

Wellbeing Beauty: Head To Cyprus For A Mind-Boosting Break

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By Jessica Vince

Grazia Daily's editor Jessica Vince heads to Cyprus to unwind and recharge...



The local area boasts incredible countryside, perfect for breakfast with a view [Instagram]

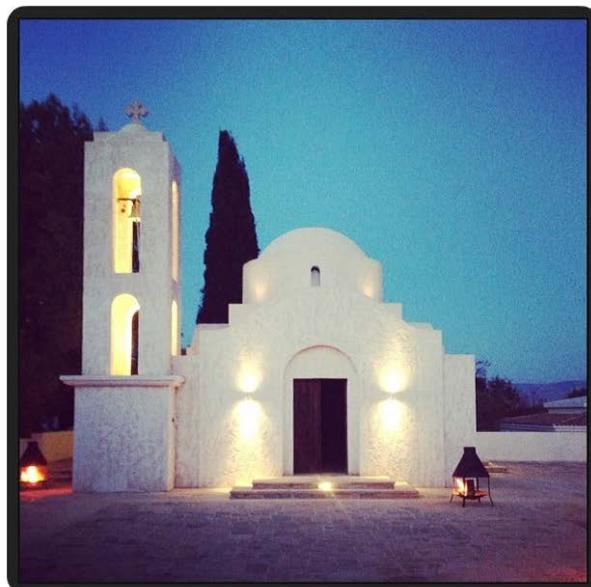
Sitting on a hilltop in Cyprus looking out at the inky-blue sea is guaranteed to make you feel serene, but it's not all about the view – although that is a bonus. As our lives become busier and it becomes harder to 'switch off', keeping a balanced mind as well as a healthy body is becoming all the more important. So praise be for Wellbeing Escapes, a go-to for some of the world's greatest spas.

The website offers a variety of retreats and packages for a much-needed mental detox, everywhere from Italy to Thailand. One of the many suggestions is Anassa, a luxurious Cypriot hotel tucked away in the rolling hills of Paphos. It's the perfect respite from the stresses of city life with a dollop of blazing sunshine thrown in.



The Thalassa spa is a blissful retreat with a variety of Ila treatments [Instagram]

So why here? Well, the clue is in the name. ‘Thalassa’ is the Greek word for healing and sure enough, the hotel's spa offers a huge range of holistic treatments, reflexology and aromatherapy guaranteed to leave you feeling utterly blissed out. Therapists use natural products from the area – algae, seaweed and mud – as well as seawater, which are pumped directly from the bay into the spa. There’s even lifestyle consulting, a complimentary consultation to determine the best treatments to take you from exhausted to invigorated. Within the Greek palace-esque spa, guests also have complimentary use of the roman-style pool, sauna, steam room, jet pool, gym, tennis courts, hair salon and relaxation room filled with comfy beds to really top off the revitalisation. We recommend **the Wellbeing Booster programme** which includes a full body Anassa massage, Cypriot wrap or scrub and a Mediterranean head or foot massage, especially if you've spent a day cycling around the town’s rocky roads.



The five star hotel is home to Cyprian beauty [Instagram]

If you're looking to leave in a state of bliss, the glorious location doesn't hurt either. Anassa sits in the heart of the unspoilt countryside, surrounded by dramatic gorges and deserted beaches on the North-West side of the island. Make the most of the goddess experience by visiting the Baths of Aprodite, which is a few miles up the road, and if you've ever wanted to taste wines made by monks, the monastery of Chrysoroyiatissa is the place for you. Add to that the Mediterranean climate and you'll be back to the UK glowing from the inside out.

"Wellbeing Beauty" at Anassa is exclusively designed by Wellbeing Escapes and costs from £1045 pp for a min 3 nights stay (B&B) inclusive of a range of QMS beauty treatments, Anassa Signature Massage, Signature Cypriot Body Scrub OR Wrap, access to the Spa Facilities, Gym, Squash Courts, Water-Sports Centre, 3 Outdoor Swimming Pools & 1 Indoor Swimming Pool. www.wellbeingescapes.com

<http://www.graziadaily.co.uk/2015/02/anassa-hotel-review-cyprus#.VPBcZedd0U5>