

A stack of seven smooth, light-colored stones is arranged vertically on the left side of the image. The stones are stacked on top of a larger, textured rock. The background is a soft, blue gradient.

# SPA MENU



# Our Philosophy



The Royal Wellness Club is born out of a sincere understanding of passion for wellness, which we define as a way of life that focuses on physical, emotional and mental wellbeing.

We are committed to deliver all aspects of wellness with integrity and honesty, providing an inspiration for lifestyle change in an environment that delights all the senses.

We respect the individuality of our guests and craft experiences to stimulate, energize and restore.

The Royal Wellness Club offers exclusively in Greece, the Spa System® by Starpool, an innovative way of using the Spa facilities in order to achieve wellbeing and maximum pleasure.

Our wellness facilities are combined with the purest treatments and products of luxury Spa brand, **Germaine de Capuccini**, with the expertise of our skilled therapists in order to revitalize the skin and give immediate and long lasting results.

We give our guests the tools to pursue a better quality of life.

**Retreat · Relax · Refresh**

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## How To Spa With Us



## | HOURS OF OPERATION

Monday to Sunday 10:00-19:00.

## | USE OF WET AREA

There is an entrance fee of 15€ per person per hour for the use of the steam bath, sauna and indoor pool.

## | SPA RESERVATIONS

Our Spa concierge can assist you in planning the perfect Spa experience, including the best sequence for your treatment.

Advance bookings are always recommended to guarantee your preferred treatment and time.

We can provide Spa treatments in the privacy of your room upon availability with an extra charge of 50%.

## | SPA CANCELLATIONS

We understand that schedules change, and we will do our best to accommodate your needs.

Since your Spa time is reserved especially for you, we kindly ask you to give a 4 hour notice for cancelling on individual treatments and 24 hour notice for Spa packages.

Cancellations made within the above notice period will be subject to the full charge for the treatment or package booked.

## | PREGNANCY

We have specially designed treatments for pregnant women and nursing mothers. Please allow our Spa team to guide you in selecting which treatments are most suitable for you.

## | PRIOR TO ARRIVAL

As many Spa treatments improve blood circulation and use pressure techniques we advise against eating a heavy meal before your treatment. A light snack is appropriate if you are hungry. We strongly advise against the intake of alcohol before any Spa treatment.

We advise against wearing jewelry during your Spa visit, please leave it in your room safe.

The Spa cannot accept responsibility for any loss of jewelry and does not assume responsibility for lost items.

## | SPA ARRIVAL

We recommend that you arrive at the Spa at least 30 minutes before your scheduled appointment.

Arriving late will limit the time available for your treatment, lessening its effectiveness and your pleasure.



This is your time and you should enjoy this experience to the fullest. Whether it's the room temperature, the amount of massage pressure or the volume of the music, please notify us of your preferences or discomfort you may experience. Your care is our highest priority.

### **| WHAT TO WEAR**

We will provide undergarments or you can wear your bathing suit during treatments.

### **| HEALTH QUESTIONS**

Please inform us of any medical conditions or special needs you may have at the time of booking. This will allow the Spa Concierge to guide you in selecting appropriate services.

### **| PRICES**

All prices are quoted in EURO and are subject to change without prior notice at any time.

### **| PAYMENT**

We accept all major credit cards. You may also charge Spa services to your hotel bill. For your convenience, payment is also accepted prior to your treatment.

### **| DURING YOUR STAY**

The Spa is dedicated to maintaining an environment of peace and tranquility. Please help us by respecting our atmosphere and quiet.

Out of respect for other guests, we ask you to keep your cell phone turned off during your stay in the Spa.

Smoking in the Spa area is prohibited.

### **| AGE REQUIREMENT**

The Spa is suitable for guests over 18 years of age. Guests under 18 years of age require parental consent. Children under the age of 12 need to be accompanied by one parent.



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Face  
Treatments





## **Global Anti-Age**

**70 min / 130€**

A complete anti-aging treatment, based on epigenetics. It restores the skin's rejuvenation and defense mechanisms, while it fills, hydrates and smooths the face.



