



SOLAR ALVURA HEALTH HOTEL SPA & WELLNESS CENTRE

This is your time to rest, relax and feel rejuvenated.
We invite you to enjoy a restoration of your personal vitality at our Spa & Wellness Centre.

Pamper yourself at our manicure and pedicure stations overlooking the beautiful orange grove or transform your look in our purpose-built salon.

Relax with an invigorating massage in one of our three dedicated treatment rooms or succumb to a transformative full body exfoliation and wrap in our purpose-built Hamman.

Feel revitalised and glow after a skin cleansing trip to our steam room. Most of our treatments are unisex with a something special for both him and her.

Included in your stay at our hotel, we offer group meditation sessions, yoga, different physical activities, and workshops to improve your physical and mental health.

Get a full schedule of activities on arrival or request it when booking.

Treatment Menu

Hair Salon

The salon overlooks our picturesque orange grove and includes a dedicated hair washing station. We chiefly provide a maintenance service for your hair with a wash, blow-dry and optional curlers. While we do not offer full hairdressing services, this can be arranged upon request.

Shampoo & Blow-dry

Cost €35

Shampoo & Apply Rollers

Cost €35

Signature Experiences

Back & Shoulder Massage

Duration 25min | Cost €40

Localized massage that relieves muscle tension due to the effects of everyday stress and exercise.

Dr. Eva's Relaxing Finnish Massage

Duration 50min | Cost €60

A relaxing massage that uses a combination of superficial strokes and deep pressure on the leg muscles to improve circulation, it helps to relax the body and soul. It avoids the chest and abdomen and concentrates on the back, legs and arms finishing with a neck and hand massage.

Jet Lag Massage

Duration 50min | Cost €60

A relaxing soft full body massage that helps to relieve muscle strain and stimulate circulation. An ideal treatment after a flight.

Mini Solar Alvura Body Ritual

Duration 75min | Cost €75

Full body scrub that exfoliates by using Exfo Marine (dead sea salts), followed by a shower and finishing with a full body massage using essential oils that complete the treatment giving your entire body a feeling of ultimate relaxation.

Holistic Therapies

Hot Stone Massage

Duration 50min | Cost €68

An ancient therapy that harmonizes body and mind. The synergy of the warm stones and oils stimulates relaxation and energy balance.

Indian Head Massage

Duration 25min | Cost €38

A deep relaxing massage of the head and neck using techniques of acupressure to boost blood circulation and reduce tension.

Pedi Reflexology

Duration 50min | Cost €58

An ancient therapeutic method that uses pressure and massage of specific reflex points of the feet which correspond to different organs and glands creating an intense feeling of relaxation and can induce a healing response.

Body and Facial Treatments

Body Treatment Ritual

Duration 110min | Cost €110

A complete and relaxing journey incorporating a full body scrub followed by a sweet body wrap while getting a head massage. After the wrap is removed this blissful ritual continues with a full body massage.

Lymphatic Drainage

Duration 50min | Cost €72

A technique intended for better functioning of the lymphatic system, promoting edema reduction and toxin elimination. It can relieve painful swelling in the legs and arms caused by lymphedema.

Deep Tissue Massage

Duration 50min | Cost €68

Stimulating massage using slow, hard strokes. This helps release knots and strains in the deeper layers of muscle and connective tissue.

Hydrating Facial

Duration 50min | Cost €60

A radiant treatment for dry, sensitive and dehydrated skin, that improves elasticity and luminosity leaving your face feeling fresh and light.

Hands

Manicure

Duration 45min | Cost €30

Treat your hands and nails to a sequence of cuticle soaking and removal, cut, shape and filing and buffing the nails, a nourishing mask and gentle hand massage.

Feet

Podiatrist Pedicure

Duration 55min | Cost €65

After the feet have been soaked and softened the hard skin (callus) is removed using the professional Podiatrist scalpel technique and filing for a perfect finish. Following this the cuticles are worked, the nails are cut and filed.

Note: If your feet require additional treatment time than expected due to hard skin and callus formation you will be informed about this at the start of your treatment as there might be an additional charge.

Especially for Her

Hands

Kinetics Manicure

Duration 45min | Cost €30

Treat your hands and nails to a sequence of cuticle soaking and removal, cut, shape and filing the nails, a nourishing mask and gentle hand massage before application of an immaculate paint finish to the nails (long lasting up to 10 days).

Feet

Podiatrist Pedicure 1H

Duration 55min | Cost €75

After the feet have been soaked and softened the hard skin (callus) is removed using the professional Podiatrist scalpel technique and filing for a perfect finish. Following this the cuticles are worked, the nails are cut, filed and nail polish applied.

This treatment can be combined Shellac Kinetic polish for an additional €25.

