



SPA MENU

*Welcome
to Aphrodite Beauty Spa & Health Clinic
at Helios Spa & Resort*



*The Largest and Most Spectacular Spa
on the Bulgarian Black Sea Coast*

Because you deserve to be beautiful and healthy

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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 traditions 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 treatments 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.

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

We look forward to seeing you soon!

Yours truly,



Dr Antonina Stoyanova
Spa Director

PHILOSOPHY

Our philosophy is based on time proven wellness and treatment protocols and standards. We operate by all standards of health and safety applicable in Bulgaria and all the health and safety regulations applicable in EU as they apply to Bulgarian spas. With respect to our treatment programmes, we utilise all Bulgarian regulations applicable to spa treatments and their respective treatment protocols. The Aphrodite Beauty Spa & Health Clinic applies those International standards as are appropriate with respect to our services, programmes and codes of practice.

It is our philosophy to establish the basis of a healthy lifestyle through the implementation of individual programmes. With our state-of-the-art treatment services, sensory therapies and a variety of unique and luxurious spa treatments on offer, Aphrodite Beauty Spa & Health Clinic is professional, innovative, creative and totally committed to the well being of its members and guests.

We have chosen our treatments and therapies based upon our understanding of the pressures and demands placed on the body and mind by the strain of modern lifestyles and the physical stress of striving for peak performance at home and in the workplace.

All of our therapists have been selected from the best in their field, all with accredited training and 'a little something else' that enables them to offer treatments at a deeper, more effective and friendly level. Our team of highly qualified and certified professionals strongly believes in every aspect of our philosophy and code of practice and is dedicated to serving the individual needs of our guests.



DIAGNOSTICS

In Aphrodite Beauty Spa & Health Clinic our main interest is in improving our clients' general well being, state of mind and spa experience. In order for our programmes and treatments to be more effective and best suited to each individual's needs, to ensure that we deliver the highest standards of service possible and to initiate a long-term professional relationship with our clients, we highly recommend a complimentary initial consultation with our spa medical staff to determine suitable spa programmes.

We endeavour to ensure the highest level of professional treatment, privacy and advice. Please, feel free to discuss your needs with our medical consultants and to provide them with a clear understanding of your well being and health care needs and general level of health, which you may wish to enhance.

COMPLIMENTARY CONSULTATION

The doctor's initial consultation for the spa treatments and packages that best suit your individual needs is complimentary and includes initial and a summary doctor's consultation, dietary advice and a general lifestyle assessment. If you have any questions or you are not sure what spa treatment is the most suitable for you, please contact our medical staff, who will be happy to advise and assist you in any way.

INITIAL MEDICAL CONSULTATION

Includes consultation and recommendations for a specific health problem or complaint.

FOLLOW-UP MEDICAL CONSULTATION

Review of the treatment regime, suggestions for continued enhancement.

BODY COMPOSITION ANALYSIS

The human body is composed of a variety of different tissue types. The so-called 'lean' tissues, such as muscle, bone, and organs are metabolically active, while fat tissue is not. The different methods of assessing the percent of fat versus lean mass of an individual are referred to as Body Composition Analysis. Body fat percentage is of utmost interest because it can be very helpful in determining a person's ideal body weight for optimal health and suitable programmes to utilise.

ECG

Electrocardiogram (evaluation of the heart function). Applied by certified staff members.

UPON REQUEST

We offer on request a variety of specific consultations and analysis, some of which are mentioned below, with experienced and qualified specialists. For more information, please contact our spa medical consultants.

Dermatologic Consultation

If a specific dermatologic consultation for different skin conditions or cosmetologic problems is required, Dr Emil Iliev, a world-recognised authority in Dermatology and Traditional Chinese Medicine in Bulgaria, or his qualified team will be happy to offer their expertise to our clients.

Skin Analysis

If our skin, like any other living tissue, is not looked after properly it will get tired and will require extra care and attention. The skin analysis gives detailed and accurate information about your skin type and your skin's specific structure and needs. (Please, see also Special Facial Blemishes Treatment Programmes)

Hair and Scalp Analysis

A hair analysis gives a more complete picture of a person's health history. Hair growth can show nutritional deficiencies occurring over a long period of time. The hair is the second most metabolically active tissue in the body and represents what is occurring inside the cells and what is being stored in the body. A blood test shows what is happening outside the cell and the waste material being discarded. Hair and scalp analysis gives detailed and accurate information about the condition and the specific needs of your hair and scalp and you will be advised on the appropriate care and hygiene to restore their optimal balance and health.

Blood and Urine Analysis

Can be arranged according to your specific needs and condition. Requires a doctor's consultation and is conducted by medical technicians.

MASSAGE

The perfect professional relaxation and de-stress treatment.

Our therapists share the philosophy that massage is an integral part of one's well being, whether you are seeking relief from discomfort, or simply relaxation.

THERAPEUTIC MASSAGE (partial)

THERAPEUTIC MASSAGE (whole body)

AROMATHERAPY MASSAGE (partial)

AROMATHERAPY MASSAGE (whole body)

ANTICELLULITE MASSAGE (problem zones)

COUPLES MASSAGE

Share your massage experience with a friend! Massage is performed simultaneously on a couple by two therapists in a special VIP room.

FOUR HANDS MASSAGE

A unique and memorable experience of a synchronised massage, performed simultaneously by two therapists.



HOLISTIC TREATMENTS

Our philosophy is to offer a balanced integrative approach to wellness by combining the best that Eastern and Western traditional medicine have to offer. Our aim is to treat the “whole person”, focusing on the physical, emotional and mental well being. Each client’s case will be assessed by an experienced doctor and treatment will be tailored to the individual needs and performed by the world-recognised authority in the field of Traditional Chinese Medicine in Bulgaria, Dr Emil Iliev, or his highly experienced and qualified team.

ACUPUNCTURE

The most powerful “weapon” of TCM (Traditional Chinese Medicine). Promotes balance and harmony, restores energy flow. Multiple healing and restorative programmes. Previous medical consultation is required.