## **Total Lift(IN)**

**70 min / 120€**

An ideal treatment for skins in need of volume and density. The firmness of the skin is restored, while achieving an oblique and horizontal lifting with immediate results.



## **No More Wrinkles**

**70 min / 120€**

A wonderful treatment for the elimination of wrinkles. It contains special ingredients which are applied with an exclusive lifting massage. The production of collagen and elastin is increased and the wrinkles are filled in naturally.



## **O2 For You**

**60 min / 105€**

Suitable for ages over 25, for skins that need activation and boosting of their defense against premature aging and the polluted atmosphere. Its special formula immediately reinforces cellular oxygenation and the skin is detoxified and revitalized.



## **Vitamin C Power**

**60 min / 105€**

Enriched with vitamin C derivatives and extract from the Japanese plum Ume, this treatment constitutes the most powerful weapon against premature aging. The skin radiates and appears smooth, shiny and rejuvenated.

### **Hydra-Cure**

**60 min / 100€**

Prevents dehydration and moisturizes the skin from the inside out and vice versa. It contains hyaluronic acid for immediate and long-lasting hydration.

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### **Eyes in Flames**

**30 min / 50€**

A fast and effective solution which immediately acts on the lines and expression wrinkles in the sensitive area of the eyes. Dark circles are removed, the contour is reshaped and the skin becomes softer instantly.

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### **Men's C+ Energy**

**60 min / 100€**

A treatment suitable for men suffering from signs of fatigue. Enriched with vitamin C, birch sap and trace elements, the skin is immediately rejuvenated, fills with energy and glows.





*Quiet  
the mind  
and the soul  
will speak!*

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## Body Treatments





### **Slimming Trilogy**

**60 min / 120€**

An innovative treatment, with a strong action against fat accumulation. A super concentrated formula which helps in reducing orange peel effect. Moreover, it enhances microcirculation and toxin removal. The treatment includes exfoliation, body wrap and a special massage.

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### **Supreme Lift Therapy**

**60 min / 110€**

This triple lift therapy starts with a special fat reduction massage, continues with a body wrap and is concluded with a lift massage performed with the use of a special tool and collagen cream. Optimal results, immediate lift.

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### **Phyto Care**

**60 min / 110€**

A complete body therapy that promises a rejuvenating experience, including massage with baobab oil, exfoliation with natural sea salt and toning with a nourishing body milk. The combination of natural oils gives the skin elasticity and contributes to the reduction of stretch marks, making it ideal for pregnant women.

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Rituals



**Mediterranean Sun**      **100 min / 150€**

A body treatment which includes exfoliation with olive seeds, grape seeds and Argan oil and prepares the skin for exposure to the sun. The firming body mask with vitamin C which is applied afterwards offers the skin a silky, shiny and hydrated look.



**After-Sun Soothing**      **100 min / 150€**

A unique combination of products that relieves the skin from the effects of sun exposure. The mask with mint and Aloe vera immediately reconstructs, soothes and leaves you with a feeling of freshness.



**Gold Therapy**      **60 min / 110€**

Prestige and elegance based on "Sea Gold". The luxurious and anti-aging body wrap revitalizes the skin, while the gentle massage that follows covers the body in a thin layer of gold. The skin radiates and glows with discrete gold glitter.



**Sea Wealth**      **40 min / 75€**

Body wrap with seaweed and natural salt. It contributes to weight loss and detoxification, as it is rich in inorganic salts, vitamins, trace elements and iodine.



## **Silk Touch**

**40 min / 75€**

A luxurious therapy that provides the body with silk proteins. This unique body wrap moisturizes in depth, offering a new, smooth look and silky touch.



## **Black Mud Wrap**

**40 min / 75€**

Mud from the depths of the sea of Brittany, rich in sea mineral salts and trace elements. It rejuvenates and cleanses the skin, providing, at the same time, all the basic substances lost due to the everyday activities and stress.



