your body, flushing out the impurities of your skin, stimulating your circulation, and increasing your skin's oxygen supply, all whilst relaxing in a wonderful, indulgent bath.

MEDITERRANEAN BATH - 25 minutes

€45.00

Rich, mineralised sea salts energise the body while essential oils replenish the skin.

LUXURY BODY SPA EXPERIENCES & RITUALS

Embark on a journey to take you back to the core of who you are.

RELAXING TOUCH LAVENDER MASSAGE RITUAL - 85 minutes

€109.00

A ritual that serves to calm and soothe the body, your journey commences with inspiring aromatic notes of lavender to relax the body and mind. Thereafter, your solar plexus is stimulated thanks to the 'Rising Sun' touch, providing you with a sense of bliss and happiness. A gentle, creamy peeling with particles from blackcurrant exfoliates your body and prepares you for BABOR'S signature 'Effective Touch' massage that combines ancient eastern techniques with modern western movements to treat the whole face and body. Your journey ends with the application of relaxing body lotion that pampers the skin and provides complete peace of mind.

BALANCING WOOD HOT STONE RITUAL - 110 minutes

€129.00

Strengthen your inner self with this warming and balancing stone ritual. Spicy aromas - along with the 'Rising Sun' touch to stimulate your solar plexus - engender a euphoric state. Warm aromatic compresses cleanse and soothe the skin, preparing it for a rebalancing warm stone body massage with balancing wood oil, which strengthens the skins cells and leads to inner balance. While you relax, we treat your facial skin with moisturising fluids. Your experience is completed with a face and head massage using a nourishing, soothing oil, leaving your skin and hair feeling soft, smooth, and totally balanced.

ENERGIZING LIME RITUAL - 110 minutes

€139.00

A wake-up call for your inner self, this stimulating and revitalising ritual uses refreshing mineral salts and aromatic energising oil to exfoliate your skin, followed by an energising body envelopment. As you relax, we treat your facial skin with concentrated nourishing fluids, followed by a facial massage using vitamin and plant stem cell intensive cream. Your journey ends with our 'Experience Touch' massage, which will arouse all of your senses and make your body feel alive and energised.

AQUUM HEALTH SPA SIGNATURE RITUAL - 110 minutes

€140.00

A top-to-toe luxurious treatment, this signature therapy is the ultimate indulgence. Your experience begins with an exfoliating full body re-mineralising salt glow, followed by an Aquum hydro-bath. Then, relax with a unique wave full body massage using aromatic oils and hot stones. Finally, the face is treated with a supply of multiple algae concentrates and a nourishing intensive mask, which re-hydrate the deeper layers of the skin. The Aquum Health Spa Signature Ritual is an experience not to be missed.

MASSAGE AND HOLISTIC THERAPIES

LOCALISED BODY MASSAGE - 25 minutes Relax and let us soothe away any feelings of stress, tension, and tiredness.	€40.00
ANTI - STRESS BACK MASSAGE - 25 minutes Take relaxation one step further by taking time to unwind and release any tension from within.	€40.00
FOOT REFLEX MASSAGE - 25 minutes A tailor-made foot massage targeting specific reflex points to aid relaxation, perfect for aching, tired feet and lower legs; soothes the mind and body.	€40.00
HOT STONE BACK MASSAGE - 25 minutes Warm volcanic stones transfer energy and warmth to the body, releasing stress and tension from the back to bring about tranquility and a more balanced flow of energy.	€45.00
LOCALISED SPORTS MASSAGE - 25 minutes A specially devised treatment for soft tissue or sports-related injury, special massage techniques alleviate both pain and stiffness.	€45.00
CELLULITE MASSAGE - 25 minutes Unique massage techniques invigorate the lymphatic pathways to improve circulation and lymph flow, thus promoting the detoxification process.	€45.00
INDIAN HEAD MASSAGE - 40 minutes Indian head massage is based on the Ayurvedic system of healing, which has been practised in India for over 1000 years. Relax as your therapist helps to relieve tension from your head, neck, and shoulder area.	€55.00
FULL BODY MASSAGE - 55 minutes Designed to relax and soothe away any feelings of stress, tension, and tiredness.	€65.00
MATERNITY MASSAGE - 55 minutes Indulge in a little mum-to-be time with this dedicated maternity massage, which utilises tailored techniques and products to safely care for your needs.	€65.00
BABOR'S SIGNATURE EFFECTIVE TOUCH MASSAGE - 55 minutes Developed by BABOR, this massage combines ancient techniques with modern western movements, which have a highly effective and noticeable effect on the body's physical and mental well-being. Just choose the oil fragrance suited to your needs, whether energising lime, relaxing lavender, or balancing wood.	€69.00

MASSAGE AND HOLISTIC THERAPIES CONTINUED

BABOR'S SIGNATURE EXPERIENCE TOUCH MASSAGE - 55 minutes

€ 69.00

Developed by BABOR, this relaxing massage is composed of a combination of western, far eastern, and African elements, which engenders a superior sense of well-being. Just choose the oil fragrance suited to your needs, whether energising lime, relaxing lavender, or balancing wood.

