

ESPA

A warm welcome to the Elysium and the Opium Health Spa..

The Elysium Beach Resort is a synonym for romanticism. In Greek mythology, "Elysium" was paradise - a place of delight and eternal bliss.

The resort enjoys uninterrupted views of the Mediterranean Sea and has been sensitively designed in a palatial style primarily influenced by the Byzantine era.

The Opium Health Spa adopts this style along with a peaceful and serene atmosphere for guests to come and spend time to relax and re-balance the mind, body and spirit.

Our ESPA range of products and treatments has been carefully selected so that we bring you a truly naturally inspired and memorable Spa experience.

The range has been formulated to combine the therapeutic benefits of ancient and modern techniques and highly professional products including aromatherapy, hydrotherapy, marine therapy and skin care.

While you are with us, our team of qualified therapists are always at your disposal to take you on a personal spa journey of indulgence and pampering.....

ESPA FACIALS

ESPA AGE DEFYER FACIAL

1 hour 20 min - €115.00

A luxurious regenerating facial treatment especially created to help combat the signs of ageing, and sun damaged skin. Suitable for those concerned with minimizing and protecting against the visible signs of ageing; excellent for stressed, mature, dry, dehydrated skin.

ESPA SKIN BRIGHTNER FACIAL

55min - €91.00

Perfect for all skin conditions, particularly when environmental stress, business pressure, illness or lack of sleep can leave you with dull, lifeless, sallow skin.

Skin Brightening treatments are applied leaving your skin visibly smoother with a radiant glow.

ESPA OIL CONTROLLER FACIAL

1 hour 10 min – €98.00

Ideal for oily, congested, problematic skin or those suffering from hormonal imbalance. This deep cleansing facial is designed to regulate oil secretions whilst refining open pores to encourage a clear complexion.

ESPA DESENSITISER FACIAL

55min – €91.00

A soothing facial designed for sensitive skins which are prone to redness and irritation. Natural plant extracts and aromatherapy oils are used to reduce sensitivity and to calm high colour. Your skin will feel refreshed and hydrated.

ESPA REHYDRATOR FACIAL

55 min – €95.00

This facial is ideal for dry, dehydrated and tired skins whilst also providing an excellent regenerating boost for all skin types. Natural plant extracts are specifically chosen for their deep re-hydrating benefits. Your skin is deeply nourished and will feel silky smooth.

ESPA FACE AND BACK FACIAL

1 hour 25 min - €123.00

This treatment is designed to rejuvenate your skin and ease away tension from your back, shoulders, neck and scalp. Beginning with a back cleanse, then a stress relieving massage followed by a complete ESPA facial and oriental head massage.

ESPA HOLISTIC THERAPIES

ESPA BALINESE MASSAGE

1 hour 20 minutes - €140.00

A sophisticated and indulgent warm oil full body massage which combines both hot stones and aromatherapy. This treatment will relax, soothe and de-stress promoting harmony of the mind, body and spirit.

ESPA TOTAL HOLISTIC BODY WITH HOT STONES

1 hour 40 min - €155.00

This ultimate body experience starts by preparing the skin with light skin brushing and a full body polish to aid lymphatic drainage; this also allows full benefits of the ESPA aromatic oils. The journey commences with a deep full body, face and scalp massage using Volcanic Hot Stones.

ESPA HOLISTIC BACK, FACE AND SCALP WITH HOT STONES

1 hour 40 min - €155.00

Specifically designed for the areas where most of us carry our stress and tension.

A back cleanse and scrub followed by the use of Hot Volcanic Stones for a de-stressing back massage. The treatment is completed with a full ESPA facial and oriental head massage.

ESPA HOLISTIC BACK OF BODY HOTSTONES

50 minutes €91.00

Achieve a deeper dimension of relaxation with this back of body treatment using Hot Stones to massage the backs of the legs, back, neck and shoulders.

REFLEXOLOGY

55min – €89.00

Working on the pressure points of the feet the Reflexologist will detect tiny deposits and imbalances. These are released with a gentle pressure and restore the free flow energy to the whole body.

INDIAN HEAD MASSAGE

30min – €63.00

Indian Head massage is the ultimate in tension and stress release for the shoulders, neck, scalp and even the face. Those who suffer with migraines, stress, or tension headaches will benefit from this acupressure therapy.

