

WHAT'S HAPPENING AT OUR HOTEL

AYIA NAPA, CYPRUS | SUMMER 2019 | www.greciansands.com

BREAKFAST - DAILY 7:00 - 10:00 hrs
CAFETERIA CALYPSO

LUNCH - DAILY 12:00 - 18:30 hrs
BUFFET - DAILY 12:30 - 14:30 hrs
CAFETERIA CALYPSO

DINNER - DAILY Summer 19:00 - 21:45 hrs
ITHAKA RESTAURANT Winter 18:30 - 21:15 hrs

THEME NIGHTS

MONDAY
Live Music | Guitar and live singing.
Asian night - week 1 | Mexican night - week 2

TUESDAY
International night - pool area outside.
Buffet dinner. Performance and Guitar & live singing

WEDNESDAY
Live Music | Guitar and live singing.
Buffet dinner and set menu

THURSDAY
Live Music | Guitar and live singing.
Italian night - week 1 | Greek night - week 2

FRIDAY
Live Music | Guitar and live singing.
Buffet dinner & set menu

SATURDAY
Cyprus night - pool area outside.
Management cocktail at the ULLYSEES BAR
Bouzouki, playing Violin, live singing and Greek dancers.

SUNDAY
Live Music | Guitar and live singing.
Buffet dinner & set menu

ACTIVITIES

SCUBA DIVING LESSONS
Thinking of trying diving for the first time? Introduce yourself to the world of diving with experienced instructors in a relaxed and controlled environment. We offer pool diving demonstrations.

TENNIS COURT
Our lighted tennis court offers a great setting to show your competitive side, improve your game or just spend some quality time with family and friends. Our reception team will be happy to reserve it for you in advance. A tennis instructor is available on request.

**BEACH · OUTDOOR POOL · INDOOR POOL
TABLE TENNIS · BILLIARDS**

ROOF
burger bar



Located on the top floor of the Grecian Sands Hotel, one of the highest and most beautiful points on the Cypriot coastline, guests will enjoy breathtaking views over the Mediterranean sea.

Flame grilled, homemade burgers prepared by our expert chefs are the perfect accompaniment for a memorable experience. Traditional favourites are on offer along with dishes that celebrate the rich culinary passion of the region.

Reserve your table by contacting Reception | 18:30 - 23:30 hrs



WiFi INSTRUCTIONS

Step 1: Connect to Wifi network

Step 2: Login : grecian

Password : sands

If not connected automatically

Type 10.1.0.1 - FREE OF CHARGE

THE PREMIUM PLAN ULTRA ALL INCLUSIVE OPTION

RESTAURANTS AND BARS

BREAKFAST - DAILY CAFETERIA CALYPSO	7:00 - 10:00 hrs
<i>SERVED DAILY</i> <i>Ice Cream, Snacks & Savouries</i>	10:30 - 12:30 hrs
LUNCH - DAILY CAFETERIA CALYPSO	12:30 - 14:30 hrs
PASTRIES - DAILY CAFETERIA CALYPSO	16:30 - 18:00 hrs
<i>With Tea, Ice Cream and Sweets</i>	
DINNER - DAILY ITHAKA RESTAURANT	Summer 19:00 - 21:45 hrs Winter 18:30 - 21:15 hrs

FREE DINE AROUND

at our a la carte theme Restaurants
- selected menus available by reservation only
You are entitled to use the below restaurants once a week.
Please make your reservation with our Reception desk.

. *Grecian Sands Hotel* : ROOF BURGER BAR RESTAURANT

WALKING DISTANCE

. *Grecian Bay Hotel* : FISHERMAN'S HUT RESTAURANT

FREE TRANSFER

. *Grecian Park Hotel* : UMI JAPANESE RESTAURANT
. *Grecian Park Hotel* : RAVIOLI'S ITALIAN RESTAURANT

BEVERAGES

. A specially prepared selection of local & international alcoholic and non-alcoholic drinks
. Superior quality drinks are available at a charge
. A selected variety of cocktails & hot drinks are on offer for your pleasure from 10:00 to 23:00 hours
. Selected house wine, local beers, soft drinks & mineral water
. Coffee and tea making facilities in room, replenished daily
. Complimentary mini bar only upon arrival

GENERAL INFORMATION

- . 4 RESTAURANTS
- . 2 BARS
- . OUTDOOR SWIMMING POOL
- . INDOOR POOL
- . JACUZZI
- . SAUNA
- . CHILDREN'S POOL
- . FULLY EQUIPPED GYM
- . HEALTH AND BEAUTY SPA
- . CONFERENCE FACILITIES
- . TENNIS COURT
- . TABLE TENNIS
- . GAMES ROOM
- . SUPERVISED CHILDREN'S CLUB - JUNE/JULY/AUGUST
- . BUSINESS SERVICES
- . FREE PARKING

ANIMATION AND ENTERTAINMENT

- . Supervised children's club - (June/July/August)
- . Daytime entertainment program for children from 4 to 12 years of age - (June/July/August)
- . Evening program - two times a week
- . Supervised fitness centre
- . Swimming pool
- . Indoor pool
- . Children's pool
- . Tennis court
- . Table tennis
- . Sauna
- . Jacuzzi

