HOUSE OF

# NIANCE®

SWITZERLAND

THE PINNACLE OF HOLISTIC BEAUTY
AND LONGEVITY



House of NIANCE brings together Swiss science, advanced Beauty & Longevity treatments, preventive wellbeing, movement, nutrition, recovery and refined hospitality within one integrated ecosystem.

Rooted in Swiss research, precision and biotechnology, NIANCE approaches beauty as the visible expression of longevity. Through its philosophy of **Beauty from the Inside Out and Outside In**, House of NIANCE connects professional skincare, inside-out longevity support, advanced technologies and personalized lifestyle experiences into one continuous journey.

At its Mediterranean home in Cyprus, Swiss precision meets the Mediterranean art of living —combining science, nature, movement, nourishment, recovery and human connection in an environment designed for healthier, longer and more beautiful living.

# THE STRUCTURE

### *OUTDOOR — Lifestyle Facilities*

- Outdoor Main Pool
- Tennis & Multisport Court

### *GROUND FLOOR — Beauty & Longevity*

**HON Reception**

- Consultancy and scheduling
- Payment and billing

**Beauty Salon**

- Nail Care
- Hair Care

**Longevity Center**

- Hyperbaric Oxygen Chamber
- Cryo Chamber
- Zerobody Dry Float
- Molecular Hydrogen Booster

**HON Facilities**

- Indoor Mineral Pool
- Heated Relax Benches
- Steam Bath
- Finnish + Infrared Sauna
- Walking Kneip & Experience Showers
- Changing Rooms

### *5th FLOOR — Health Club*

**Strength Zone**

- AI-guided strength machines with Hi-tech driven systems for fully personalized experiences
- Pneumatic strength and rehabilitation machines
- Functional strength area

**Conditioning Zone**

- High-performance treadmills, smart bikes with dynamic resistance
- Adaptive stride, no-impact ellipticals, stair climbers
- All cardio equipment with advanced biofeedback monitors

### *13th FLOOR — SPA Center*

**Treatment Area**

- Treatment's Reception
- Retail Area
- Treatment Rooms with Panoramic Sea view

**HON Facilities**

- Salt Relaxing Room with Chromotherapy
- Changing rooms

### *14th FLOOR — SPA Center*

**Treatment Area**

- Hammam Rituals
- Private SPA
- Floating Sound Healing

**HON Facilities**

- Private Sauna & Steam Bath
- Panoramic Mineral Pool
- Changing rooms







# BEAUTY & LONGEVITY RITUALS

At House of NIANCE, beauty is understood as the visible expression of longevity.

Our Beauty & Longevity Rituals integrate advanced Swiss skincare biotechnology, specialized therapeutic touch, sensory rituals and inside-out longevity support to address skin vitality, structural ageing, body wellbeing, lifestyle stress and recovery.

Every ritual begins with personalization and concludes with a **Longevity Beauty Prescription**, extending the House experience into the guest's daily life.

**Beauty from the Inside Out and Outside In.**


NIANCE
SWITZERLAND
Premium Glacier Eye Serum
NIANCE
SWITZERLAND
Premium Glacier Facial Serum
NIANCE
SWITZERLAND
Premium Glacier Facial Cream

# FACIAL LONGEVITY RITUALS

## *Skin Longevity Pathway*

### Epigenetic Longevity Renewal Facial

**Cellular Regeneration.**
An advanced regenerative treatment that supports cellular vitality and long-term skin renewal, restoring resilience and youthful skin function.

### Radiance & Pigmentation Reset Facial

**Brightening & Tone Correction.**
A radiance-enhancing facial that helps improve uneven skin tone and restore clarity for a brighter, more luminous complexion.






## Platinum Neuromuscular Relaxation Facial

**Expression Line Relaxation.**
A targeted facial designed to release facial tension and soften dynamic expression lines while improving skin elasticity and hydration.

## Dermal Matrix Regeneration Facial

**Firmness & Structural Support.**
A collagen-stimulating treatment that strengthens the dermal matrix, improving skin firmness, elasticity and facial contour definition.

