



Aphrodite
Beauty Spa & Health Clinic







Because you deserve to be beautiful and healthy



*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.



Aphrodite was born from the sea foam. They call her the one who rose from the sea and the golden one, the gently smiling goddess of love and beauty, the incarnation of the true creative power of nature. Worshipped and honoured as the Goddess of the Sea, soothing the waves.



DEAR GUEST,

Welcome to the wonderful world of Beauty, Spa, Wellness and Health!

Ever wondered how some people seem to glide effortlessly through life, while others are perpetually stressed? The team at Aphrodite Beauty Spa & Health Clinic is here to reveal how you can make the right choices and restore the balance for a more fulfilling way of life. We know your time is precious, but finding moments in life, however small, to ease your mind, sooth your soul and make your face and body even more beautiful could make all the difference.

The rewards are priceless and the possibilities are endless – which is why we have gathered some of the world’s most productive spa innovations and advices to present exclusive packages of treatments, beautifying sessions and lifestyle experiences that will truly enable you to enjoy the spa experience.

Our philosophy at Aphrodite Beauty Spa & Health Clinic is one of health and happiness, longevity and joy, enhanced by a strict regime of professional conduct, client focused care, the highest standards of treatment, consultation and health and safety. Combining ancient wisdom with modern treatment, cutting edge technologies with holistic therapies, yet sticking to the roots of good European tradition of balneotherapy and rehabilitation, we embrace the philosophy of integrative health, thriving to enhance client focused care. While realising the demand of a place for pampering and escape, we also strongly believe that there will always be a need for sophisticated wellness facilities devoted to conventional therapy. Similarly, we consider TCM (Traditional Chinese Medicine), which we also employ, an important factor influencing the modern spa concept.

In Aphrodite Beauty Spa & Health Clinic spa and healthcare are in a natural alliance. We are bridging the gap between conventional treatment and beauty by shifting our focus from the choice between health or beauty and pampering, to the combination of restorative healing, beauty and integrative health. We clearly define our message: when you look good, you feel good, and true beauty comes from within. So, to the wisdom of ancient Romans “mens sana in corpore sano” – “healthy spirit in a healthy body”, we add “in a healthy and beautiful body”.

You may ask yourself, how can I prevent the positive results achieved at Aphrodite Beauty Spa & Health Clinic from disappearing, once I get back home to my daily routine? An essential aspect of our method at Aphrodite Beauty Spa & Health Clinic is to give our clients the possibility to increase their knowledge about an appropriate diet and how to keep themselves in good mental and physical condition. To that end, we set out an appropriate individual plan for each client, and we organise lectures and seminars at our centre to educate each guest, so that they can gain an improved understanding of their own mind and body. Our guests will know themselves better after their stay at Aphrodite Beauty Spa & Health Clinic, so they will be able to modify their diet and lifestyle once they get back to their daily routine. After completing the treatment our guests will not only have relieved their existing complaints, they would be prepared for a more fulfilling future.

Although the spa experience is different for each of us – some like to share it with friends and family, others prefer solitude, and couples love the intimacy – one thing seems clear: more people are visiting spas, because a spa works in a way that can elevate us to another level of an enhanced lifestyle. It is a feel good factor that can be fun, sensual, wholesome, indulgent, but restorative and healing at the same time.

You now have access to an enriching spa holiday with VIP treatment and exclusive offers – oh, and there is the chance to win another fantastic holiday, too, simply by checking in and taking a few moments to fill in our Questionnaire form.

So when you are searching for a spa – let us at Aphrodite Beauty Spa & Health Clinic help you with the ultimate choice.

We look forward to seeing you soon!

Yours truly,

A handwritten signature in blue ink, appearing to read 'Antonina Stoyanova', written in a cursive style.

Dr Antonina Stoyanova
Spa Director



APHRODITE BEAUTY SPA & HEALTH CLINIC HELIOS SPA & RESORT – GOLDEN SANDS

Aphrodite Beauty Spa & Health Clinic at Helios Spa & Resort is one of the largest and most exquisite spas in the country, and is a unique centre for rejuvenation and recovery. It covers an area of 2,300 square meters (approximately 25,000 sq.ft.), with 35 luxuriously furnished and equipped individual treatment rooms for facial and body massage, hydro-massage and for wellness treatment, rehabilitation and aesthetic therapies.

