



## SPA MENU





Dear Valued Guest,

We would like to personally welcome you to the Myconian Collection Spas. All of our 9 Spas are magical places of relaxation for mind, body and soul. We aim to offer you a personal journey that is dedicated to revitalising your body, mind and soul. With a carefully curated menu, inspired by the purest resources from oceans and earth, to allow you to experience the wonders of well-being with methods ascertained since antiquity up to nowadays.

Your skin and your well-being lies at the heart of what we do and we have joined forces with ELEMIS, one of the world's leading and premium SPA brands, Augustinus Bader the leading skin care brand by biomedical scientist Prof. Augustinus Bader, as well as St. Barth with products of exceptional quality.

Our treatments are designed to respect the body's complex physiology and to work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today. Our highly trained therapists make it personal. They look, they listen, tune in to you.

Our secret dwells in the wealth of the sea, the extracts of plants, flowers and botanicals and to the expert technique we apply for every therapy. Transformative results. Unique Experiences.

Welcome.

*The Management of Myconian Spas*

**AB**  
Augustinus Bader

**ELEMIS**  
LONDON

**ST BARTH**  
The Spirit Of Nature





**ELEMIS**  
LONDON

## SIGNATURE PACKAGES

### Myconian Detox Journey 110mins

This treatment is designed to detox and nourish your skin.

Full Body Detox Massage

Leg Slimming Mask

Express Detox Facial with LED Mask

### Frangipani Lovers 110mins

Body Polish

Full Body Massage

Head & Scalp Massage

### Exotic Dream 110mins

Shell Chill Out Massage

Express Facial

Head & Scalp Massage

## FAMILY EXPERIENCE

Spend some quality time being spoiled together.

### Mother & Daughter 90mins

Side-by-Side Full Body Scrub, Relaxing Body Massage and a Hair Treatment Mask.

### Father & Son 90mins

Side-by-Side Relaxing Full Body Massage, Express Facial Treatment and Scalp Massage.

## THALASSOTHERAPY 50MINS

A unique program offering curative effects of mineral enriched seawater. The session takes you through 3-4 pools, each with different temperature and salinity content. The program is recommended for frequent use, and is very beneficial for joints, back problems, arthritis, osteoporosis, water retention or for sheer indulgence and relaxation.



## ELEMIS FACE TREATMENTS

### **PRO-GLOW GENIUS FACIAL** YOUR LINE-FIGHTING SUPERHERO FACIAL 75MINS

Clinically proven intelligent skincare and a triple-level approach to skin hydration results in transformative results for younger-looking skin. With a spotlight on deep-set wrinkles for maximum facial rejuvenation and skin hydration, the skin will be visibly smoother, resilient, and firmer-looking. The skin will appear immediately firmer and more radiant after just one treatment.

### **PRO-GLOW SMOOTH** THE HIIT WORKOUT FOR YOUR SKIN 60MINS

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

### **PRO-GLOW RESURFACE** RESURFACING FOR STUNNINGLY SMOOTH SKIN 60MINS

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother and renewed.

### **PRO-GLOW BRILLIANCE** YOUR RECIPE FOR RADIANCE 30MINS

Turn up the brightness with a triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer-looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling radiant, and healthy. A Vegan Friendly Facial for an immediate glow.

### **REFRESHED EYES & PLUMPED LIPS** 25MINS

A powerful treatment for the eye & lip area, that leaves your eye contour feeling hydrated, refreshed and younger-looking. Helps iron out fine lines & wrinkles and combat fatigue signs, like dark circles and puffiness. Lips are thoroughly exfoliated using a sugar lip polish and annointed with hydration to give a plumped and fuller looking lip.







AB  
Augustinus Bader

## AUGUSTINUS BADER THE METHOD FACE THERAPY

### THE METHOD BY AUGUSTINUS BADER "THE GLOW" 55MINS

The Method Glow Facial by Augustinus Bader is a science-backed treatment that acquaints the skin with the award-winning power of Professor Bader's TFC8® cell renewing complex through a tailor-made layering of Augustinus Bader skincare products to deliver immediate, visible benefits. A personalised ritual of hero formulas is used to boost hydration and cellular communication, promote circulation, and firm, tone, and refresh the complexion.

