



AMERICAN EXPRESS®
FINE HOTELS & RESORTS
MEMBER

Wellness Center

Body & Soul Elixirs

Specially designed extended programmes for a truly uncommon experience and pampering in exclusive settings.

They offer both ancient and modern techniques to relieve body and soul.

ELIXIR OF LIFE 1 HOUR & 20'/135€

Restores body energy, balances body aura, revitalises, moisturizes & improves skin firmness. An alchemist's secret from Antiquity, which blends the four elements of life: water, air, earth & fire. The best-known goal of the alchemists was the transmutation of common metals into gold. This exclusive skin therapy harnesses nature's most luxurious element - GOLD and the delicate scents of wildflowers from the plains and desert with incredible revitalizing effects that rejuvenate skin and boost vitality. A gentle body exfoliation using apricot peeling, minerals, artemisia and passion flower to leave the

body glowing. Smoothness, suppleness and body energy are restored with the application of a rich body mask. Finish with body cream for deep moisturizing, while sipping the Potion of Life!

ANCIENT SPIRIT ELIXIR 1 HOUR & 20'/125€

Detox Treatment which enhances metabolism. A light body scrub exfoliates and prepares the skin for the Special lymphatic massage that follows and tones the blood circulation. Applying a mineral mask with dolomite argil rich in elements and vitamins which will detoxify and tone the skin.

ELIXIR MARINE RITUAL 1 HOUR & 20'/110€

A journey to the sea: a three-salt exfoliation, made of selected salt for their richness in minerals and trace elements release epidermis from dead cells. Followed by a re-mineralising seaweed wrap and a re-generating massage using beeswax and essential oils. The laminaria body wrap regulates the metabolism, re-mineralizes, moisturizes and protects the skin.

Massages & Therapies

"ELIXIR" AROMA MASSAGE 50'/90€

Light body-brushing performed with pure essential oil used as a natural exfoliating scrub. The massage that follows concentrates on soothing away tiredness, stress and alleviating tension, inducing relaxation to the body and mind.

CARAMEL MASSAGE 60'/95€

This treatment, inspired by the grooming rituals of the Classical-era beauties, consists of a total body aromatherapy, a drainage massage, head and face massage, reflexology on feet/hands/ears, and Shiatsu (trigger points).

DEEP TISSUE MASSAGE 30'/70€, 60'/130€

Relieves stress that causes muscle tension. This amazing therapy rejuvenates the body by using deep pressure massage – no wonder it's the favourite massage in the best spas worldwide! Deep muscle groups are massaged using fingers, fists, forearms or elbows. The result is complete rejuvenation, toning and relaxation that relieve pain, reduce stress and fight inflammation by improving posture and sleep quality.

AROMA MASSAGE 30'/60€ 50'/85€

A complete body treatment using essential oils made from plant and herb extracts. The oils have either detoxifying, stimulating or relaxing properties chosen to suit individual needs. The aroma from the oils has a therapeutic effect, inducing a feeling of well being.

LYMPHATIC MASSAGE 30'/55€ 50'/75€

A detoxifying treatment performed specifically on legs. It activates the lymph glands to flush out liquids, thus making the muscle tissue firmer. Ideal for combatting cellulite and stimulating your body systems.

KIDS' MASSAGE 20'/45€, 40'/75€

A unique treatment specially designed for children. Touch is a natural healing therapy. The Kids Massage is ideal for boys and girls aged 5 to 16 years. Natural hypoallergenic oil is applied with a gentle massage. The qualified therapists gently massage the muscles and joints (hands - back - legs - face - neck - scalp - hair). Regular treatments help to reduce tension and offer a sense of relaxation resulting in tranquil, restful and quality sleep. The massage helps in muscle and bone development and enhances movement and flexibility. Treatment for youngsters and teenagers provides a sense of relief and security, while regular use can help the child gain balance and maturity.

MOM-TO-BE MASSAGE 45'/80€

Indulge in a caring touch which is in complete harmony with the very special period of your pregnancy. Mom To Be massage relieves the stressed zones and at the same time strengthens the blood circulation and enhances the lymph flow of the body. The specialized, soft and caring handling of this technique offer a safe treatment that embraces your needs as well as your baby's.

RELAX & REFLEX 30'/ 70€

Let yourself indulge in the relaxing process of reflexology on your feet, combined with the care of warm towels and peeling. A combination of pressure points and special massage techniques done on the feet and calves will stimulate the blood circulation and will also remove the tension through the nervous system giving a sense of lightness on your feet and filling you with energy. This Asian technique is an ideal choice for those who need a complete care of the feet and calves, giving relaxation, hydration and a feeling of wellbeing.