CHARGEABLE EXTRAS

- . All water sports facilities are charged and paid separately
- . Cycling
- . Car hire
- . Bike Rental
- . Scuba Diving
- . Steam bath
- . Water Sports (different management)
- . Room service - every item ordered from the room service menu
- . All spa and beauty therapy facilities
- . Wedding ceremony administration fee, private venue including lunch or dinner with beverages

TERMS & CONDITIONS

The premium plan ultra all-inclusive option starts at 14:00 hrs on arrival date and finishes at 12:00 hrs (mid-day) on the day of departure. Each guest, adult and child will have their own premium plan card (PPC). Alcoholic beverage will not be sold to guests under the age of 18 years old. Room service is not included in the PPC. Please ensure that each member of your party has their PPC with them when ordering food and drink. The PPC can only be used by the person it is initially assigned to and by no other. The PPC can only be purchased when staying a minimum of 7 consecutive nights. When choosing the PPC ultra all-inclusive option guests will have to remain on this option for the duration of their stay i.e. guests may not revert back to any other term of stay. Please note that the whole family must be a part of the same option, i.e. all adults and all children holidaying together must be a PPC guest. PPC guests are strictly forbidden from using their benefits to order food and drink for other non PPC guests. The PPC entitles guests to all benefits as agreed and highlighted during this time of booking and within this page only. Please note that dining outlets may be limited depending on season and weather conditions without prior notification. Dress code: Smart casual clothes are required for dinner. Long trousers are required for the gentlemen (shorts are not allowed). Violation of the above-mentioned terms and conditions can result in termination of PPC benefits.

TELEPHONE INFORMATION



FRONT DESK | 0

CONCIERGE | 0

HOTEL OPERATOR | 0

HOUSEKEEPING | 5025

ROOM SERVICE | 5024

WAKE UP CALL | 0

PUBLIC RELATIONS OFFICER | 5008

MAINTENANCE | 5025

SECURITY | 0

ACTIVITIES | 5008

BABYSITTING | 0

POOL BAR | 5020

THE HEALTH CLUB | 5010

HAIRDRESSER | 5011

SPA | 5010

HOTEL EMERGENCY | 0

LOST AND FOUND | 0

ROOM RESERVATIONS | 4044

SOUVENIR SHOP | 5007

WEDDING COORDINATOR | 5008

LAUNDRY SERVICES / DRY CLEANING | 5025

TO DIAL ANOTHER ROOM | DIAL '2' + THE ROOM NUMBER

TO DIAL LOCAL CALLS | DIAL '9' + THEN THE NUMBER

INTERNATIONAL CALLS |

| DIAL '9' + COUNTRY CODE WITHOUT "0" + THEN THE NUMBER

TELEPHONE INFORMATION

HOTEL SERVICES GENERAL INFORMATION

BABY SITTING

*For your convenience, a baby-sitting service is available.
Please contact the reception and book as early as possible.*

*The fee is €9.00 per hour until 12:00 A.M
After midnight, the fee is €11.00 per hour.
A fare of €18.00 extra is charged for the babysitter's transfer.*



KIDS CLUB

*Our kids club is open from 9:00 till 18:00 hrs.
Kids are accompanied by responsible staff on duty.*

HOURS OF OPERATION DINE AND DRINK



ROOF BURGER BAR

Feast your eyes and mouth on our gourmet burgers and try our mouth watering salads. Soak up the view whilst sipping on refreshing wine or cocktails until the sun goes down. It's not just an ordinary roof, it is THE ROOF.

Visit Roof Burger Bar website for the food and cocktail menu.
DIAL 5035

Daily 18:00 - 23:30 hrs



SUNSET DECK & POOL BAR

Cool down and enjoy a refreshing soft drink or fresh fruit cocktail prepared by our barmen. Snacks and ice cream by our pool bar are also a treat whilst relaxing amongst beautiful scenery and atmosphere. During the late afternoon and evening hours, watch the romantic sunset and sip our delicious Mojitos with the great sounds of lounge music on the comfortable sofas of our Chill-Out Terrace.

DIAL 5020

Daily : 10:00 - 19:00 hrs



ITHAKA RESTAURANT

With panoramic views of the sea and located on the ground floor, our dining room welcomes you with a tranquil and warm atmosphere. Dining options include our delicious table d'hôte or tempting a la carte menus or our extensive buffets. Our team has carefully selected an assortment of wines that can accompany your meal.
DIAL 5009

*Daily, except Tuesday and Saturday:
Summer 19:00 - 21:45 hrs
Winter 18:30 - 21:15 hrs*



ULYSSES BAR

For many of our guests, the evening begins at the Ulysses Bar which has an adjoining shaded terrace overlooking the gardens and beautiful Mediterranean Sea. This premier setting is designed to create a relaxed ambiance to enjoy the afternoon sun and the evening under the stars. Serving the finest aperitifs, wines and classic cocktails be sure not to miss the music programme offered during your stay.
DIAL 5014

Daily: 09:00 - 01:00 hrs



CAFETERIA CALYPSO

A rich and filling breakfast will ensure your day runs smoothly. Breakfast is served daily at our Cafe Calypso offering an extensive buffet and dishes made to order such as our tasty omelette's. Start your day off the right way!

