

A woman is lying on her back, receiving a massage. A therapist's hands are visible, applying pressure to her back. The woman's face is in the foreground, showing a relaxed expression with closed eyes. The background is a warm, reddish-brown color, suggesting a spa environment. The text "APOLLO DAY SPA" is overlaid in the center.

# APOLLO

## DAY SPA

Our treatments

RELAX, ENJOY AND INDULGE







# Welcome

Escape from the everyday at the Apollo Day Spa and experience a total renewal of mind, body and spirit in Malta.

Located beside the historical watchtower, the Apollo Day Spa was created with the intention of serving as a guardian against the strains brought about by today's hectic lifestyle.

Complemented by a team of massage connoisseurs and a dash of local hospitality, the Apollo Day Spa offers an indulgent range of holistic and specialised treatments from around the world to give you the little boost you deserve.

We invite you to browse through our catalogue and treat yourself to one of our specialised rituals.



# Our Facial Treatments

Enjoy the unique experience of a facial treatment, where wellbeing and effectiveness come together.

As an expert in aromatherapy, Decléor has created a selection of facial treatment rituals incorporating techniques designed to reveal the beauty of your skin.



## THE CLASSICAL FACIAL

€65 (60min)

A fully inclusive and deep cleansing treatment, including extractions designed to deliver your skin's best health, customised for your skin type targetting your skin concerns and needs to maintain a healthy glow.

## AROMAPLASTIE

€75 (60min) €99 (90min)

Includes a back massage

Decléor's historic multi-vitamin mask, created in 1978. A real breakfast feast for the skin, Aromaplastie is a unique 100% natural powder. It combines a luscious texture with a delightful fragrance, giving radiance, hydration and a beautifully clean skin.

## ANTI-AGEING COLLAGEN PLUMP AND LIFT

€75 (60min) €99 (90min)

Includes a back massage

Ultimately effective anti-ageing facial leaving the skin plumper and firmer. Energising but luxurious, specialised massage helps recharge skin tissues while an indulgent, collagen-rich mask infuses the complexion with skin-plumping nutrients.

## WHITE RADIANCE FACIAL

€75 (60min) €99 (90min)

Includes a back massage

Vitamin C packed facial for sheer brilliance. This illuminating facial dramatically restores radiance. Using advanced vitamin C technology and a precision plant power mask, skin is left glowing and beautifully even.

## OREXCELLANCE PILATES

€75 (60min) €99 (90min)

Includes a back massage

Decléor's most intensive facial combines the power of natural aromatherapy skincare and magnolia essential oil combined with the latest anti-ageing massage techniques. During the facial massage, a specific manual message is used to promote energy flow, renewal and oxygenation of the skin along with our ultimately effective 'lifting' massage to recharge skin tissues.

## AROMA OXYGENATE PURE AND MATT FACIAL

€75 (60min) €99 (90min)

Includes a back massage

For instant clarity on dull, devitalised skin, this antibacterial and mattifying facial blitzes spots and shine. Includes aquatic plant powders and an oxygenating power mask for a brighter and shine-free complexion that is simply flawless.

## AROMA EXPERT HARMONIE CALM

€75 (60min) €99 (90min)

Includes a back massage

Acting like a calming comfort blanket, this blissful treatment relieves stressed, angry skin. Power-packed with skin strengthening essential oils and including a skin-perfecting peel-off mask, it works immediately for clear, soothed and resilient skin.

## AROMA EXPERT INTENSIVE NUTRITION

€75 (60min) €99 (90min)

Includes a back massage

By cocooning skin in deliciously nourishing essential oils and active nutrients, this facial comforts, renews and repairs. Ultra-nourishing to feed dull, dry, exposed skin, it transforms complexions to radiant and satin smooth.



# Carita Paris

Developed from the alchemy of extreme luxury and refinement, Carita have created perfect facial treatments incorporating advanced technology and a natural infusion of plants and minerals.

# CARITA FACE & BODY

## GENESIS OF YOUTH

€110 (55min)

Revitalising toning care.

A deeply relaxing blend of massage techniques combined with renowned anti-ageing products ensuring intensive revitalising results. Immediately, the skin appears visibly firmer with radiance and shimmering with youth.