FOUR SESSIONS THERAPY

EIGHT SESSIONS THERAPY

CUPPING MASSAGE THERAPY

Superior detoxification. Chinese cupping combined with therapeutic massage to improve overall well being. It is used to draw trapped in the tissues and the lymphatic channels toxins into the blood stream. It is very beneficial during periods of stress, detoxification and to reduce chronic headaches. This treatment will temporarily leave little round dark circles on the skin, but, as the metabolism purifies, each time they will be less and less darker.



FOOT REFLEXOLOGY

Stimulates energy flow. Based on the principle that there are reflex points on the feet that correspond to each organ, gland and structure in the body. Therapists focus on stimulating these areas to release congestion, reduce tension and restore energy flow.

MOXA THERAPY

Moxa therapy ranks among those classic Chinese healing techniques, which have proven to be the most successful Asian medical practice. Specific reaction zones of the body meridians are stimulated through the action of pleasant warmth produced by burning aromatic therapeutic Moxa herbs, the so called Moxa cigars. In reaction this mobilises the body's natural powers to self-healing. Moxa therapy makes it possible to treat painful conditions, back pain, digestive tract complaints, muscular tension and sports injuries without any side effects.

AURICULOTHERAPY

Auriculotherapy is a health care procedure in which stimulation of the auricle of the external ear is utilised to alleviate health conditions in other parts of the body. While originally based upon the ancient practices of acupuncture, the somatotopic correspondence of specific parts of the body to specific parts of the ear was first developed in France. In this integrated system of Eastern and Western healing practices small seeds are used for auricular stimulation.



PHYSIOTHERAPY

Preventive, diagnostic and therapeutic. Our physiotherapists have a detailed understanding of how the body works and the ability to distinguish between normal and abnormal posture, balance and movement. They can help restore function and prevent disability arising from trauma and injury. Treatment is via the following methodologies: Ultrasound, Interferential currents, Magnetic field therapy, Laser therapy and other specific treatments. Medical consultation required.

INHALATIONS

Inhalations with marine aerosols assist the treatment and prevention of respiratory problems. Highly recommended for Sinusitis and certain forms of Asthma.

O₂ INHALATIONS BY THE ARDENNE'S METHOD

The inhalation of air, enriched with oxygen, which supplies blood and brain with vital oxygen - an energising, beneficial enhancement therapy, generating a positive and favourable impact on the lifestyle induced conditions of exhaustion, stress, tension and other related complaints. Improves the skin quality, the mental and emotional balance and the feeling of well being.

MUD TREATMENT

Bulgarian mud is famous for its powerful healing properties. The minerals and trace elements, microelements, enzymes, vitamins and other bioactive substances of the mud penetrate deep into the skin and tissue and help soothe stiff muscles, back tension and joint problems. Healing mud is beneficial for both body and skin and is a well-proven treatment regime employed over many centuries of use.

FANGOPARAFFIN TREATMENT

Fangoparaffin contains volcanic powder mixed with paraffin and remains warm during the whole treatment time. It improves blood circulation, releases muscle tension and eases back pain and strains. This is the perfect treatment before a massage.

AESTHETIC BODY THERAPIES

The Aesthetic Body Therapies can be used in conjunction with seaweed wraps to detoxify, firm and tone the skin, and to improve circulation and increase lymphatic drainage. Adds a revitalised feeling and texture to the skin.

FIVE SESSIONS THERAPY

TEN SESSIONS THERAPY

BODY FORMING THERAPY

Passive impulse muscular stimulation for anti cellulite and body toning effect. Recommended for the treatment of cellulite and for slimming, body shaping and profiling by toning of the muscle tissue.

PRESSOTHERAPY (Pulsating Pressure Therapy)

Pressure therapy is an exclusive detoxifying treatment, which, through effective lymphatic drainage helps to promote the body's natural toxin clearing functions. The revitalisation and the oxygenation of the tissue help to slim and redefine the legs and the stomach while enhancing the skin tone. A safe alternative to liposuction, this treatment is recommended for cellulite reduction, slimming and detoxifying, body shaping and profiling and provides immediate comfort for pain and swelling.



HYDROTHERAPY

Revitalises, improves blood circulation, eases pains and strains, heals and restores. Simply relax in the bathtub and enjoy the hydro massage, the aroma and the chromo therapy!

DE LUXE HYDROMASSAGE SESSIONS



De Luxe Cleopatra Rejuvenating Hydro Session

A state-of-the-art beauty therapy. A true blessing for the skin, hydrating and nourishing, this silky milk bath is the key to the comfort of body, mind and spirit. A feast for the senses.



De Luxe Red Grape Anti-Age Hydro Session

A rejuvenating bath with red grape extracts with powerful antioxidants and anti-aging properties. A true well being therapy for body, mind and soul. A unique experience for the senses.



De Luxe Dead Sea Salt and Rose Invigorating Hydro Session

A unique combination between the potent healing properties of the Dead Sea salt and the Bulgarian Rose essential oil. Delivering precious active ingredients to hydrate, remineralise and nourish the skin, this invigorating therapy prevents stress, fatigue and skin aging. A memorable experience for the senses.



De Luxe Hydromassage Adventure Session

An intensive hydromassage session, including chromo therapy, jet massage, manual hydromassage and a relaxing “pearl” massage with marine products. Eases muscle tension and fatigue, improves blood circulation, balances the nervous system, washes tension, stress and pain away.



Hydromassage – with sea salt concentrates and aromatic extracts

Thalasso Special Hydromassage – with fresh green algae

Underwater Massage – a manual deep tissue jet massage

BODY TREATMENTS

The Body Treatments are recommended for both men and women. They are a natural choice to keep your skin healthy and glowing, supple and hydrated.

LUXURIOUS THALASSO THERAPY WRAPS

Based on the powerful healing and beautifying properties of the sea products – sea mud, micronised algae, precious minerals and microelements of the seawater. Penetrating deep and giving the body both beauty and vital energy.

Luxurious Top to Toe Sea Mud Wrap

Luxurious Detoxification Micronised Green Algae Wrap

Luxurious Slimming Brown Algae Wrap.