## Skin Vitality Longevity Facial

**Hydration & Barrier Strengthening.**
An intensive hydration treatment designed to restore moisture balance, strengthen the skin barrier and improve overall skin vitality.

## Cellular Eye Reset

**Lifting & Defining.**
Premium eye-focused anti-aging treatment that instantly brightens, smooths and revitalizes for a radiant, youthful look.

# BODY LONGEVITY RITUALS

## *Body Vitality Pathway*

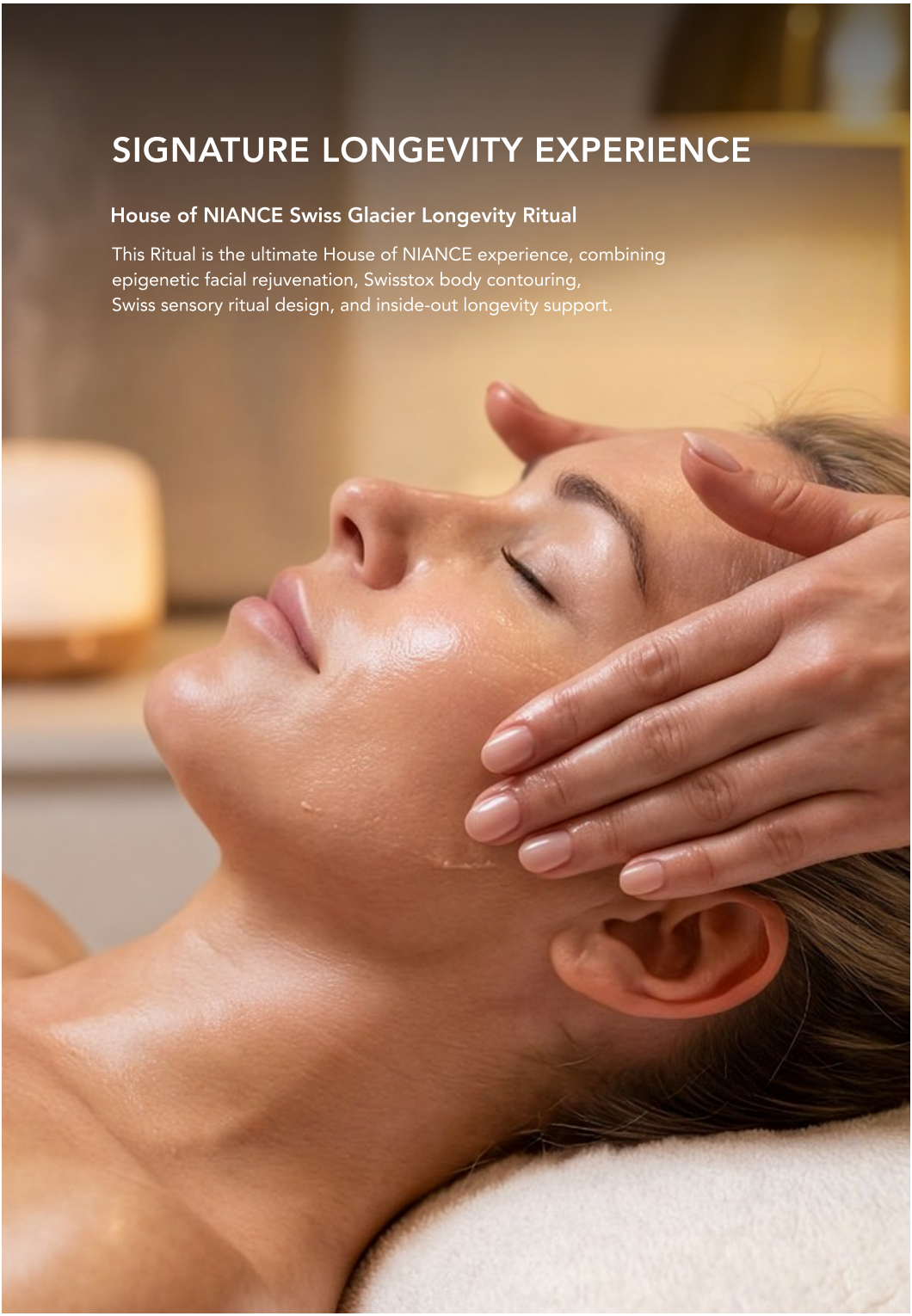
### Swisstox Body Contour Ritual

This Ritual is designed to activate lymphatic circulation and support the body's natural detoxification pathways while refining body contour.

