



*the* Elounda Spa  
*and* Thalassotherapy

MEMBER OF  
**STARWOOD**  
SPA COLLECTION  
[STARWOODSPACOLLECTION.COM](http://STARWOODSPACOLLECTION.COM)

*programs &  
treatments*





## The Elounda Spa & Thalassotherapy

*An Exclusive Sanctuary of Tranquility, Health and Well-Being*

*IMAGINE A PLACE OF ABSOLUTE TRANQUILITY formed by the breathtaking natural beauty which surrounds it. Imagine a sanctuary where light is diffused and the sound of the water calms your senses. Immerse yourself in a world where we will do everything to understand your needs and EXCEED YOUR EXPECTATIONS.*

*We invite you to enter the world of The Elounda Spa & Thalassotherapy, a proud member of the Starwood Spa Collection. A premier ensemble of nearly 40 exclusive spas located around the world. Each member reflects the cultural influences unique to its location, while delivering distinctive spa services that embrace the elemental facets of health, beauty and inner peace: The Seven Pillars of Well-Being.*

*The Elounda Spa & Thalassotherapy was created out of our passion to combine the benefits of Thalassotherapy with the commitment to luxury and personal attention. Originated in France, Thalassotherapy, comes from the Greek word "Thalassa" meaning "sea or ocean". Natural salt water and its marine elements such as seaweed, thermal clay and plankton are some of the indispensable elements that are used in Thalassotherapy. Modern Thalasso applications enhance stress reduction, weight loss, anti-cellulite, muscle, joint healing and more.*

*Our sublime customised treatments are created to pamper, rejuvenate and complement the luxe experience of the main resort. Working with carefully selected partners, an excellent range of products, updated for every taste and need and we also put our effort into creating new signature treatments, which our guests find always very fulfilling.*

### *Most Recent International Awards:*

- 2008 GOLD LIST BY CONDE NAST TRAVELER
- 2008 WINNER OF THE WORLD TRAVEL AWARDS AS GREECE'S LEADING SPA RESORT
- 2007 WINNER OF THE WORLD TRAVEL AWARD AS GREECE'S LEADING SPA RESORT
  - 2007 SPA FINDER READERS' CHOICE AWARD AS FAVORITE SPA IN GREECE
  - 2007 "GOLD BLISS" RATING BY SPAVOX
- 2006 SPA FINDER READERS' CHOICE AWARD AS BEST SPA IN GREECE



## A LA CARTE LIST OF CARES

### *Signature Treatments*



#### **Elounda Sea Water Hydromassage Baths with Cretan Herbs**

Inspired by the every day life of the ancient locals and combined with the modern technology of today, the Elounda Baths are specially designed to promote the well being of our guests and restore their body. Depending on how you wish to treat your senses, we use different herbs as mint, sage, eucalyptus etc. (*\*Heat treatment*)

25 min € 45



#### **The Elounda Wellness & Beauty Scrub**

An invigorating treatment which unites our signature “olive oil and sugar scrub” with a Sea Water Hydromassage Bath. The olive oil of Crete will moisturize your skin and the sugar scrub will energize your spirit. The remarkable result is that the skin is smoother and softer than ever before. (*\*Heat treatment*)

80 min € 100



#### **Elounda Deep Face Peeling with Olive Stones & Lavender**

Purifying face peeling by the efficacious grains of the olive seeds. It will improve the quality and appearance of your skin and it will prepare it for a long lasting tan. This treatment is recommended for oily and combination skin types.

25 min € 50



#### **Wild Rose Brightening Face Care**

This rich in Vitamin C treatment brightens and illuminates the skin. It helps repair fine lines and skin color disorders, while deeply moisturizing the face. Wild Rose oil is used, derived from the wild species of the most popular flower in the world.

50 min € 80



#### **Yoghurt Facial Remedy**

Using yoghurt as a fresh natural cosmetic, it will instantly hydrate and relieve dry skin areas. The minerals and the vitamins that it contains also provide antioxidant protection and help reduce the visible signs of ageing. Moreover, thanks to its content in vitamins E & D, it has a significant relieving and healing effect to sunburns. This explains why in Greece yoghurt has been traditionally used as an after-sun remedy through out the years.