## LAGOON HYDRATION

€90 (55min)

Refreshing replenishing care – dehydrated skin.

Dive into Polynesian water and give your skin a burst of moisture. Specially designed for dehydrated and tired skin, this treatment immerses the skin in a bath of freshness, leaving it radiant and hydrated.

## PEAU DE SATIN

€110 (75min)

A skin exfoliation where dry, dead skin is lifted away through rhythmic, exfoliating movements with the Rénovateur Scrub. Next, be enveloped in a cocoon of Carita's Cashmere Body Firming Cream; its firming complex nourishes skin to improve elasticity and combat sagging skin. Restored to sublime softness, the skin takes on a satin-like finish and a healthy glow.

## PAPAYA PURITY

€90 (55min)

Balancing matifying care – combination to oily skin.

Infuse the skin with Papaya extract and rediscover the freshness of a matte and luminous complexion. Pores are more refined and the skin is purified to leave it fresh, even-toned and smoother.

## COTTON SOFTNESS

€90 (55min)

Tender smoothing care – sensitive skin.

Regain skin comfort and softness with cotton extract to soothe away imbalances. Specifically designed for sensitive skin, this 'cocooning' treatment will restore the skin and leave it more resistant to irritations and perfectly harmonised.



# Body Treatments

All of our specifically targeted body treatments are applied following a unique massage protocol, uniting a holistic approach to an ancient cultural knowledge. Take your time and enjoy.



## BODY WRAPS

### BODY WRAPS

*With back massage €89 (approx 60min)*

*With full body massage €115 (approx 75min)*

### TOTAL RELAXATION AND HYDRATING BODY WRAP

A sublime ultra- nourishing therapy which revitalises not only the skin, but also the body and spirit.

*With back massage €89 (approx 60min)*

*With full body massage €115 (approx 75 min)*

### DETOX SEAWEED WRAP

Ideal for poor and sluggish circulation, fluid retention and bloating

*With back massage €89 (approx 60min)*

*With full body massage €115 (approx 75 min)*

### ANTI-AGING BODY WRAP

Ideal for skin lacking tone and vitality

*With back massage €89 (approx 60min)*

*With full body massage €115 (approx 75 min)*

### CHOCOLATE BODY WRAP

Improves circulation and induces relaxation

*With back massage €89 (approx 60min)*

*With full body massage €115 (approx 75 min)*



### **DECLÉOR FRUIT SEED EXFOLIATION**

€49 (25min)

Inspired by the magical island of Madagascar, powdered fruit seeds of orange and apricot, along with essential oils and spices are used to polish and perfect the skin leaving it in supreme condition.

### **DECLÉOR FRUIT SEED EXFOLIATION WITH HALF BODY MASSAGE**

€65 (50min)

### **DECLÉOR FRUIT SEED EXFOLIATION WITH FULL BODY MASSAGE**

€89 (75min)

### **SEAWEED & MARINE SALTS EXFOLIATION**

€49 (25min)

Remove dead skin cells and allow subsequently applied products to sink in, leaving your skin hydrated and revived.

### **SEAWEED & MARINE SALTS EXFOLIATION WITH HALF BODY MASSAGE**

€65 (50min)

### **SEAWEED & MARINE SALTS EXFOLIATION WITH FULL BODY MASSAGE**

€89 (75min)

### **AFTER SUN SOOTHING BODY AND FACE TREATMENT**

€59 (40min)

A refreshing and energising wrap, with a calming and soothing action, which is also deeply regenerating leaving the skin silky smooth.





# Luxury Massages

From ancient therapies and techniques from all over the globe, all our treatments are carefully hand-picked and performed by our highly trained professionals.

## AROMATIC ANTI-STRESS MASSAGE

€75 (55min) €89 (75min)

The ultimate in deep relaxation. Our therapies provide a haven to nurture body and spirit, resulting in a state of total relaxation, emotional balance and beauty.

## TRADITIONAL THAI MASSAGE

€79 (50min) €99 (75min)

Traditional Thai Massage – an old-age technique for relaxing the body and mind. This massage involves stretching and locating pressure points that are situated all over the body. This treatment is performed on the floor. You can choose to remain in your comfortable clothes as no oils are used in Thai massage.