### Holistic Body Reset Ritual

This Ritual is designed to stimulate circulation, support lymphatic flow and restore the skin's vitality while creating a deep sense of relaxation and renewal.





# SIGNATURE LONGEVITY EXPERIENCE

## House of NIANCE Swiss Glacier Longevity Ritual

This Ritual is the ultimate House of NIANCE experience, combining epigenetic facial rejuvenation, Swisstox body contouring, Swiss sensory ritual design, and inside-out longevity support.



# TARGETED LONGEVITY RITUALS

## *Specific Needs Pathway*

### Skin Barrier & Microbiome Recovery Ritual

This Ritual is designed to support the skin during periods when the barrier and microbiome may be temporarily weakened due to aesthetic procedures or environmental stress.

### Circadian Skin Recovery Facial

This Ritual focuses on restoring hydration, stimulating microcirculation and supporting the skin's natural recovery cycle after travel.

### Stress Release Ritual

This treatment combines neuromuscular facial relaxation with scalp, head and shoulder massage to support deep relaxation and skin recovery.

### Sleep Enhancement Ritual

This NIANCE Beauty & Longevity Ritual focuses on calming the nervous system, releasing facial tension and preparing the body for deeper and more restorative sleep.

# HI-TECH

## NIANCE AI Skin Longevity Analysis System

An advanced, non-invasive skin assessment platform combining triple-camera imaging, multi-spectral light analysis and AI-powered evaluation. Capturing 18 facial images across three angles, it examines key indicators of skin health and ageing, including wrinkles, pigmentation, pores, texture, sensitivity, hydration and visible signs of photo-ageing. Additional microscopic assessment supports closer examination of the skin surface, scalp and hair follicles. Its personalised reports and comparative imaging allow NIANCE specialists to identify priority concerns, recommend tailored skincare and treatment programmes, and monitor visible changes over time. The system supports a more precise, measurable and individualised approach to skin longevity.

## NIANCE Intelligent Robotic Energy Therapy

Combines traditional Asian acupoint-based wellness principles with contemporary robotic technology. Equipped with a six-axis robotic arm, intelligent body-position sensing and adjustable thermal and energy-based stimulation, the system automatically identifies designated treatment points and follows the body's contours while maintaining controlled contact pressure. Its programmes include gentle relaxation, comfort-focused massage, targeted energy therapy and heated Gua Sha-inspired techniques. The non-invasive, needle-free experience is designed to encourage relaxation, provide local warming and massage stimulation, and support muscular comfort and a sense of wellbeing. Customizable intensity, temperature and treatment pathways allow specialists to tailor each session to individual preferences and suitability.

## Hyperbaric Oxygen Chamber

The main benefit of HBOT is the increased amount of oxygen delivered to the tissues. In a hyperbaric chamber, the pressure is increased to allow the body to absorb more oxygen than it would under normal atmospheric conditions. This elevated oxygen level can enhance tissue repair and healing, especially in areas that are deprived of oxygen due to injury, illness, or poor circulation.



## Cryo Chamber

Cryotherapy particularly offers a variety of benefits, both physical and mental, by exposing the body to very low temperatures for a short period. This process can stimulate a range of positive responses in the body like pain relief and muscle recovery, reduces inflammation, improves blood circulation, enhances skin appearance, mental wellbeing, reduces the effects of stress. Inside, the temperature will drop to -110°C, which may feel intense at first but is completely tolerable for the duration of the treatment.
Your session typically lasts between 2 to 3 minutes.
**Dress Code: For safety and comfort, you will be asked to wear minimal clothing like socks, gloves, and underwear.*

## Molecular Hydrogen

The Molecular Hydrogen Booster is a nasal inhalation treatment using the smallest molecule in the universe—molecular hydrogen. Due to its size, it quickly reaches tissues and cells, acting as a selective antioxidant targeting the most harmful free radicals. It helps prevent cellular aging, supports cognitive enhancement, improves muscle recovery, reduces fatigue, prevents lactic acid buildup, and enhances athletic performance. Its anti-inflammatory and antioxidant properties also support neurological function, improving memory, focus, mood, and stress resilience.