The Cafe Calypso also caters to indoor luncheons with a variety of dining options from buffets to À la carte. It is sure to satisfy anyone's cravings.
DIAL 5020

*Breakfast: 07:00 - 10:00 hrs
Daily Lunch Menu: 12:00 - 18:30 hrs
Daily Buffet: 12:20 - 14:30 hrs*



GRILL BAR

Dine out at the Grill Bar. Located between the golden sandy beach and the pool, it is the perfect place to enjoy the view whilst chilling out. It offers an excellent selection of snacks throughout the day as well as a la carte or buffet lunch with local and international specialities, including tasty sandwiches, fresh salads, grilled meats and seafood dishes.
DIAL 5020

Daily Lunch Menu: 12:30 - 15:00 hrs

HOURS OF OPERATION DINE AND DRINK

LOCATIONS NOT TO BE MISSED



UMI JAPANESE RESTAURANT

Umi Japanese Restaurant offers contemporary Japanese and fusion dining at the roof top of the Grecian Park Hotel, overlooking the Cape Greko national park and the iconic Konnos Bay.

OPENING HOURS : 18:00 - 23:30
CONTACT : (+357) 99214800 (+357) 23844000
or DIAL 0



RAVIOLI'S ITALIAN RESTAURANT

Ravioli's Italian Restaurant situated opposite the Grecian Park Hotel, offers a unique cuisine based on traditional Italian food with a hint of the contemporary inspiration of our two chefs.

OPENING HOURS : 17:00 - 23:30
CONTACT : (+357) 23844092 (+357) 23844000
or DIAL 0



CLIFF BAR

Our exotic outdoor chill-out bar open daily until the late evening hours. Specialty cocktails and breathtaking views.

Live DJ during the summer months playing chill

You will feel as if you are in another world!
Located at the Grecian Park Hotel.

OPENING HOURS : 13:00 - 1:00
CONTACT : (+357) 23844000 or DIAL 0



FISHERMAN'S HUT

Fisherman's Hut is our hidden gem at the Grecian Bay Hotel that has been around since 1993 giving you the ultimate Island feeling that will travel you with the tastes of the sea. Every dish is served with more than just a smile, but with real warmth, joviality and enthusiasm that has guests coming back time and time again.

OPENING HOURS : 12:00 - 16:00
& 18:00 - 23:30
CONTACT : (+357) 23842000 or DIAL 0

GUEST SERVICES



CHECK-IN AND CHECK-OUT TIMES

Please note that the check-in time is from 14:00 hours and the check-out time is by 12:00 noon. For room extensions please make arrangements with Reception in advance, at least a day before departure. Room extensions are subject to availability.

Please dial *No. 0* for Front Desk.

Extra charge for late check-out:
Until 15:00 hours: €25
Until 18:00 hours: €50



ROOM SERVICE

Available daily until midnight. For breakfast in your room, please use the order form hanging on your door handle. Complete this and place it outside your door before resting. An all day A La Carte menu may be found in the 'IN - ROOM DINING MENU'. From 21:45 hours, a limited selection of items is available. A room service charge of €2.00 is applicable per order.

Please dial *No. 5024* for Room Service



DRESS CODE

Casual but smart dress is required in all public areas during the evening. Shorts, t-shirts and sandals are not permitted in the dining rooms, all bars and during special theme evenings. We kindly ask that guests refrain from sitting in the lobby area without shirts nor proper shoes. Wet beach-wear should not be worn by guests wishing to sit in the lobby area.



DOCTOR

Should you require the attention of a doctor, please inform the Duty Manager or Reception. Please ensure you identify your tour operator.

Please dial *No. 0* for Front Desk.



FIRST AID

In case of an accident, for help, please inform Reception immediately. First aid kits are available at Reception, the Health Club, Pool Bar, Lifeguard, Manager and from the Housekeeping.

Please dial *No. 0* for Front Desk.



PHARMACY

Pharmacies can be found near the Hotel. Please contact the Reception or the Guest Relations Officer for more information on location and opening times.

Please dial *No. 0* for Front Desk or '5008' for Guest Relations Officer.



HAIRDRESSER UNISEX

To make an appointment, please make your arrangements with the hairdresser or through Reception. The Hair Salon is located on the ground floor next to the Health Club.

Please dial *No. 5011 or 5010* for Hair Salon.



HAIRDRYER

All guest rooms are fitted with an automatic electric hairdryer. Simply lift up and press the button to operate.



WHEELCHAIRS

Wheelchairs are available on request, please contact our Guest Relations Officer 5008 or Front Desk for assistance 0.

GUEST SERVICES



DO NOT DISTURB

The rooms are equipped with a “Do Not Disturb” card. Should you wish not to be disturbed, please, hang the “Do Not Disturb” card to inform our maids.

If room is supplied with electronic sign ‘Do not disturb’ guests just need to press button. Please be sure after leaving the room, the electronic sign is switched off so the maids can clean the room.



BUS SERVICE

There is a public bus service to Protaras and Ayia Napa and back at regular intervals. There is a bus stop on the turning near the hotel. For further information, please contact our Front Office personnel or our Guest Relation Officer.

