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## SPA MENU



Direct Line: 446



# Treatment List 2018

## Face Rituals

		Duration	Price
1.	<b>Deep Cleansing</b> <span style="float: right;">by <b>Phytomer</b></span> Release your skin from excess sebum. The deep cleansing treatment is beneficial for all skin types. The vapour action and the sebum extraction refresh your skin and permit the valuable products' ingredients to penetrate easier and deeper.	1hr&30min	125
2.	<b>Express Facial</b> An instant hydration and revitalization of your skin, including all essential steps for clear and fresh complexion.	40min	55
3.	<b>Absolute Hydration</b> <span style="float: right;">by <b>Phytomer</b></span> A super hydrating, regenerating treatment of cellular revitalization with ultra-sensory textures and a very relaxing massage to moisturize and comfort the skin, which instantly reveals its natural freshness.	1hr	108
4.	<b>Cold Marine</b> <span style="float: right;">by <b>Phytomer</b></span> A haven of relaxation for fragile and sensitive skin, this intensely soothing cooling treatment leaves your skin fresh and luminous. An ideal "after sun" treatment.	1hr	90
5.	<b>Men's facial</b> <span style="float: right;">by <b>Phytomer</b></span> Relax and recharge your stressed skin with this energizing treatment. Experience the restoring and anti-ageing properties of the sea, during this professional care .Your skin feels deeply refreshed and re-energized while shaving irritations are soothed away.	1hr	90
6.	<b>Pioneer "XMF"</b> <span style="float: right;">by <b>Phytomer</b></span> This treatment reaches the height of biotechnological performance and restores the skin's youthfulness, softness and luminosity. Exopolysaccharides XMF together with VMR smooths the skin and also stimulates collagen, elastin, and hyaluronic acid production. The skin mattress is denser and firmer, just like after a facelift .	80min	135
7.	<b>Youth Intervention</b> <span style="float: right;">by <b>Phytomer</b></span> Resurface the skin gently, using a mild acid exfoliant containing marine AHAs and the remineralizing power of OLIGOMER® Powder. Fills in wrinkles with a delicious wax designed to fill in wrinkles and densify tissues. Ocean and science in the service of beauty	1hr	110

8.	<b>Mastic glam</b> Tired, fatigued skin needs deep exfoliation and hydration, in order to brighten and revitalize. All-natural ingredients along with mastic oil & Greek olive oil work to leave your skin illuminated.	by Mastic spa	1hr	90
9.	<b>City life</b> A specialized treatment that combats environmental pollution for restoration of freshness and brightness of the skin. It is perfectly suited to dull and tired skin revealing early fine lines and dark spots.		1hr	105
10.	<b>Eye and lip contour</b> Anti-wrinkle eye care with marine collagen and elastin. Smoothens fine lines, reduces puffiness and dark circles. At the same time, enjoy a complete treatment for lips contour. A cocktail of exfoliation with very effective ingredients which stimulate the circulation, while the splendor mask balm with hyaluronic nourishes – soothes – hydrates – tones the contour of the lips by giving them a natural volume. Perfect with any face treatment as booster.	by Phytomer	30min	55

\*All the above treatments have been designed also for male needs.

## Body Rituals



			Duration	Price
11.	<b>Mykonian Sea Scrub</b> We proceed in a deep cleansing with salts, corals and hazelnut oils, soya, nut and Oligomer (solidified sea). Then apply a cream with a cocktail of marine ingredients to the full body that restore the aquatic tone to your skin and it prepares it to be safely exposed to the sun.		30min	58
12.	<b>Mediterranean Scrub</b> Exfoliates the skin while at the same time it promotes microcirculation and deeply cleanses the pores. Let fresh orange, lemon and Greek pure honey to provide cleansing power, skin brightening and terrific powerful antioxidants.		30min	63
13.	<b>Thalasso Detox</b> Feel the detoxifying sea benefits on your body. Scrub with sea salt, soak in the Spa Jet with marine extracts and triple action algae.		80min	120
14.	<b>Essential Sculpting</b> An all-in-one solution to refine the figure and smooth cellulite. Gentle exfoliation with fresh citrus scent and sculpting massage, the success formula that helps activate microcirculation, contouring and re-invigorate skin tissues.		60min	125

15.	<b>Deep Mastic hydration</b> Refine and remove dead skin cells to reveal smoother skin. Chios myrtle tree extract rich in essential oils is used to promote cellular renewal. The unique Mastic oil work to leave your skin smooth.	by Mastic spa	60min	100
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## LPG ® Endermologie

