



SPA MENU 2023



althea
SPA RETREAT

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Welcome to the World of Althea Spa Retreat, named after Althea, the healing Greek Goddess. Althea Spa Retreat is located opposite to the sacred island of Delos, one of the sunniest areas in the world and a place of high concentration of cosmic energy.

According to Greek Mythology god Apollo, the god of light, was born there.

Working in partnership with award-winning MKV designers, we have created a spa that is elegantly balanced.

The Spa's unique design optimally utilizes the glorious natural light aligned with the Cycladic architecture in white & blue shades.

A series of treatment rooms with private shaded courtyards, its semi-caved Thalasso pool as well as outdoor treatment and relaxation areas allow interaction with nature and views to the Aegean Sea.

The result is a complete sense of all-round well-being.





Face Rituals

By Valmont

Swiss excellence and savoir-faire care treatments find their source in Switzerland's pure and protected environment. Faithful to the concept of cellular therapy since 1985 Valmont has sourced molecules with incomparable anti-aging properties. Specialized beauty protocols blending the best of science and nature, strengthens and stimulates cells to reveal sublime and youthfully radiant skin.

Hydration of the Bisses

50min/135€ 75min/195€
(with collagen mask)

Aims to fill the epidermis with water and reveal vibrant, supple and re-plumped skin. This massage uses knowledge of the lymphatic system to improve fluid flow in the skin and increases the skin's moisture after just one treatment.

Energy of the Glaciers

50min/135€ 75min/195€
(with collagen mask)

A boost of energy brings your skin to life. A targeted protocol to promote cellular oxygenation, hydration and improve collagen synthesis. Fatigue skin gains vitality and expressiveness for a healthier, refreshed appearance.

Lifting from the Peaks

50min/135€ 75min/195€
(with collagen mask)

This facial therapy intensely soothes wrinkles density. Bring back the bounce to your face, neck and décolleté for a youthful, plumped complexion. Fine lines are smoother and skin looks revived.

By Phytomer

A French skin care and wellness company fascinated by the sea and the power of its natural ingredients. A pioneer in skincare since 1972 offering face and body care treatments based on sea elements. Phytomer know how to grow and harvest the most precious marine resources by creating intensely revitalizing and highly powerful formulas. The treatments combine targeted professional products with restorative manual massage, providing a unique holistic experience.

Hydra Original

A skincare essential that pairs moisturizing performance with intense relaxation, using organic marine ingredients and sense awakening textures to hydrate your skin and leave it incredibly soft and radiant.

60min / 135€

Douceur Marine

A haven of relaxation for fragile and sensitive skin, this intensely soothing, cooling treatment leaves your skin fresh and luminous. Ideally recommend as an "after sun" treatment.

60min / 120€

Luxurious "XMF"

This treatment reaches the height of biotechnological performance, restoring the skin's youthfulness, softness and luminosity. X-Polysaccharides XMF, together with VMR , smooth the skin and stimulate collagen, elastin and hyaluronic acid production, and skin tissue becomes denser and firmer, just like after a facelift. Self-heating sea mud is also applied on your back to promote deeper relaxation and relief from muscular pain.

90min / 170€

Deep Cleansing

Release your skin from excess sebum with a deep cleansing treatment, beneficial for all skin types. The vapor action and the sebum extraction purify your skin pores allowing active ingredients of Phytomer products to penetrate deeply in the skin layers.

90min / 145€

By Ariadne

A Greek-born concept of high end skincare products approaches the science of beauty from a more elaborate vantage point. Local ingredients are utilized seamlessly, connecting each destination's native and organic elements with the latest techniques in cosmetology. Merging unique bio-actives with natural and rare, organic Mediterranean ingredients, Ariadne Athens aspires to provide the ultimate skin care experience, with products which promise to give the skin a soft and delicate texture, embellishing its inner beauty. An exhilarating journey travels the mind and soul to the unique, picturesque landscapes of Greece.

Mykonos Glow

An instant hydration therapy delivers a brighter, firmer and noticeably younger-looking skin - all the essential steps for a healthy, glowing complexion.

40 min / 80€

Skin Rebirth

A personalized treatment that promises to moisturize the skin, soothe redness and irritation, heal scars and reinforce natural cellular renewal, improving overall appearance. Taking advantage of the remarkable healing effects of Alkanna Tinctoria root and its anti-aging properties, focus on individual skincare needs.

60min / 120€

Precious Lift Touch

Restore your natural radiance with a perfectly balanced anti-aging treatment that sculpts the skin. Precious evening primrose oil significantly improves your skin's elasticity, while the outstanding power of a Rose Quartz crystals massage minimizes fine lines and wrinkles giving a visibly firmer, tighter and more lifted look.