Please dial *No. 0* for Front Desk or *5008* for Guest Relation Officer.



CAR PARK

Several spaces are available free of charge on both sides of the hotel. Clients are advised to lock their cars at all times and not to leave any articles of value in them. The Hotel cannot accept any responsibility for any damage or loss to vehicles left in the car park.



CAR RENTAL

Arrangements can be made through our Guest Relation Officer or Reception staff who will be pleased to assist you.

Please dial *No. 0* for Front Desk or *5008* for Guest Relation Officer.



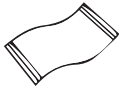
TAXI SERVICE

Please contact Reception should a taxi be required.



EMERGENCY EXITS

Emergency exits are marked on the floor plan on your room door.



BEACH TOWELS

Beach towel cards have been issued to you on arrival. Please present these cards to the Towel Service Desk in order to receive your towel. Upon checking out of the hotel, the beach towel cards must be returned to Reception along with your room keys. Loss of the beach towel card will result in a charge of *€17.00*.



SUNBEDS

Sun-beds and umbrellas in the hotel area are free of charge. We kindly suggest not to leave towels or personal belongings from the night before as a way to reserve sun-beds. We are removing all personal belongings found unattended over 2 hours time.



CHANGING ROOMS

There are available changing rooms next to the indoor pool if you wish to change after you have already checked out.

GUEST SERVICES

GUEST SERVICES



MINI BAR

For your convenience, we have installed a mini-bar with a full range of drinks in your room. We control and replenish all mini bars on a daily basis. Please note that mini bar drinks are chargeable.

Tea/coffee facilities in the rooms are free of charge for all the hotel guests.

**ULTRA PREMIUM PLAN*
Complimentary Mini Bar only upon arrival.



SAFETY DEPOSIT BOXES

The Management is not responsible for any loss of money, jewellery or other valuable possessions belonging to guests. We suggest that you protect your valuables by placing them in the safety deposit boxes which can be found in your wardrobe.



OLYMPUS HEALTH CLUB

HEALTH CLUB

The Olympus Health Club is situated at the indoor pool level. Complete with a full scale fitness gym and indoor pool, it provides the ideal conditions for fitness and relaxation. Our instructors will only be too pleased to assist you in your requirements. Health drinks are available from the Pool Bar. Children under 18 years old are allowed to use the facilities, only under adults supervision.



SUPPORT ACTIVITIES

To entertain you during the day we have a tennis court, table tennis, pool table, scuba diving demonstration and group fitness class. Please contact the Reception for further details.



FLORAL SERVICES

Local florists undertake personalized orders island-wide and abroad. Should you require this service, please contact Reception '0' for assistance or the Wedding Coordinator '5008'.



CHILDREN'S PLAYGROUND

The children's playground is located next to the outdoor pool. The playground is supervised and at specific times.

Summer supervision times: 09:00 - 18:00
Winter supervision times please contact Reception '0'.



LUGGAGE ROOM

If you checked-out from the room you can store your suitcases in the luggage room next to the Reception.

Scales are available at extra charge €1 per unit.



CREDIT CARDS

Most major credit cards are accepted by the hotel. Payment by personal cheque is not accepted.



CURRENCY EXCHANGE

Our Front Desk cashier will be happy to assist with your requirements. A nominal charge is made to cover bank handling fees.

GUEST SERVICES



HOUSEKEEPING SERVICES

For additional towels, blankets, pillows and anti-slip bath-tub mats please contact the Duty Housekeeper through reception.

Please dial *No. 0* for Front Desk or *5025* for Housekeeping Department.



IRONING ROOM

A daily service is available free of charge for your ironing. Located on the first floor.



LAUNDRY SERVICES

Are available at extra cost. You will find a laundry bag and a price-list in your room. For further information please contact the Reception

Please dial *No. 0* for Front Desk.



SIGHT-SEEING & TOURS

Information on excursions and can be obtained from our Guest Relations Officer or through Reception, who will be more than happy to assist you.

Please dial *No. 0* for Front Desk or *5008* for Guest Relation Officer.



SHOPPING - SOUVENIR SHOP

A souvenir shop is located on the ground floor stocked with souvenirs, gift ideas, toiletries and many other necessities.



PICNIC BASKETS LUNCH BOXES

If you require a picnic lunch basket, please contact Reception *dial 0* the evening prior.



POST & STAMPS

For any mail queries Reception will be pleased to advise you on our Post & Stamps service. Stamps are available in the souvenir shop.

Please dial *No. 0* for Front Desk or *5007* for Souvenir Shop.