Luxurious Fitness & Anti-Stress Marine Gel Concentrate Wrap

LUXURIOUS AROMATHERAPY WRAPS

Based on the healing power of essential oils. 100% pure, 100% natural, 100% active rare and precious organic products, promoting balance, harmony and beauty.

Aromatic Detoxification & Anticellulite Wrap

Aromatic Slimming & Energising Wrap

Aromatic Balancing & Relaxing Wrap

Aromatic Firming & Toning Wrap



DE LUXE BODY WRAPS



De Luxe Chocolate Body Wrap

By stimulating the production of endorphins, “the hormones of happiness”, this unique pampering session eases tension away, stimulates the senses and creates a feeling of comfort, pleasure and beauty.



De Luxe Red Grape Anti-Age Body Wrap

A rejuvenating session based on red grape extracts with powerful antioxidant and anti-aging properties. A true well being therapy for body, mind and soul.



De Luxe Coffee Body Wrap

Based on the powerful compounds utilising caffeine extracts, which aid slimming, cellulite reduction and remodelling. A true source of beauty and well being.

SPA DE LUXE BODY SESSIONS

Spa De Luxe Milk, Chocolate & Coffee Anticellulite Caprice

A tasty, hydrating, nourishing and anticellulite therapy, a true source of beauty and well being. By stimulating the production of endorphins, “the hormones of happiness”, this unique pampering therapy eases tension away, stimulates the senses and creates a feeling of comfort, pleasure and beauty.



Spa De Luxe Red Grape Anti-Age Rejuvenation

A rejuvenating therapy with red grape extract with powerful antioxidant and anti-aging properties. A true well being therapy for body, mind and soul. A unique experience for the senses. Especially designed to meet the highest expectations of both women and men.



Spa De Luxe Ayurveda Hot Stone Chakra Balancing

Ayurveda means “Knowledge of Life” and is one of today’s most popular and fastest growing complimentary therapies based on the ancient “vedic philosophies” of India, with over 3000 years of practice. Ayurvedic medicine provides a unique approach to healing which assesses the individual lifestyle.

An extraordinary massage using hot and cold volcanic stones brings the body, mind and spirit to a state of total harmony. Eases tension away, eliminates toxins, restores the body and combats nervousness and stress.

SPA PRIVILEGE VIP BODY SESSIONS

Inspired by the rhythms of the Universe and the Sea, the Sun and the Moon. Gold and Pearls. The most sublime and evocative treatments. An extraordinary massage, using warm volcanic stones, bringing the body, mind and spirit to a state of total harmony. Eases tension away, eliminates toxins, restores the body, wipes out nervousness and stress. Special Ayurvedic Pindasveda massage implemented.

SPA PRIVILEGE VIP WHITE PEARL JOURNEY

The Magical Serenity of the Moon

Born under the magic calmness of the Moon, the white pearls are the heart of this sophisticated and exclusive therapy, glowing with magic and sensuality. It hydrates, smoothes, firms and covers the skin with beautiful pearly reflections, leaving every skin type glowing and smooth to perfection.

SPA PRIVILEGE VIP GOLD STAR JOURNEY

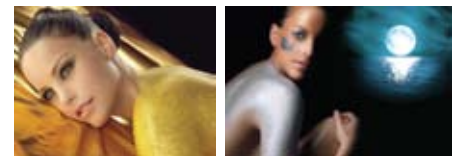
The Sun's Revitalising Energy

Inspired by the power of the Sun, the gold and the golden seaweed, this sophisticated and revitalising therapy leaves the skin cocooned in a subtle golden veil. The exclusive textures of the products stimulate and replenish the skin and protect against premature aging.

SPA PRIVILEGE VIP BLACK AND WHITE PEARL JOURNEY — FACE & BODY

Black and White Pearls — the Maximum of Glamour and Sophistication

From the influence of the Moon upon the black and white pearls a heavenly combination of sophisticated and exclusive facial and body therapies is born. Based on the combination of an innovative facial treatment with a pampering body session. A revolution for the senses, leaving every skin type deeply hydrated, silk soft, glowing and smooth to perfection.



APHRODITE SPA ESCAPE — SIGNATURE TREATMENTS

The Ultimate Sea Salt and Bulgarian Rose Oil Body Glow and Mud Experience

APHRODITE SPA ESCAPE SILVER VIP LEVEL

Based on the healing properties of the sea salt, rose essential oil and Black Sea mud.

Eases stress and tension away and supplies skin and body with precious active ingredients to hydrate, remineralise and nourish. Leaves the skin smooth to perfection. A session of perfect body care.

APHRODITE SPA ESCAPE GOLDEN VIP LEVEL

Based on the healing properties of the sea salt, rose essential oil and Black Sea mud.

An anti-aging therapy, perfectly combining effectiveness with pleasure. Unique products, leaving the skin smooth and radiant. With the ultimate experience of a spa jet. 90 minutes of pure pleasure and complete pampering.

APHRODITE SPA ESCAPE PLATINUM VIP LEVEL

Based on the healing properties of the sea salt, rose essential oil and Black Sea mud.

Unique and multifunctional therapy with a powerful rejuvenating effect. With the ultimate experience of a spa jet and a memorable four hand massage. The ultimate luxury for mind and body. A feast for the senses.



SPA JET

A unique and luxurious “Laboratory of Beauty”. Combines aroma-steam, infrared heat, relaxing vibro-massage with multiple water treatments - Tropical, Vichy and Scottish showers. Built-in chromo therapy lights. Detoxification, Relax and Slimming programmes. Immediate well being effect. Highly recommended.

INFRARED HEAT CABIN

Superior detoxification, using the cosmetic and healing properties of infrared heat. Eases muscle tension, improves cardiovascular circulation, removes heavy metals and fat-stored toxins, stimulates immune system, improves skin quality, detoxifies the body in a gentle way and prepares it for further treatments and sessions.

TANNING

Get brown standing up! Enjoy an all year-round tan or simply top up your tan to prepare for the sun.



