

Avaton Spa invites you into a world of relaxation and wellbeing!

Massage Therapies

- *Aromatherapy Massage* 60 min 85 euros
- *Jet Lag Massage* 60 min 90 euros
- *Deep Tissue Massage* 60 min 95 euros
- *Scalp Massage & Reflexology* 60 min 85 euros
- *Hot Stone Massage* 90 min 120 euros
- *Anti Stress Back Massage* 30 min 50 euros
- *Couples Massage* 60 min 180 euros

Facial treatments

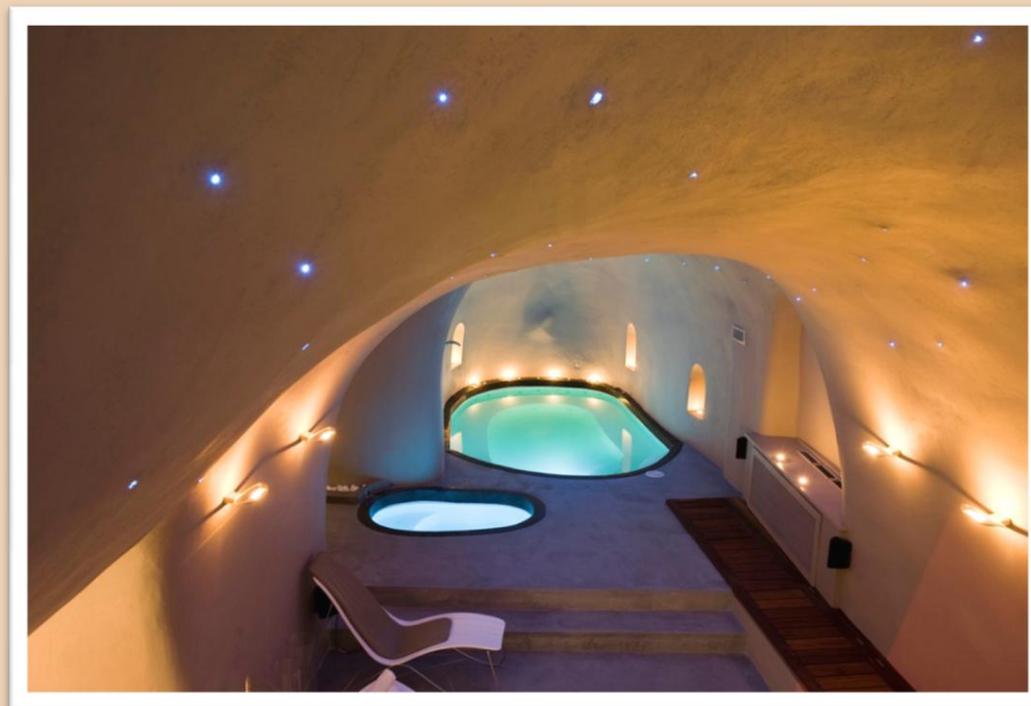
- *Mediterranean Skin Food Express* 30 min 60 euros
- *Wine Elixir facial treatment* 60 min 85 euros
- *Queen Bee Face exclusive* 60 min 85 euros
- *Men's invigorating facial treatment* 50 min 70 euros

Body treatments

- *Golden Honey* 80 min 95 euros
- *Chocolate Euphoria Delight* 70 min 85 euros
- *Aloe Deep Hydration* 80 min 90 euros
- *Body Detox* 80 min 95 euros
- *Aegean Wind* 80 min 90 euros
- *Body scrubs* 45 min 60 euros

Manicure - Pedicure

- Basic Manicure* 20 min 25 euros
- Basic Pedicure* 30 min 35 euros
- Spa Manicure* 30 min 30 euros
- Spa Pedicure* 40 min 40 euros
- Foot Ritual Treatment* 50 min 65 euros