BUSINESS CENTRE

Contact our Public Relations Officer to assist you with any queries regarding our Business Centre. *DIAL 5008*



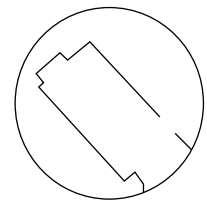
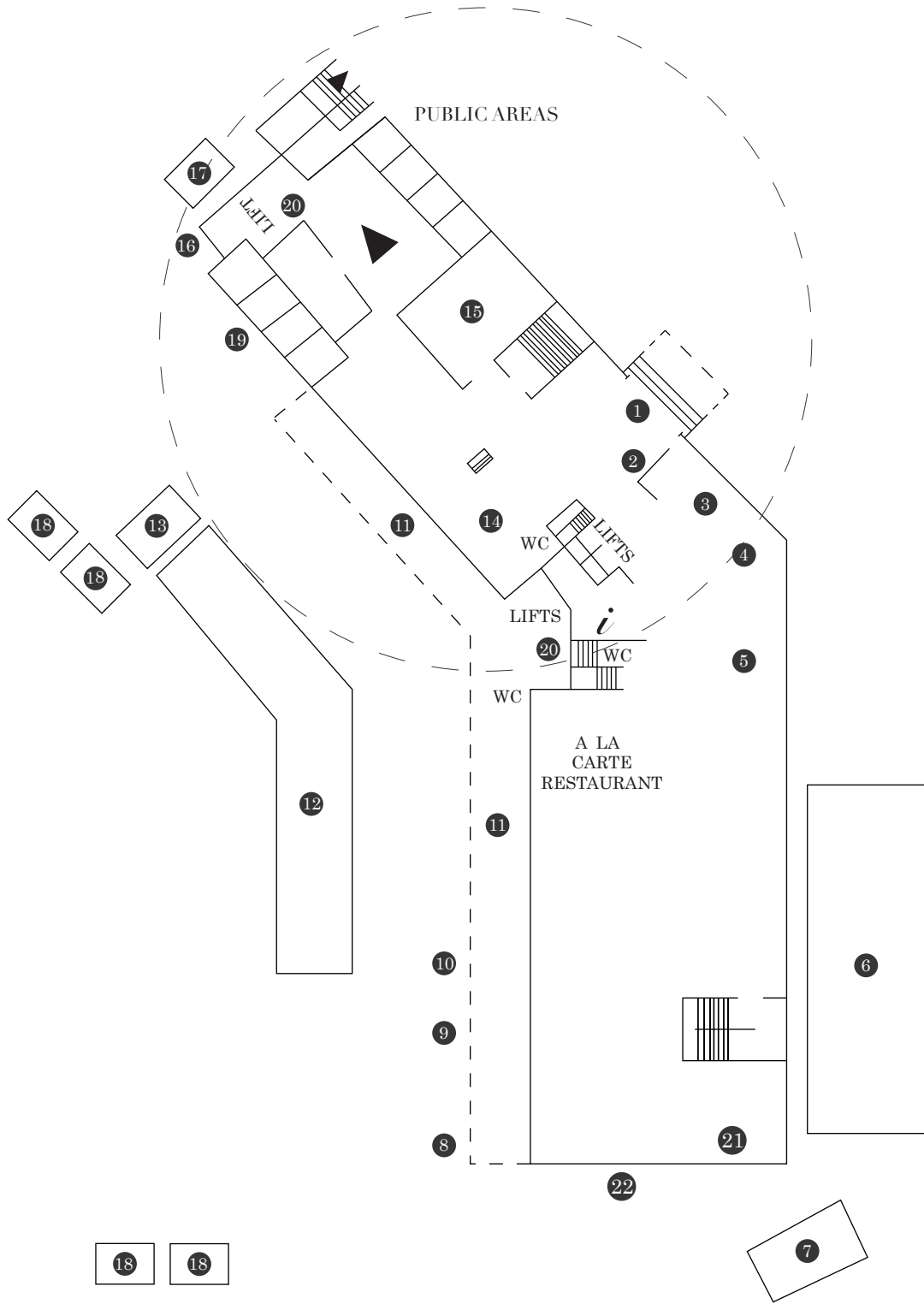
PETS

In the interest of hygiene, pets are not permitted on the hotel premises.