ESPA DETOXIFYING BODY TREATMENTS

ESPA STIMULATING HIP AND THIGH TREATMENT

55min – €135.00

Specific to areas prone to cellulite and fluid retention. After a deep exfoliation with seaweed and sea salt there follows a vigorous detoxifying massage using stimulating essential oils and a lymphatic drainage massage to eliminate toxins.

ESPA DETOXIFYING ALGAE WRAP

55min – €95.00

Known for its hydrating and detoxifying properties, the algae wrap helps improve circulation, speeding up the elimination of toxins and excess fluid. It also helps improve the appearance of the skin, minimizing the dimpled appearance of cellulite.

THE DETOXIFYING ALGAE WRAP AND MASSAGE

1hour 25min - €144.00

For the ultimate body experience enjoy an ESPA back, neck and shoulder massage to complete your body envelopment. This treatment will leave you truly relaxed and rejuvenated.

ESPA DETOXIFYING FULL BODY MASSAGE

55 min - €94.00

Here your therapist tailors your massage to suit your needs. ESPA aromatic oils are specifically chosen to relax, de-stress and detoxify your muscles.

ESPA VICHY SALT AND OIL SCRUB

25min – €63.00

Experience a luxurious full body exfoliation treatment using a combination of essential oils and mineral salts.

ESPA JET BLITZ

15min – €32.00

A stimulating high-pressure jet of water massages the body to increase microcirculation and metabolism. The water temperature alternates between warm and cool to assist in the treatment of cellulite and to leave you feel totally revitalised and energised.

ESPA DETOXIFYING SEAWEED HYDROTHERAPY BATH

25min – €38.00

Powerful air and water jets work up the body from the soles of the feet to the base of the neck to induce a cleansing and relaxing hydrotherapy experience.

ESPA INDULGENT & BODY ENVELOPMENT TREATMENTS

ESPA TOTAL HOLISTIC BODY WITH HOT STONES

1 hour 40 min - €155.00

This ultimate body experience starts by preparing the skin with light skin brushing and a full body polish to aid lymphatic drainage; this also allows full benefits of the ESPA aromatic oils. The journey commences with a deep full body, face and scalp massage using Volcanic Hot Stones.

ESPA TOTAL HOLISTIC BODY CARE

1 hour 30 min - €135.00

A therapeutic treatment using a blend of essential oils chosen to your individual requirements. This treatment begins with skin brushing and full body exfoliation; followed by a deeply relaxing body massage and complimented with a face and oriental scalp massage to relax, balance and de-stress mind and body.

ESPA MUSCLE RELAXER WRAP

A deeply relaxing and de-stressing body wrap that warms the muscles, increases circulation and hydrates the skin, excellent for aches and pains in the muscles and joints.

55min – €95.00

ESPA RESTORATIVE MUD WRAP

55min – €95.00

This wrap is pure luxury. Here we use a mixture of warm mud, rich creams and essential oils to pamper your skin. Ideal for dry or stressed skin as it will rehydrate, nourish and revitalise the whole body.

ESPA DETOXIFYING ALGAE WRAP

55min – €95.00

Known for its hydrating and detoxifying properties, the algae wrap helps improve circulation, speeding up the elimination of toxins and excess fluid. It also helps improve the appearance of the skin, minimizing the dimpled appearance of cellulite.

ESPA SKIN HYDRATOR WRAP

55min – €95.00

This body wrap brings true re-hydration to normal, dry and sensitive skin, leaving it plump, hydrated and soft.

ESPA BODY ENVELOPMENT AND MASSAGE

1hour 25min - €144.00

For the ultimate body experience select any of our body wraps and enjoy an ESPA back, neck and shoulder massage to complete your body envelopment. This treatment will leave you truly relaxed and rejuvenated.

MASSAGE

ESPA FULL BODY MASSAGE

55 min - €94.00

Here your therapist tailors your massage to suit your needs. ESPA aromatic oils are specifically chosen to relax, de-stress or uplift your mind and body.

ESPA BACK, NECK AND SHOULDER MASSAGE

30 min - €59.00

This massage concentrates on the areas where most of our stress and tension builds and can be relaxing, de-stressing or uplifting for the mind and body.