## Zerobody Dry Float

An innovative, patented bed that allows you to enjoy reduction of gravity and external stimulus, creates a rejuvenating experience with colour therapy and flotation without direct contact with water. Designed to improve blood circulation, enhance metabolic function and fat reduction. Results are stress reduction, a deep relaxation feeling, pain and tension relief, increased blood flow, better sleep quality, focus and clarity, enhanced imagination.

## Soprano Titanium Special Edition Laser

The world's most advanced Laser Hair Removal System, now faster and more powerful than ever. Featuring triple-wavelength technology, ICE Plus™ cooling, and the breakthrough Trio MAX applicator, the Special Edition offers safe, virtually painless treatments for all skin types — with up to 20% faster results.


POWERCAB®

## DermaClear Hydra-Dermabrasion

DermaClear by Alma is a powerful hydra-dermabrasion system that thoroughly cleanses, hydrates, and nourishes the skin. It works beautifully on its own or as a preparatory step for rejuvenation treatments. Ideal for skin exposed to pollution, makeup, and urban stress, DermaClear exfoliates and rejuvenates simultaneously, leaving the skin refreshed, soothed, and radiant.

## Ultraformer MPT

Non-surgical skin tightening and lifting treatment, utilizes Micro-Pulsed Technology (MPT) with Macro and Micro Focused Ultrasound to stimulate collagen production, resulting in firmer, more youthful-looking skin. This technology allows for targeted treatment at various depths, addressing wrinkles, sagging skin, and overall skin laxity.

## Cellu M6 Infinity

LPG®'S latest patented innovation, dedicated to Endermologie® treatments for the BODY (slimming, cellulite, firmness), the FACE (anti-ageing, radiance, hydration, prevention) and Wellness (lymphatic drainage, vitality, relaxation, muscle recovery). Its new treatment heads deliver unprecedented tissue mechanization to awaken dormant cellular activity (fibroblasts, adipocytes, endothelial cells), naturally, without aggression or side effects.

## Alma Opus ™ RF

Non-invasive radiofrequency (RF) platform designed for skin resurfacing, tightening, and rejuvenation. It treats fine lines, wrinkles, acne scars, uneven skin texture, and sagging skin on the face, neck, and body with minimal downtime compared to traditional laser treatments. Safe for all skin types to offer quick, customized results such as improving, resurfacing, and contouring the skin.

## Armstrong MMS

With this appliance, you'll build muscle as if by magic – without a drop of sweat. ARMSTRONG's electromagnetic pulses mimic the natural transmission of stimulus to the muscles and induce much stronger muscle contractions than can be achieved during regular exercise. The technology behind ARMSTRONG was originally used in space travel, as weightlessness in space causes astronauts to lose muscle mass in a particularly rapid manner. Can be applied to arms, legs, abdomen and glutes.


NIANCE
MEDIA WORLD
NIANCE
SWITZERLAND

# EVOLUTION BY GUAM

### Sea Dren Body Mud Wrap

Water-retention treatment for legs, buttocks, and arms. This formula's wealth of draining actives works in tandem with the Sea Dren Body functional massage to tone the skin and leave the legs feeling lighter. Reduces liquid stagnation, for the treatment of sagging skin and fat deposits. This type of cellulite occurs most frequently in the buttocks, thighs, and arms.

### Sea Slim Body Mud Wrap

Targeted treatment for fat deposits in the abdomen and hips. Lightweight but rich formulas used in tandem with Sea Slim Body massages for a more defined, firmer silhouette. Oxygenate tissue and sculpt the body shape.