## CANDLELIGHT CARESS

€99 (55min) €120 (75min)

As the candle slowly burns, warm aromatic oil is gently poured onto the body with slow massage movements providing a truly superb spa experience.

## HOTSTONE MASSAGE

€85 (55min) €105 (75min)

This indulging massage will send your mind, body and spirit into a heavenly state. Traditional massage is already the ultimate form of relaxation, but when combined with the penetrating heat of volcanic basalt stone placed on key energy points of your body, you will simply drift into a world of pure bliss... must be experienced.

## BAMBOO MASSAGE

€79 (55min) €99 (75min)

Using a warm bamboo to roll and knead the tissues and create an extreme sensation of relaxation and well-being, this massage, works at all levels to balance, calm and energise you physically, mentally and spiritually. It is also known for its healing properties.

## DECLÉOR AROMABLEND REFINE & FIRM MASSAGE

*Refine* € 75 (60 min)

*Firmness* €75 (60 min)

*Waistline* €59 (30 min)

*Light legs* €59 (30 min)

This ultimate body shaping and sculpting ritual is a highly effective full body massage, completely bespoke to your emotional and physical needs. Your therapist will begin by blending a tailor-made infusion of essential and plant oils, which can be slimming, firming, improve skin tone, stimulate circulation and reduce cellulite. You will leave feeling recharged, uplifted and your emotions balanced.

## BACK, NECK AND SHOULDER MASSAGE

€49 (25min) €69 (50min)

## DEEP TISSUE MASSAGE

€79 (50min) €89 (75min)

## SPORTS MASSAGE

€79 (50min) €89 (75min)

## LYMPHATIC DRAINAGE MASSAGE

€59 (25min) €79 (50min)

## REFLEXOLOGY

€59 (25min) €79 (50min)

## PRE OR POST NATAL MASSAGE

€59 (25min) €79 (50min)

## IMMUNE PROVIDER BACK MASSAGE

€69 (45min)

## ORIENTAL HEAD MASSAGE

€39 (25min)

## REIKI SESSION

€69 (50min)

*(Advanced booking required)*





# Couples Massage

Most of our massages can be experienced together in our couples room.

**Please refer to our packages menu.**

## A DAY JUST FOR YOU

Put together your favourite three treatments and enjoy them with a 25% reduction on the total price.

## Enhancements to your massage

Find the perfect addition to any of our luxury massage treatments.

### SCALP AND HEAD MASSAGE

€20

This enchanting add-on begins with acupressure to release fatigue and tension from the neck and head and vital minerals and oils to nourish hair.

### EYE TREATMENT

€20

Treat puffiness and dark circles with the application of Decléor's historic multi-vitamin mask to soothe and relax the eye contour, creating brighter and more refreshed eyes.

### HAND AND FEET PARAFFIN HYDRATION

€20

Paraffin gloves deliver deep hydration to your hands and feet with a touch of aromatherapy massage.

### HAND REJUVENATOR

€20

After a relaxing hand scrub, enjoy a soothing and blissful hand massage that works to restore the body's natural energy. Next, a hydrating mask restores silky smoothness to the hands. This exceptional treatment is designed to release stress and tension from your hands while making them noticeably younger looking.

### FOOT RECOVERY

€20

This soothing enhancement begins with a fruit seed scrub to soothe tired feet, followed by a pressure point massage. Then your feet are deeply nourished with the application of an energizing foot mask, leaving your soles ready to take on your next challenge.



# Slimming & Detox Programmes

## **ANTI-CELLULITE AND INCH-LOSS TREATMENT**

€59 (50min) €125 (for 3 sessions)

This detoxifying, circulation-stimulating, body toning treatment includes a combination of muds, paraffin, and other healing ingredients that helps reduce fat cells, resulting in weight loss. Followed by 15 minutes of swaddling within a hot blanket, the treatment is peeled off the body.

