

Aquum Health Spa

If relaxation is on the agenda, a visit to the Aquum Health Spa is a must. With its five dry treatment rooms – including one for couples – and three wet rooms, it offers a full range of health and beauty treatments designed to de-stress, revitalise and rejuvenate body and mind. Treat yourself to the Aquum signature treatments and you will discover the ultimate spa experience to rebalance your body, mind and soul.

Aquum Health Spa General Information

SPA HOURS

Monday to Saturday 08:00 -20:00hrs. For appointments please contact us on +357 2555 9999 (extension 7) or e-mail us at info@medbeach.com.

Sundays and Public Holidays 09:00 -19:00hrs
(Treatments start at 09:30hrs until half an hour before closing).

PRE-BOOKINGS

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

DELAYED CLIENT ARRIVAL POLICY

Please note that a late arrival will determine the length of your treatment as all services will end at scheduled times so that the next guest is not delayed. The full treatment price will be charged.

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 made within 4 hours prior to the scheduled start of the treatment. No-shows will be charged at full price.

GRATUITIES

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

CHILDREN

Our Aquum Health Spa welcomes all guests of 16 years of age and older.

MOBILE PHONES

Silence, like all things at our Spa, is golden. Please respect the tranquil environment of our sanctuary and refrain from bringing mobile phones to the Spa.

WHEN TO ARRIVE

Please plan to arrive at least a few minutes prior to your treatment time to register, de-stress, and enjoy our wet and dry areas. We also encourage you to conclude your treatment with a visit to our Hammam, shower and dressing area.

WHAT TO WEAR

We provide a luxurious bathrobe and slippers for your use while visiting our Spa. These items are available in the Spa changing room locker. For certain treatments you will be provided with disposable undergarments or requested to wear your swimsuit. Your bathrobe must be worn when using the hotel's common areas.

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.

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

Aquum Health Spa Treatments

Be our someone special

Everything at the Aquum Health Spa is designed to calm and rebalance your body, minds and soul. Unwind in one of our private spa rooms and enjoy a relaxing massage on your own or with your partner in our spa suite.

Our extensive spa menu offers a variety of treatments to enhance your health and beauty, from our specially created massages to soothing body wraps and exfoliations.

“How beautiful it is to do nothing and then to rest afterwards”

Spanish Proverb

Face harmony

Using the most advanced products available, our highly trained aestheticians offer you the ultimate in personalised, skin care facial treatments.

Each treatment is tailor made to the specific needs of your skin using a facial protocol. Here, plant and natural ingredients work together to revitalise and rejuvenate the skin, leaving it with a renewed vitality.

FACIAL TREATMENTS LIST

Facial á la carte deep cleansing
Mini facial
Skin perfecting facial
Blue lagoon facial
Ultra moist power facial
Baborganic facial
Liquid gold facial
Mimical Q10 anti-wrinkle facial
High skin refinder deep lift facial
Deluxe HSR anti-age luxury facial

MEN'S FACIALS

Time out facial
Energy release facial

EYE TREATMENTS

Power lifting eye treatment
Eyelash tinting
Eyebrow tinting
Eyebrow shaping

“Looking after yourself goes hand in hand with looking good”

Linda Evans

Body harmony

Not just a body wrap but a life enhancing experience. Choose from any one of our enveloping massages, body wraps, or wellness treatments specially formulated with aromatic oils to exfoliate, soften, soothe and firm your skin.

LUXURY BODY TREATMENTS

Scentao full body peeling
Aromatic salt glow
Baborganic snowflake body treatment

SLIMMING AND TONING BODY TREATMENTS

Slim & cool body styling leg treatment
Anti cellulite firming wrap sensation

BODY WRAPS

IN MULTI SENSORY SPA CAPSULE

Mediterranean milk body wrap
Volcanic mud wrap pack
Aquum algae body wrap

AQUUM RITUALS – SPA AROUND THE WORLD

Aquum health spa signature
Khanya of Africa
Shadiva of India
Scentao of Asia

HYDROTHERAPY BATHS

Aromatic milk and flower bath
Aquum algae detoxifying bath
Mediterranean bath
Scentao harmony bath

MASSAGE AND HOLISTIC THERAPIES

Body massage
Anti-stress back massage
Hot stone back massage
Sports massage
Cellulite massage
Foot reflex massage
Indian head massage
Full body massage
Maternity massage
Aromatic full body massage
Four hands full body massage

BEAUTY FOR HANDS AND FEET

Spa Mediterranean luxury manicure treatment
Shape and polish hands
French manicure
Nail art
Shape and polish feet
Spa Mediterranean luxury pedicure treatment

HAIRFREE BEAUTY

Whole legs
Half legs
Whole arms
Bikini line
Full bikini
Under arms
Upper lip or chin
Back

“Take care of your body; it’s the only place you have to live”

Jim Rohn

Package "Journeys"

We are delighted to offer you the best treatment combinations of our spa experience to create your own epic spa journey, using the package of your preference. Here, we invite you to enjoy the benefits included in the Spa's invigorating swimming pool, sauna and Hammam before or after your treatment(s).

AQUUM SPA PACKAGES

Time for him (1 day)

Time out for her (2 days)

Time together (1 day)

Anti-cellulite detoxifying slimming package (3 days)

Baborganic indulging getaway (2 hours)

Travel recovery anti stress day (1 day)

Dream time for mothers to be (1 day)

"Indulge in a "Journey" that puts you in the right frame of mind"

Anonymous

Total fitness

The Mediterranean is equipped with the latest technology cardiovascular and strength training equipment. This service is offered with our compliments to all our guests. Adjacent to the in-door pool, the wellness centre allows you to keep in top shape using our state-of-the-art Sports Art fitness centre. Cardiovascular equipment includes treadmills with Cardio-Theater, elliptical trainer, free weights and stability training equipment.

For the more energetic, our aerobics and aqua aerobics classes will fulfill all your needs.

Pilates classes and private sessions are also available and will surely awaken and revitalise your body.

FITNESS CLASSES

Tennis lesson

Personal training

Swimming lesson

Aerobics lesson

Pilates fitness program

“Exercise... you don't have time not to”

Anonymous