



## **Anassa launches a spa regime for teen boys**

### **.....and extends its offering to the girls!**

*Tuesday 26 January 2010:* Anassa in Cyprus is extending its spa offering to teens to include a programme that will appeal to boys: learning about skin care and how to manage those teen spots without resorting to strong chemical products.

For the girls, The Spa at Anassa will also be offering a full skin care and make-up lesson devised by Margo Marrone, founder of The Organic Pharmacy.

Boys are often overlooked when it comes to teen skincare and yet they are just as likely as girls to suffer from the effects of changing hormones as girls and can be even more self conscious. From Spring 2010, The Spa at Anassa will be offering the new **Teen Organic Facial**, using The Organic Pharmacy's specially designed chemical-free products. Each treatment will include subtle tips on skincare.

In addition, the full range of **The Organic Pharmacy make-up** is also be available at Anassa along with lessons on best application techniques. This perfectly complements the mini-menu of teen treatments – including **mini manis, pedis and massages** – currently available to Anassa for guests over eight years.

Also new for Summer 2010 is **The Hercules Teen Club** which will offer young adults fun and exciting activities, in a safe environment. Hercules activities include: sailing, tennis, scuba diving, movie nights, kayaking, banana boating, ten pin bowling, table tennis, windsurfing, surfing, games, waterskiing, squash, cooking lessons, snorkelling and trips to the local market. A dedicated **Teen Zone** will offer a meeting point for new friends and a multitude of games, table football, air hockey, Wii, TV and DVDs.

**Room rates start from 530 euros on a double-occupancy bed and breakfast basis. A selection of teen treatments are:**

- Teen Organic Facial – 77 euros (45 minutes)
- The Organic Pharmacy make-up lessons – 30 euros (30 minutes)
- Mini massages – From 47 euros (from 30 minutes)

**For information and reservations, please call Anassa on + 357 26 88 80 00 or visit the website at [www.anassa.com.cy](http://www.anassa.com.cy)**

**Editor's Note:** *Just the right blend of five-star luxury, classical architecture and seclusion, the enchanting Anassa is set within some of the most pristine countryside in the Mediterranean overlooking the magnificent Chrysochou Bay. Exuding the sleepy charm of an ancient Byzantine village, Anassa features white-washed walls, clay roof tiles, local stone and wooden doors and shutters. Its 177 rooms are situated in low-rise buildings across landscaped gardens and offer extraordinarily spacious accommodation with balconies and panoramic sea views; some with private plunge pools, whirlpools and sea-facing terraces. Other features include: four outstanding restaurants; three outdoor swimming pools; an extensive choice of sporting and leisure facilities and; the famed Baby Go Lightly Crèche programme and new Hercules Teen Club. [www.anassa.com.cy](http://www.anassa.com.cy) and [www.thanoshotels.com](http://www.thanoshotels.com).*

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For Immediate Release



## Torn between a serious detox and the pull of the family?

### Anassa and The Organic Pharmacy have the answer...

*Tuesday 26 January 2010* - The big dilemma: you want to detox but can't face being tied in to a serious retreat following a spartan regime...or being away from the family for at least a week.

Anassa in Cyprus, together with The Organic Pharmacy, has come up with the perfect solution - a Spring detox regime that doesn't require monastic seclusion. The programme operates out of **Anassa's award-winning Spa**, with guidance on a food and drink plan that can be followed in all of the resort's five restaurants. And the best bit? **The Spring Detox** can be seamlessly integrated into your holiday, so not only will it leave you feeling energised and looking fabulous, but you'll have plenty of time to spend with your family and loved ones.

The programme centres around two powerful spa treatments, both newly launched by The Organic Pharmacy and only currently available at Anassa. The first, the **Green Coffee Treatment**, is a duo massage, incorporating techniques designed to reduce bloating and stimulate lymph flow and micro circulation; fat-burning coffee and thermogenic (heat stimulating) chilli target problem areas such as thighs, waist, tummy and bottom.

The second, the **Seaweed Detoxifying Scrub**, begins with a head to toe seaweed-infused salt scrub which removes dead skin, stimulates circulation and detoxifies; a deep cleansing seaweed-infused body wrap follows - the perfect way to boost your detox leaving the skin fresh and smooth.

Anassa is known for its delicious Mediterranean food, inspired by seasonal produce sourced from its surrounding villages. The resort's Executive Chef will create dishes that ensure the best possible results in the detox process, leaving guests free to enjoy meals stress-free in all the resort's restaurants. This season also sees the opening of **Amorosa** - Anassa's new 'raw bar' - where, in addition to sushi and seafood, guests can enjoy a range of special detox juices made from recipes taken from 'The Organic Pharmacy': this is the first book written by Margo Marrone, founder of The Organic Pharmacy and a qualified pharmacist, herbalist and homeopath. To kick start your cleanse before you travel, The Organic Pharmacy **Detox Capsules** and **Liver & Kidney Drops** are available from [www.theorganicpharmacy.com](http://www.theorganicpharmacy.com) or 02073512232.

**Room rates start from 530 euros on a double-occupancy bed and breakfast basis.**

- Green Coffee Treatment – 77 euros (45 minutes)
- Seaweed Detoxifying Scrub – 154 euros (90minutes)

**For information and reservations, please call Anassa on + 357 26 88 80 00 or visit the website at [www.anassa.com.cy](http://www.anassa.com.cy)**

#### **Family Travel Offers:**

One child (up to 12 years) sharing parents' Studio Suite or Garden Studio Suite accommodated on a complimentary basis. Two to three children occupying their own Studio Suite or Garden Studio Suite will receive a 50% discount on the double occupancy room rate (25% for 24 July-31 August period). Two children sharing their own room receive complimentary half/full board basis in accordance with parents' meal plan.

**-ends-**

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