## **PRESSOTHERAPY**

€39 (25min) €150 (for 6 sessions)

An exclusive detoxifying treatment which, through effective lymphatic drainage, helps to promote the body's natural toxin clearing functions. The revitalisation and oxygenation of the tissue helps to slim and redefine the legs, stomach and arms. It can be used in conjunction with wraps to de-toxify, firm, tone, improve circulation and increase lymphatic drainage.

## **G-5 MASSAGE**

€39 (25min) €150 (for 6 sessions)

This massage incorporates the use of a professional G-5 Mechanical Massager which vibrates vigorously to stimulate deep blood flow and circulation. The G-5 will break down stubborn fat in the thighs, bottom and stomach and will reduce the appearance of cellulite. You will leave feeling slimmer, toned and more suppler.

# Hand & Feet Treatments

## REGULAR MANICURE

€35 (25min)

## REGULAR PEDICURE

€45 (40min)

## DELUXE MANICURE

€45 (40min)

## DELUXE MANICURE WITH GEL POLISH

€65 (60min)

## DELUXE PEDICURE

€55 (50min)

## DELUXE PEDICURE WITH GEL POLISH

€75 (60min)

## ADD ON...

15-DAY NO CHIP NAIL POLISH APPLICATION	€25
REMOVAL OF THE 15-DAY NO CHIP NAIL POLISH	€15
FRENCH NAIL POLISH APPLICATION	€12
HAND & FEET PARAFFIN TREATMENT	€20



## WAXING

LIP OR CHIN	€8
UNDERARM	€10
BASIC BIKINI	€12
BRAZILIAN BIKINI	€25
LOWER LEG	€20
FULL LEG	€35
FULL LEG + BASIC BIKINI LINE	€40
FOREARMS	€18
CHEST	€20
BACK	€20
EYEBROW SHAPING	€12
EYEBROW OR EYELASH TINT	€15
EYEBROW TIDY — WAX OR TWEEZERS	€10
MAKE-UP APPLICATION	€30
BRIDAL MAKE-UP APPLICATION	€50





### ENERGY BALANCING RITUAL WITH HOT STONES AND CRYSTALS

€120 (90min)

This calming ritual brings peace and restores balance to mind and body. Unwind with a full-body exfoliation and a facial cleanse. Vital energy points and chakras are then balanced through a massage with your personal choice of oil, while hot volcanic stones relieve deep tension in muscles, tense with the stress and pressures of a busy life. A soothing head massage will finish your ritual, leaving you tranquil and refreshed.

## THE APOLLO SPA RITUALS

### FOUR HANDS AROMATIC MASSAGE

€120 (50min)

This exclusive treatment was designed by our spa therapist team to give you a spa experience to eclipse all others. Two therapists will work together to take you on a relaxing journey - starting with a foot ritual to relieve tired feet and choosing an oil blend just for you. Now close your eyes and allow the therapists to work their magic in a synchronised massage designed to relieve tension from every aching muscle. Our four hands massage will soothe and calm you as the energy flows around your body from head to toe.

### FOOT REVITALISER

€79 (55min)

This indulgent foot treatment includes a foot soak and a gentle exfoliation of the feet, followed by a relaxing reflex point foot massage to restore energy throughout the body, reducing fluid in the lower legs and leaving you feeling completely refreshed.

# THE APOLLO SPA RITUALS PACKAGES

## THE APOLLO RITUAL

€140 (150min) Save €130

Foot Ritual  
Classic Facial  
Aromatic Anti-Stress Massage

## MINI SPA EXPERIENCE

€89 (75min) Save €48

Express Facial  
Back Neck & Shoulder Massage  
Oriental Head Massage

## NON-SURGICAL BOOSTER

€160 (150min) Save €44

Non-Surgical Galvanic Lifting Facial  
Anti-Aging and Toning Body Wrap with Full Body Massage

## EXPRESS REST

€89 (75min) Save €48

Express Facial  
Back Neck & Shoulder Massage  
Express Manicure

## MEDITERRANEAN BODY POLISH

€130 (125min) Save €30

Full Body Exfoliation  
Deluxe Manicure or Pedicure;  
Aromatic Anti-Stress Massage

## BLUE LAGOON RITUAL

€175 (145min) Save €44

Foot Ritual  
Full Body Exfoliation  
Lagoon Hydrate Body Wrap  
Full Body Relaxing Massage  
Lagoon Hydrate Facial

## THE HOLISTIC TOUCH

€89 (115min) Save €39

Foot Reflexology Session  
Aromatic Back Neck & Shoulder Massage

## GENTLEMEN'S REVITALISER

€110 (120min) Save €39

Aromaplastie Facial  
Relaxing Massage  
Foot Reflexology

Kindly note that discounts do not apply on Spa ritual packages as these are already discounted.

