

INTENSE PULSED LIGHT SYSTEM (IPL)

(Laser like) Permanent hair removal

- Medically proven technology
- Ideal for both male and female
- For quick and painless removal of face and body hair

Upper lip	€23
Chin/cheeks	€35 - €46
Sideburns	€46 - €58
Chin & upper lip	€46
Whole face & neck	€58 - €69
Under arms	€58
Arms	€70 - €93
Upper back	€58
Lower back	€58
Whole back	€110
Shoulders	€35 - €47
Chest	€47 - €70
Tummy	€35 - €70
Buttocks	€58 - €70
Bikini line	€58
Half leg	€93 - €117
Full leg + b.l.	€210

Permanent discount on IPL for students

Loyalty discount of 10-25% after 6 sessions

Up to 25% discount on paying the first 3 sessions together.

Facial treatments with IPL

Skin rejuvenation

Pigmentation & age spots

Stretch marks & scars

Facial red veins

1session €47
4sessions €163

**CLIENTS WHO USE OUR PROFESSIONAL SERVICES CAN
BENEFIT FROM DISCOUNTS WITH OUR MEMBERSHIP
CARD SYSTEM.**



HEALTH & BEAUTY FITNESS SPA

Tel: 21553898 - 21559323 FAX: 21554167

e-mail: info@gozospa.com

Website: www.gozospa.com



revitalise yourself...

Welcome to our SPA. All our therapists and staff are highly trained and dedicated to help you feel and look good. We offer the latest treatments and equipment.

GYM:

- Weight control
- Boost yourself
- Healthy lifestyle
- Fitness
- Improve muscle tone

Supervised by trained personnel under the guidance of a physiotherapist

	GOLD	SILVER
Yearly membership	€200	€116
Half yearly membership	€115	€70
Quarterly membership	€70	€46
One month membership	€35	€19
10 sessions		€21
1 session		€4
Aerobics (fitness and stretching classes)		
3 months		€40
1 session		€2.5

All memberships include:

- Fitness test and use of gym area
- Personal training program
- Advice on weight loss and diet plans
- Students and couples benefit from 10% discount on yearly and half yearly memberships
- One month bonus for yearly renewals on expiry date

Gold membership includes

- Up to 10% discount on all our services
- Free sauna weekly & hydro bath monthly
- Free use of showers
- Free body massage with yearly
- Free back massage with half yearly
- Low impact aerobic classes at half price

Silver membership includes

- Sauna and Hydrobath at half price
- Showers and towels at 1Euro each
- 10% discount on relaxing and slimming treatments

Deep cleanse:

5 weekly sessions recommended after a detoxifying facial to treat excessive oily skin. 50€

TREAT YOUR EYES

Semi permanent eye lash extensions

Individual strands are adhered to your existing eyelashes to give a gorgeous natural look which lasts for about 4 weeks.

New set: €46
Infills: €19

Eye contour treatment

Fine wrinkles and expression lines	5sess	€95
Puffiness and dark circles	5sess	€70
Prevention of wrinkle formation around eye area	5sess	€47

Eye lash perming

Eye brow & eye lash tint

€12

Eye lash tint

€8

Eye brow tint

€6

Eye brow shaping

€2.50

REMOVAL OF SUPERFLOUS HAIR

Electrolysis

Permanent hair removal; using disposable needles

15mins €6
30mins €8

Depilation

Hair removal by waxing

Full leg €10
Half leg €8
Full back €10

TREAT YOUR FACE

Exclusive facial

Intensive corrective facials that give instantly visible results for many skin concerns: Aging skin, Acne, Hyperpigmentation, Polysensitive and Rosacea; using highly effective cosmeceuticals rich in vitamins that strike a perfect balance between holistic principles and chemical research: including Glycolic, Enzyme and Chemical peels. €35 - €58

Deluxe facial

A complete skin balancing treatment which oxygenates, firms and nourishes the skin. A wide range of sophisticated masks to prevent skin aging. €30 - €24

Classic facial

Relaxing, hydrating and revitalising. €21

Detoxifying facial

Increases circulation and flushes out impurities- thus leaving a bright improved skin. Recommended for young problem skin. €17.50 - €20

Basic facial

Cleanse, exfoliation, face, neck & shoulder massage finishing off with a mask. €17

TAKE A COURSE FOR A SIGNIFICANT RESULT

Esthetic skin peeling : glycol, enzyme, chemical or herbal.