*Relaxation  
is the  
stepping stone  
to tranquility.*





# Signature Treatments



*These treatments combine harmonically the most advanced beauty techniques with the local ingredients and aromatic herbs of Crete.*

**Minoan Signature** 100 min / 160€

Based on the era of the Minoan civilization and the traditional use of carob. Its grains remove the dead cells and the syrup is evenly distributed on the whole body. The effectiveness of the treatment is boosted with a 30-minute massage. Additionally, 15 minutes of relaxation in the steam bath are included.



**Ariadne's Signanture** 90 min / 150€

The unique properties of amanita and lentisk essential oil mud, in combination with the power of aromatherapy, revitalize and contribute to the detoxification on the organism. This treatment is followed by a steam bath enriched with cypress and pine tree essential oils. The effectiveness of the treatment is boosted with a 30-minute massage.



**Ceremony For  
Couples** 50 min / 90€ pp  
80 min / 120€ pp

An experience for two you should offer yourselves and your loved one. Enjoy an aromatherapy massage under the lights of candles, in the special rooms designed for two persons!



## **Aroma Of Palace**

**50 min / 90€  
80 min / 120€**

Come to the world of senses and aromas, where time stops and a unique journey begins. The relaxing massage is ideal for the treatment of chronic fatigue, insomnia and depression. It improves blood circulation, oxygenating the cells.





*Treat your  
mind, body  
and soul.*



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Massage  
Treatments



**Back- Neck- Shoulders** 30 min / 65€

Choosing this particular massage is an effective step towards relieving and breaking down knots in these areas.



**Heavenly Head** 30 min / 65€

This head massage helps in treating head aches, migraines and neck problems effectively. The heavenly combination of the massage with the warm water and the wonderful aroma of the soap makes this treatment an experience no one should miss.



**King Olive  
Massage** 50 min / 90€  
80 min / 120€

Enjoy an extraordinary relaxing massage with Cretan olive oil and feel its softening, hydrating and antiseptic properties on your body. It offers your skin unique hydration and glow!



**Pregnancy Massage** 50 min / 100€

Massage during pregnancy is a great supplementary choice for the prenatal care. It constitutes a healthy way of reducing stress and promoting wellbeing.



**Full Back Side** 40 min / 80€

In less than an hour, all tension is removed from the body and your mood is instantly boosted.



**Mediterranean Candlelight** 50 min / 110€

An authentic massage with golden drops of warm melted wax that melt on the whole body. Choose among lavender, olive or citrus that calm the mind and hydrate the body.









# Special Prenatal Treatments



*Future moms may also enjoy the beneficial and relaxing effects of Spa treatments. You are however required to inform the Spa staff of your condition before receiving any treatment. The following treatments are recommended for your daily skin care, in order to avoid the appearance of stretch marks, retain moisture and prevent discoloration of the skin.*

## **Face Treatments**

- O2 For You
- Vitamin C Power
- Hydra-Cure
- Eyes In Flames

## **Body & Massage Treatments**

- Phyto Care
- Pregnancy

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## Special Postnatal Treatments

*The following treatments are recommended after the end of the nursing period. Otherwise, the special prenatal treatments can be applied.*

### Face Treatments

All facial treatments can be applied.

### Body & Massage Treatments

- Phyto Care
- Slimming Trilogy
- Supreme Lift Therapy

### Body Rituals

- Silk Touch
- Mediterranean Sun
- Gold Therapy

# 10 Wellness Therapy





*Clinical studies have shown that gentle massage techniques are particularly beneficial for cancer patients, both on physical and emotional level, helping in the reduction of stress and depression, relieving from pains and fatigue, improving the mood and the quality of sleep.*

*The following treatments have been designed to help restore the balance of body, mind and soul. Selected suitable products are used in combination with gentle massage.*

*The approval of the supervising doctor is required before applying any treatment. The treatments are suitable for persons that are not in an advanced stage of a disease and are undergoing preventive treatment.*

### **Roses Royal Ambrosia**      60 min / 110€

Specially designed for facial treatment, for relieving the dry, sensitive skin. A variety of products is used, including Rose Hip Oil, a soothing ingredient with healing properties (Beauty Shortlist Awards 2017). It is combined with a wonderful royal jelly elixir, ideal for treating dull skin. The treatment is completed with the refreshing gel mask with rose petals from five different varieties of roses, ideal for the sensitivity caused by the medication.



