



# Cavo D'oro Spa

LEADING SPA MANAGEMENT SOLUTIONS

Our motto is

«FORGET GOOD ENOUGH — WE ONLY SETTLE FOR AMAZING»

# WELCOME TO CAVO D`ORO SPA



Cavo D'oro Spa

## EMOTIONAL BALANCE

- 1 CLEANSING
- 2 AROMADIAG
- 3 AROMATIC WELCOME  
+ SOPHROLOGY

## ENERGETIC & AROMATIC MASSAGE

- 4 BACK MASSAGE
- 5 AROMESSENCE APPLICATION  
AROMA PRESSURE  
+ AROMA DRAINING

## SKIN-TAILORED FRESH BLENDS

- 6 FRESHLY BLENDED  
PROFESSIONAL MASK
- 7 REFLEXOLOGY  
+ OSHIBORI FINAL



## SPA ETQUETE: ARRIVALS

We kindly ask our guests to arrive to the Spa 15 minutes before the start of their appointment. Please take note that your late arrival may result in a shorter spa session.

## CANCELLATONS

Out of respect for other guests and spa employees, we kindly ask that should you need to reschedule or cancel your appointment, you would do so no less than 24 hours before the start of your treatment.

For any rescheduling of cancellaton that taken place less than 24 hours before the time of initial appointment you will be charged 50% of the cost of the respective service.

Should you cancel less than 8 hours before the start of your treatment or should you fail to arrive for your appointment, you will be charged 100% of the cost of the respective service

Join and explore our ultra-modern Spa and feel an rejuvenating experience with an extensive treatment menu available for your pleasure. At Cavo D'oro Spas we have created a series of holistic treatments using the energy of essential oils to balance body and soul. Different options are waiting to be experienced by you and your family, as the treatment options are hand-picked and organized to perfection.

Relax your spirit and indulge yourself in the power of human touch.

This is what we had in mind and inspired us to create the Cavo D'oro Spas. Exclusive treatments of the highest quality are given by a team of therapists who are committed in providing the utmost personal care to each guest.

Our dedication in reflecting nature's primal elements into the cosmetic brands by which we treat your skin, gives us the pleasure of taking care of you with the best of results.

The finest of ocean and earth.

Relaxing, Oriental, therapeutic massage sessions, special aromatherapy treatments as well as body peelings and wraps of many different types (Shea butter body peeling, Dead sea detoxifying mud wrap, Traditional Cyprus peeling and more) promise moments that will transform your body and relax you to your core.



# OUR EXCLUSIVE FACIALS



## EXPRESS FACIAL

Our express facial focuses on skin cleansing, nourishment and moisturizing to ensure quick and visible effect. This 30-minute treatment fits all skin types and leaves your face fresh and rejuvenated.

## DEEP MOISTURIZING FACIAL

Our multivitamin complex containing 100% natural extracts of flax, wheat and sunflower seed will make your skin silky, radiant and supple. The Procedure includes:

- Exfoliation
- Exclusive manual massage therapy
- Cashmere skin face mask

This three – step treatment affectively nourishes and moisturizes your skin preventing further dehydration.

## ANTI-AGE CARE WITH COLLAGEN MASK

Collagen is widely known as the protein of the youth. Wrinkly or smooth, toned or sagging, the way your skin looks, comes down to its collagen level. The name "collagen" itself seems from two Greek words "kolla" meaning "glue" and "gen" meaning create. Our collagen mask will smooth out fine wrinkles to reenergize your skin and make it fresh and glowing. This rejuvenation treatment will give you a truly immaculate look, thank to this mask.

## Lifting Massage Facial

Face muscles are a foundation of healthy skin and radiant appearance; they are responsible for keeping your face muscles fit.

## SKIN OXYGENATION AND DETOX

This facial has an immediately visible effect: it reduces pores normalizes oil secretion and removes, oily shine giving irresistible freshness and perfect healthy glow. The program includes a three-step massage treatment and relaxing detox mask.

