

A truly
peaceful
and tranquil
experience

From the beautiful
aromas that scent the
air to the water and
nature sounds, every
detail sets the stage for
an ideal environment
for the mind, body,
and soul.

THE ELOUNDA SPA MENU

welcome to the Elounda Spa
at Blue Palace

Purity, tranquility, time – concepts so often missing in our busy modern lives. The Elounda Spa is the perfect place to take some time for you and revitalize. Inspired by the natural surroundings, the natural daylight coming in from the glass-walled ceiling infuses the space, creating a soothing ambiance – ideal to harmonize body and mind.

Our therapists take you on a journey of rejuvenation, performing relaxing customized facials, reinvigorating massages, anti-aging treatments, one-day rituals, as well as hair salon and beauty services. A wide selection of bespoke treatments is created with premium spa products by luxury brands – Valmont, Anne Semonin and Kos Paris.

Visit us today and see why the Elounda Spa was voted a Favorite Wellness Travel Property in Greece in prestigious Spafinder Wellness 365 Travel Awards.

www.bluepalaceresort.gr





our signature treatments

CRETAN HEALING THERAPY

60min | €140 / 90min | €180

A signature deeply relaxing, tension releasing massage with the Mediterranean elements of Cretan fig and olive oil, that restores harmony to the body and creates a feeling of supreme serenity and body balance.

FAMILY SPA ADVENTURE

105min | €370

For 2 persons (Parents & Child)

Parents and their little ones can spa together at our couple suite, enjoying a relaxing full body massage, a Mediterranean express facial for all skin types and a mini manicure or pedicure.

CYCLICAL JETS SESSION IN THE THALASSOTHERAPY POOLS

30min | €30

Private analytic jets sessions in the thalassotherapy multifunctional pools to you. These sessions are designed to help your muscles and joints regain their suppleness and mobility, while also preventing and reducing several physical illnesses. You will notice that your body's movements become more effective, flexible, and free of pain after these sessions.

ULTIMATE MEDITERRANEAN JOURNEY

160min | €340

This ritual pampers your face, body, and scalp, revives the spirit, tones the skin, and induces a state of peace, combining the antioxidant action of grape seed with the nourishing elements of olive oil and the aromas of Fig.

THE ELOUNDA SPA MENU

memorable rituals for couples



PURE WINE INDULGENCE

120min | 280€ per person

A grapeseed body polish combined with a warm red grape body mud will prepare your velvet skin to receive a hypnotic head to toe nurturing massage experience.

A glass of wine is the perfect ending to a wine experience like no other.

FACE AND BODY PAMPERING

105min | 250€ per person

A bespoke rejuvenating facial treatment combined with an invigorating blissful full body massage, developed to promote inner peace.



THE ELOUNDA SPA MENU

ultimate facial collection

VIGOROUS YOUTH ELIXIR

90min | 340€

This treatment will lift, nourish, and sculpt your face and decollate area. Bee Extracts, Triple DNA and Pure Collagen, combined with three massage protocols including sliding movements on meridians and acupuncture points inspired by the Japanese Kobido.

RICH ANTIAGEING EXPRESS

45min | 145€

A deep regenerating face treatment, with spectacular results based on Swiss tradition and Cellular Rejuvenation. Choose between Hydration-Radiance-Luminosity or Antiwrinkle effect.

PURIFYING & CALMING FACIAL

60min | 155€

A purifying treatment using a detox peel- off mask rich in minerals and algae will reveal smooth, calm-looking skin and pores that appear more refined.

PRECIOUS PEARL LIFTING

90min | 190€

An anti-aging and lifting facial that increases elasticity and radiance, using the method of cryotherapy and a unique formula of pearl powder made from pure cultured pearls rich in amino acids.

ANTIAGEING COLLAGEN INFUSION

70min | 220€

A pure native collagen mask along with a specific face massage technique will smooth fine lines, restore tone, glow, and suppleness of your face. Choose between Hydration-Radiance-Luminosity or Antiwrinkle effect.

DEEP CLEANSING & EXTRACTION

90min | 180€

This facial is focused on deep skin cleansing and blackheads extraction. Glacial Spring Water formulas hydrate and soothe the skin.