FACIAL SESSIONS FOR HER AND HIM

JANSSEN'S COSMECEUTICAL CARE FACIAL SESSIONS

Cosmetic pharmaceuticals, or cosmeceuticals, are cosmetic products which contain biologically active ingredients and have medicinal or drug-like benefits.

Multiple possibilities of problem-oriented facial care. Based on the most powerful and effective natural herbal, plant, marine and vitamin extracts. Massage with bioactive ampoule, face lifting and eye contouring masks according to the skin type.

Myrtilla Red Facial Therapy

A hydrating and soothing therapy designed to meet the requirements of a sensitive, stressed and aging skin. Strengthens capillary blood vessels, soothes redness and irritation. Leaves skin smooth and supple.

Botanica White Facial Therapy

A powerful combination of plant extracts with whitening, hydrating and anti-aging effect. Immediate and visible results. Brightens the complexion, leaving skin young and radiant.

Acerola & Vitamin C Facial Therapy

This anti-wrinkle rejuvenating therapy is especially designed to meet the requirements of a mature skin. The high Vitamin C content and hydrochytosan or caviar extracts combat free radicals, stimulate collagen production, hydrate and remineralise. Leaves skin nourished, smooth and satin soft.

Oryza Yellow Eye Contour Therapy

An ultra hydrating therapy for the sensitive area around the eyes. Reduces puffiness, smooths wrinkles. Ceramide borech oil eye contour capsules nourish and refine.

Janssen's Cosmeceutical Integral Face and Eye Contour Session

An integral therapy, combining facial and eye contour care. Massage with bioactive ampoule and face-lifting mask according to the individual skin type. Nourishing and wrinkle refining ceramide borech oil eye contour capsules and the unique cooling sensation of a puffiness reducing and wrinkle smoothing eye contour mask.

DR RENAUD'S FACIAL SESSIONS

Dr Renaud has been upholding a different concept of cosmetology: a serious, free from hang-ups, approach resting on effective ingredients drawn from the very heart of Nature. These are multi-sensory products which marry delicate textures, vibrant colours and vitamin-enriched scents. At Dr Renaud expertise and pleasure go hand-in-hand.

Dr Renaud's SENSICALM Soothing Therapy for Sensitive Skin

The perfect therapy for a sensitive and sunburned skin. Leaves the skin amazingly relaxed, soft and protected for a long time.

Dr Renaud's SOS O₂ Therapy

Totally cleanses, detoxifies and supplies facial skin with vital oxygen. A multipurpose therapy, addressing every age and gender. Immediate results. Highly recommended for men.

Dr Renaud's Techni-Serum Vitamin C Blitz Therapy

A blitz therapy with immediate results - radiance, lifting, a clear and shiny complexion. Fights free radicals. Based on the powerful antioxidant properties of Vitamin C.

Dr Renaud's Exothermic Starlift Mask

Unique and multifunctional therapy with powerful remodelling and immediate lifting effect, meeting the requirements of every age and skin type. Using individually chosen products, according to specific skin problems, this tailor-made therapy leads to remarkable results.

Dr Renaud's Soothing Eye Contour

Fights effectively dark circles, fine wrinkles and puffiness. Gives the delicate skin around the eyes tonus and elasticity.



GERMAINE DE CAPUCCINI FACIAL SESSIONS

Innovations, scientific research, biotechnologies and effectiveness are the main characteristics of Germaine De Capuccini's facial products. The most powerful natural products and Hi-Tech formulas used in these extraordinary and sophisticated therapies guarantee amazing results.

GERMAINE DE CAPUCCINI'S OPTIONS LINE

The Options Line is especially designed for personalised care of different skin types. It enables personalised approach and tailor-made skin care.

Germaine De Capuccini's Cleansing Facial Session

A revolutionary concept in skin renewal from Germaine De Capuccini. Highly effective ingredients deeply cleanse the skin, dissolving dead cells on the skin surface. Suitable for all skin types, though sensitive skin and skin with imperfections particularly benefit from the many advantages of using it. A true blessing for teenage and male skin.

Germaine De Capuccini's Balance Option

A powerful combination of highly effective ingredients. With the extraordinary "Control Complex". Combines balancing, antibacterial and anti-inflammatory properties. Leaves skin pure, calm and fresh. Highly recommended for teenage and for breakout-prone skin.

Germaine De Capuccini's Hydra Option

Hydra System Concept – products, formulated to restore and maintain hydration level. Especially designed to meet the requirements of dry and dehydrated skin. Leaves skin extremely soft and supple.

Germaine De Capuccini's Age Deffence Option

Bioactive substances combating dryness, wrinkles and flabbiness of the skin. Nourishing and protective combination of plant oils, the so-called "Skin Re-Lipidation System", compensating lack of lipids in mature skin. Nourishes, refines and restores.



GERMAINE DE CAPUCCINI'S VIP FACIAL SESSIONS

Innovative and sophisticated concept of skin rejuvenation based upon the latest achievements in biotechnology. Immediate outstanding results meeting even the highest expectations.

Black Pearls VIP

The maximum of glamour and sophistication. Innovative facial treatment with refining, nourishing and deeply hydrating black pearl extracts. A revolution for the senses. Leaving skin deeply hydrated, silk soft, glowing and smooth to perfection.

Collagen VIP

Collagen has an extraordinary capacity to improve the moisture retention level in the skin and to stimulate the formation of new collagen fibers. The elastic sheet allows a perfect fit obtaining total effectiveness in skin regeneration and rejuvenation, leaving every skin type deeply hydrated, refined and radiant. Perfectly soothes sunburned skin.

Timexpert VIP

A global anti-wrinkle treatment, especially designed to combat expression lines. An advanced sophisticated cosmetic vision to maintain the face young. Inspired by cosmetic surgery. Botox-like effect without microinjections. The latest in wrinkle management. Immediate outstanding results. Extraordinary retail products to keep the results at home.



ELEMIS FACIAL SESSIONS

Walk into a world of complete sensory heaven, where time is left at the door and a new journey begins.

No.1 Spa and Skincare brand today!