## SOOTHING AND PROTECTIVE CARE FOR SENSITIVE SKIN

This program has been developed specifically to cater to the needs of sensitive and irritable skin. This treatment uses natural ingredients, such as rose, cotton and lily extracts, to nourish your skin and protect it against aggressive environmental factors.





# MEN'S EXPRESS FACE CARE



## MEN'S EXPRESS FACIAL

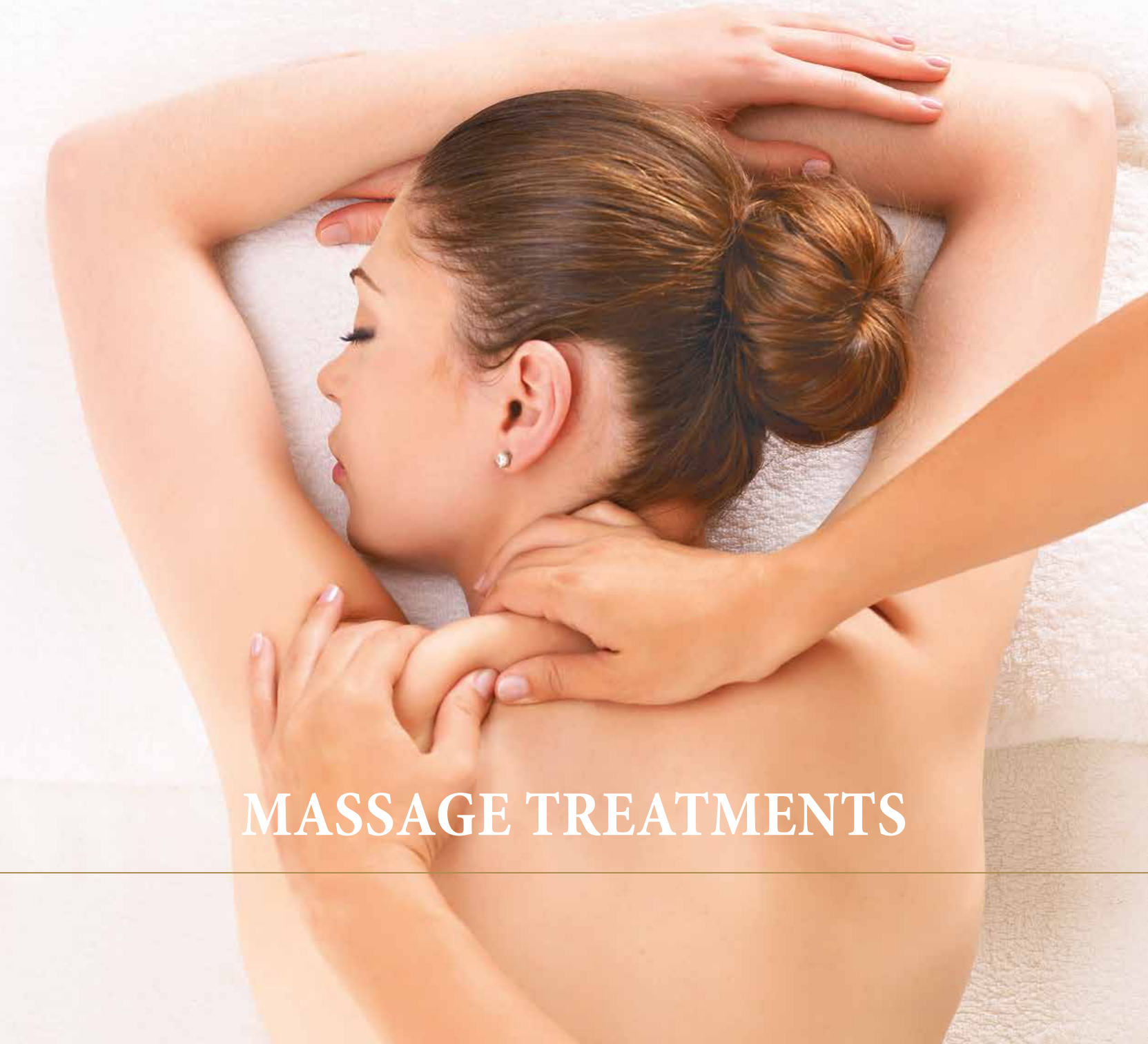
This is a brief but effective treatment with all major steps of professional care recommended to men. The express facial includes exfoliating massage that reenergizes tired skin.