THE CONCEPT

Aphrodite Beauty Spa & Health Clinic is much more than simply a spa and certainly not just a health and relaxation centre. It is a place where the philosophy of exploratory human experience in search of the living balance is authentically implemented. This is the balance of body and soul, establishing a new level of mental and emotional well being, beauty and self-confidence.

Here the elements of nature - sun, air, earth and water meet the creation of nature - Man.

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 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 of living in harmony.

With its state-of-the-art treatment services, major sensory therapies and variety of unique and luxurious treatments on offer, Aphrodite Beauty Spa & Health Clinic is professional, 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.
- ✦ A functional diagnostic centre.
- ✦ Remedial gym and aerobics 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.
- ✦ Cosmetic studio, spa jet, modern solarium, 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.

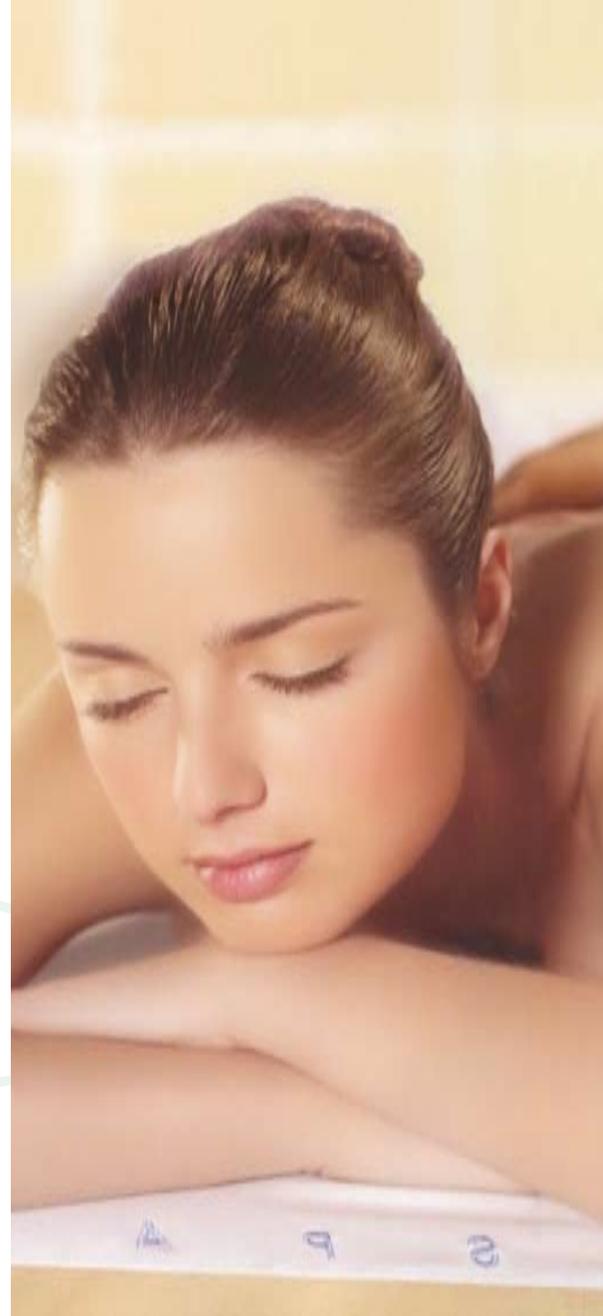
Sensual chocolate and wine therapies.

Ayurveda - hot stone massage.

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

RESPECTING THE HARMONY OF SCIENCE AND NATURE

A full range of aesthetic body therapies - from fully manual to entirely equipment-based techniques, applying products based on top-scientific achievements aimed at ensuring immediate and long-term results.