Elemis range offers the most powerful aroma products for the skin. One reason is that Elemis products have been made with “Absolute” technology, the purest form of living energy that can be transferred from a plant to skin. Another reason is that Elemis uses only the first extraction of the most potent plant essentials.

Rediscover your senses, rest your mind, and breathe freely as you step in our temple of touch and exquisite aroma.

ELEMIS SKIN SPECIFIC FACIALS

The Elemis Skin Specific Facials are the perfect skin maintenance facials, combining exceptional skin conditioning plant actives with unique Eastern massage techniques to deeply cleanse the face, whilst renewing radiance and treating the skin.

Elemis Fruit Active Glow – recommended for dull, lifeless skin

For a powerful skin recharge, this facial will bring back the glow to tired, dull and lifeless complexions. The skin is deeply cleansed and stimulated by specialised Eastern massage techniques, whilst powerful skin conditioning actively nourishes and renews vital radiance.

ELEMIS ADVANCED ANTI-AGEING FACIALS

Elemis Visible Brilliance Facial – for ageing, stressed and slackened skin. Celebrity favourite!

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps up the skin whilst reducing dark circles from around the eye contour. The first facial to be officially trialed proving an increase in moisturisation levels of the skin by up to 38% and elasticity by 28% after just 1 treatment. Specialised micro-circulatory massage techniques are combined with the powerful proven formulations of Liquid Radiance, Cellular Recovery and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance and plumpness. This superior treatment is further enhanced by a luxurious hand and arm massage and a de-stress scalp treatment for the ultimate in scientific skin therapy.



** “The award winning professional products by Elemis are the preferred choice of celebrities such as Madonna, Victoria and David Beckham, Kate Winslet and Gwyneth Paltrow and some of the world’s most exclusive health farms.”*

SPECIAL TREATMENT FOR HIM

Because He also deserves to be cared for and pampered.

CLEANSING AND PURIFYING FACIAL SESSION FOR HIS SKIN

A revolutionary concept in male skin renewal. Highly effective ingredients deeply cleanse the skin, dissolving dead cells on the skin surface. Combines balancing, antibacterial and anti-inflammatory properties. Leaves skin pure, calm and fresh.

O₂ BLITZ THERAPY FOR HIS SKIN

Fully cleanses, detoxifies and supplies facial skin with vital oxygen. Especially recommended for polluted, dull skin and for smokers. Visibly brightens the complexion. A multipurpose therapy with immediate results.



OTHER FACIAL SERVICES

FACIAL CLEANSING — with purifying and soothing masks

FACIAL MASSAGE

This combination of relaxing massage with acupressure and lymph draining techniques combines perfectly effectiveness with pleasure.

AROMATHERAPY FACIAL MASSAGE

Pure, organic and precious essential oils and harmonising acupressure massage techniques balance energy, release tension and stress, and promote harmony and multisensory pleasure.



WAXING / TINTING

Our beauty therapists use enriched with rose or chlorophyll extracts wax, which will minimise any discomfort and ensure that you will obtain the desired results. We care for both men and women.

WHOLE LEGS

LOWER LEGS

ARMS

UNDERARM

BIKINI LINE

UPPER LIP

EYEBROW SHAPE

EYEBROW TINT

EYELASH TINT

EYEBROW AND EYELASH TINT

EYEBROW SHAPE, TINT AND EYELASH TINT



APHRODITE DAY PACKAGES

According to your time, interests and needs we have created a package best suited for you. However, feel free to custom design your own in consultation with our medical staff. The one-day packages are designed to give maximum benefits in shorter timeframe.

UNISEX DAY PACKAGES

Aphrodite Detoxification Package

Infrared Heat Cabin

Body Peeling with Marine Products

Detoxification Algae Wrap

Aphrodite Wellness Package

Spa Jet

Aromatic Facial Session

O₂ Therapy

Aphrodite Choco Caprice

Infrared Heat Cabin

Body Choco Scrub

Choco-Sculpting Mask (zoned)

Aphrodite Chocolate & Coffee Body Sculpt

Infrared Heat Cabin

Body Choco Scrub

Coffee-Sculpting Mask (zoned)



DAY PACKAGES FOR HIM

A Wellness Package for Him

Infrared Heat Cabin

Body Peeling with Marine Products

Marine Gel Body Wrap

A Revitalising Package for Him

Fangoparaffin Application

Aromatic Back Massage

Thalasso Special Hydro Bath



MEDIUM-TERM THERAPEUTIC AND WELL BEING PROGRAMMES - 6 DAYS

It is commonly accepted that the benefits from spa treatments and spa programmes become far more effective over extended treatment time periods. Even though one-day spa sessions achieve substantial benefits, we suggest that our clients try to experience our medium-term (6 days) programmes or longer term programmes (10 days). For every client, who wishes to achieve longer-term benefits for his/her well being and general health related complaints and to relieve certain conditions, the medium and long-term sessions provide more lasting results and are highly recommended to those, seeking the broader range of well being benefits that the spa experience can and should deliver.

After your initial complimentary consultation with our spa medical consultants we will customise a programme according to your particular needs.

I. THERAPEUTIC PROGRAMMES

1. DETOX PROGRAMME – 6 DAYS (HIGHLY RECOMMENDED)

An essential programme to start with. Assists in cleansing the body from certain toxins, improves lymphatic and blood circulation, supplies various organs and skin with vital oxygen, optimises the metabolic system and supports the slimming processes, improves skin quality, balances and harmonises the nervous system and provides a feeling of improved health and energy, a “revitalisation” of mind and body.

1 Session of Infrared Heat Treatment

1 Session of Body Peeling with Marine and Aromatherapy Products

1 Session of Detoxification Body Wraps - whole body

2 Sessions of Sea Mud Body Wraps - whole body

2 Sessions of Pressotherapy - lower body

1 Session of Spa Jet Treatment

3 Sessions of Oxygen Therapy

2 Sessions of Aromatherapy Back Massage

2. BALNEOVITALITY PROGRAMME – 6 days

Recommended for conditions associated with a sedentary lifestyle, rejuvenates and relieves stiff muscles, assists the relief of locomotory system conditions, arthrosis, lower back and neck stiffness, physical and mental fatigue.

