



Helios[®]
SPA & RESORT

Every morning Helios rode up into the sky, on a journey that began in the East and ended in the West, when the daily round of the cape of Heaven was completed, sinking into the blue depths of the ocean. Then at night, he would float back to his Eastern palace in a golden bowl.



He passed through the twelve constellations – the signs of the zodiac, measuring the time of the year. Helios had a wreath of rays on his golden blond curls of hair, carried by a brightly shining chariot, drawn by winged horses through the sky, bringing light and joy to the people.

We turn moments into
memorable experiences...



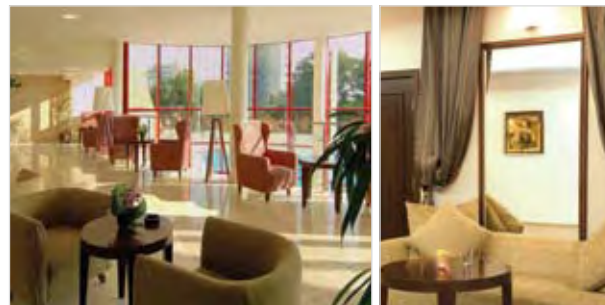
Helios Spa & Resort was conceived to provide the elegance you deserve, the comfort you desire, the peaceful tranquillity you long for and the friendship that makes you come back again!

THE LIFE OF THE LEGENDS

Helios and Aphrodite – these are the Gods that the most charming legends of ancient mythology are devoted to. They are symbols of a new beginning, of revival, of beauty.

Helios Spa & Resort has energy even in its very name – it means “Sun” in ancient Greek and is named after the God of the Sun, giving light, warmth and life.

This luxurious hotel complex, located on the Bulgarian Black Sea coast, boasts one of the largest and most exquisite spas for rejuvenation and recovery, providing unique opportunities to its guests and visitors. Called Aphrodite Beauty Spa & Health Clinic, named after the goddess of Beauty, Love and the Sea, balancing the magnificent power of the Sun.



TO GET FILLED WITH LIFE

The construction of this remarkable architectural complex, located in the ancient forest of the unique Golden Sands natural park, was fully completed in 2004, when the central five-star hotel building was opened. Helios Spa & Resort covers an area of 33,000 sq. m. and offers 557 suites, family rooms, sea view and park view rooms, gardens and swimming pools, with gym and entertainment facilities included.

Helios Spa & Resort is one of the brand new luxury properties in Golden Sands, with the largest and most spectacular spa and health centre in the resort. Aphrodite Beauty Spa & Health Clinic is a unique centre for rejuvenation and recovery. It covers an area of 2,300 sq. m., with 35 luxuriously furnished and equipped individual treatment rooms for facial and body massage, hydro-massage and for aesthetic therapy, rehabilitation and treatment.

The flagship 5-star Helios Spa & Resort offers the most comprehensive services in Golden Sands. Our guests can choose between three comfortable and luxurious restaurants: Demeter Main Restaurant, Dionysus A-la-Carte Restaurant and Poseidon Seafood Restaurant & Bar; exquisite cafes and bars - Helios Lobby Bar & Sun Terrace Cafe, Artemis Juice Bar, Poolside Bar & Grill, Apollo Night Club, as well as two outdoor and one heated indoor swimming pools, children's playground and a multipurpose tennis court, basketball, volleyball and football ground.





THE DESIRE TO PLEASE

Legends of Gods actually tell us stories about people's dreams – the dreams that Helios Spa & Resort turns into a reality full of positive emotions and glorious memories.

It is our main purpose to meet even the highest and most sophisticated requirements of our customers, being their best and most unforgettable choice of place.

MISSION STATEMENT

At Helios Spa & Resort the genuine care and comfort of our guests is our highest mission. We are committed to striving consistently for excellence and guest satisfaction.

OUR PHILOSOPHY

Hospitality, accuracy and attention to every detail, the valuable expertise of the team and the high standard of services – this is the underlying philosophy of Helios Spa & Resort. We are dedicated to producing the best customer experience possible.





TO RELAX, SLOW DOWN AND REJUVENATE

The comfort and the cosiness of your own personal space. No matter whether you choose a room with a park view or one with a sea view you will wake up to the silence of the gentle sea breeze, the gorgeous scent of the forest or the rays of the rising sun.

THE ELEGANT PLACE

Each and every detail in furnishing is exquisitely fine and comfortable.