## MOISTURIZING AND NOURISHMENT

This facial massage and cleansing treatment uses the AROMESSENCE HOME SUPER SERUM. Its carefully protects sensitive skin, leaving it relaxed, smooth, and healthy looking.

## LIFTING MASSAGE FACIAL

This program reinvigorates facial subcutaneous tissue, improves blood and lymph circulation, nourishes skin tissue, saturates it with oxygen, and stimulates natural production of elastin and collagen. A series of lifting massage treatments will firm and tighter your skin, smooth our frown lines, relieve static muscular tension and improve capillary circulation.



# MASSAGE TREATMENTS

## BODY MASSAGE (AROMATHERAPY)

It has been known since ancient times how scents affect people's emotional and physical well-being. Essential oils are widely used in massage as aromatherapy component. Different types of essential oils can relieve muscle strain or soreness and stimulate metabolic processes. When added to the massage oil, they help to defuse emotional tension, allowing the patient to relax and unwind. What is more, essential oils enhance and prolong the effect of massage treatments. The combination of oils is selected on an individual basis, depending on medical indications.

## SWEDISH MASSAGE

Swedish massage helps to improve your blood flow, stretch muscle fibers, and restore flexibility and elasticity of joints. This type of massage will boost your blood and lymph circulation, entrance skin elasticity, relieve muscle pain, loosen stiff nerves, and defuse tension, letting you de-stress and relax your whole body.

## EUROPEAN ENERGIZING DEEP-TISSUE MASSAGE

Deep-Tissue massage is a powerful treatment for various problems of the musculoskeletal system. Its mild and painless action reinvigorates connective tissue and normalizes operation of the entire locomotor apparatus as a holistic system addressing local.

## GOLD DELUXE MADAGASCAR MASSAGE

*Relaxes, revitalises*

Massaging every piece of the body with Gold Nectar- extract of essential oils and dead sea mud minerals is almost instantly effective in improving the skin's natural process, easing rheumatic pains, relaxing muscles and providing inner calmness and tranquillity. A deluxe massage to reenergise the body and calm the spirit.

## LYMPHATIC BODY MASSAGE

Unhealthy lifestyle causes blockages of lymph circulation, metabolic, abnormalities, and edema lymphatic body massage deals with these problems by restoring normal operation of the lymphatic system.

The treatment's effect is very straight forward it reactivates healthy lymph flow clearing toxins from the body tissues. lymphatic massage regulates the influx of beneficent bacteria to the body tissues organs, and drains excessive fluids, helping to get rid of cellulite.

## INDIAN HEAD MASSAGE

Head massage is an excellent way to put an end to stress insomnia, and headache. Essential oils reinforce positive effects of the treatment. Therapeutic power of the Indian massage extends to shoulders, collar zone, neck, head and face. It will help you embrace total relaxation and fill your body with boundless energy and pleasure.

## ANTI-CELLULITE MASSAGE

Anti-cellulite massage is a complex treatment that affects skin and subcutaneous tissue through elaborate massage techniques. This type of massage reduces the amount of fat cells and tightens thigh and buttock muscles making them firm and attractive, and eliminating cellulite.





#### REFLEXOLOGY (FEET)

Reflexology is not simply a foot massage technique, but an ancient therapy based on an intricate system of energy channels connecting all body organs to the reflex points on feet. According to historical data reflexology was already known in Ancient Egypt 4000 years ago.

Massage on the reflex points restores natural energy flow, reinvigorating the body and creating a sense of general well-being. It stimulates blood and lymph circulation, toxins and reenergizes the body, removing stress, tension, and fatigue.

