



PLAISIRSANTÉ INTERNATIONAL – FACT SHEET

- The InterContinental Aphrodite Hills Resort Hotel is the first hotel to introduce a unique new concept that will enable guests to totally indulge themselves on holiday, but in a healthy manner.
- This new concept, which is called PlaisirSanté (PS.I), does not involve boot camp style activities or strict diets.
- PS.I will enhance the wellbeing of guests staying at the InterContinental Aphrodite Hills Resort Hotel in a simple and natural way through the pleasures of dining, gentle physical exercise and various recreational activities.
- PS.I food will be available throughout the hotel all day long. The special recipes and menus are rich in vitamins, minerals and anti-oxidants featuring many different fruit and vegetables.
- PS.I food will be available via 24-hour room service, 3-course set lunches or 'make your own' menu options. The 'make your own menu', option allows guests to choose from six different options for each course.
- Hot or chilled drinks including homemade rosemary-ginger-orange and lavender infusions, natural fruit juice cocktails and skimmed milk shakes will offer a healthy alternative all day long.
- Alcohol is allowed but no more than 3-4 small glasses per day and white wine, champagne and rose will be served with red grapes to compensate for the absence of tannins. PS.I signature cocktails will also be available from the bar.
- The eating plan should be complemented with gentle exercise: mountain biking, horse riding, walking, golf and tennis, a fully equipped gym, yoga classes are all available at the resort. For hotel guests, various exercises will also be shown on the hotel TV channel.
- The PS.I concept is a complete well-being programme and therefore social interaction is encouraged. The hotel therefore offers recreational and creative activities for guests to meet up and join in activities together such as learning to play golf or tennis or PS.I cookery classes.

NB: All recipes, menus and programme are in accordance with medical and dietary practices and under close supervision of Doctor PlaisirSanté International.

Aphrodite Hills Resort... voted Cyprus' Leading Resort at the World Travel Awards 2006