### Sea Cell Body Mud Wrap

Targeted treatment for reducing cellulite in the most critical areas: prominent orange peel skin, thick nodules, significantly obstructed circulation, swollen, painful legs. Reduce water retention, sculpt the silhouette and tone the skin.



# HAMMAM

**An immersive and rejuvenating experience that offers not only physical cleansing but also deep relaxation and SPA benefits. Whether you're looking to detoxify, relieve stress, or simply enjoy a cultural ritual. Provides a holistic approach to well-being with its blend of heat, steam, scrubbing, and soothing massages.**

## Self-SPA Hammam

Start the Hammam experience with gentle steam bath causing the body to sweat, open pores and relax muscles. Next, indulge in a full-body exfoliation using a traditional Kessa glove or exfoliating mitt, known for its ability to remove dead skin cells and promote smoother, more radiant skin. This invigorating scrub stimulates circulation and helps to detoxify the body by sloughing off impurities.

## Hammam

Step into a world of pure relaxation and rejuvenation with our Hammam Treatment, a luxurious and time-honoured ritual that combines the deep-cleansing benefits of steam with invigorating exfoliation for both face and body. Inspired by the ancient Roman bathing traditions, this treatment offers a holistic approach to cleanse, detox, renew, and revitalize your skin from head to toe.

## Hammam

An extraordinary Hammam experience that gives you the benefits of steam use combined with the luxurious foam application created from natural ingredients to lather the body. The ritual cleansing is completed with some movements of relaxation massage for back and feet with aromatic precious oils to relieve tension. The warm steam and massage help to restart tight muscles, leaving you feeling fresh and clean inside out.

# MASSAGES

## Aromatherapy Massage

Essential oils have mood-altering properties that can uplift or calm the emotions, helping with anxiety, depression, or emotional imbalance. This therapeutic massage combines the soothing effects of techniques with the healing properties of essential oils for physical and emotional benefits.

## Swedish Massage

As one of the most popular and well-known type of massage, it is designed to promote relaxation, improve circulation, and relieve muscle tension. Swedish massage focuses on the upper layers of muscle and connective tissue, using long, flowing strokes combined with kneading and circular movements. The massage helps improve joint flexibility and range of motion by easing muscle tightness.

## Deep Tissue Massage

This focused type of massage therapy is designed to target the deeper layers of muscle and connective tissue. It is particularly effective for chronic pain, muscle tension, and stiffness. Deep tissue massage works on deeper muscle groups and fascia using slower strokes and more intense pressure.

## Volcanic Healing Stones

This luxurious soothing treatment uses heated stones which are placed on the body to enhance the benefits of traditional massage techniques. The warmth from the stones helps to relax muscles, increase circulation, and promote deep relaxation. The therapist places the heated stones on key areas of the body, such as the back, shoulders, and along the spine.

## Prenatal Massage

A prenatal massage is a wonderful way for expectant mothers to relax and reduce the physical and emotional stress of pregnancy. It is generally safe during the second and third trimesters. It focuses on the unique needs and discomforts experienced during pregnancy. Prenatal massage uses gentle, safe techniques that aim to enhance both physical and emotional well-being during this important time.





## Back, Neck & Shoulders

A stress relief massage that targets the areas of the body most prone to tension and discomfort. Specially designed to relieve pain, stiffness, and stress that often accumulate in the upper body due to poor posture, stress, or long periods of sitting or standing. It can provide quick relief from muscle tension, headaches, and fatigue.

## Scalp Massage

A various technique that focuses on massaging the scalp with special virgin oils to promote relaxation, relieve tension, and improve the overall health of the scalp and hair. The massage targets the scalp, temples, neck, and the shoulders. It includes gently massaging the pressure points on the head and neck to enhance relaxation and mental benefits.

## Foot Massage

A technique based on the belief that specific areas of the feet correspond to different parts of the body. By applying pressure to these reflex points, reflexology is thought to promote healing and balance in other parts of the body. By stimulating the foot muscles and applying pressure to key areas, a foot massage improves blood circulation and helps alleviate aches, pains and tension.

