



SPA MENU



althea

SPA RETREAT

Direct Line: 446



TREATMENT LIST 2020



Face Rituals

	Duration	Price
<p>1. "Anagki" personalized facial</p> <p>After a thorough consultation, your skin therapist will provide the best combination of Phytomer products and techniques, and deliver unique experience and effective result. This tailor-made facial will give to your skin exactly what it needs to look young and healthy.</p>	90min	120
<p>2. Absolute Hydration</p> <p>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.</p>	1hr	108
<p>3. Luxurious "XMF"</p> <p>This treatment reaches the height of biotechnological performance and restores the skin's youthfulness, softness and luminosity. Exopolysaccharides XMF together with VMR smooth the skin and also stimulates collagen, elastin, and hyaluronic acid production.</p> <p>The skin mattress is denser and firmer, just like after a facelift. A sea-self heating mud is also applied on the back to promote deeper relaxation and relieve from muscular pain.</p>	90min	150
<p>4. Calming Marine</p> <p>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.</p>	1hr	90
<p>5. Youth Intervention</p> <p>Resurface the skin gently, using a mild acid exfoliant containing marine AHAs and the demineralizing 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</p>	75min	125
<p>6. Deep Cleansing</p> <p>Release your skin from excess sebum. The deep cleansing treatment is beneficial for all skin types. The vapor action and the sebum extraction refresh your skin and permit the valuable products' ingredients to penetrate easier and deeper</p>	90min	125
<p>7. Express Facial</p> <p>An instant hydration and revitalization of your skin, including all essential steps for clear and fresh complexion.</p>	40min	58

8. Eye and lip contour

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.

30min

55

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

Body Peeling

9. Mykonian Sea Scrub

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.

Duration

Price

30min

58

10. Mediterranean Scrub

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

11. Delight Scrub

This floral scrub gently removes dead skin cells from your body, using coconut shell, apricot kernel and date pit exfoliating powders. Scented oil is applied at the end leaving your body soft and hydrated.

30min

60

Body Rituals

12. Thermal Back

Experience a unique sensation of relaxation all over your back. After a deep cleansing of the skin, a thermal marine mud is applied in areas with tension. The thousand warm micro bubbles that are released, diffuse active ingredients that relieve from aches. A specific massage is performed at the end to relax tightened muscles.

Duration

Price

60min

120

13. Leg Revival

A treatment with marine flavonoids that filters relaxes and relieves tired legs. A peeling with crystal salts and essential oils removes the dead skin and an application of a particularly fresh gel mask from the feet up to thighs stimulates blood microcirculation and reinforces capillary tone.

45min

90



14. Dynamic Slimming	60min	125
An all-in-one solution to refine the figure and tone the skin. A combination of an invigorating massage and an original body wrap with algae jam to trim your curves, reshape your body and tone your figure.		
15. Cellulite session	60min	120
Targets the abdomen -things- buttocks area and attacks cellulite and accumulated fat. Reduced curves and cellulite, a body lighter and detoxified, smoothed thanks to the intensive formula starring the super active "Slim Pink Pepper". For perfect-looking skin.		
16. Sea Foam Massage and Calming Mask	60min	104
A foamy massage is performed on the entire body followed by a soothing mask that relieves from the tightness of burned skin and reduces redness. The ritual is completed with an application of a soft cream.		

LPG ® Endermologie

	Duration	Price
17. 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	50min	90

Massage Rituals

	Duration	Price
18. Traditional Relief Olive Massage Althea's Excellence	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
19. Back Neck and Head	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.		
20. Lower leg and sole reflex massage	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.		



21. Back side	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.	30min	78
22. Deep Tissue	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.	50min	128
23.. Healing Stones Massage	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.	60min	128
24.. Lava Shells Massage	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.	60min	135
25.. Cupping Massage	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.	60min	135
26.. Detox massage	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..	60Min +mask 90min	128 168
27. Three Candles Massage	Enjoy an experience of maximum relaxation, benefiting from the calming properties of the essential oils. As the wax of the candle melts, it turns into soft aromatic oil that our specialists will use with a combination of various massage pressures and continuous movements to eliminate your stress and relax your body.	50min	130
28. Aromatherapy	A relaxing massage all over the body with natural apricot oil and extracts of aromatic plants and herbs, which have therapeutic abilities appropriately chosen to suit your personal needs. It relieves from headaches, migraines, provides energy and releases endorphins, the hormones of happiness.	50min	110