EXPRESS FACIAL REJUVENATION

45min | 130€

Luxurious yet powerful and rejuvenating facial treatment that dissolves ageing, improves tone and elasticity, while leaving the skin visibly younger and more radiant when used regularly.

ADD ON: COLLAGEN MASK

30min | 100€

ADD ON: EYE TREATMENT

20min | 60€

GENTLEMAN'S AGE DEFYING

60min | 145€

A facial combining a draining face massage and products that best suit men skin targeting specific problems, like in-grown hair or combination skin type.

GENTLEMAN'S REVIVING LIFT

75min | 175€

Your skin will be treated to the plumping and firming effects of hyaluronic acid while collagen stimulating complex will refine pores and reduce wrinkles, promising a smooth and glowing skin.



blissfull body experiences

WHITE SAND BODY SCRUB

30min | 85€

A full body exfoliation with the Nude Sea Salt & White Sand Body Scrub, leaving skin smooth and hydrated.

PURE DETOX BODY WRAP

45min | 110€

Cocoon yourself in a warm smooth and creamy body wrap rich in natural ingredients while enjoying a scalp massage with coconut butter.

MIND & BODY HEALING SENSATION

105min | 220€

A deeply relaxing experience combining a melting scrub, an aromatic candles massage on face & body, and a cocooning hair mask.

FIRM & TONE CELLULITE MINIMIZER

90 min | 200€

A pre-wrap scrub of sea salt infused with lemongrass and peppermint, followed by a body wrap in a cocoon of Spirulina micro-algae will stimulate toxin release while the slimming massage will reduce inches.

GLOWING MOTHER-TO-BE

75min | 170€

Nurture your body at this precious time with a specially designed back and legs massage and a facial to treat muscle aches, reduce fluid and imbue total rejuvenation of the face and body.

THE ELOUNDA SPA MENU

relaxing massage journeys

All massage journeys can be performed in the privacy of your room with an additional charge of 40%.

AROMATIC ZEN REJUVENATION

60min | 130€ / 90min | 170€

A relaxing massage using warm aromatic oil of your choice. Relax and let our warm vibe take your cares away as you melt into this moment.

INVIGORATING DEEP TISSUE THERAPY

25min | 75€ / 60min | 150€ / 90min | 190€

Powerful deep tissue motions, stretching techniques and a dynamic detoxifying essential oil blend, will reduce muscle aching from sports activities or daily tension.

ANTISTRESS BACK & SCALP SYNERGY

45min | 95€

An antistress aromatic massage performed on the back, scalp, neck, and face, that helps the oxygen circulation on the neck and head area and gives shine and strength to your hair.

ANTI-FATIGUE OIL CEREMONY

25min | 70€ / 60min | 140€ / 90min | 180€

Therapeutic techniques in combination with your selection of aromatic oil, will release stress and tension, decrease muscle toxins, and improve blood circulation.

CALMING HOT STONES

70min | 160€

Volcanic hot stones worked deep into the muscles, getting into areas of tension, serving to achieve sparkling vitality and intensely hydrated skin.

ADD ON: PRESUN MEDITERRANEAN BODY SCRUB

20min | 50€

ADD ON: AFTERSUN DEEP MOISTURE BODY WRAP

20min | 50€





relaxing massage journeys

ANTI-CELLULITE SLIMMING MASSAGE

45min | 110€

A draining and reshaping massage associated to a highly concentrated slimming oil is designed to offer you the best anti-cellulite, anti-orange-peel, and firming action.

4 HANDS ROYAL EXPERIENCE

50min | 195€

Enjoy the experienced and synchronized hands of two therapists, together with carefully chosen massage oils. Allow yourself to completely slow down and discover a memorable state of deep relaxation.

ASIATIC JOURNEY

50min | 125€

A mixture of Thai and Shiatsu is performed on the floor over comfortable clothes. A tension releasing technique where the therapist stretches and uses pressure on specific parts of your body, using their hands, elbows, knees, and legs.

LYMPHATIC DRAINAGE

45min | 95€ / 90min | 180€

This therapeutic lymphatic technique will detoxify and drain the lymphatic system leaving you feeling light and revealed.

CRETAN BLISS

60min | 185€ / 90min | 220€

A massage ritual that calms and rejuvenates, in the healing environment of our outdoor wellness olive grove.

