



O' Wellness Spa

BENEATH THE SURFACE





## SIGNATURE SPA PACKAGES

### CAVE AWAKENING

90 mins – 220 €

A cooling aloe infusion balanced with a warm seashell body massage and tension-relieving head and scalp ritual for total awakening.

- *Aloe Vera Wrap*
- *Head & Scalp Massage*
- *Shell Chill Out Massage*

### LUMINOUS FLOW

110 mins – 220 €

A multi-texture journey of salt/sugar exfoliation, touch and glow, finishing with a customized Elemis facial to leave skin smooth and revived.

- *Body Polish*
- *Full Body Massage*
- *Bespoke ELEMIS Facial*

### MYCONIAN O' DETOX RITUAL

110 mins – 220 €

A revitalising detox experience with dry body brushing, deep-release body massage, leg compression boots or firming mask and LED facial boost for instant lightness and radiance.

- *Full-Body Detox Massage – stimulates circulation and eases tension*
- *ELEMIS Leg Slimming Mask or Compression Boots with Scalp Massage*
- *Express Detox Facial – nourishes and restores radiance*

# FACIALS

**ELEMIS Expert Touch Facials:** Bespoke facials combining luxurious formulas with expert techniques to revive, sculpt, and illuminate the skin while easing tension.

## RENEW FACIAL

30 / 60 mins – 80 € / 150 €

Lift, firm, and restore a youthful vitality

**AUGUSTINUS BADER The Method facials:** Science-meets-luxury treatments using TFC8® technology and fascia massage to stimulate cellular renewal, improve circulation, and enhance elasticity. Tailored to your skin, leaving it hydrated, lifted, and glowing with long-lasting results.

## DETOX & GLOW FACIAL

55 mins / 190 €

Hydrates, brightens, and refreshes with fascia massage

## ULTIMATE SKIN LONGEVITY FACIAL

85 mins / 250 €

Firms, restores, and rejuvenates with deep fascia techniques and additional technologies

### Add-ons:

- LED Mask – 10 mins – 20 €
- Microcurrent – 15 €
- Cryo/Thermal Therapy – 15 €
- Compression Boots – 20 mins – 30 €



# A P H R O D I S I A C

## B O D Y R I T U A L S

### ELEMIS DEEP TISSUE MASSAGE

25 / 55 / 85 mins – 85 / 150 / 180 €

A signature massage designed to release deep tension and ease tight muscles. Expert techniques improve circulation, relieve fatigue, and restore vitality. Choose your custom blend: Detox, Muscle Fatigue, Nourishing, or Nut-Free.

### CBD RELAXING MASSAGE

55 / 85 mins – 140 / 170 €

A calming massage with CBD-infused oils to melt away tension and reduce stress. Promotes relaxation, eases muscle discomfort, and leaves the body feeling rejuvenated.

### ELEMIS INDIAN HEAD & SCALP WITH BACK MASSAGE

55 mins – 130 €

A deeply relaxing treatment that releases tension from the scalp, neck and shoulders, combined with a soothing back massage to ease muscular stress. Ideal for calming the mind, improving circulation, and restoring overall balance.

### FOOT MASSAGE WITH EYE THERMAL TREATMENT

30 mins – 80 €

A soothing foot massage designed to relieve fatigue and heaviness, paired with a calming Eye Thermal Massage using Therabody Smart Goggles. Leave feeling lighter, refreshed, and more balanced.



## SHELL CHILL OUT MASSAGE

55 / 85 mins – 150 / 180 €

Cold-pressed avocado oil and calcium-rich shells relieve tension, improve circulation, and stimulate metabolism. Leaves muscles relaxed and skin firm and healthy.

## BLISS RELAXING MASSAGE

55 / 85 mins – 140 / 170 €

A perfectly balanced massage using harmonized products to relax, nourish, and restore the body.

## ELEMIS PREGNANCY MASSAGE

60 mins – 150 €

Specially tailored prenatal massage to ease back tension, reduce swelling, and promote calm and wellbeing. Safe techniques nurture both body and mind throughout pregnancy. (Consultation is needed prior to treatment).

### Add-ons:

- *Compression Boots* – 20 mins – 30 €
- *LED Face Mask* – 10 mins – 20 €
- *Theragun Percussive Therapy* – 15 €
- *ELEMIS Hydrating Eye Mask* – 20 €
- *ELEMIS Hydragel Restoring Face Mask* – 20 €

## STEP INTO WELLNESS – FOOT RITUAL

20 mins – 30 €

A short, immersive foot soak with exfoliation, paired with Facial LED or Eye Thermal Therapy to awaken the senses and prepare your body for the treatments ahead.



## HAND & FOOT CARE

POLISH CHANGE

15 mins – 20 €

MANICURE

45 mins – 45 €

PEDICURE

50 mins – 50 €

SOAK OFF GEL MANICURE

60 mins – 65 €

SOAK OFF GEL PEDICURE

60 mins – 70 €

SOAK OFF GEL REMOVAL

25 mins – 25 €

SOAK OFF GEL POLISH CHANGE

25 mins – 30 €

HARMONY



○ XYGEN

# A T M O S P H E R E

## SPA ETIQUETTE

### OPENING HOURS

Daily: 10:00 am – 8:00 pm

### SPA RESERVATIONS

For enquiries or bookings, press the “spa” button on your phone. Advance bookings are recommended.

### PRIOR TO ARRIVAL

Leave jewelry and valuables in your room safe; the spa is not responsible for lost items.

### ARRIVAL

Kindly arrive 20 minutes prior to your treatment to complete a brief health assessment and unwind in our relaxation area. Robes and slippers are provided for your comfort.

### CONSULTATION

Personal consultations help us tailor your treatment or spa schedule to your individual needs.

### LATE ARRIVALS

To respect other guests, late arrivals cannot extend treatment time.

### CANCELLATIONS

We kindly ask for at least 12 hours’ notice for individual treatments and 24 hours for spa packages. Cancellations made less than 12 hours prior to the appointment, as well as no-shows, will be charged at the full treatment rate. Please note that late arrivals may result in reduced treatment time.

### DURING YOUR STAY

Smoking and mobile phones are not permitted. Kindly maintain a peaceful environment.

### AFTER YOUR TREATMENT

Avoid sunbathing for at least six hours after waxing. Spa products are available for purchase to extend your experience at home.

### PAYMENT

Hotel guests may charge treatments to their room folio; otherwise, major credit cards or cash are accepted at reception.

### GYM POLICIES

Wear sports shoes for safety. Children under 18 must be accompanied by an adult.

### HYGIENE & SAFETY

We follow strict hygiene and safety protocols to ensure a secure, relaxing spa experience.