You have a mini-bar, cable TV, telephone, individual air conditioning, fast Internet communication and 24 hours room service at your disposal.

THE IMPRESSIVE PLACE

The 5-star hotel main interior and the overall landscaping were designed by WATG - Wimberly Allison Tong & Goo (www.watg.com), the creators of The Venetian in Las Vegas and The Palace of the Lost City in Sun City, among many other world-class resorts. The architectural design was developed by Proarch Ltd, one of the leading architecture and design studios in the field of resort masterplanning in Bulgaria.

TO MAKE EVERY DAY OF LIFE A MASTERPIECE

The exquisite atmosphere of the Helios Spa & Resort suits provokes your imagination with the softness of the subdued colours, comfort and luxury of furnishing. You will feel this environment is tailored to fit perfectly and become you. You yourself will create the vacation you have always dreamed of!

TO FEEL, TASTE AND APPRECIATE

Demeter Main Restaurant

A rich variety of international and traditional Bulgarian cuisine specialties.

Dionysus A-La-Carte Restaurant

First-class ambience.

Offering a pleasant experience of modern European cuisine with a classic twist, excellent first-class drinks and flawlessly perfect service. A grown-up environment for indulgence!

Poseidon Seafood Restaurant & Bar

An attractive place for seafood lovers with a stylish decor and beautiful views of the tennis court and the Japanese garden.

Offering a rich variety of delicious seafood specialties and Mediterranean dishes.

Stylish design and casual luxury just right for moments of seclusion and intimacy.



All restaurants offer a special selection of wines introducing winery traditions – established by the Thracians, developed by the Greeks and Romans and inherited by the Slavs and Bulgarians.





THE FRIENDLY PLACE

Have a pleasant conversation and a refreshing cup of coffee or a drink before dinner.

Helios[®]
SPA & RESORT

TO PARTY, TO CELEBRATE, TO BE UNDER ITS SPELL

Apollo Night Club

A modern and luxurious club with a magnificent show programme.

Real entertainment, turning every holiday into a quest for adventure.





WHERE THE SUN TOUCHES THE WATER

Dipping into the crystal-clear waters, feeling the sun gently warming your skin and the caress of the breeze, sensing harmony.

Two outdoor swimming pools and one indoor heated pool with a Jacuzzi, saunas and a steam room.



TO STROLL, MOVE AND BE CHERISHED

Gym, multipurpose tennis court, volleyball, basketball and football ground.

A rich day and evening professional entertainment programme to enhance your active holiday.

The children's playground is the favourite place of the younger guests of Helios Spa & Resort, where games are endless and joyful, and fairytales come true, being played by the children themselves.





WHERE BUSINESS IS PLEASURE

If you plan to hold seminars, conferences and training sessions, Helios Spa & Resort offers excellent working conditions and logistics - multimedia equipment, video screens, sound equipment and professional interpretation services. At your disposal are three conference rooms appropriate for business events and a skilful and experienced team of professionals able to organise activities in the best possible and most effective way.







Because you deserve to be
beautiful and healthy

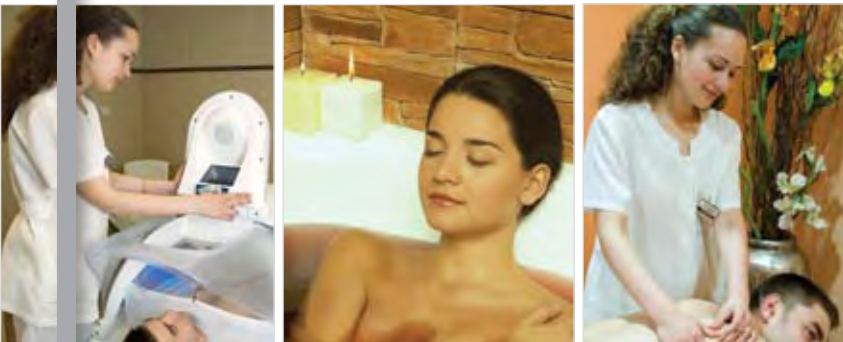
APHRODITE BEAUTY SPA & HEALTH CLINIC AT HELIOS SPA & RESORT

The time for rest stops in endless moments of pleasure for body and soul in the sophisticated and remarkable interior of Aphrodite Beauty Spa & Health Clinic.