AROMATIC FULL BODY MASSAGE - 55 minutes

€ 70.00

Choose one of our specially blended aroma oils that help to balance and energise the mind, and calm all senses.

FOUR-HANDS FULL BODY MASSAGE - 55 minutes

€119.00

Submit to the power of this hypnotic, four-hands massage delivered by two expert therapists. The ultimate massage journey with synchronised movements designed to promote deep rest, relaxation, and harmony.

MAKE-UP

ESSENTIAL BEAUTY - 45 minutes

€65.00

Let our experts help bring out your natural beauty, with day make-up created perfectly just for you, along with handy tips and advice.

WEDDING, EVENING AND GALA MAKE - UP - 55 minutes

€75.00

Minimise your stress before an important occasion by letting our experts enhance your natural features, ensuring your make-up is perfect for your special day (an extra charge of €45.00 is applicable should a trial make-up session be requested).

BEAUTY FOR HANDS

Gel Removal	15 minutes	€15.00
Shape and Polish Hands	25 minutes	€28.00
Luxury Manicure Treatment	55 minutes	€35.00
French Manicure	55 minutes	€35.00
Men's Manicure	55 minutes	€35.00
Gel Manicure with Treatment	75 minutes	€50.00
Nail Art	10 minutes	€5.00 Per nail

BEAUTY FOR FEET

Gel Removal	15 minutes	€15.00
Shape and Polish Feet	25 minutes	€30.00
Luxury Pedicure Treatment	70 minutes	€50.00
Men's Pedicure	70 minutes	€50.00
Gel Pedicure with treatment	75 minutes	€55.00

HAIR - FREE BEAUTY

Upper Lip or Chin	10 minutes	€10.00
Under Arms	15 minutes	€15.00
Bikini Line	15 minutes	€15.00
Half Legs	25 minutes	€25.00
Whole Arms	25 minutes	€25.00
Full Bikini	25 minutes	€25.00
Whole Legs	45 minutes	€35.00
Back	35 minutes	€40.00

AQUUM SPA PACKAGES

TRAVEL RECOVERY ANTI - STRESS DAY - 1 DAY/105 minutes

€115.00

Leave jet lag and stress behind and enjoy this relaxing day: the perfect start to your holiday.

- Sauna, Steam, Three- Column Stimulating Shower
- Mediterranean Bath
- Indian Head Massage
- Reflex Foot Massage

DREAM TIME FOR MOTHERS - TO-BE - 1 DAY/150 minutes

€125.00

Treatments that will pamper, indulge, and spoil mothers-to-be!

- Facial A La Carte
- Soothing Back Massage
- Luxury Pedicure

TIME FOR HIM - 1 DAY/115 minutes

€135.00

Take time out for yourself, and indulge in the ultimate spa experience aimed at reenergising and rejuvenating, with this selection of treatments specially designed for men.

- Steam, Sauna, Three-Column Stimulating Shower
- Energy Release Facial
- Hot Stone Back Massage
- Mediterranean Hydrotherapy Bath

TIME FOR HER-BRIDAL PACKAGE - 1 DAY/200 minutes

€180.00

- Steam, Sauna, Three-Column stimulating shower
- Balancing Exotic Milk Peeling
- BABOR Signature Effective Touch Massage
- Hyaluronic Power Facial
- Hydrotherapy Balancing Wood and Flower Bath

TIME TOGETHER FOR TWO - 1 DAY/90 minutes

€175.00

Get away and enjoy precious time with your loved one, relaxing and enjoying being pampered in our specially designed couple's room, with two therapists carrying out the treatments simultaneously.

- Steam, Sauna, Three-Column Stimulating Shower
- Aromatic Massage in Couple's Room
- Mini Facial in Couple's Room

AQUUM SPA PACKAGES CONTINUED

ANTI-CELLULITE DETOXIFYING SLIMMING PACKAGE - 3 DAYS/295 minutes €295.00

Make the most of your vacation, and take the opportunity to enhance your body's contours. Let us remove any dry, flaky skin, and stimulate your circulation and metabolism by using active ingredients, which help to detox your system and banish cellulite, resulting in an overall slimming effect.

