

Formula 1 blog

Ed Gorman on the countdown to Lewis Hamilton at Silverstone

TIMESONLINE



“The moral case for the legalising prostitution is simple”

Caitlin Moran

Send your views

NEWS COMMENT BUSINESS SPORT LIFE & STYLE ARTS & ENTERTAINMENT WIMBLEDON OUR PAPERS AUDIO / VIDEO CLASSIFIEDS

CAREER & JOBS DRIVING EDUCATION FOOD & DRINK HEALTH PROPERTY TRAVEL COURT & SOCIAL WOMEN MEN RELATED FEATURES

Where am I? Home Life & Style Travel Good Spa Guide

Sponsored by **SEARCH**

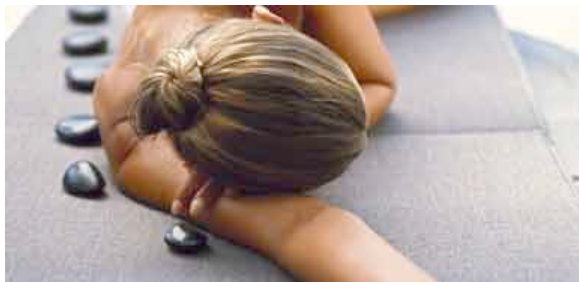
[MY PROFILE](#) | [OFFERS](#) | [SITEMAP](#)

From Times Online

July 4, 2007

Azia Club and Spa, Paphos, Cyprus

A five-star retreat with expert therapists, kids' treatments and its own fruit juice



Rachael Scott

USP The five-star Azia Club and Spa is a retreat from hectic home life and a refuge from the Vicky Pollard crowd a few kilometres from Paphos town centre.

AMBIENCE When the Azia was redesigned 18 months ago the Economides family were keen to incorporate nature as much as possible. The bright and airy lobby is built around a palm tree that started life as a baby, then shot up so high that within five years a hole in the glass ceiling had to be made to accommodate it. It's a fantastic centrepiece surrounded by a central atrium bursting with flowers, plants and hanging vines. My bungalow suite had a large balcony with two sun loungers and a hot tub. Yes, a hot tub, unfortunately made redundant by the unexpected heat wave gripping Paphos. All I could hear were birds chirping, cicadas buzzing and waves crashing against the coastline while I looked out onto extensive grounds littered with palms, mango trees and bougainvillea, but most importantly, acres of space to get lost in. Bliss. The spa is equipped with a whirlpool, Jacuzzi, steam and sauna room, gym and beauty and hair salon.

EXPERIENCE The Asphodel Spa was built at the beginning of 2006 when the Azia had a facelift. In Greek mythology the Asphodel is an immortal flower and the food of the dead, which is probably how many of its stressed out visitors feel when they arrive. That wouldn't last for long if my therapist Irina had anything to do with it. She moved to Cyprus from Poland because she was unable to give her clients relaxing massages when she lived in a stressful place herself. In Cyprus the weather and pace of life are anything but demanding. Irina's background was in sports massage so she knew the best way to treat my tense lower back and be mindful of the mild arthritis in my knee joints. She gave me tips on how to improve my circulation, strengthen my weakened leg muscles and avoid the varicose veins that run in my family. Using Elemis de-stress oil, Irina gave me one of the best full body massages I've ever had, which included lymphatic drainage – always good for expelling toxin build up from sedentary city dwellers like myself. She seemed to know which areas of my body could withstand hard pressure and which couldn't and even relaxed the muscles between my ribs.

If the weather had been a little cooler I would have had my treatment under a small gazebo in the grounds. Later though I had a pedicure in a glass conservatory overlooking the indoor and outdoor swimming pools. Full blown pampering sessions are also on offer such as the Exotic Frangipani Body Nourish Wrap, a bath in jasmine picked from the Azia's gardens and a Turkish Hamman, highly recommended by Irina for detoxification and

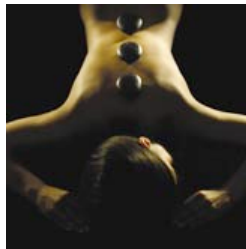
EXPLORE GOOD SPA GUIDE

- NEWS
- DESTINATIONS
- HOLIDAY TYPE
- WHERE TO STAY
- YOUR SAY
- BUSINESS TRAVEL
- BEST OF BRITAIN
- TRAVEL IMAGES

TIMES RECOMMENDS

- A life-changing gap experience
- Summer in the city: a comedy guide to hidden Edinburgh
- The nonexistent 1p flight continues

SPA PROMOTION



Win a spa break

Need a relaxing escape? Win one of seven fantastic luxury spa breaks

- week 1 - Mandarin Oriental
- week 2 - Browns
- week 3 - Chewton Glen
- week 4 - Chester Grosvenor
- week 5 - Seaham Hall
- week 6 - Cliveden
- week 7 - St. Andrews

GOOD SPA GUIDE

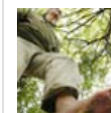


MOST READ | **MOST COMMENTED** | **MOST CURIOUS**

TODAY

- Girl could give birth to her sister
- 'Those who cure you will kill...
- Johnston says kidnap ordeal 'was like being...
- Spying claims may destroy Hamilton's title...