Reflect upon a reflection

*When water is calm,
the reflection becomes clear*

*Upper elements meet lower elements
in a state of perfect balance*

*This idea is at the heart
of our hydrotherapies*

*Realising the restorative power of water,
hydrotherapies work to purify,
replenish, balance and revive*



ULTIMATE PREVENTION, RESTORATIVE THERAPY
AND PERSONAL AESTHETIC CARE

Comfortably sized hydro-massage bathtubs of 400 litres capacity and automatic water and air hydro-massage nozzles for gentle anti-stress massage, all of them with optional targeted manual underwater massage and integrated underwater lights with more than 250 colour shades.

Cutting-edge thermo-therapeutic block for fango-paraffin treatments and mud therapies.

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.

Inhalation oxygen therapy by the Ardenne's method – an energising beneficial therapy with a favourable impact on the lifestyle induced conditions of exhaustion, stress, tension and others.

ACUPUNCTURE

According to traditional Chinese philosophy our health is dependent on the body's motivating energy, known as Qi, moving in a smooth and balanced way through a series of channels beneath the skin. Qi consists of equal and opposite qualities - Ying and Yang - and when these become unbalanced, illness may result. By inserting fine needles into the channels of energy, an acupuncturist can stimulate the body's own healing response and help restore its natural balance.

Acupuncture is a system of healing practiced in China and other Eastern countries for thousands of years. The principal aim of acupuncture in treating the whole person is to recover the equilibrium between the physical, emotional and spiritual aspects of the individual, but modern researches show that acupuncture has a beneficial effect on most of the body systems - the nervous system, the immune system, muscle tone, hormone outputs, circulation, antibody production and allergic responses, as well as the respiratory, digestive, urinary and reproductive systems.

In Aphrodite Beauty Spa & Health Clinic, our client's case can be assessed by an experienced doctor, and treatment will be tailored to the individual needs and performed by the world-recognised authority in this field in Bulgaria, Dr Emil Iliev, or his highly experienced and qualified team.