Massages

- **Aromatherapy Massage** **60 min 85 euros**
 A deeply relaxing and therapeutic massage utilizing a combination of techniques to harmonize and rejuvenate the body. A customized blend of essential oils is selected to meet the needs of each individual guest by promoting a state of harmony and increased wakefulness.
- **Jet Lag Massage** **60 min 90 euros**
 A truly individual journey where you will discover the power of touch in a personalised experience to regain balance in your body using deep tissue massage techniques to loosen stiff neck, shoulders and back muscles. Ideal after long journeys to help adapting to new environment.
- ❓ **Deep Tissue Massage** **60 min 95 euros**
 A specific therapeutic manual massage on the whole body adjusted to your needs. Release your tension, stress and aching muscles with strong pressure techniques. Creating a balance of energies, by improving the circulation system in difficult conditions. A customized blend of oils is selected for optimum results.
- ❓ **Scalp Massage & Reflexology** **60 min 85 euros**
 This treatment focuses on the head, back and shoulder areas, offering deep relaxation to the mind and body. An olive oil mask for hair, rich with vitamin E, compliments the session, nourishing the scalp and conditioning the hair.
 Reflexology is based on the principle of concentrating on reflex points on the soles of feet that correspond with each organ, gland and structure in the body. A relaxing as well as grounding experience leaving you with a sense of well being.
- ❓ **Hot Stone Massage** **90 min 120 euros**
 Volcanic stones which were blown into the ocean thousands of years ago are used for this massage. The constant movement of the waves has gently tumbled and smoothed the sharp edges of the stones. Energy from the volcano (fire) combined with the ocean waves (water) gives the stones a balance of energy. Hot Stone Massage is a unique treatment of heated stones applied with essential oils to the body in ways that bring relief to sore and stiff muscles, release tension and create tranquillity and a more balanced flow of energy.
- ❓ **Anti Stress Back Massage** **30 min 50 euros**
 Concentrating on the back, neck and shoulders, the masseur will help you relieve stress and tension from your muscles.
- ❓ **Couples Massage** **60 min 180 euros**
 Enjoy and relax with your partner or best friend by choosing from Aromatherapy or Deep Tissue massage. Two massage beds in a comfortable, traditional cave cabin will satisfy your desire.

Facial Treatments

- Mediterranean Skin Food Express*** **30 min 60 euros**
 A treatment based on the nourishing and antioxidant ingredients of the Mediterranean diet that offers complete care for every skin type and combines all the necessary steps for effective rejuvenation. The ideal solution for those who want to enjoy immediate results with a short treatment.
- Wine Elixir facial treatment*** **60 min 85 euros**
 An anti-aging and firming facial treatment that utilizes the powerful antioxidant qualities of red wine. Resveratrol, the main active ingredient of red wine, naturally increases collagen production and softens deep wrinkles. Treat yourself to a unique elixir of youth that will give you immediate and visible results.
- Queen Bee Face exclusive*** **60 min 85 euros**
 A “Royal treatment” for rejuvenating and firming mature skin based on the beneficial properties of royal jelly and honey. Royal jelly, an elixir of life and youth, rich in fatty acids, proteins, carbohydrates and minerals; it nourishes, regenerates, rejuvenates and restores skin’s vitality. Enjoy this unique journey into the world of bees that will satisfy even the most demanding skin.
- Men’s invigorating facial treatment*** **50 min 70 euros**
 A treatment designed specifically for the needs of the modern man. This therapeutic facial is ideal for renewed balance leaving the face healthier and younger; it boosts hydration and acts as an anti-aging and anti-bacterial treatment.

Body Scrubs

Exfoliation is the most essential process for real skin rejuvenation. It helps rid the skin of dead cells and offers in-depth renewal. It allows moisturizers and oils to penetrate the skin and help it produce elastin and collagen. Choose one of the body scrubs treatments and enjoy your skin softer and healthier than ever.

- Rejuvenating Scrub with orange and ginger*** **45 min 60 euros**
- Relaxing Scrub with vanilla and honey*** **45min 60 euros**
- Euphoria Scrub with jasmine and white tea*** **45min 60 euros**
- Honey scrub with crystallized Greek honey*** **45min 60 euros**

Body Treatments

- ?** ***Golden Honey*** **80 min 95 euros**
 The elixir of youth, designed exclusively to utilize the nourishing ingredients. Crystallized honey exfoliates the body, while at the same time moisturizing and softening the skin. The treatment includes a brief facial with royal jelly that improves texture of skin and offers spiritual wellbeing.