HEAD & FACE MASSAGE 20'/50€

This relaxing massage performed with warm essential oils on the pressure points of the neck, scalp, ears and face concentrates on soothing away tiredness, stress and tension. A wonderful treatment for headaches, stiff and tired muscles as well as obtaining harmony to body and mind.

For Two ♥

Surprise your partner with a signature treatment for two ♥. Choose between our unique treatments according to your needs.

LOVE POTION 60'/160€

An absolutely sensual ritual to tantalize and delight! Succumb to the touch of romance at Elixir Spa and get into the mood for love. Share an unforgettable experience with your partner: on twin massage beds, enjoy body scrub, followed by natural sponge wash with rosewater. For a perfect finale indulge in a sensual relaxing partner massage with essential oils that will free your mind, relax your body, and transport you both straight to bliss.

RITUAL PASSION 60'/160€

The passion ritual for 2 combines the rejuvenating effect of fragrances with the wealth of aromatherapy and the caress of warm herbal extracts. Relax in the scent-laden atmosphere and bask in the pleasure of a warmed creamy wax film that nourishes the skin while a soothing massage helps the body eliminate tension. A sensory experience just for couples, which will have you 'walking on clouds'.

Special Therapies

LAP OF LUXURY SEA SCRUB 40'/70€

This sensorial experience will wrap your whole body into softness and silkiness. Enriched with essential oils, this pleasant care begins with a complete body scrub to get rid of dead cells and smooth the skin, and will gently end with the application of a rich body milk to leave your skin luminous and velvety. Skin is renewed and more beautiful.

BACK RITUAL 60'/90€

A cleansing and relaxing ritual combination of enveloping movements and the use of a self-heating mud to relax the deep muscles and relieve joint tension. The self-heating oligo-active mud detoxifies the body and creates a profound feeling of relaxation in areas of muscle tension. Its enveloping warmth and crackling foam gives the skin a real feeling of well-being.

BODY SLIMMING AND FIRMING 60'/100€

Complete body treatment to redraw the silhouette, reduce the appearance of cellulite, tone and give a feeling of lightness and well-being to the body. This body mask has a 'sauna' effect and acts effectively on fatty areas. The skin transforms from the first application onwards: the epidermis is firmer, smoother and softer. The movements encourage the mask to heat up, providing excellent stimulation of the metabolism. The cocktail of laminaria seaweed and the essential oils reduces the tensions and get for the body relaxation and well-being by the massage. The skin is soft, supple and more tonic. Associated with the massage, this body oil reduces the cellulite.

AFTER-SUN TREATMENT 30'/70€

This after-sun body treatment soothes and refreshes the skin after sun exposure! A specific body wrap with hibiscus flower extract repair the skin, and a complete body moisturizing soothes the sunburn. Intensely hydrated, the skin is soft and the body is perfectly relax.

Facial Treatments

PURE GOLD AND COLLAGEN FACIAL 75'/170€

The ultimate skin brightening treatment using the powerful properties of 24 Carat Gold and Pure Collagen. The facial begins with a plumping Pure Collagen Mask combined with a lifting and toning massage. 24 Carat Gold Leaf is applied and massaged into the skin using gentle, circular movements. The treatment ends with a spritz of Pure Collagen Spray to give a youthful glow.

ESSENTIALS FACE THERAPY 50'/100€

This delightful break in daily life offers a moisturizing and soothing facial to fight pollution negative effects and urban stress. Thanks to its exclusive anti-pollution complex Urban Advance (Shea butter, sweet probiotic, mint endorphin), this care will provide you with a privileged moment to bring real comfort to your skin, leaving it fresh and radiant. Perfect to discover Sampar and enjoy a relaxing pleasant time for all skin types.

AGE ANTIDOTE 60'/110€

The Age Antidote facial is a complete care ritual integrating special anti-ageing ingredients such as Bio-peptides to help resurface the skin, Hyaluronic Acid to plump and hydrate the skin or Adenosine to get an immediate lifting effect. This specific antiageing care is ideal to fight against all age signs: wrinkles and fine lines, radiance loss, discomfort, tonicity and firmness loss. A real cocooning care to get rid of age signs the smoothest way.