## RITUAL FOR TWO

€250 (120min per couple)

Foot Ritual Full Body Exfoliation  
Candle Light Caress Massage  
Foot Reflexology  
Hydrating Mini-Facial  
A flute of bubbly each

## THE ANTI-CELLULITE & DETOX PROGRAM

Price €250 save €90

### DAY 1

Sea Salt Scrub  
Warm Mud Wrap  
Lymphatic Massage

### DAY 2

Skin Brushing  
Detox Wrap  
G5 Session

### DAY 3

Skin Brushing  
Pressotherapy Session  
Full Body Wrap

# Ayurveda

Ayurveda is the world's oldest and most comprehensive system of natural therapies. It offers far more than mere relaxation, it restores balance in the body, mind and soul. It also offers an all-round rejuvenation, leaving you replenished and nourished by the elements. Our Ayurveda therapist will design a programme specifically tailored to meet your needs based on a detailed consultation before each treatment.





## SHIRODHARA OIL-FLOW TREATMENT

€125 (75min)

Shirodhara offers one of the most divine, tranquil Ayurvedic treatment experiences available. After a relaxing full body massage and a traditional Indian foot ritual, you lie face up whilst a warm stream of oil is carefully poured on your forehead in a rhythmic manner. The herbal oil used in Shirodhara, blended specially for your constitution, often engenders a powerful meditative experience reflected in a sense of calmness and serenity that you will not have experienced before.

**Recommended for insomnia, sinusitis, tension & anxiety and headaches.**

## KSHEERADHARA

€110 (75min)

After a traditional Indian foot ritual, warm herbal medicated milk is poured over the whole body. This moisturising agent relieves anxiety and tension and leaves your skin with a healthy glow. This is a great therapy for the removal of toxins and rejuvenation.

**Recommended for high blood pressure.**

## ABHYANGA RELAXING FULL-BODY MASSAGE

€79 (55min)

This luxurious Ayurveda massage uses warm herb-infused oils specifically tailored to your individual needs. The combination of herbalised oils and gentle warmth make this massage a deeply restful and rejuvenating experience.

**Recommended for blood circulation, muscle aches & pains.**

## ROYAL ABHYANGA

€99 (75min)

This treatment includes everything of the Abhyanga Relaxing Full-Body Massage but with the addition of an Indian traditional foot ritual.

## PADABHYANGA REJUVENATING FOOT MASSAGE

€49 (25min)

This traditional Ayurvedic foot massage awakens the vital energy areas in your soles, feet, calves and shins. It is a rejuvenating experience that releases deeply felt tension and leaves you feeling relaxed and balanced.

**Recommended for knee pain, tired and heavy legs.**

## PINDASVEDA HOT-POULTICE MASSAGE

€89 (55min)

This de-stressing Ayurvedic massage treatment is conducted using linen bags filled with special Ayurvedic medicated herbal leaves. The linen bags are used to massage localised areas of the body.

**Recommended to relieve muscular, neurological and joint pain, and reduce local swelling and stiffness.**



### NAVARAKIZHI - BODY REVITALIZER

€110 (75min)

After a traditional Indian foot ritual, an ancient blend from the land of Kerala, made from the Navara rice; is slowly cooked in medicated herbal milk and placed in puffy muslin bags which are then used to pound the body. This rejuvenating experience will release deeply felt tension and leaves you with a sense of relaxation and an improved skin complexion.

**Recommended for arthritis, joints and muscle pains, back pains and skin problems.**

### YOGA MASSAGE

€79 (55min)

This full body massage is performed using a combination of yoga techniques and warm herb-infused oil to improve muscle stiffness and enhance the flexibility of the joints.

