



Spa Menu

Massages

- ***Aromatherapy Massage*** ***60 min 75 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 80 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 85 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 75 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 110 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.

Please ask your therapist if your preferred massage is available for 90 min session.

Facial Treatments

- ***Mediterranean Skin Food Express*** **30 min 55 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.
- ***Aqua Vita Deep Hydration Treatment*** **60 min 80 euros**
Deep, intense and revitalizing hydration treatment. Highly refreshing with immediate brightening results. It includes application of the APIVITA Aqua Vita line, rich in chaste tree phyto-endorphins and patented propolis extract. Helps skin instantly replenish its moisture levels, while shielding against premature ageing.
- ***Wine Elixir facial treatment*** **60 min 80 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 80 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 65 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.

- ***Body Energy Scrub with orange and ginger*** **45 min 55 euros**
- ***Pure Jasmin Scrub with jasmine and white tea*** **45min 55 euros**
- ***Royal Honey Scrub with sea salts*** **45min 55 euros**
- ***Herbal Sea Salts Scrub with pure lavender*** **45min 55 euros**

Body Treatments

- ***Royal Honey*** ***80 min 90 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 80 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 85 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 90 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 85 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

- ***Express Ritual*** *110 min 125 euros*
Mediterranean Skin Food express face treatment
Body Scrub
Basic Manicure or Pedicure
- ***Absolute Spa Ritual*** *130 min 150 euros*
Aromatherapy Massage
Mediterranean Skin Food express face treatment
Spa Manicure or Pedicure
- ***Royal Honey Ritual*** *140 min 160 euros*
Total Royal Honey Face & Body treatment
Basic Manicure or Pedicure
- ***Sweet Harmony*** *170 min 190 euros*
Choco Euphoria Delight
Swedish deep tissue massage
Spa Pedicure
- ***Men's Total Treatment*** *140 min 170 euros*
Swedish deep tissue massage
Men's facial treatment
Basic Pedicure
- ***Avaton Rejuvenation Ritual*** *160 min 220 euros*
Aegean Wind Body treatment
Aqua Vita Deep Hydration Facial treatment
Foot Ritual

Special for couples

- **Unforgettable Moments** *Approx. 150 min 270 euros*
Sauna, steam room, hydrotherapy pool
Couple massage
Romantic bath with aromatic oils and rose petals
- **Honeymoon Joy** *Approx. 150min 320 euros*
Sauna, steam room, hydrotherapy pool
Couple massage
Romantic bath with aromatic oils, rose petals and a bottle of champagne

Manicure & Pedicure

Basic Manicure ***20 min 15 euros***
Hand and nail grooming and nail polish (optional)

Basic Pedicure ***30 min 20 euros***
Feet grooming and nail polish (optional)

Spa Manicure ***30 min 20 euros***
Hand and nail grooming, peeling, mask and nail polish (optional)

Spa Pedicure ***40 min 25 euros***
Feet grooming, peeling, mask and nail polish (optional)

Foot Ritual Treatment ***50 min 55 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)

<i>Upper lip</i>	<i>5 euros</i>
<i>Eyebrow</i>	<i>5 euros</i>
<i>Underarms</i>	<i>10 euros</i>
<i>Full Arms</i>	<i>20 euros</i>
<i>Half arms</i>	<i>10 euros</i>
<i>Full leg</i>	<i>30 euros</i>
<i>Half leg</i>	<i>15 euros</i>
<i>Bikini</i>	<i>12 euros</i>
<i>Bikini-legs</i>	<i>30 euros</i>

Basic SPA facilities ***120 min 25 euros (per person)***
Sauna, Steam Room and Hydrotherapy Pool (Jacuzzi & water jet)

Etiquette

- The spa environment is strictly a non smoking area.
- We kindly ask that all cell phones are switched off while at the spa. Please respect other guest's privacy by speaking softly.
- We provide towels, bathrobes, disposable underwear, slippers and personal amenities.
- All guests are kindly requested to complete and sign a health and lifestyle questionnaire prior to facial, body and massage treatments.
- Please arrive at least 10 minutes before your appointment.
- Please notify Reception of any cancellations or delays at least five hours prior to your appointment to avoid a 50% cancellation fee.
- During treatment, please let your therapist know if you are feeling comfortable or uncomfortable. If the pressure is too weak or too firm. Your comfort and wellbeing are our main concerns and priorities.
- For your own comfort and safety we recommend not wearing jewellery at the Spa. The management and staff accept no responsibility for loss of money or valuables. We recommend the use of your own safety box.
- Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable for another time.
- Herbal tea or juice is offered complimentary at the end of the session.

All prices are inclusive of taxes. All the products we use for therapies are APIVITA – organic and natural

Spa Opening Hours: 11:00 – 19:00

Please contact Reception anytime in order to book your appointment.