#### PEELINGS, BODY WRAPS, AND SPA TREATMENT'S

Body Peeling and Massage (deep cleanse with elements of manual massage). This treatment combines body scrub and massage with a luxurious blend of soft natural orange and apricot seeds aromatic sea salt essential oils, and spices. It effectively exfoliates keratinized skin cells, clears and smoothes skin leaving it silky, glowing and supple.

#### FEET MASSAGE (LIGHT FEET ) + WRAP

This treatment helps to remove swelling and mitigate fatigue. It relieves pain caused by walking, firms up vascular walls, and stimulates egestion on excessive fluids Feet massage (Light Feet massage) is even good to varicose veins, because it reactivates venous circulation.

#### DETOX SPA

This powerful body detox program combines lymph draining massage with f seaweed and essential oil mask ensuring visible slimming of silhouette, removal of excessive fluids and toxins, improving blood, circulation, relieving muscular tension, and sculpting the body shape. This treatment is recommended to anyone who wants to lose weight and improve their skin texture.

#### TONING BODY SPA (TONICITY ELASTICITY, AND MOISTURIZING)

Reduced collagen production caused by ageing results in lower skin elasticity along with undesirable dryness and wrinkle formation. Collagen mask have a rejuvenating and reenergizing effect as express care fore.

Tired and dry skin it is used on exposed skin areas to active healthy, fresh and youthful look. Collagen mask have proven effective and are widely used to improve skin elasticity, and water balance, smooth out wrinkles, and revitalize dull skin.

#### CHOCOLATE SPA

The Chocolate Spa body wrap is a source of microelements and vitamins that help to moisturize and tone your skin, inject it with antioxidants, and enhance oxygen saturation of skin cells. The program also activates production of mood elevating endorphins with its antidepressant action. The Chocolate Spa includes a mild body peeling and a massage.

#### BODY ANTI-STRESS

Body anti-stress treatment will help you to relieve strain de-stress, relax and recharge your body's energy. With an added bonus of soft and satiny skin.



# SIGNATURE MESSAGES



## MADAGASCAR MESSAGE

### *Relaxes, revitalises*

From every piece of the body, massages with essential oils take you into Decl or's world for a moment of pure essential and well-being. A complete massage to reenergize the body and calm down the spirit.

## ORIENTAL DELIGHT

### *Oriental relaxation*

A sensational massage that has multiple properties of Cinnamon Essential oil combined with an exquisite ritual of spice Pindas, invites you to the purest state of relaxation. Inspired by classic Oriental technique and rhythm that provides relaxation to achieve well-being through harmony between the mind and spirit.

## MOTHER-TO-BE

Massage therapy during pregnancy is a wonderful complementary choice for prenatal care. It is a healthy way to reduce stress and promote overall wellness. Massage relieves many of the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps and headaches.

## ANTI-CELLULITE MESSAGE

Anti-Cellulite Massage is a specialized massage concentrating mainly on the area where cellulite, or 'orange peel' skin is most prevalent on the body. The Anti-cellulite massage stimulates the blood vessels in the skin. This clears out the lymph cells of the toxic fatty deposits, which cause the appearance of the 'orange peel' look.

## LIFTING FACIAL MESSAGE

"We are fascinated by anti-ageing" A specialized face massage, using a range of simple techniques help to relieve deep tension giving the facial muscles a lift.





# SIGNATURE DELUXE PACKADGE



## SPA RELAXING DAY

*Enjoy the benefits of massage and relax your senses*

This spa package includes the following:

- Swedish Back Massage 30 min
- Indian Head Massage 30 min
- Use of Sauna 30 min
- Use of Indoor pool and Jacuzzi 30 minutes
- Use of relaxing room
- Refreshments, teas, coffees

## BLISSFUL JOURNEY

*Melt away all your stress & tension*

This spa package includes the following:

- Madagascar full body massage 90 min
- Express facial treatment 30 min
- Use of Sauna 30 min
- Use of Indoor pool and Jacuzzi 30 minutes
- Use of relaxing room
- Refreshments, teas, coffees

## MOTHER-TO-BE

*Melt away all your stress & tension*

This spa package includes the following:

- Lymphatic Drainage massage 60 min
- Anticellulite massage 30 min
- Silhouette (Detox) body treatment 45 min
- Use of Steam Bath or Sauna 30 min

## PROGRAMM FOR GENTLEMEN

This spa package includes the following:

- Deep Tissue body massage 60 min
- Reflexology foot massage 30 min
- Express Energizing Facial 30 min
- Use of Sauna 30 min
- Use of Indoor pool and Jacuzzi 30 minutes
- Use of relaxing room
- Refreshments, teas, coffees
- Use of Indoor pool and Jacuzzi 30 minutes
- Use of relaxing room
- Refreshments, teas, coffees

## COUPLE ESCAPE

This spa package includes the following:

- Oriental Delight massage 60 min
- Chocolate Body treatment 60 min
- Express facial treatment 30 min
- Use of Sauna 30 min
- Use of Indoor pool and Jacuzzi 30 minutes
- Use of relaxing room
- Refreshments, teas, coffees





## SPECIAL BODY PROGRAMS



### «COMPLIMENT FROM CAVO D' ORO SPA»

At Cavo D'oro Spa you will discover the world where time stands still. This is where your quest for beauty begins. Our exclusive trademark face and body treatments will offer you luxurious spa care and boundless pleasure.

*The uniquely-designed care program offered by Cavo D'oro Spa includes a full cycle complex treatment that consists of:*

- Body peeling
- Body mask
- Body massage
- Facial

Our body peeling deeply and thoroughly cleans your skin, carefully removing dead skin cells, stimulating cell regeneration and preventing signs of premature ageing. The treatment visibly smoothen skin and reduces wrinkles.

Natural antioxidant properties of the body mask stimulates lymph drainage, moisturize, soften, and smoothen your skin. The mask has a mild whitening effect that gives your skin a fresh and glowing look.

The body massage uses a complex of aromatic oils selected depending on your skin's need.

The program is supplemented with a facial including:

- The serum to address the main issue
- Massage with vitamin –enriched oil or special gel
- A face mask to be selected from a wide range, depending on your needs, from moisturizing and nourishment to reinvigoration.



# REJUVENATING



## SPA PROGRAM APHRODITE'S MYSTERY

The beautiful goddess Aphrodite emerged from the sea, the cradle of life. Our unique beauty Spa program makes use of the priceless gifts the sea has to offer seaweed is a source of vital micro and macro elements, which normalize metabolism, improve lymph draining, remove toxins, and tone up skin.

*The program includes the following procedures:*

- **Oil Salt Peeling**  
This treatment removes excessive keratinized cells, helps your skin breath, restores its normal gas exchange and saturates your skin with minerals.
- **Seven Seaweeds Wrap**  
This program offers luxurious care for your entire body. The powder enriched with seaweed and protein peptides effectively moisturizes skin, saturates it with microelements creating a mild lifting effect. It relaxes and pampers your skin living it soft and silky.
- **Pure Essential Oil Massage**  
Our massage treatment with pure essential oils has a therapeutic effect on the entire body: it soothes the nerves, tones up muscles, stimulates removal of toxins, and strengthens immunity.  
Essential oils to be used will be selected at the individual consultation.

*No Age Facial Rejuvenating Massage:*

- Clears toxins
- Smoothens wrinkles
- Removes swelling
- Tones up face muscles
- Stimulates blood vessels to improve complexion and minimize blemishes





# HAND & FOOT CARE TREATMENTS



## SPA MANICURE

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

## SPA PEDICURE

A full pedicure treatment including a bubbling spa bath to soothe your tired feet, exfoliation, foot mask, and shooting foot massage, followed by an application of the nail varnish of your choice.



# SPA WAXING



- Top lip
- Eyebrow Reshape
- Under Arms
- Full Arms
- Bikini (line)





- Legs (Half)
- Legs (Full)
- Back (half)
- Back (full)
- Chest





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LEADING SPA MANAGEMENT SOLUTIONS

Часы работы/  
opening hours:  
с 10.00 до 19.00

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