**Recommended for muscle pain, lack of flexibility and muscle tension.**

### KALARI MARMA - DEEP TISSUE MASSAGE

€79 (55min)

A de-stressing Ayurvedic massage treatment, which will enhance the flexibility of the joints and release muscle tension by activating the body's energy vital points.

**Recommended for muscle stiffness, tension and anxiety.**

## PRISTHABHYANGA EXHILARATING BACK MASSAGE

€49 (25min)

This Ayurvedic massage for the back and shoulders is a very beneficial oil massage, as the back is a common place for people to accumulate tension. Specifically tailored oils are therefore used to release tension and stress.

**Recommended for general pain, tension and stiffness of the back and shoulders. A course of back massages are immensely beneficial for those suffering from chronic back pain.**

## UDVARTANA FULL-BODY POWDER MASSAGE

€110 (75min)

This unique Ayurvedic massage begins with a therapeutic oil massage performed in the traditional South Indian style. A fragrant blend of purifying herbs in powder form is then vigorously worked into the body to give firmness and tone to the skin as well as nourish the outer tissue layers. Udvartana exfoliates, conditions and deep cleanses the skin; helping to extract stagnant lymphatic toxins from the body. This particular Ayurvedic massage is designed to remove excess subcutaneous fat by 'liquefying' and 'burning' it; making it highly beneficial following child birth or weight loss. An Udvartana full-body massage is guaranteed to leave you looking radiant.

**Recommended for obesity, fluid retention, cellulite and sluggish circulation.**

## SHIROABHYANGA INDIAN HEAD MASSAGE

€49 (25min)

This massage involves a complete massage of the head, neck and shoulders. From a therapeutic point of view, Indian head massage balances your central nervous system and promotes mental clarity while deeply conditioning your hair follicles and scalp. From a purely pampering point of view, however an Indian head massage is a truly wonderful experience that ensures you're left feeling relaxed and rejuvenated.

**Recommended for headaches, sinusitis and neck pains.**

## MUKHABHYANGA STIMULATING FACE MASSAGE

€49 (25min)

The Mukhabhyanga Ayurvedic massage technique involves a systematic face massage intended to release deep-seated tension. By activating the skin's natural metabolism through this unique Ayurvedic face massage, your skin will be able to retain moisture better, leaving you looking younger and healthier.

## CLARIFYING FACIAL

€65 (55min)

Our luxury facial is the perfect boost for your skin and your spirits; a truly unique and personal experience. This bespoke, holistic clarifying facial includes a blissful face massage from the therapist's magical hands using the potent power of naturally active ingredients. Targeting personal skincare concerns; such as uneven skin tone, congestion and ageing, our clarifying facial uses organic products to help restore the natural health and beauty of your skin. Tailored to your personal skincare needs, this luxury facial aims to deliver outstanding results.



### SPA ETIQUETTE

Spa etiquette can be a source of anxiety for first-time spa-goers, but it's simple once you know the basics. Here are some suggestions to help you relax.

### CANCELLATION / POSTPONEMENT

In case of cancellation, a minimum of 12 hours is required to avoid cancellation charges. If your treatment is cancelled within 12 hours, a charge of 50% of the treatment price will be charged. If no notification is given, then a 100% cancellation charge will apply.

### ARRIVE ON TIME

Make sure you make the most out of your Spa experience. Always try to arrive 15 to 20 minutes early, especially on your first visit, as you will need a few minutes to fill out your consultation form as well as enjoy a quick tour of the facilities. When undergoing a treatment at the Spa you will have access to the indoor pool, sauna and jacuzzi. Should you arrive late, kindly note that the equivalent time may be deducted from your treatment.

### TURN OFF YOUR PHONE

You can't relax if you're answering calls, checking emails or texting. And neither can the person next to you.

### SPEAK UP ABOUT WHAT YOU WANT

When making a massage appointment, should you have a preference for a male or female therapist, kindly inform the reception when arranging your booking. During a massage, feel free to ask for anything you would like to adjust, perhaps more or less pressure, quieter music etc.... Your comfort is important to us.

### DISCOUNTS

Discounts are not applicable on Spa Ritual Packages as these have already been discounted.

#### APOLLO DAY SPA

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