FOCUS ZONE



Eco Living

Our writers show how to go green without leaving the fun behind educating us on the need to save the planet

- Entrepreneurs
- Your World
- Upfront Rugby
- Effortless Style

- Summer Style
- Galaxy of Stories
- Business Travel
- Business Evolution
- Inside Wimbledon

QUICKLINKS

SU DOKU



Now Interactive

Do you Su Doku? Solve puzzles on screen with our unique interactive games

[Su Doku](#)
[Travel](#)

[Driving](#)
[Podcasts](#)

[Career & Jobs](#)
[Photo Galleries](#)

Vintage France

Win a wine tasting holiday for two in the Loire Valley

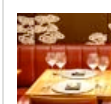


HOLIDAY SEARCH

Get the best travel deals

Search for holidays, flights and accommodation on the Times Online Travel Classifieds

TRAVEL PARTNERS



Travel Intelligence

Style Hotels - free upgrades and nights at the world's best hotels

smooth feeling skin. Children aren't excluded from pampering rituals either. The Little Girl's Morning includes a shoulder massage, manicure with flowers, a milkshake, pedicure for mum and a coffee iced frappe.

IN CROWD Predominantly British families and couples with a strong local clientele using the day spa. Have a chat with Niove who runs the souvenir shop, a delightful lady who will tell you everything you need to know about Paphos and Cyprus in general.

FOOD All fruits used at the hotel are grown on the Azia's Morokambos plantation and a jug of freshly squeezed orange juice awaited me when I arrived. The plantation includes 15,000 Mediterranean and tropical plants and the hotel will organise fruit picking excursions. The Cava Cocktail Bar, a dark, sultry lounge with Arabic interiors is a perfect seduction venue before you head into the à la carte Akamis restaurant. On the night I was there a traditional Cypriot buffet was served outside on the terrace.

WALLET WATCH Bungalow Suites from CYP 50.50 (£57) to CYP 130.00 (£150) including bed and breakfast. A 60-minute Elemis Deep Tissue Muscle Massage, CYP 45.00. Exotic Frangipani Body Nourish Wrap, CYP 60.00. Exotic Jasmine Flower Bath CYP 25.00. Full Hamman Ritual CYP 80.00. Little Girl's Morning CYP 55.00. Cyprus Airways fly to Paphos from London Heathrow, Stansted and Gatwick.

NEED TO KNOW Azia Resort & Spa, P.O. Box 62108, 8061 Paphos, Cyprus (+357) 26 845100; www.aziaresort.com; E-mail: UK office: londonoffice@aziaresort.com

HIDE THE FORM

HAVE YOUR SAY

* Your View

1000 characters left

* Name

* Email

* Town / City

Country / State

* Required Field

Remember me

[Terms and conditions](#)

SUBMIT

PRINT

EMAIL

POST TO
DELICIOUS

POST TO
NEWSVINE

POST TO YAHOO!

POST TO DIGG

ALSO IN GOOD SPA GUIDE

Azia Club and Spa, Paphos, Cyprus
Palais Rhoul and Spa, Marrakesh, Morocco
Lapli Spa, St Lucia

ALSO IN TRAVEL

Golden delicious
Sleeping with the stars
My favourite quirky beaches

10 life change breaks

From a California soul retreat to Wildfitness in Kenya, the holidays to reboot your life

SPA TRENDS



Male order

Trekking, golf, safari: three spas for real men

GOOD SPA GUIDE

The family way

Procreation vacation, baby mooning and bonding: three spas for parents to be

GOOD SPA GUIDE

Two's company

Eight-hands massage, a romantic retreat and Bath for two: three spas for couples

NAKED SPAS



Ask our spa expert

Where can I spa naked in London?

GOOD SPA GUIDE



Top Ten tips for spas

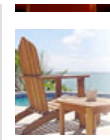
Scared to strip? Intimidated by the etiquette? A guide to making the most of spas

BODY & SOUL



Sworn to win

If modern life makes you sick retreat to the Italian hills for a simple two-word answer



Holiday Rentals

Find a holiday rental at Times Online, villas, apartments and much more

CLASSIFIEDS

CARS

JOBS

PROPERTY

TRAVEL

CARS OF THE WEEK

Porsche Cayman S

2006/06
£40,995
Inside M25

Rolls Royce Silver Spirit

1986/D
£15,950
Inside M25

BMW X5

2007/07
£45,494
Inside M25

Car Insurance

Instantly available online or over the phone
Best rates available

Search for more cars and bikes

Search Ad Reference:

SEARCH

Where am I? [Home](#) [Life & Style](#) [Travel](#) [Good Spa Guide](#)

[CONTACT US](#) | [BACK TO TOP](#)

[NEWS](#) | [COMMENT](#) | [BUSINESS](#) | [SPORT](#) | [LIFE & STYLE](#) | [ARTS & ENTERTAINMENT](#) | [WIMBLEDON](#)

Sponsored by Live Search

SEARCH

Contact our advertising team for advertising and sponsorship in Times Online, The Times and The Sunday Times.

© Copyright 2007 Times Newspapers Ltd.

This service is provided on Times Newspapers' [standard Terms and Conditions](#). Please read our [Privacy Policy](#). To inquire about a licence to reproduce material from Times Online, The Times or The Sunday Times, click [here](#). This website is published by a member of the News International Group. News International Limited, 1 Virginia St, London E98 1XY, is the holding company for the