60min / 135€



Body Rituals

Mykonian Sea Scrub 40 min / 80€

The ideal first stage before sun exposure to ensure an even skin tone. A sea salt exfoliation followed by the application with massage movements of a hydrating cream rich in sea extracts provides all the necessary trace elements and minerals to your skin, leaving it refreshed and moisturized.

White Heaven 40 min / 80€

Delicate white sugar crystals softly remove dead skin cells while promoting circulation in this invigorating full -body exfoliation rich in the captivating aromas of jasmine, gardenia and coconut. The body's skin regains its elasticity and smoothness while achieving a velvet touch.

Thermal Back 60min / 135€

Experience the sensation of complete back relaxation. After a deep cleansing of the skin, thermal marine mud is applied to areas with tension and thousands of warm micro bubbles release their active ingredients, giving relief from aches and pains. A therapeutic massage at the end of the treatment relaxes tight muscles.

Leg Revival 50 min / 100€

A treatment with marine flavonoids that relaxes and relieves tired legs. Peeling with crystal salts and essential oils removes dead skin and is followed by an application of a particularly fresh gel mask from feet to thighs, stimulating blood microcirculation and reinforcing capillary tone.

After Sun Treatment 75 min / 155€

A foamy massage performed on the entire body followed by a soothing mask to give relief from the tightness of burned skin and reduce redness. During the body mask, your face is pampering with a treatment that balances the levels of moisture, diminishing the sensation of heat and dryness and rejuvenating your skin.

Massage Rituals

Traditional Massage 50min / 145€ - 80min / 220€

Experience the powerful effects of natural essential oils combined with pure organic Greek Oil. This is a medium pressure massage based on traditional techniques, great for increasing circulation, improving skin tone and soothing tired muscles.

Deep Tissue 50min / 145€- 80min / 220€

Using stretching movements and deep pressure techniques, this type of massage improves your flexibility and reduces muscle tension.

Healing Stones Massage

A relaxing and muscle tension releasing massage with heated volcanic stones. The healing energy of the stones, combined with the gentle, long flowing strokes of the massage, activates energy points and harmonizes your soul, spirit and body.

60min /145€

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. Hydrating oils are used to moisturize the skin as the warming energy of the shells helps to revitalize and rebalance body and mind.

60min /150€

Ancient Greek Cupping

This session uses a combination of deep tissue massage techniques integrated with cupping therapy. The purpose of cupping is to enhance blood circulation, relieve pain and draw out the toxins that linger in your body's tissues. A therapy recommended by Hippocrates in his guide to clinical recovery.

60min /145€

Detox massage

Precious marine ingredients stimulate and excite the lymphatic and vascular system, enhancing your metabolism and release toxins from the body. Feel relaxed and energized as if you are floating on the sea.

60min /150€

Three Candles Massage

Enjoy the experience of maximum relaxation and benefit from the calming properties of essential oils. As the candle wax melts, it turns into soft aromatic oil. Massage techniques with long smoothing strokes promotes sound sleep and relaxes body and mind.

50min /145€

Aromatherapy

A relaxing full body massage with natural apricot oil and extracts of aromatic plants and herbs selected to suit your personal needs. This treatment brings relief from headaches and migraines, provides energy and releases endorphins, the hormones of happiness.

50min /135€

Individual massage

Personalized treatment targets specific problematic areas, using the latest techniques along with more traditional methods.

30min/95€

Mom to Be

Carefully designed massage for women in the second and third trimester of pregnancy. It is a deeply soothing massage which works to improve circulation and release tension in the lower back, neck and shoulders.

50min /125€

Sparadise for kids

Our professional spa therapists pamper your children with a soothing massage suitable for kids.

30min /80€

Upgrade your experience

At Althea's Spa you are able to upgrade your spa experience by adding to your favorite individual treatment our unique recommendations

Pavilion Outdoor massage

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 as you receive your chosen massage. The pavilion is equipped with an outdoor shower and relaxation area. A reservation in advance is required.

Supplement cost 40€

Hydrotherapy

Upgrade your treatment experience by adding the use of our outdoor jet tub Jacuzzi and enjoy a breathtaking view of the Aegean Sea.

15min /20€

Aegean Thalassotherapy

Thalassotherapy Session

Rejuvenate your mind and body with the powerful healing properties of sea water. Begin your journey with the steam room and sauna 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 six hydrotherapy stations to relieve muscular pain in every part of your body, while taking in the glorious sea view with Delos sacred island in the distance.