Note: If your feet require additional treatment time than expected due to hard skin and callus formation you will be informed about this at the start of your treatment as there might be an additional charge.



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Waxing

- **½ Leg** - €20
- **Full Leg** - €34
- **Basic Bikini** - €15
- **Extended Bikini** - €20
- **Brazilian Bikini** - (Landing strip) €38
- **Hollywood Bikini** - (Totally front to back) €48
- **Underarms** - €15
- **Arms** - €20
- **Nipples** - €10
- **Lip/chin** - €12
- **Eyebrow Tint & Shape** - €24



Especially For Him

In addition to the treatments listed in the main menu, here are some special treatments for our gentlemen.

Back & Shoulder Massage

Duration 25min | Cost €40

Localized massage that relieves muscle tension due to the effects of everyday stress and exercise.

Full Body Massage

Duration 50min | Cost €65

Tailor made full body massage to concentrate on areas that need attention with varying levels of intensity to balance the body and relieve build-up of stress.

Back Massage & Express Pedicure

Duration 50min | Cost €75

Back massage followed by essential foot care comprising of nail cut, shape and filing, buffing and applying a blend of nourishing cream with a gentle foot massage.

The Gentleman's Essential Grooming

Duration 2h 25 | Cost €145

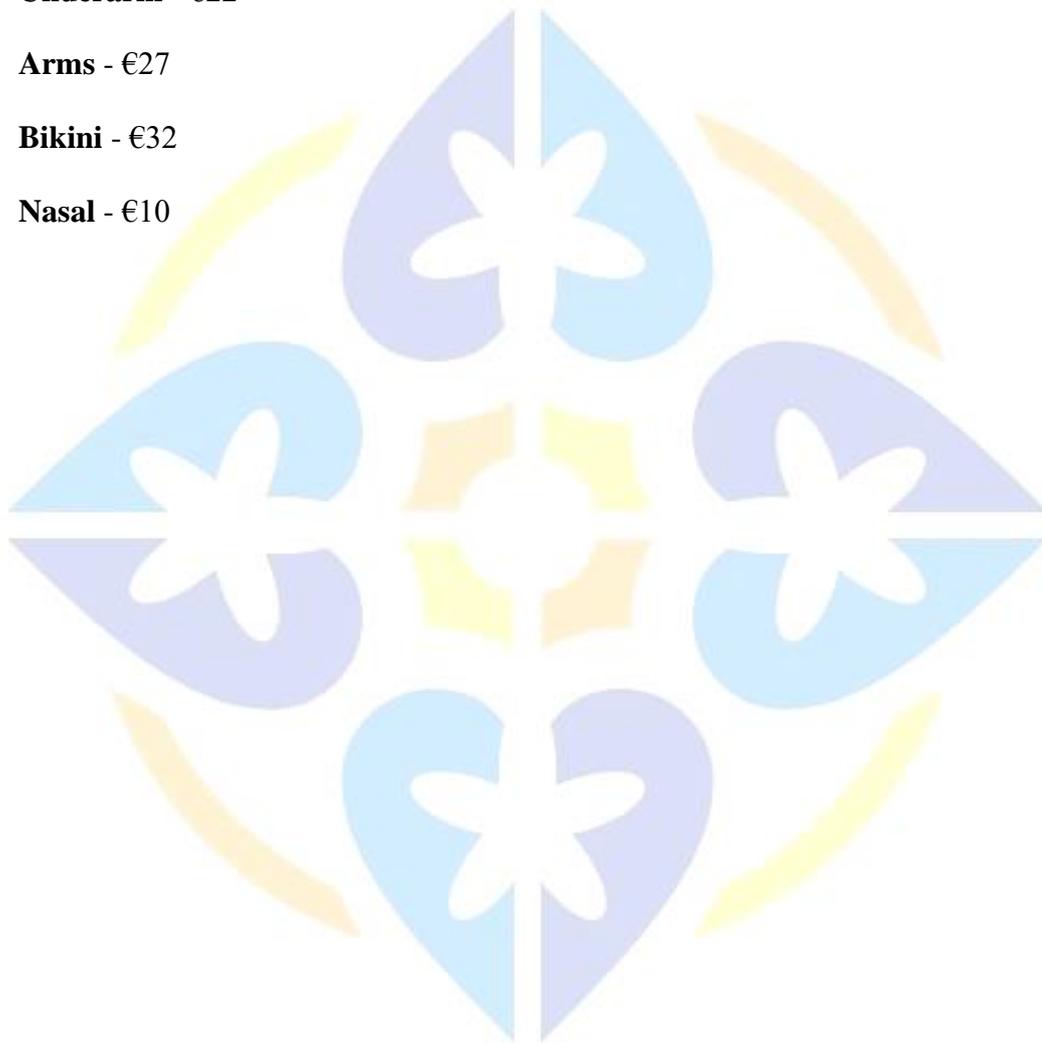
A combination of gentleman's essential grooming treatments comprising of a hydrating facial, eyebrow trimming, nasal wax, full manicure and pedicure and finished off with a relaxing back massage.