ADVANTAGES — LONG-TERM RESULTS USING BOTH SCIENCE AND NATURE

Every step made in the world of Aphrodite Beauty Spa & Health Clinic combines the usefulness of therapeutic procedures and the luxury of experience. Our programmes have been developed based on the most up-to-date modern achievements of science, spa medicine and technology using powerful organic products. Yes, beauty, spa and health procedures are just as much a part of aesthetic nature as science!

But the nicest thing of all is the fact that our guests feel so enriched in this wonderful atmosphere that they simply forget about the notion of science and lose themselves in the pleasure of sense and spirit.





MISSION STATEMENT

It is our mission to achieve immediate and long-term results, performed by highly trained qualified professionals in a professional and inviting setting.

THE PHILOSOPHY

Aphrodite Beauty Spa & Health Clinic incorporates a philosophy that is fundamental to the human experience – the quest for a balanced lifestyle. Balancing mind and body creates a new state of mental and physical health, beauty and self-esteem.

It is our philosophy to establish the basis of healthy living through the implementation of individual programmes. A highly qualified team of experts helps every one of our guests to discover the formula of well being and vitality – to embark on their own unique journey to living in harmony.

With its state-of-the-art treatment services, major sensory therapies and a variety of unique and luxurious treatments on offer, Aphrodite Beauty Spa & Health Clinic is innovative, creative and totally committed to the well being of its members and guests.

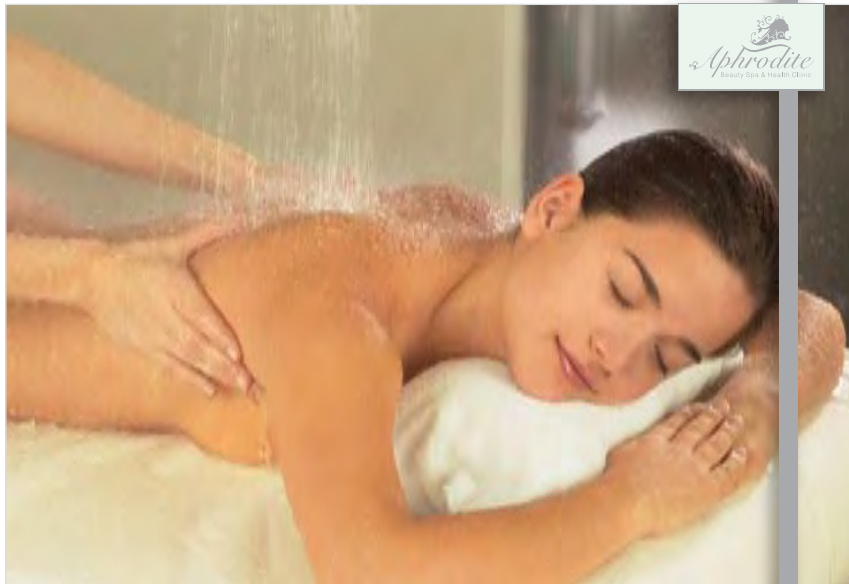
Our team of highly qualified professionals strongly believes in every aspect of our philosophy and is dedicated to serving the individual needs of our guests.

Relax in an environment that delights all your senses. Be inspired by our team of experts who can help guide you towards a more enriching lifestyle.

Well being, beauty and preventive health care are at the heart of our philosophy.

WE OFFER

- ❖ Aesthetic therapies for face and body, rehabilitation and treatment in 35 luxuriously equipped individual therapeutic rooms.
- ❖ Medical consultation rooms.
- ❖ Remedial gym and aerobics exercise hall.
- ❖ A relaxation lounge for chromo therapy with a stylish atmosphere.
- ❖ Infrared cabin, sauna and a steam room.
- ❖ Two outdoor pools and a heated indoor pool with Jacuzzi.
- ❖ Spa jet, modern solarium, cosmetic studio, hair styling salon with manicure and pedicure and much more.
- ❖ High quality branded equipment.
- ❖ Special sound and light system for chromo therapy.
- ❖ Perfect finishing and interior design and sound available in all spa premises.



SPA PROGRAMMES. LUXURY FOR BODY, SOUL AND MIND

Revitalising and anti-stress programmes, aesthetic beauty, weight-loss, cellulite reducing and body forming programmes.

Luxurious aroma and thalasso-therapeutic facial and body sessions.

Sensual chocolate and wine therapies.

Ayurveda – hot stone massage.

Signature treatments available with various luxury levels – Silver, Gold and Platinum.