- ?** ***Chocolate Euphoria Delight*** **70 min 85 euros**
 There is no more enjoyable experience other than a body massage with the gentle touch of warm chocolate. Feel the euphoria of black chocolate that activates the production of endorphins, which improves mood and gives the sense of wellbeing and relaxation.

- ?** ***Aloe Deep Hydration*** **80 min 90 euros**
 Strengthen your skin's natural defences with a treatment that deeply hydrates and balances skin moisture levels. A combination of a relaxing massage and a cucumber face mask that revives you after a long day. An effective treatment for dry, dehydrated skin and ideal after excessive sun exposure.

- ***Body Detox*** **80 min 95 euros**
 An effective detox treatment that starts with body exfoliation with Aegean sea salt, continues with hot green clay mask enriched with essential oils, and finishes with body massage with lymphatic movements and emphasis on reflexology points. This treatment complements a program of weight loss and detoxification.

- ***Aegean Wind*** **80 min 90 euros**
 A wonderful journey to the deep blue of Aegean Sea. Herbal scrub with Cretan sea salt and lavender, rich in minerals and trace elements, remove dead cells from the skin while leaving it soft and rejuvenated. The unique caldera hot stones massage, with volcanic stones and pure olive oil enriched with essential oils, will guide you to a unique sensation of the Aegean volcanic island.

SPA DELUXE RITUALS

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| <p>📄 Express Ritual
Mediterranean Skin Food express face treatment
Body Scrub
Basic Manicure or Pedicure</p> | <p>110 min 145euros</p> |
| <p>📄 Absolute Spa Ritual
Aromatherapy Massage
Mediterranean Skin Food express face treatment
Spa Manicure or Pedicure</p> | <p>130 min 175euros</p> |
| <p>📄 Queen's Bee Ritual
Total Queen Bee Face & Body treatment
Basic Manicure or Pedicure</p> | <p>140 min 165euros</p> |
| <p>📄 Sweet Harmony
Choco Euphoria Delight
Swedish deep tissue massage
Spa Pedicure</p> | <p>170 min 210euros</p> |
| <p>📄 Men's Total Treatment
Swedish deep tissue massage
Men's facial treatment
Basic Pedicure</p> | <p>140 min 185 euros</p> |
| <p>📄 Avaton Rejuvenation Ritual
Aegean Wind Body treatment
Mediterranean Skin Food treatment
Foot Ritual</p> | <p>160 min 230euros</p> |

Special for couples

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| <ul style="list-style-type: none"> ● Unforgettable Moments
Sauna, steam room, hydrotherapy pool
Couple massage
Romantic bath with aromatic oils and rose petals | <p>Approx. 150 min 270 euros</p> |
| <ul style="list-style-type: none"> ● Honeymoon Joy
Sauna, steam room, hydrotherapy pool
Couple massage
Romantic bath with aromatic oils, rose petals and a bottle of champagne | <p>Approx. 150min 330 euros</p> |

Manicure & Pedicure

Basic Manicure for her 20 min 25 euros
Basic Manicure for him 20 min 20 euros

Hand and nail grooming and nail polish (optional)

Basic Pedicure for her 30 min 35 euros
Basic pedicure for him 30 min 30 euros

Feet grooming and nail polish (optional)

Spa Manicure for her 30 min 30 euros
Spa Manicure for him 30 min 25 euros

Hand and nail grooming, peeling, mask and nail polish (optional)

Spa Pedicure for her 40 min 40 euros
Spa pedicure for him 40 min 35 euros

Feet grooming, peeling, mask and nail polish (optional)

Foot Ritual Treatment

50 min 65 euros

Refreshing and rejuvenating treatment for tired feet. Together with a massage technique, pressure and reflexology points on the feet, this treatment provides a unique feeling of relaxation in the lower extremities. Followed by a pedicure.

Waxing (We use calendula lotion, lavender oil and very skilled hands to prevent any irritation)

Upper lip	5 euros
Underarms	10 euros
Full Arms	25 euros
Half arms	15 euros
Full leg	40 euros
Half leg	20 euros
Bikini	15 euros
Bikini-legs	45 euros

Sauna, Steam Room and Hydrotherapy Pool (Jacuzzi & water jet)

Daily use 25euro per person