### **Icy Pleasure**      90 min / 150€

The healing properties of Aloe Vera are combined with the unique freshness of the mint and applied with an exquisite gentle massage on the whole body. The experience is accompanied by Rose Hip Oil with its regenerating and anti-inflammatory properties. The treatment is completed with a relaxing head massage using a product with five nourishing oils (baobab, patawa, birch, soya, sesame), for strong, healthy and shiny hair, maximizing the feeling of relaxation.

## **Hands, Feet & Scalp Liberation**

**75 min / 120€**

This particular treatment promotes intensive nourishment and is suitable for rejuvenating hands and feet. The mild body exfoliation is followed by the application of a hydrating mask, which is not removed with water, so that the pH of the skin is not affected. The treatment is completed with a relaxing head massage with the special hair strengthening oil and a special protocol with neck stretches using a warm towel.



## **Baobab Ceremony**

**90 min / 150€**

Enjoy a completely relaxing ritual, starting with a personalized welcoming protocol with warm pouches. The body is exfoliated, then a complete massage with organic dry oil, ideal for smoothing and deep nourishment, is performed. The treatment is completed with the application of a special gel for the relief of the lower limbs of your feet. All the products used in this treatment contain African baobab oil, proteins, vitamins and minerals and promote cell nourishment.







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# Spa Packages





## Relax

3h 10min / 205€

- Relax Spa experience in the wet area *60 min*
- Minoan Signature *100 min*
- Heavenly Head Massage *30 min*



## Tonic

3h 30min / 215€

- Tonic Spa experience in the wet area *60 min*
- Mediterranean Sun *100 min*
- King Olive Massage *50 min*



## Purify

2h 30min / 170€

- Purify Spa Experience in the wet area *60 min*
- Black Mud Wrap *40 min*
- Nana Golden Massage *50 min*



## Excite

2h 30min / 170€

- Excite Spa Experience in the wet area *60 min*
- Sea Wealth *40 min*
- Mediterranean Candlelight *50 min*

## FACIAL TREATMENTS

• Global Anti-Age	70'		130€
• Total Lift (IN)	70'		120€
• No More Wrinkles	70'		120€
• O2 For You	60'		105€
• Vitamin C Power	60'		105€
• Hydra-Cure	60'		100€
• Eyes in Flames	30'		50€
• Men's C+ Energy	60'		100€

## BODY TREATMENTS

• Slimming Trilogy	60'		120€
• Supreme Lift Therapy	60'		110€
• Phyto Care	60'		110€

## RITUAL TREATMENTS

• Mediterranean Sun	100'		150€
• After-Sun Soothing	100'		150€
• Gold Therapy	60'		110€
• Sea Wealth	40'		75€
• Silk Touch	40'		75€
• Black Mud Bath	40'		75€



## SIGNATURE TREATMENTS

• Minoan Signature	100'		160€
• Ariadne's Signature	90'		150€
• Ceremony For Couples	50'		90€
	80'		120€
• Aroma Of Palace	50'		90€
	80'		120€

## MASSAGES

• Back- Neck- Shoulders	30'		65€
• Heavenly Head	30'		65€
• King Olive Massage	50'		90€
	80'		120€
• Pregnancy Massage	50'		100€
• Full Back Side	40'		80€
• Mediterranean Candlelight	50'		110€
• Nana Golden Massage	50'		110€
• Deep Tissue	50'		110€
	80'		140€
• Anti-Cellulite	30'		65€
• Hot Lava	50'		100€
	80'		140€

## WELLNESS THERAPY

• Roses Royal Ambrosia	60'		110€
• Icy Pleasure	90'		150€
• Hands, Feet & Scalp Liberation	75'		120€
• Baobab Ceremony	90'		150€

## SPA PACKAGES

• Relax	205€
• Tonic	215€
• Purify	170€
• Excite	170€