6 Sessions of Aromatherapy Hydro Bath Treatment – daily

3 Sessions of Fangoparaffin / Sea Mud Applications

3 Sessions of Aromatherapy Back Massage

3. SPA RHEUMATOLOGY PROGRAMME – 6 DAYS (RECOMMENDED FOR ARTHRITIS AND RHEUMATISM)

Generally recommended for all complaints associated with the skeletal and locomotory system – rheumatism, arthrosis, arthritis, spinal column afflictions, neck pain, lower back pain, sciatica, among other conditions. There are various levels of intensity depending on your needs and general medical condition and the particular complaint you may wish to focus upon.

3 Sessions of Underwater Massage Therapy

3 Sessions of Manual Aromatherapy Back Massage

3 Sessions of Fangoparaffin / Sea Mud Applications

6 Sessions of Individualised Physiotherapeutic Sessions — including magnetic therapy, phonophoresis, interferential therapy, among other therapies – daily



4. ANTISTRESS AND RELAXATION PROGRAMME – 6 DAYS

A programme to pamper and relieve everyday stress and to harmonise the body systems with a particular benefit for the nervous system and the general state of mind. Recommended for nervous tension, stress, headaches, sleep disorders, physical and mental fatigue and lack of energy.

3 Sessions of Aromatherapy Hydro Bath Treatment

3 Sessions of Antistress Treatment – body wraps with marine products

3 Sessions of Aromatherapy Back Massage

3 Sessions of Inhalations with Marine Aerosols (recommended for Sinus complaints)

or Oxygen Therapy (balancing the psycho-emotional tonus)

II. THALASSO THERAPEUTIC PROGRAMMES (RECOMMENDED FOR GENERAL WELL BEING AND A WIDE VARIETY OF SPECIFIC COMPLAINTS)

Based on the powerful healing properties of the sea water and marine products, in combination with specific spa treatment regimes, the Thalasso therapeutic programmes give the body general tone, re-mineralise the body and skin, improve blood circulation and metabolic processes, strengthen the immune system and can assist in the treatment of various skin complaints.

5. “VITALITY” THALASSO PROGRAMME – 6 DAYS

Recommended for general body tone, stiffness of back muscles, locomotory and joint problems, to relieve everyday stress, improve blood circulation, restore skin and strengthen the body. Re-energises the body systems.

3 Sessions of Aromatherapy Thalasso Special Bath Treatment

3 Sessions of Fangoparaffin / Sea Mud Applications

3 Sessions of Aromatic Back Massage

3 Sessions of Thalasso – Underwater Massage Treatment

6 Sessions of Individualised Physiotherapeutic Sessions – including magnetic therapy, phonophoresis, interferential therapy among others – daily

6. “OPTIMAL” THALASSO PROGRAMME – 6 DAYS (SLIMMING AND ANTICELLULITE TREATMENT)

Based on active marine product applications. Improves metabolic processes, supports slimming, assists in combating cellulite build up, in reducing excess water and in improving skin structure and quality. Tones the body and firms the skin.

1 Session of Infrared Heat Treatment

1 Session of Body Peeling with Marine Products

1 Session of Detoxification Body Wraps

3 Sessions of Thalasso – Underwater Massage Therapy

2 Sessions of Anticellulite Massage Therapy (zoned)

2 Sessions of Slimming Body Wraps with Marine Products

3 Sessions of Body Forming / Pressotherapy



7. “EQUILIBRIUM” THALASSO PROGRAMME – 6 DAYS

A programme, capable of meeting everybody’s needs. A perfect way to get rid of everyday stress and the consequences of a sedentary lifestyle. Relieves stiff muscles, improves blood circulation, eliminates physical and mental fatigue, improves conditions associated with “heavy legs” (varicose veins).

1 Session of Infrared Heat Treatment

1 Session of Body Peeling with Marine Products

1 Session of Detoxification Body Wraps

3 Sessions of Thalasso Special Bath

2 Sessions of Aromatherapy Back Massage

2 Sessions of Fitness and Antistress Remineralising Body Wraps

3 Sessions of Magnetic Therapy, Pressotherapy or Oxygen Therapy



III. WELL BEING AND BEAUTY PROGRAMMES

8. SLIMMING AND BEAUTY PROGRAMME – 6 DAYS

An effective programme to detoxify and tone the body, to improve skin structure and quality and the metabolic processes, to assist weight and cellulite reduction by improving blood circulation and reducing excess water.

1 Session of Infrared Heat Treatment

1 Session of Body Peeling with Marine Products

2 Sessions of Anticellulite Massage with Body Sculpting Products

3 Sessions of Body Wraps Treatment with Slimming Marine Products

3 Sessions of Underwater Massage Therapy

3 Sessions of Body Forming / Pressotherapy



9. FACE AND BODY BEAUTY PROGRAMME – 6 DAYS

An exclusive programme to take care of both face and body. Beautifying face and body sessions with special hand and foot beauty masks included.

1 Session of Infrared Heat Treatment

1 Session of Body Peeling with Marine and Aromatic Products

2 Sessions of Body Wraps Treatment with Marine Products

2 Sessions of De Luxe Hydro Bath

1 Session of Underwater Massage Treatment

1 Session of Spa Jet

1 Session of Anticellulite Massage with Body Sculpting Products (zoned)

2 Sessions of Beautifying Aroma Therapy Facial

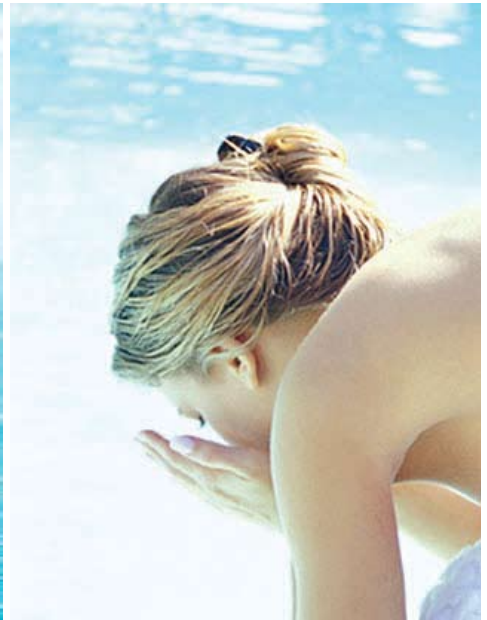
1 Session of Warm Beautifying Aroma Therapy for Hands