PURE PERFECTION 30'/70€

This purifying treatment is recommended for combination to oily skin or skin prone to blemishes that is shiny and often meets blackheads, dilated pores and imperfections problems or that needs a post acneic treatment. As a result, the skin is fresh and purified from the inside, pores are tightened and the complexion is mattified. Indulge your skin with this healthy facial care for a radiant pure skin.

BRIGHT & LIGHT 50'/85€

Give to your skin the brightening holidays result! Dull and lackluster view will be replaced by radiant luminosity. Get a uniform skin with highlighted moisture effects.

OXYREVITAGE AGE TREATMENT 60'/110€

Anti-wrinkle treatment for dry, tired and dehydrated skins. The proper combination of active retinol and vitamin C releases oxygen. The epidermis is rebuilt, bright, vigorous and protected from photoaging. An ideal treatment for the summer months.

DERMOSTAMINE TREATMENT 60'/120€

A Face treatment for those worried about age signs. It fights surface and deep wrinkles, helps to regenerate and regenerate skin cells through plant liposomes.

MEN'S TREATMENT 60'/80€

This comprehensive treatment is adapted specifically for men's skin and involves highly concentrated marine oligo-elements. It releases tension, removes traces of fatigue and strengthens the natural radiance of the skin. This cream mask combines white clay and seaweed to purify and absorb impurities while taking care of sensitive and delicate skins. The epidermis is rebalanced, and the complexion is radiant and glowing once again. Aimed at sensitive and fragile complexions, this mask soothes and rebalances the skin on the face. In order to quickly reduce any discomfort, this pleasantly cool mask contains seawater which prevents inflammation and soothes sensitive skin. Foam gives the skin a real feeling of well-being.

Special Packages

ESCAPE

3 HOURS 250€
10' Body Scrub
20' Body wrap
50' Aroma Massage
50' Facial Treatment
30' manicure

ALL DAY TOTAL RELAX

2 HOURS 200€
10' Body Scrub
50' Aromamassage
60' Facial Treatment

MEN'S GETAWAY

3 HOURS 230€
20' Body Scrub
60' Aroma Massage
60' Men's Treatment
40' Pedicure

SALON TREATMENTS

Manicure	30'/35 €
Long lasting Manicure	40'/45 €
Spa Manicure	60'/50 €
Pedicure	45'/50 €
Long lasting Pedicure	50'/60 €
Spa Pedicure	70'/60 €
Color Change	15€
Long Lasting Color Change	25€
Long Lasting Remover	10€

WAXING

Upper lip	10'/20€
Legs & Bikini & Underarms	60'/65€
Legs & Bikini	45'/50€
Lower Legs	20'/30€
Underarms or Bikini or Lower Arm	15'/25€
Eyebrow Shape	15'/10€
Back	30'/35€
Full Legs	40'/40€

Special Programmes

"ELIXIR" RELAX – ANTI-STRESS PROGRAMME

2 DAYS / 230€

Day 1: 30' Body scrub, 30' Aroma massage
Day 2: 50' Facial Treatment, 30' Manicure

4 DAYS / 490€

Day 1: 30' Body Scrub, 50' Aroma massage
Day 2: 80' Elixir Marine Ritual, 50' Facial Treatment
Day 3: 80' Elixir of Life
Day 4: 30' Body Wrap, 50' Aroma massage,
20' Head & face massage

6 DAYS / 680€

Day 1: 80' Elixir Marine Ritual, 50' Facial Treatment
Day 2: 30' Body scrub, 60' Caramel massage
Day 3: 30' Body Wrap, 50' Aroma massage
Day 4: 80' Elixir of Life
Day 5: 30' Manicure, 50' Facial Treatment
Day 6: 30' Body Wrap, 50' Aroma massage,
20' Head & face massage

SUPER – SLIM PROGRAMME

2 DAYS / 290€

Day 1: 80' Ancient Spirit Elixir, 20' Face Lymph massage
Day 2: 30' Body Wrap, 50' Lymph massage

3 DAYS / 380€

Day 1: 80' Ancient Spirit Elixir, 20' Face Lymph massage
Day 2: 30' Body Wrap, 50' Lymph massage
Day 3: 80' Body Slimming & Firming

6 DAYS / 750€

Day 1: 80' Ancient Spirit Elixir, 20' Face Lymph massage
Day 2: 20' Body Wrap, 50' Lymph massage
Day 3: 80' Body Slimming & Firming
Day 4: 50' Lymph massage, 30' Detox face treatment
Day 5: 80' Body Slimming & Firming
Day 6: 80' Ancient Spirit Elixir, 30' Manicure

OPENING HOURS: DAILY 10:00 - 18:30 HRS You may contact the Wellness Center on 32 via the Reception

Caramel Spa Guidelines

PREPARATION

- Please arrive 15 minutes before your treatment. Before your treatment, you will be asked to complete a lifestyle questionnaire.
- You will be provided with a bathrobe, towels and slippers.
- Please remove all jewellery and clothing, leaving on your undergarments. For some treatments you will be provided with disposable undergarments by your therapist.
- The management will not be held responsible for the loss of any personal items.