### THE METHOD BY AUGUSTINUS BADER "THE ULTIMATE" 85MINS

The Method Ultimate Facial by Augustinus Bader is a one-of-a-kind, highly-sophisticated skincare treatment. It was created to boost cell communication in order to support the body's innate biological wisdom to self-heal and regenerate. The method supports cell activity, which is responsible for balanced hydration, firmness, equal pigmentation and protection of the skin, in order to fight against intrinsic and extrinsic aggressors. This synergy delivers highly-targeted individual stimulation, triggering a sequence of highly-individualized regenerative processes. This complete version of The Method includes a Hand & Arm and a Head & Scalp massage with two cabin exclusive formulas for your skin.



## ELEMIS MASSAGE THERAPY

### **ELEMIS DEEP TISSUE BACK OR FULL BODY MASSAGE 25MINS/55MINS/85MINS**

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Your therapist will select an aromatic oil according to your concerns. Muscle pain, stress relief, pure relaxation or emotional balance. As effective as an hour's stretching but so much more nurturing.

### **ELEMIS AROMATHERAPY RELAXING MASSAGE 55MINS/85MINS**

This is a lavishly hydrating body massage based on the concept of aromatherapy. The skin is anointed with nourishing oils chosen to uplift your spirit, relax your senses, empower your strength or calm you down whilst a bespoke massage comforts the skin in all its glory. Skin is left exquisitely moisturised, intensely supple and deliciously scented.

### **CBD RELAXING MASSAGE 55MINS**

This massage is focusing on further easing pain and inflammation, thereby speeding up recovery with a focus on the whole body in a choreographed treatment that deeply relaxes mind and body. Your brain's endocannabinoid receptors recognize the compound when it enters through the skin, therefore the endocannabinoid system is stimulated, which plays a role in immune function, digestion, mood and sleep.

### **ELEMIS FRANGIPANI HAIR, NECK & SHOULDER MASSAGE 30MINS**

Tension is dissolved using a combination of the ancient Chinese healing massage Tui Na and Japanese Shiatsu, while Indian and Thai kneading invigorates and clears your head. We can either make you float like a butterfly or sting like a bee. You choose.



#### **ELEMIS QUARTZ BOLUS MASSAGE 55MINS/85MINS**

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Using a uniquely designed Amber and Quartz poultice/bolus and combining the power of Eucalyptus and Juniper, each area of tension is specifically targeted with vibrational energy to re-mineralise. Painful knots are eased. Tension is dissolved. Completed by a restorative facial massage, the Amber and Quartz in the Poultice create a powerful mineral connectivity that invigorates the body and elasticises the skin.

#### **ELEMIS AROMA HOT STONE MASSAGE 55MINS/85MINS**

Balinese stones bathed in the intensely moisturising Frangipani Monoi Body Oil are worked over the body deep into the muscles, getting into areas of tension, persuading the muscles to release their trapped energy. The result is sparkling vitality with the added bonus of an intensely hydrated skin.

#### **SHELL CHILL OUT MASSAGE 55MINS/85MINS**

Relaxing body treatment with cold-pressed avocado oil relieves muscle tension, alleviates stress, stimulates tissue metabolism and the lymph flow, promotes blood circulation and thanks to the calcium content of the shells ensures a firm, healthy skin texture.

#### **HARMONY MASSAGE 55MINS/85MINS**

Relaxing, pampering massage with different products whose effects are perfectly harmonised with one other.

#### **PREGNANCY**

##### **ELEMIS PEACEFUL PREGNANCY MASSAGE 75MINS**

Tried and tested safe massage techniques are combined and adapted to each stage of pregnancy. Helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet while easing the mind and uplifting the spirit.





## ELEMIS BODY THERAPY

### ELEMIS SCRUBS

#### **ELEMIS INTENSELY CLEANSING SALT SCRUB - LIME AND GINGER OR FRANGIPANI 30MINS**

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Perfect choice to even your sun tan.