NURTURING PREGNANCY MASSAGE

60min | 135€

This massage is performed on lateral position from the 13th week of Pregnancy. We use techniques which will help to relieve tension and bring balance & wellness for the mother-to-be.

THE ELOUNDA SPA MENU

the young traveller's collection

Children at The Elounda Spa can enjoy a variety of treatments catered especially to them. Available from age 5 and up.

PRINCESS GLOW

25min | 60€

The perfect treatment to sparkle like a star! A refreshing and reviving skin treatment with natural products: cleanser, hydrating mask, moisturizer, and sunscreen.

SUN KISSED SKIN

25min | 50€

A fantastic calming body wrap providing hydration for our little friends

MY MINI MANI OR MINI PEDI

25min | 25€

Fingernails trimmed and shaped, cuticles cared for. Top it off with polish of your choice.

ANIMAL YOGA

Yoga for Kids is about exploring and learning in a fun, safe and playful way. Parents can also participate and enjoy a family memorable experience.

Kids Group Classes 15€ per child
Parent & Child Personal Session 95€

DREAMY MASSAGE

25min | 60€

A top to toe massage experience, using pure natural oil mixture, leaving you children feeling rested and rejuvenated.

TIME WITH MOM OR DAD

50min | 190€

Parents can enjoy a relaxing nourishing massage together with their little ones in our couples' suite.

FUN ADVENTURES

A strength and conditioning program with a variety of fun activities catered especially to kids and teenagers, focusing on both entertainment and education.

Kids Group Classes 15€ per child
Parents & Child Personal Session 95€



THE ELOUNDA SPA MENU

beauty salon services

LOVELY HANDS

- Soft gel manicure 65€
- Soft gel removal 30€
- Manicure 55€
- Spa manicure 65€
- Organic Manicure 75€
- Gentleman's manicure 40€
- File & Polish 30€

PERFECT FEET

- Soft gel pedicure 85€
- Pedicure 70€
- Spa pedicure 80€
- Organic Pedicure 85€
- Gentleman's pedicure 65€
- File & Polish Feet 30€

WAXING

- Lip, brow or chin 25€
- Leg or arm 55€
- Underarm 30€
- Back or chest 55€
- Bikini line 40€
- Eye brow shaping 25€

MAKE UP

- Eye Brow Tinting 55€
- Eyelashes Tinting 55€
- Day Make Up
- Evening Make Up
- Bridal Make Up





hair salon & signature rituals

Hair Salon Services:

Wash & conditioner 25€

Children's haircut 25€

Men's haircut 40€

Women's haircut 45€

Blow dry & styling from 50€

Evening Styling & Updo from 60€

Bridal styling from 100€

Coloring roots from 100€

Full head coloring from 130€

Highlights from 150€

Balayage from 170€

CHRONOLOGISTE REGENERATION

100€

Chronologiste works like a miraculous elixir to purify and revive lifeless hair using signature mimetic caviar. This ritual soothes the scalp, strengthens hair and locks a silky and glowing feel with volume.

ELIXIR SUBLIME SHINE

60€

This ritual uses the Elixir Ultime Oil to create a series of blends tailored to your hair leaving them deeply nourished and infused with natural shine.

SCALP CARE THERAPY

40€

Advanced scalp knowledge turned it into spa-inspired salon protocols, creating these caring series designed to target 3 major scalp concerns.

Choose between the following as the best for your needs:

- Dandruff elimination
- Hair loss prevention
- Oily scalp detoxification

MENU OF SPA SERVICES

fitness and movement

Embark on a fitness regime to train your body to move optimally through both athletic activities and everyday life. Daily fitness activities, including a sunrise yoga session or a refreshing Aqua group fitness class, take place at the unparalleled setting of our resort, with a selection of fresh juices and healthy cuisine options.

YOGA & MEDITATION

Find greater balance in life with this long-honored mind and body practice. Select between Hatha, Vinyasa or Power Yoga according to your level of experience.

CRETAN DANCE LESSONS

The Cretan dances have their roots in the Minoan times. Your professional dance teacher will guide you step by step through the most popular Cretan dances.

PILATES WORKOUT

Get stronger, leaner, and more flexible – in body and mind. Beneficial for everyone, from athletes to those with chronic pain or limitations.