TREATMENT

- During treatments, please let your therapist know if you're comfortable or uncomfortable, too warm or too cold, or if the pressure is too light or too firm. Your comfort and care is our greatest concern and priority.
- If you have a particular injury or physical condition, please inform the therapist who can suggest appropriate adjustments to the treatment for your comfort and to enhance the treatment's effectiveness.
- If you have any questions, your therapist will gladly answer them.

CANCELLATION

We request a minimum of 4 hours' cancellation notice for a single treatment or 24 hours' advance notice for rituals. If you fail to cancel or reschedule your appointment, you will be charged for the scheduled service. Being late for your appointment may shorten the length of your treatment.

CHILDREN'S POLICY

Persons aged under 18 years are not allowed in the Wellness Center unless accompanied and with the consent of an adult.

KINDLY NOTE

- Mobile phones are not permitted in Wellness Center. This is the time for your body and mind to release the worries and stress of the day.
- Smoking is not permitted in Wellness Center.

VORBEREITUNG

- Bitte kommen Sie spätestens 15 vor Behandlungsbeginn zum Empfang. Zuvor werden Sie gebeten, einen persönlichen Fragebogen auszufüllen.
- Sie werden mit einem Bademantel, Handtüchern, und Hausschuhen versorgt.
- Entfernen Sie bitte, bis auf Ihre Unterwäsche, alle Schmuckstücke und Kleidung. Für einige Behandlungen werden Sie von Ihrem Therapeuten mit Einwegunterbekleidung versorgt.
- Wertsachen sollten in Ihrem Safe aufbewahrt werden. Das Management kann für den Verlust von Gegenständen keine Haftung übernehmen.

BEHANDLUNGEN

- Sagen Sie Ihrem Therapeuten bitte Bescheid, ob Sie die Behandlung als angenehm oder unangenehm empfinden, wenn es Ihnen zu warm oder zu kalt ist oder der Druck zu leicht oder zu fest wirkt. Ihre Wohlbefinden steht im Mittelpunkt und hat immer Vorrang.
- Informieren Sie den Therapeuten über eventuelle Verletzungen oder physische Beeinträchtigungen, so dass die Behandlung entsprechend angepasst und die Wirksamkeit erhöht werden kann.
- Sie haben Fragen? Der Therapeut steht Ihnen gerne Rede und Antwort.

STORNIERUNG

Wir bitten Sie für den Fall, dass Sie die Behandlung ausfallen lassen möchten, sich rechtzeitig zu melden. Die Abmeldefrist beträgt bei Einzelbehandlungen vier Stunden, bei Programmen 24 Stunden. Wenn Sie Ihre Behandlung nicht rechtzeitig annullieren oder einen Ersatztermin vereinbaren, müssen wir Ihnen die Behandlung in Rechnung stellen. Sollten Sie zu spät zu Ihrem Behandlungstermin kommen, wird dies die Dauer der Behandlung verkürzen.

ALTERSBESCHRÄNKUNG

Eintritt im Wellness Center, für Kinder unter 18 Jahre alt, ist ohne Zustimmung nicht gestattet und müssen von einem Erwachsenen begleitet sein.

BITTE BEACHTEN SIE

- Mobiltelefone sind im Wellness Center nicht gestattet. Dies ist die Zeit für Ihren Körper und Geist, um die Sorgen und den Stress des Tages los zu lassen.
- Rauchen ist im Wellness Center nicht gestattet.

ΠΡΟΕΤΟΙΜΑΣΙΑ

- Παρακαλούμε να βρίσκεστε στο ραντεβού 15 λεπτά νωρίτερα, για την υποδοχή, την αλλαγή ρούχων και την συμπλήρωση του προσωπικού σας ερωτηματολογίου.
- Στους πελάτες παρέχονται ρόμπες, πετσέτες και παντόφλες.
- Παρακαλούμε πριν τη θεραπεία να αφαιρέσετε τα κοσμήματα και τα ρούχα σας εκτός από τα εσώρουχα. Για κάποιες από τις θεραπείες θα προμηθεύσετε εσώρουχα μιας χρήσης.
- Δεν φέρουμε καμία ευθύνη για αντικείμενα που τυχόν χάσετε.