### ELEMIS DETOX & SLIMMING

#### **ELEMIS CELLUTOX SEAWEED DETOX & CELLULITE WRAP 75MINS**

Detoxify and kick-start your body. Let your thoughts drift away whilst cocooned in a comforting wrap of rich marine algae and detoxifying Juniper and Lemon. Enjoy a facial massage and de-stress scalp treatment or soothing foot massage. Helps refine the appearance of cellulite and relieve, the discomfort of fluid retention.

#### **ELEMIS TARGETED SLIMMING TREATMENT 30MINS**

A targeted sculpting massage that kick-starts the micro-circulation, promoting a smoother silhouette. A cooling rubberised mask, rich in super-detoxing caffeine and green clay is applied to problem areas, whilst clinically proven Red Algae redefines areas prone to sagging. Choose a localised treatment: Arms or Hips & Thighs or Abdomen.





## HAND & FOOT CARE

Polish Change  
Manicure  
Pedicure  
Foot Scrub & Mask  
Soak Off Gel Manicure  
Soak Off Gel Pedicure  
Soak Off Gel Removal

## WAXING

Back  
Chest Man  
Eyebrow correction  
Full leg (Including Bikini line)  
Half Leg  
Bikini line  
Full Bikini  
Under Arms  
Upper Lip

## SPA ETIQUETTE

### SPA OPENING HOURS

Daily 10:00 am to 8:00 pm

Daily 10:00 am to 10:00 pm (KORALI – KYMA – NAIA  
present in Myconos Town)

### SPA RESERVATIONS

For spa enquiries or reservations please press the “spa” button on your telephone display. Advance bookings are recommended to secure your preferred treatment time.

### PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa. The spa will not be held responsible for valuables lost within the spa.

### ARRIVAL

Please arrive 20 minutes prior to your treatment in order to complete your health assessment form and take time to relax in the tranquil surroundings of our spa before your treatment. We provide you with robes and slippers to wear while visiting our spa and you will be assigned a private locker to store your personal belongings.

### CONSULTATION

Personal consultations are offered to determine your specific skin needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

### LATE ARRIVALS

Out of respect for other guest’s reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

### CANCELLATIONS

Please allow 12 hours notice on individual treatments and 24 hours notice on spa packages, otherwise 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

### DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Our spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

### AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

### PAYMENT

For hotel guests, all treatments can be charged to your guest room folio and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the spa reception.

### CHILDREN

We love children, however, we recommend that you avoid bringing children younger than 11 years old to the spa. Young guests, 12-17 years old, are welcome to enjoy a selection of treatments under the supervision of a guardian.

### GYM POLICIES

For your personal safety, we ask that you wear sports shoes. Children under 18 years old must be accompanied by an adult when using gym equipment.

### Hygiene & Safety

At Myconian Spas we follow all necessary protocols and procedures, to ensure the highest level of hygiene and safety and give you the peace of mind you need when enjoying a treatment.















# SATORY SPA AT





ELEMIS is only available at the most exclusive spas around the globe. ELEMIS pushes the boundaries to develop textures, ground-breaking formulations and conduct clinical trials to deliver real results. ELEMIS responds to the ever-evolving rhythm of your life and the ever-changing nature of your skin.

**Augustinus Bader** has garnered an unprecedented 105 industry-coveted awards in just 5 years. Inspired by three decades of groundbreaking research by a world-leading specialist, Augustinus Bader is backed by the highest caliber of applied science in the industry. From top honors in innovation to “Best of Beauty,” the industry’s most experienced and discerning judges have spoken not once, not twice, but 105 times.

The **LIGNE ST. BARTH** products are hailed by industry professionals for their originality and exceptional quality.

ELEMIS ELITE TREATMENTS ARE EXCLUSIVELY AVAILABLE IN MYKONOS  
AT THE MYCONIAN COLLECTION THALASSO-SPAS.





EXPERIENCE THE EXCEPTIONAL

IMPERIAL  
ROYAL



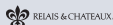
KYMA  
AVATON



VILLA COLLECTION  
NAIA



AMBASSADOR  
UTOPIA  
KORALI



PANOPTIS ESCAPE



BY  
MYCONIAN  
COLLECTION

MYCONIAN COLLECTION HOTELS & RESORTS

[www.myconiancollection.gr](http://www.myconiancollection.gr)