GUEST SERVICES

MAP OF THE HOTEL

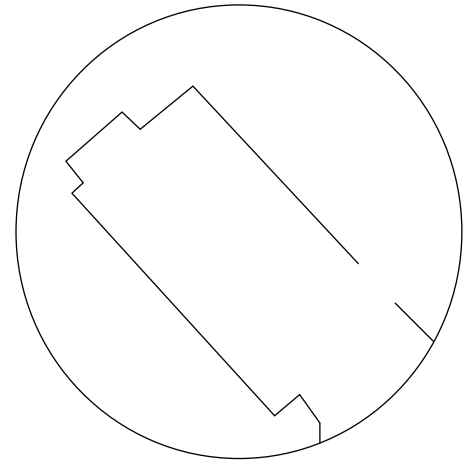
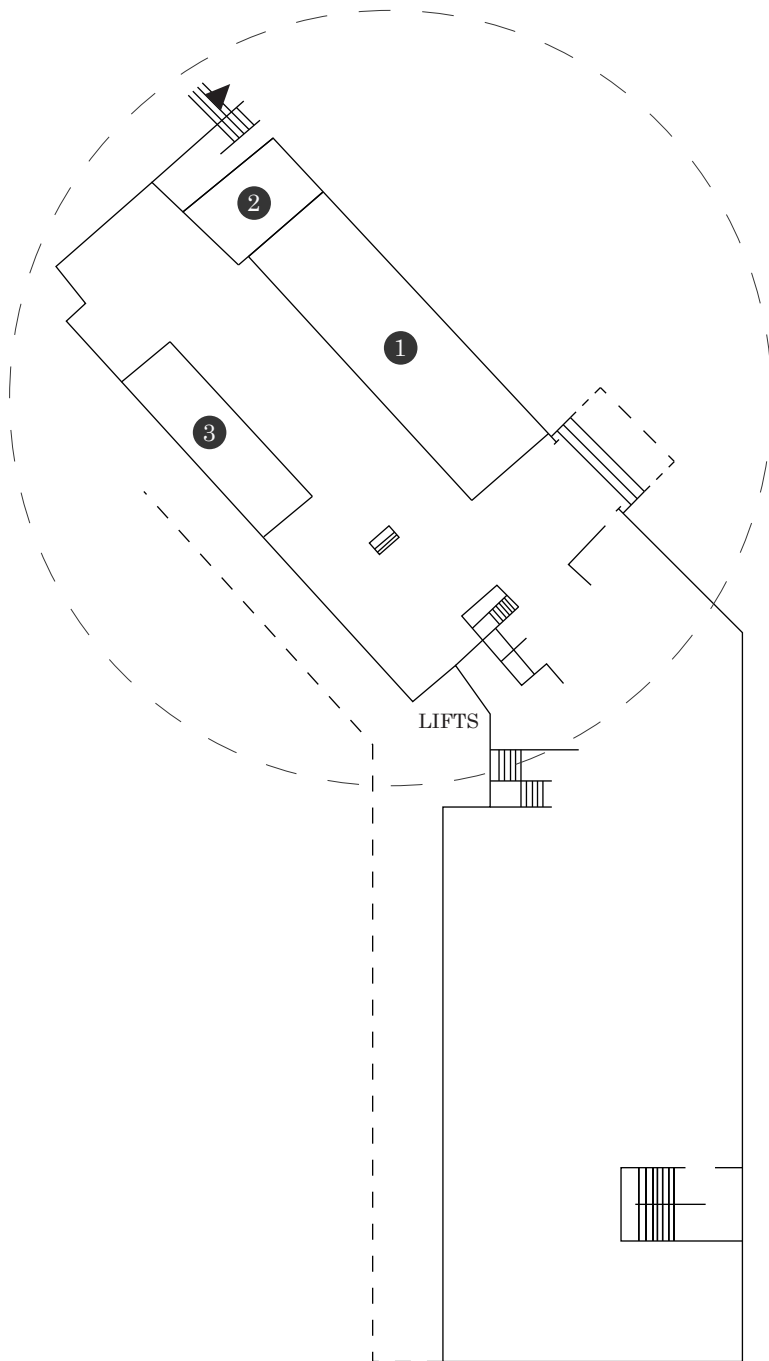
- ① ENTRANCE
- ② RECEPTION
- ③ LUGGAGE ROOM
- ④ OFFICES
- ⑤ LE SHOP
- ⑥ TENNIS COURT
- ⑦ WHITE WEDDING PAVILION
- ⑧ POOL BAR
- ⑨ BREAKFAST
- ⑩ CAFETERIA
- ⑪ SUNSET TERRACE
- ⑫ POOL
- ⑬ KID'S POOL
- ⑭ BAR
- ⑮ CONFERENCE ROOM ON THE TOP FLOOR
- ⑯ ROOF BURGER BAR
- ⑰ KIDS PLAYGROUND
- ⑱ CABANAS
- ⑲ INDOOR POOL
- ⑳ THE HEALTH CLUB AND SPA / SAUNA / HAIRDRESSER
- ㉑ MEDITERRANEAN SUITE
- ㉒ POSEIDON SUITE



ON THE BOTTOM FLOOR

MAP OF THE HOTEL

MAP OF THE HOTEL
ON THE BOTTOM FLOOR



THE HEALTH CLUB AND SPA /
SAUNA / HAIRDRESSER

- ① SPA
- ② GYM
- ③ INDOOR POOL



GRECIAN SPA HOUSE

Your journey to total rejuvenation. Walking into our Spa's tranquil ambiance and indulgent treatments will travel you into a healing world of serenity. Our Hotel "Spa & Wellness Centre" is designed to bring balance and tranquility to each and every individual, offering a range of holistic treatments and therapies from around the world.

Treat yourself to some well-deserved pampering. Our Spa therapists specialize in treatment massages as well as beauty therapies. Some of our services include facials for both men and women such as Aromaplasty, nail treatments, waxing, make up (including bridal) and specialty massages such as the Indian Head Massage, Hot Stone Massage, Asia Aroma Massage, Thai Massage and much more.

Special body treatments are also available such as the Stress Release treatment, Deluxe Chocolate Treatment and the Mother to Be treatment.

GIFT CARDS

Gift cards are available for purchase please contact 5010 for further information

*To buy a special Gift Voucher for your loved ones you can visit
grecianhotels.skchase.com*

*For further details or to receive a brochure, please contact:
spa@greciansands.com
or call: 00357 23721616*

SPA FACIAL TREATMENTS

EXPRESS FACIAL – 30min €51,00
Are you short on time? This treatment will help quickly to invigorate your skin. With gentle cleansing & exfoliation and as well the unique skin. You can say goodbye to fatigue, stress and tension.