29..	Pre- Natal	40min	93
	This massage is carefully designed for pregnant women or nursing mothers, manages all the needs during pregnancy.		
30.	Sparadise for kids	30min	73
	Our professional spa therapists pamper your children with soothing and specialized massage.		
31.	Couples Massage		
	Share a wonderful experience together, side by side, in the same room, at the same time. (available for all of the above)		
32.	Hydrotherapy	15min	15
	Upgrade your treatment experience by adding the use of our outdoor Jet tub with the breathtaking view of the Aegean Sea.		

Outdoors Pleasure

33.	Pavilion Outdoor massage	-	Extra 20
	Spoil yourself to a unique experience of total relaxation. Leave your stress behind and feel the sea breeze and the ambience of the Mykonian landscape in this open-air private area equipped with its own outdoor shower and relaxation area.		

Aqua Experiences

		Duration	Price
34.	Spa Jet	30min	50
	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.		
35.	Moment Zen	80min	150
	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.		





Aegean Thalassotherapy

Thalassotherapy Session

Rejuvenate your mind and body with the powerful healing properties of the sea water. Begin your journey with the steam room and sauna bath for a deep detoxification. Continue with the thalassotherapy pool which is beneficial for your health, improving the lymphatic system, reducing cellulite and toning your skin. Enjoy a relaxing thermal massage with 6 hydrotherapy stations for every part of our body that will relieve from any muscular pain, while enjoying the sea view with Delos sacred island on the background.

Relief Pain

The therapeutic effects of the sea water combined with a specialized technique of deep pressure massage, relieve from muscle tension and restore the balance of your body. The Package includes:

- Steam Room and Sauna bath
- Thalassotherapy
- Deep Tissue Massage

Thalasso Detox

Complete your deep detoxification with a full body mud application inside the Spa Jet. Enjoy a scalp massage while the heat and steam open 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.

The Package includes: • Steam Room and Sauna bath • Thalassotherapy • Sea Salt Scrub all over your body • Algae mud treatment in the Spa Jet

Thalasso Catharsis

Feel the experience treatment that indulges your body in complete relaxation and your skin to a velvet sensation. The Package includes:

- Steam Room and Sauna bath
- Thalassotherapy
- Traditional Massage
- Express Facial

Duration

Price

40min

40

1hr&30min

160

1hr&30min

150

2hr&10min

198

2gether

Duration

Price

36. Luxury Retreat

This treatment begins with a mist of flowers that gently exfoliates your entire body. Relax in the scent laden atmosphere and bask in the pleasure of warmed Monoi oil mask that nourishes the skin while you are enjoying a facial treatment. The ritual ends with a soothing massage that helps the body eliminate tension. A delightful treatment for face and body in the same room at the same time.

1hr&30min

175/per person

37. Catharsis

Althea's Excellence

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

Althea Spa Retreat recommends these exclusive services designed for you in great value. After your treatment enjoy a Greek herbal tea, chosen to emphasize the benefits of your treatment.

1. Mykonian Recovery

Ideal selection after nightlife. Includes: Mediterranean scrub, Express Facial, Back Side Massage

Duration:
1hr & 40min

Price: 180

2. Check in Relaxation

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

Duration:
1hr & 10 min

Price:130

3. After-Sun Treatment

An ideal treatment for face and body after long lasting sun expose.

Includes: Sea Foam Massage and Calming Mask, Express Facial

Duration:
1hr & 40min

Price: 150

4. Noonmood

From 13:00 to 15:00, before your massage we offer you a complimentary Mediterranean scrub or the use of the outdoor jet tub for 15min

Body Waxing

		Price
38.	Eye brows	20
39.	Upper Lip	15
40.	Underarms	25
41.	Arm	35
42.	Half Leg	35
43.	Whole Leg	50
44.	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 Jet tub directly after waxing service.

Finishing Rituals for Female & Male

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

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

Hair Salon

We also provide hair salon services.

For reservations or further information please contact the Spa Reception.

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 15 minutes prior to your scheduled Spa service. We provide lockers for your personal items while you are in the Spa area and spa wardrobe (towels, bathrobe and slippers)





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