50min / 55€

Concept Therapies

Luxuriate in a unique healing experience. Althea Spa Retreat will be delighted to recommend therapies specially selected for you. Choose among a wide range of outstanding treatments and enjoy the benefits and pleasure of your own combined ritual. Then relax with a Greek herbal tea, complement to your treatments.

Sunset Retreat

Body Scrub / Body Mask /Face & Body Massage

Sparkling jasmine & gardenia white petals gently exfoliate the skin, offering the most sensually soft touch, preparing the body for the exceptionally beneficial properties of the firming and deeply nourishing body mask. Enjoy a facial massage while the mask's innovative formula replenishes your skin's moisture levels and then a perfectly mastered body massage, which combines unique warm Rose Quartz sand and Starflower oil.

2h/230€

Aegean Breeze

Body Scrub / Body Mask /Facial /Body Massage

Treat yourself to an indulgent journey encompassing a wealth of rare herbs and relax in the velvet textures that cover your skin. The treatment includes the application of a rich body mask incorporating a refreshing blend of Greek honey and royal jelly which contribute to the regeneration of the epidermis, followed by a massage with herbal pouches and Cretan oil, leaving the skin silky smooth.

2h /230€

Althea's Excellence

Thermal Back/ Leg Revival/Mini Facial

Experience a deep feeling of relaxation by releasing muscle tension from your back and relieving your tired legs. Enjoy a mini face care while the thermal marine mud release their active ingredients and the fresh gel mask from feet to thighs, stimulating blood microcirculation and reinforcing capillary tone .This treatment reduces stress levels and revives your senses.

1h40 /210€

Check-in Relaxation

Back, neck & head Massage / Mykonos Glow Facial

Smooth beginning of your holidays by enjoying a reviving massage, followed by an express facial to infuse moisture back into your skin. Recommend after long flights.

1h10 /145€

Romantic Journey

Three Candles Massage / Mykonos Glow Facial

Close your eyes and fall in love thanks to this mesmerizing combination of scented candles and refining facial. For an ultimate couple massage experience, we highly suggest to upgrade by adding the Pavilion outdoor area.

1h30 /195€

Thalasso Catharsis

Steam Room and Sauna use/ Thalassotherapy / Traditional Massage / Mykonos Glow

Experience the ultimate combination that indulges your body in complete relaxation and returns your skin to its full radiance.

2h20 / 240€



Hands and Feet Care

Basic Manicure	50€
Semi- Permanent	60€
Spa Manicure	70€
Basic Pedicure	60€
Semi- Permanent	70€
Spa Pedicure	80€
Polish Change	30€

Semi- Permanent/ Gel removal 10/20€

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

Body Waxing

Eyebrows	18€
Upper Lip/ Chin	18€
Underarms	28€
Arm	38€
Half Leg	38€
Full Leg	53€
Bikini (women only)	40€
Back	53€

Notice: If you are sunburned or recovering from a chemical or laser peel, waxing will not be option for hair removal until you heal. Kindly be advised not to wax if you suffer from diabetes, varicose veins, or poor circulation, as you are more susceptible to infection. In addition, if you are using Retin-A, Accutane, or other medications designed to increase skin exfoliation, wax is not allowed. Please avoid a hot shower, steam room or jet tub directly after a waxing service.

Hair Salon

We also provide hair salon services. For reservations and further information, please contact the Spa Reception.

Etiquette

Opening hours

Althea Spa Retreat is open daily from 09:00h until 20:00h. First available appointment is at 10.00h.

Arrival Time

We invite you to visit the spa reception 15min in advance. This allows you time to fill out a consultation form and enjoy spa refreshment drink prior to your scheduled appointment. Late arrival will result reduction of treatment time.

Dress Code

Upon arrival, we will provide you with a personal locker where you can find bathrobe, slippers, and disposable underwear. Swimming costumes must be worn when using the hydro facilities.

Age restriction

Note that children under 16 years allowed using the Spa facilities only when accompanied by adults.

Spa Manners

Kindly note that smoking is not allowed in the spa area. To ensure relaxation for all our guests, the use of mobile phones and tablets is restricted in the entire spa area. For your best health and safety, we do not recommend the consumption of alcohol before or after your treatments. The detoxifying effects of these treatments, together with the dehydrating effects of excessive alcohol consumption are contraindicated.

Cancellation Policy

To cancel or re-schedule your treatment please contact us at least 6 hours prior to your appointment. If you fail to cancel in this deadline, we reserve the right to charge the 50% of the treatment cost to your room account.

Safety Regulations

We request that you do not wear any jewels during your spa session. Please store jewels electronic devices and other valuables in your locker. Spa staff is not responsible for missing valuables.



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