AROMAPLASTY CLASSIC FACIAL €67,00
Pamper your skin with AROMAPLASTY treatment! This multi-active treatment is a 100% natural mask that revives the beauty and radiance of the face. You will be truly satisfied and your skin feels soft, smooth and velvety.

QUICK LIFTING – 75min €78,00

AROMA EXPERT FACIAL - 90min €85,00
Looking for treatments with high-precision action? This treatment provides a targeted and expert response to your every need. Thanks to the powerful action, even the most demanding skin is satisfied. You will notice a difference from the first treatment.

GUINOT SPECIALISED FACIAL - 90min €130,00

COSMETIC FACIAL ACUPUNCTURE - 60min €80,00
True innovation in dermo-cosmetic approach. Revitalising, boosting and renew the skin cells with a micro-derma needles. Botox replacement. While the needles are in the combination of the cocktails will be apply onto your skin. The session can be done every day. For the stable and visible results we recommend to have 3 to 10 sessions.

PRIORITY FOR MEN

EXPRESS FACIAL – 35min €56,00

DEEPLY ENERGIZING TREATMENT €68,00
This treatment is created to boost energy. Gentle cleansing, massage and mask will give your skin softness, firms and radiance.

PERFECT NAILS

SPA MANICURE €27,00
SPA PEDICURE €45,00
FRENCH MANICURE €30,00
DE LUXE PEDICURE €50,00
NAIL POLISH €20,00
TAKE OFF GEL €20,00
TAKE OFF NAIL POLISH €8,00
SHELLAC NAILS €35,00

WAXING

UPPER LIP WAX €12,00
EYE BROW LINE €15,00
HALF LEGS WAX €22,00
FULL LEGS WAX €44,00
BIKINI LINE €27,00
UNDER ARM WAX €18,00
ARM WAX €27,00



SPA MESSAGES

FACIAL MASSAGE – 25min - €35,00
BACK BODY or LEGS – 30min - €45,00
FULL BODY/AROMATHERAPY – 50min - €62,00
– 60min - €68,00
– 90min - €115,00

INDIAN HEAD MASSAGE – 25min - €41,00
A blend of specific carrier and essential oils, used to massage and relieve tension from the shoulders, neck, scalp and face.

REFLEXOLOGY – 30min - €50,00
Reflexology works on the principle of all our organs being represented in the feet. Working on these points with acupressure helps to rebalance the system and harmonize the body.

HOT STONE MASSAGE HALF BOBY – 45min - €65,00

HOT STONE MASSAGE FULL BODY – 75min - €85,00
Volcanic stones which were blown into the ocean thousands of years ago used for this massage. Hot Stone is a unique treatment of heated stones applied with essential oils to the body in ways that bring relief to sore and stiff muscles, releasing tension to bring tranquility and balance of energy.

LYMPHATIC DRENAGE – 50min - €70,00

INTENSIVE SLIMMING AND ANTI-CELLULITE MASSAGE – 30min - €55,00
It reduces cellulite on problem areas – your skin will be toned, firm and smooth.

ASSIA AROMA MASSAGE – 60min - €70,00
Balance your energy and relax your mind with an Amazing East Massage.

HERBAL MASSAGE – 50min - €75,00
Relaxing massage with a different kind of natural Herbs.

DEEP TISSUE MASSAGE / THERAPEUTIC MASSAGE – 30 min-€60 | 45min-€80,00 | 60min - €105,00 | 90min - €155,00
Deep Tissue Massage is a massage technique that focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the fibers of the muscles, tendons and fascia.

THAI MASSAGE – 60min - €105,00
Improved flexibility and release of tension

SHIATSU JAPANESE MASSAGE – 60min - €105,00
Shiatsu techniques include massages with fingers, thumbs, feet and palms.

HAWAII LOMI LOMI MASSAGE – 60min - €105,00

SPA BODY TREATMENTS

BODY POLISH – 35min - €50,00
Effective revitalizing and energizing treatment focused on exfoliating the body. All the skin is softness and suppleness are restored.

DEAD SEA MUD WRAP – 60min - €67,00
This treatment combines natural mud from the Dead Sea high in minerals like magnesium, calcium, sodium, potassium. Its many benefits include reducing fat, regenerating skin, relaxing muscles, and relieving the pain from arthritics.

MOTHER TO BE – 60min - €90,00
Designed especially for pregnant women & new mothers...

PERFECT COUNTOUR – INTENSIVE SLIMMING – 60min - €82,00
Especially created for the legs, hips, thighs. This 'contour' treatment targets zones stimulated by the subtle sensations of warmth and cold. The most effective treatment to lose inches.

STRESS RELEASE – 60min - €82,00
Its magic relaxing treatment which offers you; moisturizing, purifying and lightening properties for the skin.

TONIC VITAROMA – 75min - €86,00
The gentle comfort of rich cream mask bursting with hydrating, firming and anti-wrinkle agents to leave the skin smooth toned.

DETOX & SLIM – SEA WEED – 75min - €86,00
Intensive anti-cellulite and slimming treatment. The beneficial action of Earth algae mask to refine the body by draining away toxins as well as fat water buildup.