FDA approved Endermologie is the only proven cellulite minimizing technique that can reshape the body. This sophisticated treatment restores the body's contour and banishes cellulite. It is a revolutionary non-invasive treatment using rollers and suction to deeply massage problem areas and target localized fat and cellulite. A single treatment provides a dramatic effect on circulation and lymphatic drainage, whilst for optimum results it is recommended a number of treatments

		Duration	Price
16.	<b>Cellulite Smoothing synergy</b>	50min	90
17.	<b>Synergy for Silhouette &amp; Cellulite combined with self-heated mud</b>	80min	130

## Face & Body Experiences

		Duration	Price
18.	<b>Sacred nature</b> This treatment begins with a mist of flowers that gently exfoliates the skin. An ultra nourishing Monoi oil mask then applied over your body while you are enjoying a relaxing facial treatment. The ritual ends with the sacred Monoi flower being massaged on the entire body.	1hr 30min	175
19.	<b>Aloe Vera</b> Cooling, refreshing, regenerating and hydrating. Aloe Vera stimulates cellular rejuvenation and deeply moisturizes and nourishes the skin. Aloe vera mask and massage for face and body. Ideal after long lasting sun exposure.	1hr	104



## Massage Rituals

	Duration	Price
20. <b>Traditional Relief Olive Massage</b> <b>Althea's Excellence</b>	50min	128
Medium pressure muscle relaxing olive oil massage based on traditional techniques. Great for increasing circulation, improving skin tone and soothing tired muscles.	80min	198
21. <b>Back Neck and Head</b>	30min	78
Release office muscle tension by dedicating 30 minutes to your back, neck and head. Using deep tissue techniques, this massage relieves your upper body.		
22. <b>Lower leg and sole reflex massage</b>	30min	58
Refreshing massage for the sole and legs, to extinguish the heavy feet feeling. During the treatment waves of deep relaxation will be sent throughout your body.		
23. <b>Back side</b>	30min	78
Relax your body and relieve stress with this Greek massage. Starts from your feet and ends to your neck. A targeted therapy we all need.		
24. <b>Deep Tissue</b>	50min	128
Either before sports' for body preparation or after sports' for recovering, this deep massage reduces muscle tension. Also ideal for people with muscle pains or restricted range of a movement.		
25. <b>Healing Stones Massage</b>	60min	128
Relaxing and releasing muscle tension massage with heated volcanic stones. The healing energy of the stones combined with a gentle, long flowing strokes' massage activates energy points and harmonizes your soul, spirit and body.		
26. <b>Lava Shells Massage</b>	60min	135
This revolutionary and unique full body massage uses naturally self-warming Tiger Clam Shells to deliver a seamless treatment tailored to suit your individual needs, especially to relax your muscles and ease aches and pains. Hydrating oils are used during the treatment to moisturize the skin as the warming energy of the shells helps to revitalize and rebalance the body and mind.		



27. <b>Cupping Massage</b>	60min	135
This session use a combination of deep tissue massage techniques integrated with cupping therapy. Cupping therapy was recommended by Hippocrates in his guide to clinical treatment. The purpose of cupping is to enhance circulation, help relieve pain and pull out the toxins that linger in your body's tissues.		
28. <b>Detox massage</b>	60Min	128
Precious marine ingredients stimulate and excite the lymphatic and vascular system, stimulate the metabolism, enhance, soothe and moisturize the skin. The body is drained, relaxed and energized. An exceptional treatment, feels like a trip to the ocean..	+mask 90min	168
29. <b>Three Candles Massage</b>	50min	130
Enjoy an experience of maximum relaxation, benefiting from the calming properties of the essential oils. As the flames warm the wax of the candle, this melted wax turns into beautiful aromatic massage oil that our relaxation specialists will use throughout the service.		
30. <b>Reflexology</b>	40min	93
The technique that stimulates the reflex points of feet and hands to improve the flow of body energy.		
31. <b>Pre- Natal</b>	40min	93
This massage is carefully designed for pregnant women or nursing mothers, manages all the needs during pregnancy.		
32. <b>Sparadise for kids</b>	30min	73
Our professional spa therapists pamper your children with soothing and specialized massage.		
33. <b>Couples Massage</b>		
Share a wonderful experience together, side by side, in the same room, at the same time. [available for all of the above]		
34. <b>Pavilion Seaside massage</b>	-	Extra 20
Connect yourself with the Aegean sea, the Mykonian land and the Greek sky in a unique outdoor experience. [Available only at specific phases]		