ULTIMATE PREVENTION, RESTORATIVE
THERAPY AND PERSONAL AESTHETIC CARE

Equipment-based physiotherapy, offering an extremely rich variety of treatment methods – electro pulse therapeutic appliances, combined with vacuum massage devices offering more than 4,500 programmes, ultrasound therapy, magnetic therapy, laser therapy and infrared treatment.

Cutting-edge thermo-therapeutic block for fango-paraffin treatment and mud therapy.

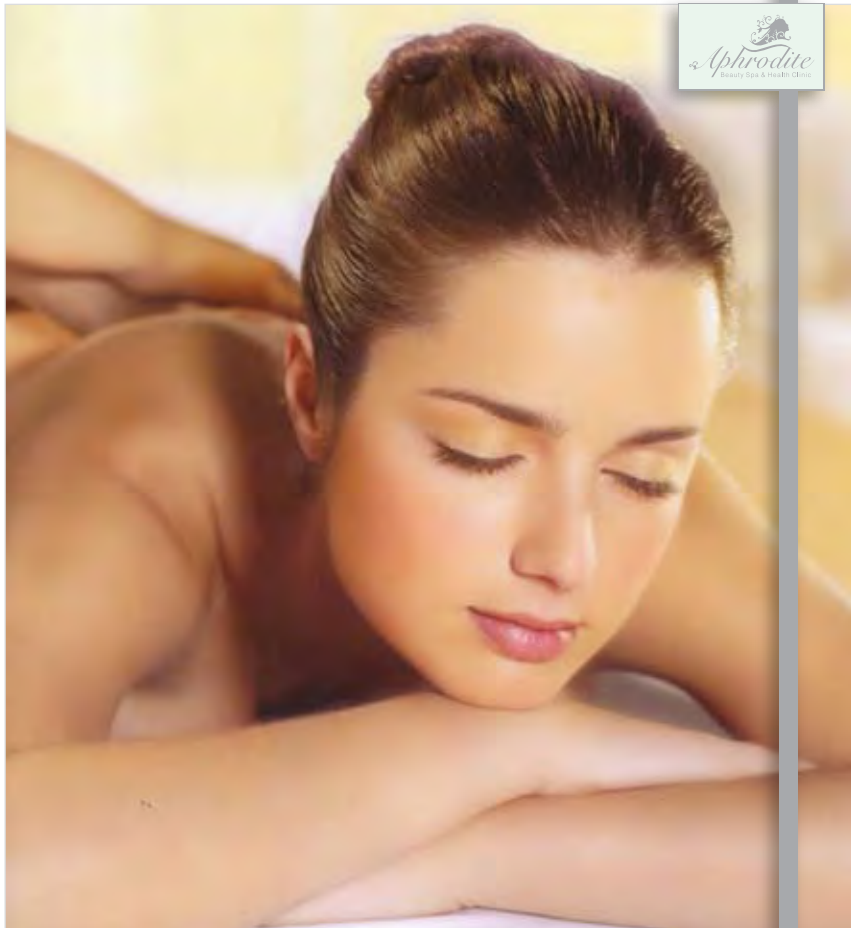
Comfortably sized hydro-massage bathtubs of 400 litres capacity and automatic water and air hydro-massage nozzles for gentle anti-stress massage.

NOTHING COMPARES TO THE HEALING
EFFECT OF HUMAN TOUCH WHEN APPLIED
WITH KNOWLEDGE AND TECHNIQUE

Elaboration of individual personalised programmes – “tailored to fit”.

Special emphasis upon therapeutic massage, physical exercises and traditional Chinese medicine (Zone therapy, Acupuncture, Moxa therapy, Ci Bu Auriculotherapy, Laser therapy and Laser Puncture). Treatments are prescribed and performed by the world-recognised authority in this field in Bulgaria, Dr Emil Iliev, and his highly experienced and qualified team.

A cosmetic studio offering an extremely rich variety of entirely manual to treatment-based techniques and therapies: classical cosmetic therapies, luxurious aroma-therapy facial sessions, collagen-substances myolifting, balancing, hydrating therapies, immediate lifting effect therapies, warm spa therapies for hands and feet, to name a few.



