

The background of the entire image is a solid deep red. Overlaid on this background are two thin, gold-colored line drawings. On the left, a woman's profile is shown facing right. On the right, another woman's profile is shown facing left. The lines are elegant and minimalist, capturing the contours of the faces and necks. The two profiles are positioned such that they appear to be looking at each other, creating a sense of connection and balance.

# Evera

SPA & WELLNESS

Relax



## Wellness Partners

A haven of serenity, the Evera Spa at the Amavi Hotel has collaborated with the renowned Natural Spa Factory from the historic town of Bath, England, to bring you a luxurious collection of signature spa treatments.

Designed to pamper the face and body and provide you with the pure relaxation you truly deserve, each of our treatments utilises products inspired by Nature: by the foods we love and the changing of the seasons. Crafted both in the UK and in France, this entire product line is completely natural and wholly effective; free from parabens, SLS, MCI (methylchloroisothiazolinone), MI (methylisothiazolinone), and Microbeads, and never tested on animals.

Join us here at the Spa, and enjoy a leisured experience which will nourish and nurture your mind, body and spirit: a heavenly journey of tranquillity.

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## SPA DISCOVERY RITUALS

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## Golden Glow

2 hours 55 min €210.00

Just like precious accessories add highlights to your outer appearance, our Gold range brightens body and spirit, accentuating your whole inner being. This ritual starts with a gentle sugar cane full-body exfoliation that prepares the skin for the liquid gold velvety body wrap that follows. With subtle scents of warming amber, our luxurious Gold Facial will help renew skin cells and prevent the breakdown of collagen. The grand finale is an application of Gold dry oil, rich in caviar and vitamin E to nourish your skin and give it a gentle shimmer.

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## Restore & Revitalise

2 hours 55 min €180.00

Relax and rejoice with this top-to-toe ritual that reconnects the body, mind and soul. This body boost includes a full-body scrub, full-body wrap, signature massage and facial. Surrender to the ultimate renewal and power of this experience as expert hands apply a sequence of techniques to nurture and heal. Face and body feel refreshed, while tired muscles are eased and energised. This is a truly all-embracing spa experience which renews your energy and resets your emotions, leaving your soul refreshed and smiling with delight.

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## EVERA Couples' Ritual

2 hours €250.00 (couple)

A nourishing and deeply calming bespoke full-body massage followed by an illuminating facial to brighten and lighten the complexion, leaving you with a radiant, balanced glow and relaxing with a glass of Champagne.

## FACIAL TREATMENTS

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### Booster Facial

55 min      €70.00

This tailor-made facial was designed to give any skin type an intensive boost. The treatment is individually customised to address specific skin conditions such as dehydration, congestion, dryness and sensitivity.

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### Illuminate Facial

70 min      €90.00

A fusion of rice oil, rice bran and alpine plants is the foundation of our Illuminate range, designed to even skin tone, lighten blemishes, minimise the production of sebum, while reducing the appearance of age spots and the first signs of ageing. The result is a luminous, mattified yet glowing complexion.

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### Deep Cleansing Facial

85 min      €90.00

This deeply cleansing and refining treatment works on many levels to eliminate toxins and renew, restore and nourish the skin. It can be tailored to address specific conditions including sensitivities, dehydration and congestion.

## Capsule Facial

70 min €90.00

This facial offers you the benefits of a range of products infused with rose, tea tree, aloe vera, chamomile, pomegranate, jojoba, and sweet almond oil. The exquisitely gentle formulation is drawn from nature and refined to offer a clean, simple yet comprehensive approach to skincare. Overflowing with goodness, this antibacterial, antioxidising and antiseptic range will soothe, firm, nourish and stimulate cell renewal for clear, healthy and happy skin.

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## Gold Facial

70 min €120.00

Pamper your skin with the luxury of our paraben-free healthy ageing Gold range that combines champagne, pearl extract, caviar, hyaluronic acid and 23-carat gold. Rich in vitamins A, B, D and E, amino acids and AHA's, the Gold range will help renew skin cells, aid tissue repair, restore elasticity and provide a tightening effect for healthy and radiant skin.