DELUXE CHOCOLATE – 75min - €96,00
Detox & anti-cellulite treatment with unforgettable smell of pure chocolate...

TRIBAL BODY – 90min - €115,00
Instant Wellbeing body treatment from Africa.

INDONESIAN RITUAL – 120min - €150,00
POLINESIAN RITUAL – 120min - €150,00
RF BODY / US BODY – 40min - €85,00

FOR APPOINTMENTS

As SPA treatments are popular amongst our guests – we highly recommend that you book your treatment as soon as possible.

CANCELLATION POLICY

As a courtesy to other guests and our staff, please give us 24 hours notice before if you must cancel an appointment. Please note that there is a cancellation fee of 50% if the treatment is cancelled less than 24 hours prior to the booking and no-shows will be fully charged. Please note: Cancellation fee is charged automatically.



OLYMPUS HEALTH CLUB

HAIR SALON

Our Hairdressing team is an experienced and dedicated team ensuring that your hair looks beautiful for your special day or your special occasion. For a wide range of styles and to book your appointment, please contact the hair salon at 00357 23844016 or via email at: hairsalon@grecianpark.com

HOURS OF OPERATION

SPA: 10:00 - 19:00

HAIR SALON: 10:00 - 19:00

GYM: 09:30 - 18:30

OLYMPUS HEALTH CLUB

Keep your fitness routine on track whilst staying at the Grecian Sands. Located adjacent to the Spa, our gym is fitted with cardiovascular and weight training equipment for the traveler-on-the-go.

Our steam room will refresh you whilst our sauna will revamp you.

OPTIONAL EXTRAS

FITNESS ASSESSMENT

(Aerobic capacity; blood pressure, BMI, body fat distribution, assessing body composition, repetitions strength, flexibility; functional health evaluation, professional recommendations for a healthy lifestyle)

PERSONAL TRAINER-TREATMENTS

(Balanced physical programming (cardiorespiratory conditioning; muscular strength, endurance training, flexibility training)

SPECIAL TREATMENTS

Skeletal-muscular disorders, cardio-respiratory rehabilitation, body-weight correction, other health problems where exercise is required

FIT KIDS

Special treatments for children under 14 years of age, prevention and correction of any postural functional disorders (Scoliosis, Lordosis, Kifosis, etc.) and improving physical ability through fitness exercise, different sports and outdoor training

GRECIAN LOYALTY CLUB



GRECIAN LOYALTY CLUB

Our Loyalty Club has been designed simply to say thank you. The Grecian Loyalty Club offers exclusive benefits and services to show our appreciation of how valuable you are to us and to reward you for choosing our hotels.

BENEFITS

BLUE TIER: - 5% discount on every reservation via our official website

SILVER TIER: -10% discount on every reservation via our official website once you reach 2000 points

BECOME A MEMBER

Sign in for FREE at our GRECIAN LOYALTY CLUB through our website www.greciansands.com and save significant discounts on every reservation you make via our official website!

Enter a world of privileges just by using your email address to log in!

**Every overnight gives you 100 points or more!*

GRECIAN LOYALTY CLUB

USFUL GREEK WORDS AND PHRASES

Yes	<i>Ne</i>	Sorry	<i>Signomee</i>
No	<i>Okhee</i>	Food	<i>Fagheeto</i>
Good Morning	<i>Kaleemera</i>	Meal	<i>Gevma</i>
Good Afternoon	<i>Kaleespera</i>	Breakfast	<i>Progevma</i>
Good Night	<i>Kaleenichta</i>	Lunch	<i>Meseemeriano</i>
Morning	<i>Proeeno</i>	Dinner	<i>Vradino</i>
Noon	<i>Apogevma</i>	Water	<i>Nero</i>
Nigh/Evening	<i>Neechta</i>	Wine	<i>Krasi</i>
Hello	<i>Yasoo</i>	Drink	<i>Poto</i>
Hello (plural)	<i>Yassas</i>	Fine	<i>Meeah harah</i>
Thank you	<i>Efcharisto</i>	Good/Well	<i>Kala</i>
Please	<i>Parakalo</i>	Very good/very well	<i>Polee kala</i>
Name	<i>Onoma</i>	So-so	<i>Etsi ke etsi</i>
Bye	<i>Andio</i>	Sea	<i>Thalassa</i>
Excuse me	<i>Me sigchorite</i>	Beach	<i>Paralia</i>
Do you speak English?		Meelate angleeka?	
How are you		Ti kanis? (familiar) Ti kanete (formal)	
What is your name?		Pos Legese?	
Can you help me?		Boreeteh na meh voytheeseteh?	
Where am I?...Where are we?		Pooh eemeh? pooh eemasteh?	
Where is the toilet?		Pooh eeneh i tualéta?	
I need a doctor		Kreeahzomeh yeeahktro	
I am staying at (the hotel)		Méno sto...(xenodocheío)	
I love you:		S'agapo	
I am a vegetarian:		Eemay chortofagos	
I would like...		Tha eethelah...	
I don't understand		Then katalaveno	
The bill please!		To logariasmo, parakalo!	
How much is it?		Poso kanee?	
How can i go to...?		Pos mporo na pao sto...?	
See you again soon		Tha sas doume sintoma	
You are Welcome		Parakalo	