(available mild and strong)

Discover a clearer skin: ideal for acne, rosacea, hyperpigmentation, and aging skin. 1session : €24 - €58
6 sessions + 1free

Non surgical facelifting:

Using microcurrent helps to improve lines and wrinkles, tones facial muscles and plumps the skin.

6sessions €175

Using faradic current improves facial firming and sagging.
10sessions €105

REMEDIES PHYSIOTHERAPY CLINIC

Run by a qualified and experienced physiotherapist using the latest techniques and best equipment.

Treatments help:

- To control pain in the joints, muscles and bones
- To relieve pain, regain range of movement, restore muscle strength and return patients to normal activities of daily living
- Backaches, neck pains, sports injuries, joint pains, arthritis, post operation conditions (hip and knee replacement) and fractures.

We specialise in fitting individual INSOLES to correct flat feet and relieve tired and painful feet.

Home visits available on request.

Our shop offers a wide selection of:

- Home exercise equipment
- Aids for the sick and elderly: lifters, electric wheelchairs, motorized height adjustable beds
- Personalized orthopaedic mattresses.

Consult the physiotherapist to help you adapt to your needs.

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A registered **NUTRITIONIST** is at our spa weekly to help out clients with weight problems and eating disorders in a healthy and natural way. A program of 5 sessions @ €85 is recommended

#### ~~~~~ U.K. trained professional staff is at our spa offering

- **BOTOX**
- **DERMAL FILLERS**
- **MEDICAL SKIN PEELING**

Prices depend on the area to be treated.  
Please ask at the reception.

## OUR SPECIAL TREATS

### Pure indulgence

A classic facial together with a luxurious manicure and pedicure finishing off with a relaxing hot stone massage. Free micronised marine algae bath €99

### Body renewal

A basic facial together with a pedicure and manicure finishing off with a marine algae wrap. Free sauna €65

### Bridal packages

*Let us help you look gorgeous from head to toe on your great day at our spa. Get your HAIR set by our professional hair stylist, your NAIL EXTENSIONS at our nail bar and choose one of our bridal treats. You will get a FREE body massage or facial to treat your groom.*

### DESIGNED TO PAMPER THE BRIDE

### Extravagant treat

2 Classic facials (planned around 3 months before), luxurious pedicure, air spray tan, pampering chocolate massage, make-up trial and consultation & make-up for the day €150

### Standard treat

2 Basic facials (planned around 3 months before), pedicure, sea salt glow, make-up trial and consultation plus make up for the day. €95

## TREAT YOUR BODY

### Airbrush tanning

A safe system for a natural fabulous tan 100% free of harmful UV rays. The airbrush system sprays evenly a fine mist onto the skin which dries quickly and blends to your skin colour.

|                       |                     |     |
|-----------------------|---------------------|-----|
| Including exfoliation | 1 session           | €30 |
| Air spray only        | 1 session           | €25 |
|                       | 4 sessions + 1 free |     |

### Bust firming

An intensive thermo treatment with plant and marine proteins which enhance elasticity and maintain firmness.

|            |      |
|------------|------|
| 6 sessions | €120 |
|------------|------|

### SLIMMING & CELLULITE

Our slimming packages consist of a programme tailor made for your size and shape to treat cellulite, excessive fluids & flabbiness.

Our **MENU** includes:

**Body wraps** which are detoxifying, draining, oxygenating, and anti-cellulite. This is a 3 in 1 treatment including exfoliation, choice of wrap: algae, mud, frigi, dead sea salt, magic honey and more finishing with a stimulating G5 massage. 10 sessions €165 to €200

**Ultrasonic** is designed to cope with stubborn cellulite problems.

|                    |      |
|--------------------|------|
| 10 sessions 60mins | €200 |
| 10 sessions 30mins | €120 |

**Computerised professional body toning** is programmed for muscle firming, cellulite dispersal, lymph drainage and more.

|                    |      |
|--------------------|------|
| 10 sessions 60mins | €165 |
| 10 sessions 30mins | €100 |

**Lymphatic drainage, G5 message, Heat therapy, Hydrotherapy, Faradic and Galvanic current** are also available.

|             |          |
|-------------|----------|
| 10 sessions | €60-€115 |
|-------------|----------|

*Treatments are guaranteed to give long lasting results when followed by healthy nutrition and a 30 mins routine of daily exercise. A regular monthly treatment to maintain results and a yearly course are recommended.*

## HAND & FOOT TREATS

### Luxury foot treatment

Relieve your tired feet and treat dry and thick skin. It softens, heals, nourishes and moisturises. Soften in a bath with essential oils or paraffin wax, exfoliate with salts, shape nails and repair cuticle. A massage and mask completes relaxation. €20