DAY 1

- Steam, Sauna, Three-Column Stimulating Shower
- Aquum Algae Detox Bath
- Aquum Algae Body Wrap

DAY 2

- Mediterranean Bath
- Doctor BABOR Anti-Cellulite Treatment

DAY 3

- Steam, Sauna, Three-Column Stimulating Shower
- Slim & Cool Body Styling Treatment
- Anti Cellulite Treatment

FITNESS CLASSES

Swimming Lesson	30 minutes	€25.00 per person
Personal Trainer	30 minutes	€25.00 per person
Tennis Lesson	60 minutes	€40.00 per person
Personal Trainer	60 minutes	€40.00 per person

PILATES FITNESS PROGRAMME

Pilates dramatically transforms the way your body looks, feels, and performs. It builds strength without inducing excess bulk, creating a sleek and toned body with slender thighs and a flat abdomen. Pilates teaches body awareness and good posture - resulting in easy, graceful movements - as well as improving flexibility, agility and economy of motion: it is no wonder that Hollywood celebrities and supermodels use it to maintain beautiful physiques. Meanwhile, professional dancers and top athletes have heeded the benefits of Pilates for decades, using it for strength, flexibility, and injury prevention, with its practice even being known to alleviate back pain. All sessions are carried out using the latest in Pilate's training equipment.

SINGLE SESSION

Mat Group Exercise	30 minutes	€ 15.00
Mat Group Exercise	60 minutes	€ 25.00
Private Instruction	30 minutes	€ 25.00
Private Instruction	60 minutes	€ 40.00

MONTHLY FEES

Private Instruction	60 min x 8 classes	€250.00
Private Instruction	60 min x 12 classes	€350.00

FACILITIES

- Four Dry Treatment rooms
- Manicure/Pedicure Room
- Hydro-bath room
- Multi-sensor cocoon room
- Three-column pressure shower
- Hammam
- Sauna
- Jacuzzi
- Indoor Swimming Pool
- Fitness Club
- Aerobics Studio
- Secluded Outdoor Tennis Court
- Relaxation room to rest between treatments
- Separate men's and women's changing facilities with private lockers and showers
- Lounge area

LOCATION

Lower ground floor (level 1) next to the indoor swimming pool.

GENERAL INFORMATION

OPERATING HOURS

Aquum Health Club: Monday to Sunday 08:00-20:00.

Aquum Health Spa: First treatment: 09:30 | Last treatment: completed by 19:30

**For appointments please contact us on +357 2555 9999 (extension 7)
or e-mail us at spa@medbeach.com**

PRE-BOOKINGS

Pre-bookings are highly recommended to ensure that your preferred time and treatment is available.

WHEN TO ARRIVE

Guests are advised to arrive 15 minutes before the time of their treatment so as to enjoy the spa facilities.

If guests are late, the time may be deducted from the length of the scheduled treatment without refund.

UPON ARRIVAL

You will be requested to complete a medical evaluation form before your first treatment.

WHAT TO WEAR

You will be given a locker in the dressing room, along with a luxurious robe and slippers for use while visiting our spa. For some treatments you will be provided with disposable undergarments. If your treatment involves water therapy, you will be required to wear a swimsuit, or a disposable undergarment. This has to be worn at all times during your treatment. A bathrobe or towel should be worn in all common areas.

GIFT VOUCHERS

Gift vouchers are available. Please contact the spa reception for more information.

CANCELLATION POLICY

If you wish to re-schedule or cancel your appointment, please notify us at least 24 hours in advance. 50% of the treatment price will be charged for cancellations within 4 hours. No-shows will be charged at full price.

GRATUITIES

Gratuities are not included in any Aquum Health Spa treatment price, and are therefore left to your discretion.

CHILDREN

Aquum Health Spa welcomes guests aged 18 years and older.

HEALTH AND HYGIENE

Food and drinks are not allowed in the spa. We kindly ask you to take a shower before your spa treatment.

THE AQUUM HEALTH SPA IS A NON-SMOKING AREA.

SOFT VOICES AND RELAXED MINDS

Silence, like all things in our spa, is golden. Please respect the tranquil environment of our sanctuary and refrain from using cellphones in the spa.

The Spa cannot accept any responsibility for loss of any personal belongings