1 Session of Warm Beautifying Aroma Therapy for Feet



LONG-TERM THERAPEUTIC AND WELL BEING PROGRAMMES — 10 DAYS +

Our long-term programmes will be an extension of our medium-term packages with certain additions to the treatment programmes. All our long-term packages will be customised according to your individual needs. Please, see our medical expert for a complimentary consultation. We endeavour to ensure the highest level of professional treatment, privacy and advice. Please, feel free to discuss your needs with our medical consultants and to provide them with a clear understanding of your well being and health care needs, and general level of health, which you may wish to enhance.



GYMNASTICS

REMEDIAL GYM

Individual

In a group (min. 3 persons)

Our gymnastics course takes place in the gym under the supervision of a qualified instructor and is individually customised according to each client's complaints and needs. The course consists of a group of exercises aimed at correcting muscular weaknesses, improving general flexibility and physiological function and condition. Relieves conditions such as back pain and joint complaints, among others.

Aqua Gym

Gymnastics in the swimming pool to improve flexibility, elasticity and muscular and body tone. The water massage has an additional benefit of eliminating fat and burning calories. Support from the water reduces pressure on the back and joints. Recommended for people who have particular pains in the vertebral column. Also great for anyone returning to exercise or recovering from an injury.

PILATES

In a group (min. 3 persons)

Pilates called his method "The Art of Contrology", which refers to the way the method encourages the use of the mind to control the muscles. Focusing on improving flexibility and strength, this exercise programme works specifically on correcting alignment of the body and on developing core postural muscles (strong abdominal and back muscles) that help keep the body balanced and are essential in providing support for the spine. The technique also concentrates on relaxation, slow flowing movements and coordination. Alleviates and prevents back pain and painful muscles due to incorrect posture.

HATHA YOGA

In a group (min. 3 persons)

Hatha Yoga encompasses all styles of physical yoga, ASANAS (physical posture) and PRANANYAMA (breathing) and is used to release physical and mental tension by encouraging mind and body integration. Regular daily practice of Hatha Yoga produces a strong, capable and flexible body and a clear, bright and balanced mind that allows healing of stress-related conditions and complaints.

APHRODITE GIFT VOUCHERS

For special occasions Aphrodite Gift vouchers are available and can be purchased at the Spa reception desk.

Offer your friends and family a unique well-being experience at the Aphrodite Beauty Spa & Health Clinic. Surprise your children - we offer special treatments for children and teenagers. The gift certificates are personal and allow your guests to choose freely from our Spa Menu according to the time offered.



* Prices are subject to change at any time.

HOW TO MAKE THE MOST OF YOUR APHRODITE BEAUTY SPA & HEALTH CLINIC EXPERIENCE

Is there such thing as “Spa Etiquette”?

Yes. To ensure that you and those around you reap the full benefits of our Spa, please keep in mind the following etiquette tips:

- Arrive early. You will want to get the most out of your spa experience. Please, arrive a minimum of 5 minutes prior to your first appointment, allowing yourself an ample time to check in. Arriving late will cheat you out of precious minutes of your treatment. Remember that your treatment will end on time so the next client is not delayed, regardless of how late you start. For a 30 min., 45 min., 60 min. or 90 min. session, the actual duration of the treatment is 20 min., 35 min., 50 min. and 80 min. respectively.
- Respect the others guests. Our spa environment is one of tranquillity and relaxation, so please respect the right to privacy and quiet of the others. No cell phones and no smoking, please.
- Please, do not bring valuables to the Spa. The Aphrodite Beauty Spa & Health Clinic may not be held responsible for any lost or theft of objects in the Spa.

How far ahead should I book my treatments?

You should phone or visit the Spa to book your treatments and remember, the sooner you book them the better chance you have of being accommodated.

Are there medical benefits to visiting our Spa?

The number one guaranteed benefit of visiting our Spa is your immersion in a relaxing, stress reducing environment. Stress reduction is one of the major contributors to good health. In addition, many of our spa treatments are geared towards easing aches and pains in many varieties and help you achieve a lasting improvement of your overall health and appearance. Integrative health approach and care are at the centre of our philosophy.

Is there someone to help me decide what treatments are the best for me?

If you have any questions or you are not sure what kind of spa treatment is the best one for you, please contact our highly qualified medical staff, who will be happy to help and assist you in planning your optimal spa and wellness experience. All treatment packages include a complimentary initial and final doctor’s consultation for the Spa treatments and packages that would best suit your individual needs, as well as a dietary advice and plan and a lifestyle assessment. Our excellent therapists and the spa reception staff can also help you plan a programme to suit your needs and interests. Please note: if you have high blood pressure, suffer from allergies, or are pregnant, inform the Spa reception staff when booking your appointments.

When should I arrange my payment?

For your convenience we ask that you settle your account at the Spa reception before your treatment commences. This will enable you to completely relax after your treatment.

What is your cancellation policy?

For cancellation or rescheduling, please notify the Spa reception two hours prior to your appointment. Appointments cancelled within 2 hours from the time of the appointment will be charged at the full rate.

Can I request a male or female therapist?

Yes, but we would like to inform you that all our therapists are highly trained in draping techniques to ensure your comfort at all times.

Do I have to disrobe entirely for my spa treatment?

Undergarments are not necessary. However, if you prefer, a bathing suit may be worn.

Can I ask the therapist to adjust certain things to increase my comfort?

Definitely. It is your time and you should enjoy the experience. Our therapists will be happy to adjust the room temperature, light or music, for example, or the amount of pressure applied during your massage.