### Luxury hand treatment

Spoil your dry hands lacking elasticity, stressed and dark spots. Soften in a bath with essential oils or paraffin wax, exfoliate and deep cleanse with glycol, repair nail and cuticle. Treatment finishes with a relaxing massage and mask. €18

### Pedicure

Including foot and lower leg massage €16

### Manicure

Including hand and arm massage €14

## BEAUTY TREATS

**Make-up** home visits for weddings and other special occasions also available €12

**Lesson for personal make up** €15

**Ear piercing** including 18 carat gold plated studs €12

### Removal of skin tags & red veins

Using short wave diathermy 5mins €8 30mins €13

## HAIR SALON

Run by a fully qualified stylist

|                                                          |                 |
|----------------------------------------------------------|-----------------|
| Wash & blow dry                                          | €7.60 - €8.15   |
| Wash & dry curl                                          | €9.00           |
| Wash & cut                                               | €5.00           |
| Colour                                                   | €16.30 - €18.70 |
| Highlights                                               | €23.50 - €28.00 |
| Highlights, cut & blow dry                               | €34 - €37       |
| Treatment for: dry hair, split ends & hair loss problems | €14.00 - €16.50 |
| Upstyle                                                  | €6.00 - €10.00  |
| Cut & blow dry                                           | €11.65 - €12.85 |
| Colour, cut & blow dry                                   | €26.80 - €31.50 |
| Colour & cut                                             | €20.00 - €23.50 |
| Colour & blow dry                                        | €24.50 - €26.80 |
| Straightening                                            | €16.50 - €18.70 |
| Straightening, cut & blow dry                            | €27.00          |

## NAIL BAR

Run by professional nail technicians

### Full set acrylic/gel

Application with tips €39

### Full set acrylic/gel

Application for nail biters €32

### Acrylic/gel

Application to strengthen your  
Natural nails without nail tips €23

**Infills:** for normal nails €23  
for nail biters €12

## RELAX, HEAL, DETOX & REBALANCE

### Indoceane Spa

A complete initiation to the mystery of Vital Relaxation. This is a maritime journey from port to port where the fragrances and colours from the Orient blend together with marine treasures. Starting with the Mediterranean sweet and savoury body scrub followed by the Egyptian milk bath, unblock chronic stress with Qi-Balm and a luxurious massage with traditional Indian oils finished with a sublime body wrap.

2hr €60

### Hot Stone Massage

Feel the warm glowing energy of the smooth volcanic ballast stones glide slowly and gently deep into the muscle fibres melting away tension.

1hr 30mins €45

### Chocolate massage

The pampering massage of serenity made from irresistible chocolate. A true multi sensorial full immersion of physical and mental well being

1hr 30mins €45

### Aromatherapy massage

De-stress and invigorate body and mind in a calm atmosphere with essential oils to create balance and harmony throughout the body.

1hr €30

### Marine Algae Wrap

Feel cocooned with the natural combination of sea salts and marine mud. It eliminates dead skin cells, refines skin texture and invigorates the entire body by activating micro-circulation.

1hr €25

### Sea Salt Glow

Stimulate and excite your skin with this invigorating treatment. This natural therapeutic dead sea salt exfoliant combined with essential oil gives a glowing silky soft skin result.

1hr €25

### Hopi Ear Candling

A light suction action plus flame movement creates air vibration in the ear canal, generating a massage like effect in the ear drum. Made of natural products, this is an ideal relaxation treatment for:

- Excessive wax in ears
- Blocked sinus and hay fever
- Tinnitus
- Headaches & migraines
- Pressure regulation: scuba diving/ before & after flight.

Treatment includes a light facial and foot massage to improve circulation and energy flow.

1hr session €25 5sessions €100

### Relaxation massage

The perfect antidote to a hectic life. Designed to rejuvenate and rebalance: lie back and relax while your body is relieved of built up stress and tension.

|           |            |
|-----------|------------|
| Full body | 1hr €25    |
| Back      | 30mins €15 |

### Toning massage:

Using G5 massage which is a mechanical massager that goes much deeper than the therapist's hands. Excellent for toning and sports related aches and pains: relieves tight muscles and cramps and helps to flush out lactic acid build up.

|           |            |
|-----------|------------|
| Full body | 45mins €20 |
| Back      | 20mins €12 |

### Hydrotherapy bath

Pamper yourself in our luxury spa bath using:

|                             |     |
|-----------------------------|-----|
| Indocean Precious Milk Bath | €15 |
| Micronised Marine Algae     | €12 |

### Sauna

30mins €6