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## Eye Revival

25 min €50.00

A great add-on to any facial, our collagen treatment focuses on the delicate area around your eyes. Plumping and hydrating the skin, it makes fine lines temporarily appear less pronounced and helps reduce dark circles under the eyes. The even complexion brightens the eyes, giving them a healthier, youthful look.



## Mini Booster Facial

25 min €50.00

A tailor-made mini facial designed for all skin types to boost and balance, leaving the skin nourished and glowing.

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## Total Man

55 min €70.00

This facial created for men is the perfect antidote to the harsh effects of shaving and everyday pollutants. In addition to targeting any problem areas and healing the skin, it has an overall invigorating, nourishing, strengthening and soothing effect.



## BODY TREATMENTS

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### Soft Sensation

Scrub or Polish



Safe During  
Pregnancy

25 min €50.00

Our carefully selected range of salt scrubs and sugar polishes allows you to tap into the power of rich oils to exfoliate, smooth and renew skin cells, for a healthier, younger look all over.

- Total Detox: Matcha Green Tea, Peppermint
- Naturally Nourishing: Rice Bran & Alpine Plants
- Tension Relief: Geranium & Grapefruit, Lime & Lemongrass
- Mum's the Word: Sweet Mandarin & Neroli with Olive Stone Scrub

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### Luxurious Gold

1 hour 55 min €140.00

Give your body a treat with this shimmering sugar scrub enriched with caviar extract to naturally buff the skin, followed by our ultra-lux Gold and Pearl Mask, a whole-body superfood boost for your skin. The treatment ends with a dynamic massage therapy that combines the healing powers of human touch and nature.

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### Evera Organic Chocolate Body Renewal

1 hour 55 min €250.00

This is the 1-2-3 of body renewal. It starts with a full-body scrub followed by an organic chocolate cocooning wrap and ends with a deeply relaxing full-body massage.

## EVERA SPA MASSAGE JOURNEYS

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### Evera Spa Signature Massage

55 min    €70.00  
85 min    €95.00

This rhythmic body massage was created to restore your balance and re-align energy flow. A choice of aromatic oils is available to address diverse individual needs and help you achieve enhanced mind and body wellness.

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### Melt Away Candle Massage

Choose one of our signature scents:  
Cacao flower / Honey / Rose / Fig

55 min    €80.00

Give in to the flowing strokes of this warming and nourishing candle massage. Subtly scented oils were selected for their particular qualities and ability to relax the muscles and relieve tension, leaving your skin smooth and fragrant.

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### Mum's the Word Massage



Safe During  
Pregnancy

85 min    €90.00

This nurturing and rhythmic pregnancy massage addresses mind and body to promote balance and wellness for both mother and baby. It enhances the function of muscles and joints, improves circulation and general body tone, and relieves mental and physical fatigue.

## Therapeutic Massage

55 min €80.00

75 min €95.00

Especially recommended for anyone suffering from aches, pains and stiffness, this full-body massage will ease tense muscles and bring harmony to body and mind.

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## Sports Massage

70 min €95.00

This massage is designed to enhance athletic performance and recovery depending on the needs of the athlete. In particular, it improves muscle flexibility and blood circulation, reduces swellings, repairs minor sports damage and injuries, and relieves muscle spasms. Athletes will notice increased ease and efficiency of movement, greater awareness of the mind-body connection and overall improved mental alertness.

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## Lymphatic Drainage Massage

70 min €85.00

In this gentle, light massage, controlled pressure and rhythmic circular movements are used to stimulate lymph flow and encourage the natural drainage of the lymph system. It is recommended for detoxification, to reduce water retention and cellulite, as well as before and after plastic surgery.

## EVERA SPA MASSAGE JOURNEYS

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### Deep Tissue Massage

70 min €95.00

Re-charge your body and kick-start your circulation with this deep tissue massage. The powerful detoxifying essential oils of juniper, mint, and lemon myrtle will help relieve muscle tension in specific areas of the body, either to release lactic acid build-up and muscle stiffness due to over-exertion in the gym, or to reduce fluid retention and improve poor circulation associated with cellulite conditions. An effective way to recondition your skin tone and feel free from aches and pains.