Is there a limit to the number of spa treatments I should plan in one day?

No, however, three hours of treatment is usually the maximum recommended in one day.

Should I visit the spa if I am pregnant?

Yes, by all means. Our therapists are fully trained to provide special treatments and services safely during pregnancy. We advise you to avoid treatments using deep pressure and involving heat. Please, notify the Spa reception staff of your pregnancy when booking your appointments.

Is there an age limit to use the spa facilities and services?

We cater for all age groups. However, if you are under 16 years of age, parental supervision is required during treatments and spa services.

CODE OF ETHICS

Aphrodite Beauty Spa & Health Clinic aspires to a code of best practice incorporating a range of ethics based on treatment codes sourced from professional standards as they apply to our treatment programmes, international and national codes of practice for spa operations and, above all, the well being, care and successful treatment of our clients. Aphrodite Beauty Spa & Health Clinic is a caring and concerned spa organisation.

It is very important to understand that the wellness spas within Bulgaria are all licensed and approved facilities in which doctors are trained medical professionals who then go on to take advanced education in spa treatment healthcare. Therapists and spa technicians, all receive formal education and training at University or college level ranging from 3 to 5 years. The hygiene staff is trained specifically in good practice as it concerns the highest levels of spa cleanliness and hygiene. Bulgaria has had an enviable record in this respect and is respected for its level of professionalism.

As spa wellness programmes have been incorporated as a part of the Bulgarian healthcare system for many years, being regulated and inspected by healthcare institutions, they form not only a very functional part of the healthcare system, but have traditionally been utilised for their beneficial effects to assist the curative process for a wide range of complaints. This is a special role shared in many European countries and has the effect of raising the industry to a professional healthcare standard. The successful enhancement of a client's well being is foremost in the ethic of the spa philosophy used in the Aphrodite Beauty Spa & Health Clinic.

Our code endorses:

- Client care as our utmost objective, being delivered in a competent and professional manner while respecting the clients' needs, desires and dignity.
- Client safety and well being as our constant guidelines and we will supply only those treatments that we feel are in the clients' best interest having regard to their well being and healthcare needs. In doing so we will utilise only those treatments and products that we feel are suitable, effective and of proven quality.
- The highest levels of professionalism of our team members, delivered on a professional basis in an honest, truthful and ethical manner.
- Ongoing education and enhancement of our spa teams' knowledge and skills in order to better serve our clients' needs and the integrity of delivering professional and functional spa treatments.
- Supplying our clients with information and our informed and best opinions, as suits their needs and desires in addressing their needs, expressed or implied.
- Respect for our clients' integrity, privacy, confidentiality and general well being.
- All codes of practice and standards and regulations as they apply to spa treatments in Bulgaria and the EU wherever applicable.

- All applicable medical codes of good practice and conduct as they apply in Bulgaria and the EU wherever applicable.
- The operation of our spa wellness facility only by authorised, qualified and licensed staff providing supervision compatible with a professional wellness facility.
- Using every opportunity to enhance and raise the level of spa professionalism in all possible ways, promoting care, well being, honesty and respect for our clients.
- The promotion of the best well being interests of our clients and to assist and guide our clients in reaching their needs through spa treatment while utilising a rule of best practice to deliver our skill and knowledge.
- Providing enhancement to the well being and lifestyle of our clients.
- Being open, receptive and responsive to our clients' concerns and input.

Aphrodite Beauty Spa & Health Clinic

Codes and Standards Employed

Bulgarian & EU Health and Safety Codes

Bulgarian Hotel Operation Fire Code

FTO Health and Safety Codes of Practice

FTO Food Standards

FTO Pool & Water Safety & Hygiene-Bacteria Management

Ecolab Hygiene Management Standards and Products

Ecolab Instruction Codes Standards

FTO Risk Avoidance Guidelines Bacteria, Virus Control

FTO Focused Cryptosporidium, Legionella Control Prevention and Risk Management

Emergency First Aid Programmes and Certification

Emergency Health Procedures, Outside Agencies

Spa Procedures, National and International Standards

Equipment Specific Training, Safety and Application Programmes

In House Training, Education and Certification Programmes (Tests)

In House Testing and Competency Programmes (Certificates)

In House Communication Skills Programme

In House Health and Safety Programme

In House Sales Enhancement Programmes

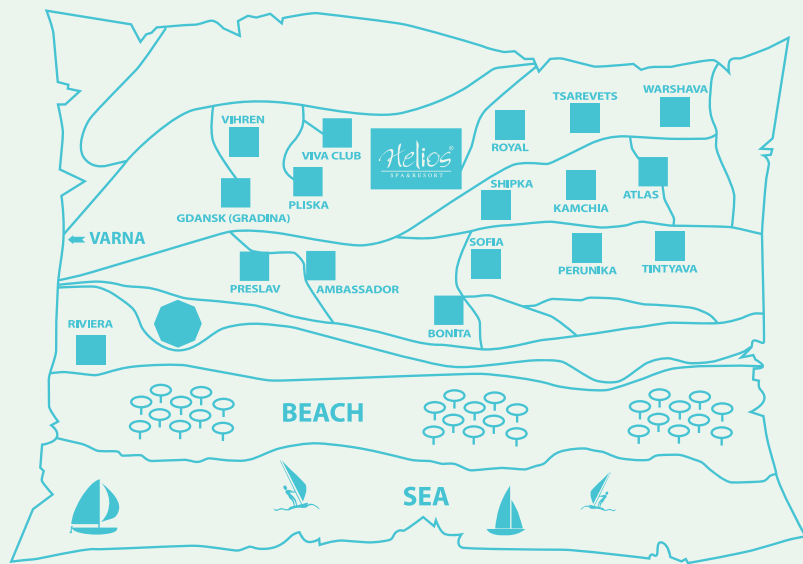
In House VIP Services Programme

In House Financial Standards, Systems, Accounting, Charging Organisation and Management Structures, Line Accountability

In House Rules and Regulations, Operating Procedures

In House Hotel Codes of Conduct

Aphrodite Beauty Spa & Health Clinic



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