## Anticellulite Massage

A specialized massage technique designed to help reduce the appearance of cellulite, which is the dimpled, lumpy skin commonly found on the thighs, buttocks, and abdomen. This type of massage aims to improve the texture and tone of the skin, stimulate blood circulation, and break down fat deposits to help smooth the skin's surface. The pressure can vary based on your comfort level, but it's typically stronger than a standard relaxation massage.



# ADD-ONS

- Guam Sea Micro Peeling Face
- Guam Sea Botox Face
- Guam Seaweed Firming Leg Relief Cooling Leggings
- Guam Seaweed Stubborn Cellulite Leggings
- Argan Nurturing & Hydrating Hair Mask
- Guam Sea Revital-Eyes

# LIFESTYLE

## Biological-age Test

GISVA BioAgingLab at University of Padova analysing three biological aging biomarkers: The epigenetic age, Leukocyte Telomere Length and Mitochondrial DNA Copy Number. Analyses perform qualitative and quantitative assessment of genomic DNA, estimation of epigenetic age through the analysis of specific CpG sites and comparison with an age-standardized reference database.

## Floating Sound Healing

In a quiet, vibrational space, we are not just relaxing — we are reorganising on a cellular level. Sound gently disrupts old patterns of tension and thought, making space for new energy, clarity, and insight to emerge. The frequencies wash through layers of the physical, emotional, and energetic body, helping release what we no longer need.

## PT

Personal Training in our exclusive Health Club on 5th floor with PT or Semi-private training for 2 / 3 / 4 persons. Ideal for those returning after time away from training or taking their very first steps, this program focuses on gentle progression, building confidence, and laying the groundwork for long-term health and vitality.

## Tennis

A high-energy, fitness-focused tennis set to music, or focused on drills/target practice that improve agility, footwork, and core strength, all essential for playing tennis effectively. This can be a satisfying and stress-relieving way to actively relax.

## Private SPA

An exclusive SPA experience in Ararat Private SPA that allows you to enjoy a relaxing session in the comfort of your own space. This luxurious and private accommodation with the use of Steam Room and Sauna is completed with the Niance and Guam premium treatments for face and body. The in-suite experience allows you to enjoy treatments in total privacy, without any distractions. At the end you can relax in your robe, enjoy a cup of herbal tea, listen to calming music and immerse yourself in the amazing view.

Wellness Facilities Use

Full Day Pass



# ETIQUETTE

House of NIANCE at ARARAT is an adult sanctuary. Children below 18 years old are permitted to use only the main outdoor swimming pool with parental supervision.

## Operation Hours

**Spa Facilities:** 10:00 - 20:00
**Appointments Available:** 10:00 - 19:00
**Health Club | Tennis:** 08:00 - 20:00



## Reservations

For SPA enquiries or reservations please call (+357) 25043151. We highly recommend booking your treatment in advance to ensure that your preferred time and service are available.

## Cancellation Policy

We understand that plans can change, and we will do our best to accommodate your needs. However, as we work under reservation, if you need to cancel or change your booking kindly inform our team 24 hours before your time slot. No-show fee: 100%.

## SPA Area Arrival

We recommend that you arrive 30 minutes before your first scheduled appointment. This will allow you to enhance your SPA experience with the use of water sources and facilities and will also allow you to relax before your treatment. Please let us know of any medical conditions and various preferences by filling in the Consultation form according to EU regulation on GDPR, so we can provide you with best tailored treatment ever.

## During your stay

To keep a calm and relaxed environment, help us to respect the atmosphere of privacy and quiet by keeping your mobile phone in flight mode during your stay at the Ararat Wellness. Smoking, alcohol, and food from outside Ararat at all SPA areas are prohibited.

## SPA Gift Card

A gift card is the perfect way to give a present of relaxation, rejuvenation, and self-care. Ideal for birthdays, anniversaries, or just because, a SPA gift card lets your loved ones choose the perfect treatment to suit their needs. Purchase yours today and give the gift of longevity!

## Contact

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