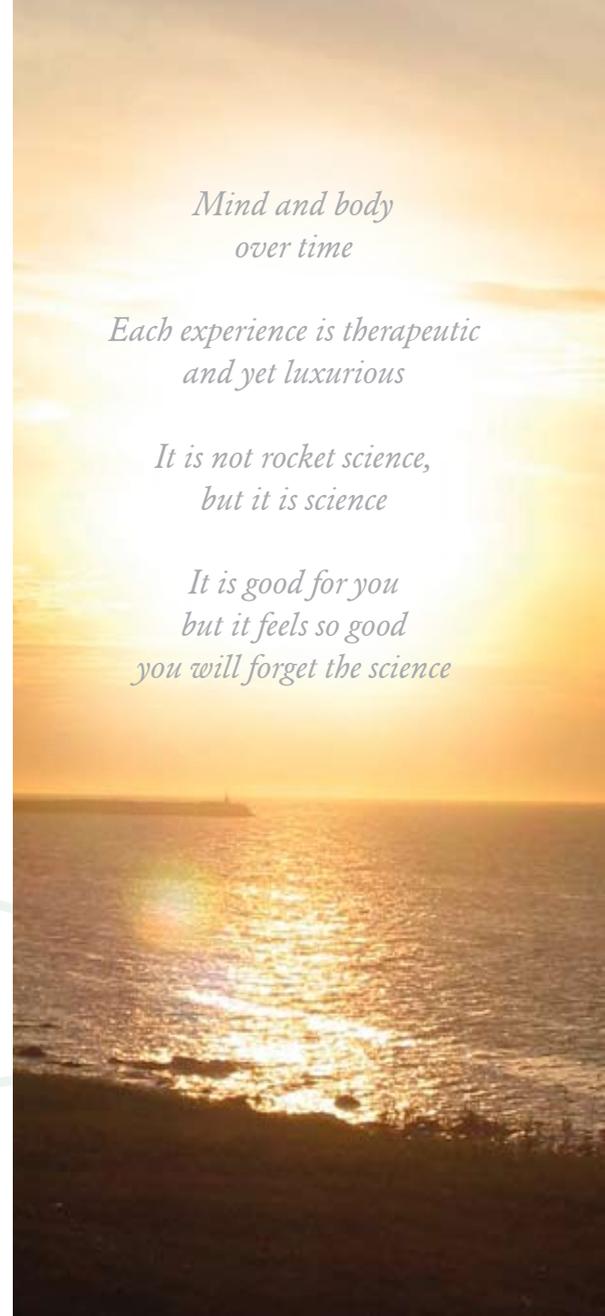


*Mind and body
over time*

*Each experience is therapeutic
and yet luxurious*

*It is not rocket science,
but it is science*

*It is good for you
but it feels so good
you will forget the science*





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 and physical exercises, traditional Chinese medicine and Reflexological treatments, Zone therapy, Acupuncture, Moxa therapy, Ci Bu Auriculotherapy, Laser therapy and Laser puncture.

A cosmetic studio offering an extremely rich variety of entirely manual to equipment-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.



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 achievements of science, spa medicine and technology. 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.

STATE OF THE ART TREATMENT SERVICES

A team of exceptionally qualified and experienced doctors and therapists.

Advanced equipment.

The very latest rehabilitation, treatment and beauty enhancing therapies.

Powerful organic and environmentally friendly products.

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 healthcare, balneology, rehabilitation, kinesitherapy and cosmetology.





THE DIFFERENCE IS IN THE RESULTS

The achievement of immediate and long-term 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 and well being, 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.





*A place where woods have stopped to rest
before descending to the sea...
Where water is tranquillity and the sun is pure energy..
Where you can run away to find your true self..
Finding the balance between the life you live and the one,
you have always longed for!*

THE SPA TEAM

Our most important resource is our team, the people who make your beautiful travel towards your body, spirit, and soul possible.

Dr Emil Iliev – Senior Consultant of Aphrodite Beauty Spa & Health Clinic



Dr Emil Iliev is one of the most famous Bulgarian physicians. He graduated from the Medical Academy in Sofia. He has specialised in Dermatology and Traditional Chinese Medicine with a particular focus on acupuncture and moxibution and attended a number of courses in more than 60 countries worldwide. Since 1978 he has been a Member of the Board of Directors of the International Society of Acupuncture (SIA). Dr Iliev is a well-known scholar – in 1984 he was elected an international lecturer of Acupuncture in Dermatology for Spain, Denmark, France, and, in 1995 Dr Iliev became a guest associate professor in Germany and Austria. More than 2,000 physicians from all over the world are his students. All Bulgarian specialists in Acupuncture have been trained in his clinic for the past 20 years. In 1995 Dr Iliev was presented an award by the World Health Organisation for his method of treatment of recurrent herpes simplex infections and the concurrent erythema multiforme. He is fluent in German, English and Russian.

Dr Antonina Stoyanova – Spa Director of Aphrodite Beauty Spa & Health Clinic



Dr Antonina Stoyanova, the Spa Director of Aphrodite Beauty Spa & Health Clinic, has 20 years experience in the field of rehabilitation medicine and balneology. Dr Stoyanova has graduated from the University of Medicine in Varna. She also specialised in rehabilitation and balneology. Dr Stoyanova has worked as a GP at the Balneology Centre in Grand Hotel Varna and later – as a manager of the spa centre Elisium in Dasman, Kuwait and as a manager of the balneology and rehabilitation centres in the hotel Imperial and Riviera Beach at the Holiday Club Riviera, the most exclusive Holiday Club in Bulgaria. She is fluent in German, English and Russian.

The team of specialists of Aphrodite Beauty Spa & Health Clinic is made up of young, motivated and highly qualified people, offering you their skills and experience. They all graduated from the best Bulgarian and international universities. All of them hold BA or MA degrees in kinesitherapy or physiotherapy. All our specialists have undergone a rigorous training focusing on the best standards, practices, treatments and products in the industry. They are fluent in English, German and Russian.





WELCOME TO
APHRODITE BEAUTY SPA & HEALTH CLINIC
AT HELIOS SPA & RESORT!



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