ΘΕΡΑΠΕΙΕΣ

- Κατά τη διάρκεια της θεραπείας παρακαλούμε ενημερώστε τους θεραπευτές μας για το αν αισθάνεστε άνετα ή όχι και αν η θερμοκρασία δωματίου σας ικανοποιεί. Το να αισθάνεστε άνετα είναι το κυριότερο μέλημά μας.
- Ενημερώστε τους θεραπευτές μας για τυχόν εκδορές, τραυματισμούς ή πόνους σε συγκεκριμένα σημεία του σώματός σας. Έτσι η αντιμετώπιση θα είναι η πρόπουσα βάση των δικών σας αναγκών.
- Αν έχετε ερωτήσεις ή απορίες οι θεραπευτές μας με χαρά θα σας τις λύσουν.

ΑΚΥΡΩΣΕΙΣ

Σε περίπτωση ακύρωσης κάποιας συγκεκριμένης θεραπείας, πρέπει να μας ενημερώσετε τουλάχιστον 4 ώρες νωρίτερα από το ραντεβού σας, ενώ στα πακέτα θεραπειών 24 ώρες νωρίτερα. Χωρίς έγκαιρη προειδοποίηση θα επιβαρυνθείτε για το συγκεκριμένο ραντεβού. Σε περίπτωση που καθυστερήσετε αυτό ίσως μειώσει το χρόνο που θα έχετε στη διάθεσή σας για τη θεραπεία.

ΚΑΝΟΝΙΣΜΟΣ ΓΙΑ ΠΑΙΔΙΑ

Απαγορεύεται η είσοδος στο Wellness Center, σε παιδιά κάτω των 18 ετών χωρίς την συγκατάθεση και την συνοδεία κηδεμόνα.

ΠΑΡΑΚΑΛΟΥΜΕ ΣΗΜΕΙΩΣΤΕ

- Τα κινητά τηλέφωνα δεν επιτρέπονται στους χώρους του Wellness Center, άλλωστε μην ξεχνάτε πως ήρθατε να χαρίσετε στον εαυτό σας στιγμές χαλάρωσης στο σώμα και στο πνεύμα σας.
- Σας υπενθυμίζουμε ότι το κάπνισμα στο Wellness Center απαγορεύεται. Σας ευχαριστούμε που δεν καπνίζετε!

ΠΟΔΓΟΤΟΒΚΑ

- Пожалуйста, приходите за 15 минут до начала вашей процедуры. Перед процедурой, пожалуйста, заполните предлагаемую анкету.
- В Спа-центре Вам предоставляются купальный халат, полотенца, и шлепанцы.
- Пожалуйста, снимите все драгоценности и украшения, а также одежду до нижней белья. Для некоторых процедур терапевт Вам предоставит специальное нижнее белье.
- Администрация центра не несёт ответственности за утерю ваших личных вещей.

ΠΡΟЦЕДУРЫ

- Во время процедур, пожалуйста, не стесняйтесь сообщить врачу, о тех или иных удобствах или неудобствах, слишком холодной или горячей воде, низком или высоком давлении воды. Наш главный приоритет - забота о Вас и Вашем комфорте!
- Если у Вас имеется специфическая рана или физический недостаток, пожалуйста, не стесняйтесь сообщить об этом врачу, который предложит соответствующие условия для прохождения вами процедуры и повышения её эффективности.
- Ваш врач с удовольствием ответит на все Ваши вопросы.

ΟΠΟΖΔΑΝΙΕ Ι ΑΝΝΥΛΙΑЦΙΑ

Убедительно просим Вас уведомить нас об отмене посещения не менее чем за 4 часа до начала процедуры или за сутки до посещения специальной программы. При более поздней аннуляции мы вынуждены выставить в счет полную стоимость аннулированных процедур. Если вы опоздали на процедуру, то время ее проведения соответственно сокращается.

ΔΕΤΙ

Дети в возрасте до 18 лет могут посещать Wellness Center только с разрешения опекуна и только в сопровождении взрослых.

ΠΟЖАЛУЙСТА, ОБРАТИТЕ ВНИМАНИЕ

- На территории Спа - центра Wellness Center пользование мобильными телефонами не разрешается. Это – время заботы о вашем теле и духе!
- Курение на территории Wellness Center запрещено.