## Outdoors Pleasure

## Aqua Experiences



	Duration	Price
35. <b>Spa Jet</b> Spa Jet capsule at Althea Spa is a luxurious individual treatment in which infra-red heat, steam and powerful water jets combine to provide a magical water massage. Whether looking to lose weight, reduce cellulite, relieve lower back pain or simply just relax, our Spa Jet has a setting to meet your needs and leave you looking and feeling great. Designed to suit your individual needs, your treatment is customized by your therapist for a range of benefits, from calming to detoxifying.	30min	50
36. <b>Moment Zen</b> Enjoy the effects of the Spa Jet capsule, which delivers temperate water sprays with alternating jet pressures to provide a unique form of hydro massage. Complete your blissful journey with a full body massage	80min	150
37. <b>Sea cocoon</b> After the full body mud application you'll enjoy an aromatherapy scalp massage while the heat and steam of the Spa Jet opens the pores to enhance the detoxifying effects. The Vichy shower washes away the mud and impurities brought to the skin's surface. An application of sculpting body cream completes this treatment.	50min	90
38. <b>Spa Jet combined with any body treatment</b> With all of face and especially body treatments, you will enjoy customized heat, steam, and Vichy shower treatment in our Spa Jet.	30min	30

## 2gether

	Duration	Price
39. <b>Luxury Retreat</b> Relax in the scent laden atmosphere and bask in the pleasure of warmed Monoi oil that nourishes the skin while a soothing massage helps the body eliminate tension. A delightful treatment for face and body in same room in same time.	1hr&30min	175/per person
40. <b>Catharsis</b> <b>Althea's Excellence</b> A combination of "emotional cleansing" and skin purification. Enjoy full body massage and hydrating facial in same room in same time. A treatment for total relaxation.	1hr&30min	175/per person

# Concept Therapies

Healing waters, natural botanicals, indigenous Traditions  
 "Vibrant & Alive, Born on the Wind the Calm Open Scent of Nature"

Traditional therapies and natural ingredients indigenous to the Aegean islands provide the ultimate rejuvenating ritual. Feel the experience treatment that indulges the senses with pure therapeutic aromas and restorative Greek massage techniques in a candlelit treatment room. After your treatment enjoy a Greek herbal tea, especially chosen to emphasize the benefits of your treatment.

## 1. Mykonian Recovery

Ideal selection after nightlife. Includes: Express Facial, Mediterranean Scrub, Back side massage

Duration	Price
1hr & 40min-	185

## 2. Check in Relaxation

Recommended to start your vacation with. Includes: Massage back, neck & head, Express facial

Duration	Price
1hr & 10min	130

## 3. "Grand" Bliss

Start your day with yoga session surrounded by the Mykonian nature. Complete your blissful journey with our traditional massage which deepens your relaxation, leaving you with clearer mind and total body hydration. Enjoy an amazing time with this unique blend of yoga and body massage.

Duration	Price
2hr	185

## 4. Noonmood

From 13:00 to 15:00, before your massage we offer you a complimentary Mediterranean scrub.



# Body Waxing



	Price
41. Eye brows	20
42. Upper Lip	15
43. Underarms	25
44. Arm	35
45. Half Leg	35
46. Whole Leg	50
47. Bikini (women only)	30

If you are sunburned or recovering from a chemical or laser peel, waxing will not be option for hair removal until you are healed. You cannot wax if you suffer from diabetes or you have varicose veins or poor circulation, as you are more susceptible to infection. Also if you are using Retin-A, Accutane or other medications designed to increase skin exfoliation. Please do not use hot shower, steam room or Jacuzzi directly after waxing service.

## Finishing Rituals for Female & Male

	Duration	Price
48. Basic Manicure	50min	37
49. Spa Manicure	1hr&10min	57
50. Semi-permanent manicure	1hr	57
51. Basic Pedicure	1hr	53
52. Spa Pedicure	1hr&20min	68
53. Semi-permanent pedicure	1hr&10min	68
54. Polish Change	20min	27

It is advisable to wear open-toed shoes for a pedicure

**Opening Hours Spa:** Monday – Sunday: 9:00A.M. – 8:00P.M.

**Spa Treatments Hour:** The first spa treatment is available from 10.00A.M. ; Last treatment ends at 19.30P.M.

**Attention:** For your skin's protection, please do not expose yourself to the sun right after treatment

Please plan to arrive at least 20 minutes prior to your scheduled Spa service to conclude your treatment with a visit to steam room, sauna, shower and dressing area. Before and after your Spa Treatments, a robe and sandals are provided for you. Lockers are available for your personal items while you are in the Spa.