ESPA BALINESE MASSAGE

1 hour 20 minutes - €140.00

A sophisticated and indulgent warm oil full body massage which combines both hot stones and aromatherapy. This treatment will relax, soothe and de-stress promoting harmony of the mind, body and spirit.

ESPA TOTAL HOLISTIC BODY CARE

1 hour 30 min - €135.00

A therapeutic treatment using a blend of essential oils chosen to your individual requirements. This treatment begins with skin brushing and full body exfoliation; followed by a deeply relaxing body massage and complimented with a face and oriental scalp massage to relax, balance and de-stress mind and body.

ESPA LIFE SAVING BACK TREATMENT

45 min - €95.00

After preparing the back with cleansing and exfoliation, a relaxing and de-stressing back massage follows. While the warm Marine Mud mask soothes and calms, a full leg massage is carried out to enhance your relaxation.

ESPA MUSCLE RELAXER WRAP AND MASSAGE

1hour 25min - €144.00

For the ultimate body experience our muscle relaxer body wrap and enjoy an ESPA back, neck and shoulder massage to complete your body envelopment. This treatment will leave you truly relaxed and rejuvenated.

MEN

ESPA MENS FACIAL

55 min €91.00

This is a purifying, balancing and hydrating facial. Steaming hot towels are wrapped around the face and neck to soothe and aid drainage that can lead to blocked pores. Incorporating a relaxing face and neck massage with acupressure points concluding with a deep shoulder and oriental head massage that releases tight muscles and tension.

ESPA FACE AND BACK FACIAL

1 hour 25 min - €123.00

A back cleanse, then a stress relieving back massage followed by a complete ESPA facial and oriental head massage. This treatment is designed to rejuvenate your skin and ease away tension from your back, shoulders, neck and scalp.

ESPA TOTAL HOLISTIC BODY WITH HOT STONES

1 hour 40 min - €155.00

This ultimate body experience starts by preparing the skin with light skin brushing and a full body polish to aid lymphatic drainage; this also allows full benefits of the ESPA aromatic oils. The journey commences with a deep full body, face and scalp massage using Volcanic Hot Stones.

ESPA BALINESE MASSAGE

1 hour 20 minutes - €140.00

A sophisticated and indulgent warm oil full body massage which combines both hot stones and aromatherapy. This treatment will relax, soothe and de-stress promoting harmony of the mind, body and spirit.

ESPA STRESS RELIEVER FULL BODY MASSAGE

55 min - €94.00

Here your therapist tailors your massage to suit your needs. ESPA aromatic oils are specifically chosen to relax, de-stress or uplift your mind and body.

ESPA MUSCLE RELAXER WRAP AND MASSAGE

1 hour 25min - €144.00

For the ultimate body experience our muscle relaxer body wrap and enjoy an ESPA back, neck and shoulder massage to complete your body envelopment. This treatment will leave you truly relaxed and rejuvenated.

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WEDDING

Bridal hair with trial	€115.00
Bridal hair (no trial)	€ 77.00
Bridesmaid hair with trial	€106.00
Bridesmaid hair (no trial)	€ 68.00
Child Bridesmaid hair with trial	€ 46.00
Child Bridesmaid hair (no trial)	€ 28.00
Bridal Make-Up	€ 54.00
Bridal Make-Up including Trial	€ 98.00

ENHANCE

NAILS

File & polish	34.00
Luxury Manicure	71.00
Luxury Pedicure	82.00

HAIR STYLING

LADIES

Ladies cut	€28.00
Short hair wash & blow dry	€28.00
Mid length hair wash & long dry	€32.00
Long hair wash & blow dry	€36.00
Short hair wash, cut & blow dry	€49.00
Mid length hair wash, cut & blow dry	€58.00
Long hair wash, cut & blow dry	€66.00
Restyle short hair, cut & blow dry	€62.00
Restyle long hair, cut & blow dry	€77.00
Full head colour	€68.00
Half head colour	€53.00
Tint roots	€45.00
High/lo lights (cap)	€60.00
High/lo lights (foil)	€97.00
Hair up	€48.00
Conditioning Treatment	€30.00

GENTS

Gents cut	€20.00
Gents blow dry	€15.00
Gents wash & cut	€28.00
Gents colour	€45.00
Childs cut	€18.00