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Waxing

- **Chest** - €40
- **Back** - €35
- **Full Leg** - €42
- **Underarm** - €22
- **Arms** - €27
- **Bikini** - €32
- **Nasal** - €10





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Spa and Wellness Centre Packages

We have created 3 spa packages to complement your stay at Solar Alvura. However, if you would like a different combination of treatments please contact us and we can tailor make a package for you.

Dr. Eva signature SPA Package

An ideal match for your 7 days stay

Mini Solar Alvura Body Ritual

Duration 75min

€75

Full body scrub that exfoliates by using Exfo Marine(dead sea salts), followed by a shower and finishing with a full body massage using essential oils that complete the treatment giving your entire body a feeling of ultimate relaxation.

Deep Hydrating facial

Duration 55 min

€60

A radiant treatment for dry, sensitive and dehydrated skin, that improves elasticity and luminosity leaving your face feeling fresh and light.

Finnish Massage

Duration 50min

€60

A relaxing massage that used a combination of superficial strokes and deep pressure on the leg muscles to improve circulation helps to relax body and soul. It avoids the chest and abdomen and concentrates on the back, legs and arms finishing with a neck and had massage.

Hot Stone Massage

Duration 50min

€68

A millenary therapy that harmonizes body and mind. The synergy of the warm stones and oils stimulates relaxation and energy balance.

Podiatrist Pedicure

Duration 55min

€65

After the feet have been soaked and softened the hard skin (callus) is removed using the professional Podiatrist scalpel technique and filing for a perfect finish. Following this the cuticles are worked, the nails are cut and filed. (Apply nail polish for €10-€20 extra)

Manicure

Duration 45min

€30

Treat your hands and nails to a sequence of cuticle soaking and removal, cut, shape and filing and buffing the nails, a nourishing mask and gentle hand massage.

Total cost €358

Special Package price - €305

Rejuvenate SPA Package

An ideal match for your 5 days stay

Mini Solar Alvura Body Ritual

Duration 75min

€75

Full body scrub that exfoliates by using Exfo Marine (dead sea salts), followed by a shower and finishing with a full body massage using essential oils that complete the treatment giving your entire body a feeling of ultimate relaxation.

Deep Hydrating facial

Duration 55min

€60

A radiant treatment for dry, sensitive and dehydrated skin, that improves elasticity and luminosity leaving your face feeling fresh and light.

Hot Stone Massage

Duration 50min

€68

A millenary therapy that harmonizes body and mind. The synergy of the warm stones and oils stimulates relaxation and energy balance.

Podiatrist Pedicure

Duration 55min

€65

After the feet have been soaked and softened the hard skin (callus) is removed using the professional Podiatrist scalpel technique and filing for a perfect finish. Following this the cuticles are worked, the nails are cut and filed.

** Apply nail polish for €10-€20 extra*

Total Cost - €268

Special Package price - €210

Relax SPA Package

An ideal match for your 3 days stay

Mini Solar Alvura Body Ritual

Duration 75min

€75

Full body scrub that exfoliates by using Exfo Marine (dead sea salts), followed by a shower and finishing with a full body massage using essential oils that complete the treatment giving your entire body a feeling of ultimate relaxation.

Podiatrist Pedicure

Duration 55min

€65

After the feet have been soaked and softened the hard skin (callus) is removed using the professional Podiatrist scalpel technique and filing for a perfect finish. Following this the cuticles are worked, the nails are cut and filed.

**Apply nail polish for €10-€20 extra*

Full Body Massage

Duration 50min

€65

Taylor made full body massage to concentrate on areas that need attention with varying levels of intensity to balance the body and relieve build-up of stress.

Lifestyle Evaluation

Duration 40min

A one-to-one lifestyle assessment which includes a dietary review and to establish current physical and bioimpedance measurements.

Total Cost - €205

Special Package price - €175



Spa and Wellness Centre Etiquette

Terms and conditions

- Please arrive in the lobby 10 minutes prior to your treatment.
We will come and collect you from there.
- We recommend that you leave all jewellery in your room before coming to the spa.
- No Mobile phones or other personal electronic devices allowed in the spa.
- Treatments will be charged to your room and appear on your bill at check-out.
- If you would like to cancel your appointment, please do so at least 24 hours prior to the treatment, otherwise you will be charged the full amount.
In the case of no-shows, 100% of the appointment will be charged.
- Should you arrive late for your appointment, the treatment time may have to be reduced depending on availability.
Every effort will be made to provide you the full treatment time.