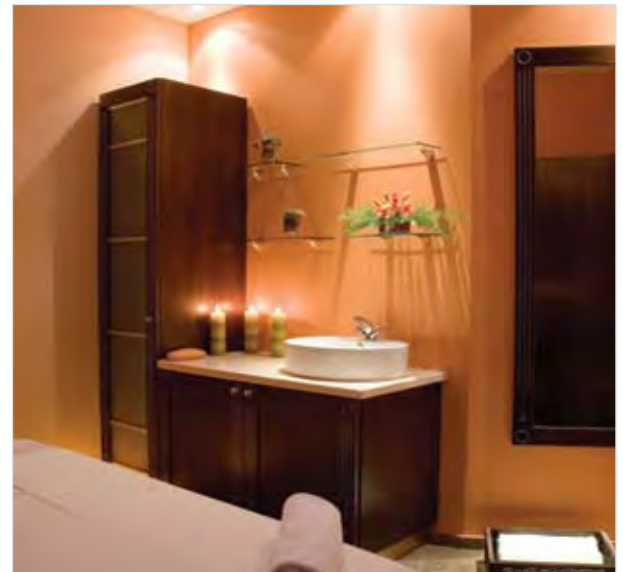


OUR COMMITMENT TO PROFESSIONALISM IS A
PHILOSOPHY, AN EMOTION, A STATE OF MIND

A team of devoted highly qualified professionals with remarkable expertise in preventive medicine, balneology, kinesitherapy and cosmetology.

THE DIFFERENCE IS IN THE RESULTS

The achievement of immediate and long-lasting results performed by highly trained qualified and certified professionals.



TO HARMONISE

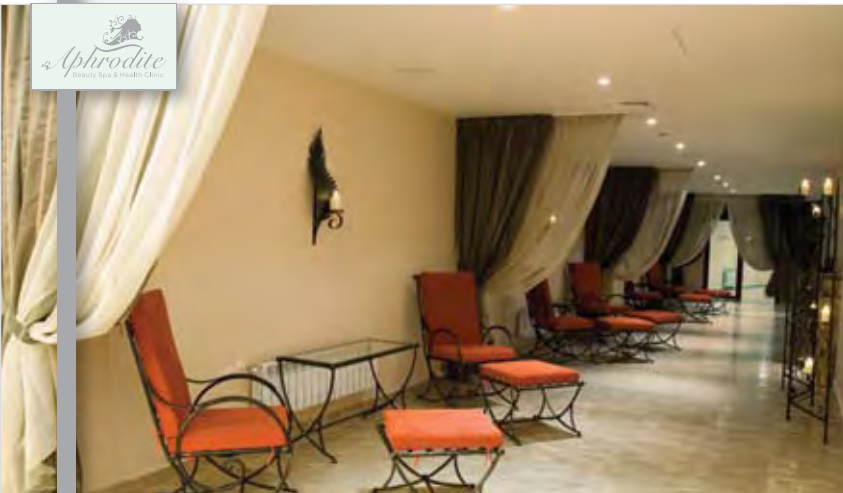
Aphrodite Beauty Spa & Health Clinic will help you gain the balance of body and soul – a totally new balance completely in tune with your personal specific needs, reflecting the status of your physical and emotional health, enhancing beauty, provoking self-confidence and promoting high self-esteem.

You will feel revived, replenished with enhanced fresh energy, led and directed with professionalism by our experts, eager to let you explore unique and unforgettable opportunities for care-taking of your body and well being, applying natural and ecologically tested, environmentally friendly products.



Finding the balance between
the life you live and the one,
you have always longed
for!





Discover a pathway to inner peace, reflection,
restoration and enlightenment

No clocks, no stress, no urgency
Rediscover your senses

Rest your mind
And breathe freely

In Aphrodite Beauty Spa & Health Clinic

Welcome to Helios Spa & Resort!
Welcome to Aphrodite Beauty Spa & Health Clinic!



Aphrodite was born from the sea foam.

They call her the one who rose from the sea and the golden one, gently smiling goddess of love and beauty, incarnation of the true creative power of nature.



Worshipped and honoured as the Goddess of the Sea, soothing the waves.

15 min drive from the loveliest Bulgarian city, Varna, the Black Sea capital of Bulgaria;
30 min from Varna International Airport, the gateway to Bulgarian tourism;
200 meters from the Black Sea and the gorgeous beaches of the Golden Sands Resort;
Located in the ancient forest of the unique Golden Sands natural park.



Helios[®]
SPA & RESORT



Helios Spa & Resort
Golden Sands, Varna, Bulgaria
tel.: + 359 52 356 108; fax: + 359 52 390 445
e-mail: frontdesk@helios-spa.com;
www.helios-spa.com