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### Back Massage

25 min €50.00

Ideal for those who require a treatment which focuses on the back, this massage is designed to release tension in the back, shoulders and neck. Using a fusion of different techniques, your therapist will customise the strokes to ensure that you leave feeling relaxed, supple and smooth.



## Hot Stone Massage

90 min    €100.00

Smooth and soothing stress relief. This is one of the most relaxing and soothing massage techniques, using heated, smooth lava stones and essential oils. The stones are placed on the body and used to massage specific points in order to ease muscle tension and soothe damaged soft tissue. The process will relieve overall stress and anxiety, allowing you to rediscover inner tranquillity and balanced energy flow.

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## Indian Head Massage

45 min    €65.00

Focusing on tension primarily in the back, neck, shoulders and head, this ancient massage is inspired by Eastern traditions and rituals. It is designed to relieve deep-seated stress, using a customised blend of massage oils, chosen to suit your individual needs. The treatment concludes with a grounding Shirodhara treatment involving a flow of warm oil on the scalp and a soothing and nourishing hair mask. This fascinating mix of warmth, textures and aromas tempts the body into blissful relaxation.



## Massages for Couples

### Evera Spa Signature Massage

55 min €60.00

85 min €75.00

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### Melt Away Candle Massage

55 min €75.00

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### Sports Massage

70 min €75.00

### Therapeutic Massage

75 min €95.00

55 min €70.00

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### Deep Tissue Massage

70 min €75.00

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### Back Massage

25 min €45.00

The above prices are per person.

## HANDS & FEET

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### Foot Treatments



|                     |        |        |
|---------------------|--------|--------|
| Spa Pedicure        | 70 min | €50.00 |
| Plus Shellac Polish |        | €10.00 |

Relieve any pain in your feet with a warm foot bath, followed by foot care that includes nail shaping, cuticle care and smoothing of calluses. The treatment continues with an aromatic salt scrub and a deeply hydrating foot mask wrapped in steaming hot towels. End with a relaxing foot massage using a moisturising lotion, and top it off with a long-lasting nail polish of your choice.

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|                   |        |        |
|-------------------|--------|--------|
| Express Pedicure  | 25 min | €25.00 |
| Re-shape & Polish | 15 min | €10.00 |

This express pedicure leaves the feet and cuticles conditioned, massaged and moisturised. Cuticle care, nail shaping and finishing with the perfect polish.

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### Hand Treatments



|                     |        |        |
|---------------------|--------|--------|
| Spa Manicure        | 55 min | €40.00 |
| Plus Shellac Polish |        | €10.00 |

A full manicure treatment including exfoliation, nourishing hand mask and a soothing hand massage, followed by an application of nail varnish of your choice.

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|                     |        |        |
|---------------------|--------|--------|
| Express Manicure    | 25 min | €25.00 |
| Plus Shellac Polish |        | €10.00 |
| Shellac Manicure    | 60 min | €30.00 |

This express procedure leaves hands and cuticles conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive base coat, then completed with the perfect polish.

## EPILATION (WAXING)

|                         |        |   |        |
|-------------------------|--------|---|--------|
| Full-leg                | €30.00 | Back                                    | €20.00 |
| Full-leg & Bikini line  | €40.00 | Underarm                                | €10.00 |
| Half-leg                | €20.00 | Chest                                   | €25.00 |
| Bikini Line             | €12.00 | Half-arm                                | €15.00 |
| Full Bikini (Brazilian) | €20.00 | Full-arm                                | €20.00 |
| Upper Lip & Chin        | €12.00 | Eyebrow Shaping<br>(waxing or tweezers) | €12.00 |

## MAKE-UP

|   |        |        |  |               |
|---|--------|--------|--|---------------|
| Daytime Make-up   | 60 min | €50.00 | Bridal Make-up (without trial)                               | €70.00        |
| Evening Make-up   | 65 min | €60.00 | Bridal Make-up (including trial)                             | €90.00        |
| Extra Lashes  |        | €15.00 | Eyebrow Tinting  | €12.00        |
| Eyelash Tinting   |        | €15.00 | Eyelash & Eyebrow Tinting                                    | €25.00        |
| Eyelash Extensions  |        | €60.00 | Eyelash Extension Infill                                     | €40.00        |
| Lash Lifting  | 60 min | €30.00 | Lash Perming   | 60 min €30.00 |
| Lengthen and lift the lashes for more attractive eyes and a glamorous look. |        |        | Curl and shape your eyelashes to give them a deep curvature. |               |



## EVERA SPA & WELLNESS ETIQUETTE

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Your comfort and safety are our greatest concern and priority, therefore we kindly request that you carefully read our Spa and Wellness Etiquette and respect the following guidelines.