CROSS TRAINING / STRENGTH TRAINING

Workouts that add dimension to your regular routine. Ideal for muscular imbalances, strengthen potential weaknesses, and allay the likelihood of over-training or overuse injuries.

TABATA

Your heart rate will jump up quickly. Eight consecutive work-and-relax cycles go into a 4-minute round. Ideal for those who wish to an incredible amount of calories and obtain a full-body aerobic and anaerobic workout.



PRICELIST

All activities are offered in Private, Couple or Mini Group options. Please contact the spa reception or concierge for our daily group classes' schedule.

SCHEDULED CLASSES

Daily Group Classes

60min | 15€ per person

Group classes Yoga

60min | 25€ per person

UPON REQUEST

Personal training

60min | 60€ / 5hrs | 255€

Couple's training

60min | 95€ / 5hrs | 430€

SWIMMING LESSON

30 min | 35€ / 60 min | 60€

Swimming lessons teach independence, allow kids or adults to get active while enjoying themselves, give them the ability to get themselves out of potentially life-threatening situations and enables them to enjoy trips to the seaside and beach holidays to the full.



alternative therapeutic remedies

EAR CONNING

20 min | 70€

Natural beeswax ear candle, combined with acupressure points that release and open the sinuses, along with a lymphatic drainage massage – the most natural way to remove excess removes wax and toxins.

NASAL DETOX

25 min | 65€

Clean the upper respiratory passage by draining out the excessive mucus with the use of pure eucalyptus, and sea salt water combined with a face lymphatic massage.

ROSEWATER EYE HEALING

20min | 60€

Often our eyes tend to feel tired and irritated due to stress, pollution or lack of sleep. This healing technique using rosewater hence to soothe your eyes reduce redness or inflammation

THE ELOUNDA SPA MENU

bespoke wellness packages

THE ELOUNDA SPA WELLNESS EXPERIENCE

Create your personalized wellness experiences with 15% discount, choosing at least six spa treatments or personal training services. The discount applies on the total regular price of the spa treatments and personal training sessions.

A DEEP TRANSFORMATIONAL JOURNEY

For a deep transformational journey, we invite you to enjoy a bespoke timeless experience curated by our experts to measure your needs; whether you wish to immerse into a relaxing spa day or a wellness retreat, please consult our spa experts.





THE ELOUNDA SPA MENU
terms & conditions

OPENING HOURS

Spa Treatments 11:00–20:00

Spa Facilities 09:00–21:00

**Spa Fitness Center daily 07:00–20:00 &
24/7 access from the spa entrance using
the room card**

ARRIVAL TIME

Your therapist will be expecting you 15 minutes before the scheduled treatment time, in order to fill out the lifestyle & consultation questionnaire and start your treatment on time. Late arrival might affect the duration of your treatment without any entitlement to a refund.

APPOINTMENTS

Reservations are recommended. The guest's name and contact information are required at the time of booking to guarantee your reservation.

PRICELIST

The Elounda Spa reserves the right to modify its price or services without prior notice.

SPA ETIQUETTE

Booking

Please book your treatments in advance so that you may select your preferred date and time. Please feel free to request either a male or female therapist for your treatment at the time of bookings.

Tranquility

We recommend leaving your mobile phone outside the treatment area to avoid distraction and experience complete relaxation.

Evaluation

Your comfort and wellbeing is our top priority, during treatments, please let your therapist know if you are not entirely comfortable, so he | she can adjust your position, room temperature and the pressure of

his | her hand strokes. If you have an injury or physical condition, make sure your therapist is aware of it, so he/she can suggest suitable adjustments that will make the treatments more comfortable without compromising the wonderful effects and benefits. If you are pregnant, please inform the spa staff before booking your treatment. Specific treatments for pregnant women can be enjoyed after the first trimester.

Hygiene protocol

Underwear should be worn in the treatment room and during treatments. For all treatments, your therapist will provide disposable undergarments.

SPA RESERVATIONS

Telephone: +30 28410 65660
Hotel guests call direct
for enquiries on 7600 or 7606

CANCELLATION POLICY

Kindly note that cancellations must be received at least 6 hours before the scheduled treatment or service. Failure to cancel on time will incur a charge of 50% of the booked treatment.