### Evera Spa & Wellness Environment

As a guest you can enjoy the use of the extensive luxury facilities in our Spa to relax and unwind following your workout or prior to your treatment. Facilities available for your enjoyment include the sauna, steam room, and indoor pool. Guests aged 18 years and over are allowed to use the facilities of the Spa & Wellness Centre. To ensure the privacy of all guests, the use of mobile phones/ cameras/other digital equipment is not allowed in the Evera Spa & Wellness facilities (with the exception of the Reception area).

### Prior to Your Spa Experience

Appointments are required for any Spa treatment. You are advised to arrive 15 minutes prior to your appointment. Upon arrival and prior to use of the facilities, you will be required to complete and sign a Medical Form which will provide us with information appropriate to complete a treatment safely and without any complications. During this time we will also have the opportunity to discuss your treatment expectations. Late arrival will result in a shortened or amended treatment, and no refund will be possible.

### Evera Spa & Wellness Attire and Valuables

Shower towels and bathrobes are placed in the lockers, and you are advised to place used towels and bathrobes in the baskets

provided in the changing rooms following your treatment. Robe and slippers should be worn in all Spa areas. Towels and bathrobes remain the property of the Evera Spa & Wellness and must not be removed from the premises.

Proper attire must be worn during exercise; sports shoes are required in the Fitness Centre. Underwear or suitable swimwear should be worn in the Treatment Room during treatments. Disposable undergarments will be provided for some treatments, and suitable towel draping will be employed at all times. Swimwear is compulsory in the steam room, sauna, and pool area. Guests should always shower before using the pool facilities, sauna, and steam room.

### Health and Wellness Concerns

During treatments you are advised to inform your therapist if you feel uncomfortable, too warm or too cold, or if the pressure is too light or too firm. In case of a particular injury or physical condition please inform your therapist, who will proceed with appropriate adjustments to increase your comfort and enhance the benefit of your treatment.

Ensure that you drink plenty of fluids to rehydrate after using the sauna and steam room. Food, beverages or glassware other than those provided by the Evera Spa & Wellness are not permitted in the Spa.

A towel should always be placed between your body and the bench whilst in the sauna and the steam room. Please do not



wet the vanity areas or leave toiletries in the showers, or add oils or other products to the sauna bucket water without first speaking to a member of staff.

The use of any drugs, including alcohol and tobacco, is strictly prohibited in the Evera Spa & Wellness premises.

## Lockers

Personal belongings should remain in your locker whilst the facilities are being used.

You acknowledge that the Evera Spa & Wellness shall not be held responsible or liable for any loss or damage to personal property left in a locker or any other areas of the Evera Spa & Wellness premises.

## Gift Vouchers

Evera Spa & Wellness offers gift vouchers, an ideal gift for that special someone. Please refer to our Spa Reception for information and purchase.

All gift vouchers must be used within the stated time period and presented at the time of the booking. They are non-refundable and cannot be exchanged for cash value.

## Spa Tours

Spa tours are conducted by appointment only.

## Cancellation Policy

Please note that 24 hours' notice is required for cancellation of bookings and services. Cancellations made within 24 hours of an appointment will incur a charge equal to 50% of the total treatment cost.

## Operating hours:

Spa Indoor Pool: 9:00am - 18:00pm

Spa treatments: 9:00am - 19:00pm

Hair Salon: 10:00am - 18:00pm (except Sundays)

Fitness Centre: 7:00am - 19:00pm

Sauna & Steam Room: 9:00am - 19:00pm

Tennis Court: 8:00am - 22:00pm

For further information or appointment bookings please contact us at the Amavi Hotel, Evera Spa & Wellness, on +357 26522500.



Rejuvenate

# Evera

SPA & WELLNESS

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