50 min € 80



## Traditional Olive Oil Massage

This massage is a unique natural source of relaxation. The combination of the therapeutic elements of the Cretan olive oil as well as the relaxing full body movements create a feeling of supreme serenity and body balance.

50 min € 85

80 min € 105



## Rakotherapy

A massage that guides you into the mysterious therapeutic results of raki - the traditional Cretan beverage. The high degrees of alcohol united with just a few drops of neutral oil will open up your senses and will energize your body.

50 min € 85

80 min € 105

*Session.*

*\*Heat Treatments are not recommended for guests that have heart conditions, high blood pressure, and heat sensitivity or are pregnant.*

# Thalassotherapy Treatments



## Sea Water Hydromassage Baths with Marine Algae & Minerals

A purifying bath of algae and mineral salts that encourages the oxygenation of tissues and brings an overall sense of relaxation. The baths include also a progressive massage carried out by several jets directed at different parts of the body. (*\*Heat treatment*)

25 min € 45



## Submarine Shower in Sea Water Bath

This treatment is provided in a bathtub and combines the beneficial effects of a hot bath, with those of a therapeutic massage by our expert hydro therapists: by stimulating the blood circulation, this under-water shower relaxes the body and relieves pain. (*\*Heat treatment*)

25 min € 45



## Sea Water Hydromassage Jet

The hydro therapist directs a jet of adjustable intensity all over the body, particularly in areas requiring special treatment. It is a deep massage that relaxes the muscles and stimulates blood circulation.

10 min € 40



## Affusion Shower Back & Leg Massage

Calming and relaxing massage, lying under a fine shower of hot seawater. It enhances the calming and toning-up effect of the massage. This treatment will free the body from all types of tension and improve the quality of your sleep.

25 min € 55



## Cyclical Jets Session in the Thalassotherapy Pools

Analytic jets sessions in the thalassotherapy multifunctional pools, which allow the muscles and joints to regain their suppleness and mobility, in addition to preventing and reducing several physical illnesses. The movements of the body become more effective, flexible and free of pain.

50 min € 30

*\*Heat Treatments are not recommended for guests that have heart conditions, high blood pressure, and heat sensitivity or are pregnant.*

# Body Adventures



## Sea & Senses Hot Stone Exfoliation

A complete purifying, remineralising and relaxing exfoliating treatment. Volcanic and marine stones are used and invite your body to a deep sleep by freeing up your senses and your soul. (*\*Heat treatment*) 80 min € 95



## Thalgomince Body Peeling

An ultimate full body exfoliation which invigorates the senses, removes dull skin and leaves skin feeling pampered and supple. 25 min € 50



## Cocoa & Ginger Slimming Treatment

Based on the principles of the Eastern European schools of massage, Thalgo has created an effective and pain-free treatment with visible results from the first session! Gradually over the treatment the body is resculpted and rejuvenated and you can see a real change in your figure. The main ingredients used are ginger and cocoa. (*\*Heat treatment*) 80 min € 145



## Wrapped by the Sea

The traditional marine algae wrap, rich in minerals, vitamins and micronutrients. This treatment activates circulation and increases metabolism, relieves aches and pains. Excellent for general well being and total relaxation. (*\*Heat treatment*) 50 min € 85



## Aromaceane Slender & Detox

Ultra relaxing and detoxifying treatment combining essentials oils, sea mud, and mineral salts with very powerful therapeutic properties. Excellent for cellulite and slimming, it soothes and rejuvenates tired muscles and dull skin. (*\*Heat treatment*) 50 min € 85



## Cellulite Localized Wrap

A cold wrap treatment that facilitates elimination of excess water from the tissues, activates circulation, tones the skin and increases elasticity. Recommended for intensive and progressive treatment of cellulite in the thighs, jodhpurs, tired and heavy legs and localized weight problems associated with deficient cutaneous circulation. 50 min € 85

*\*Heat Treatments are not recommended for guests that have heart conditions, high blood pressure, and heat sensitivity or are pregnant.*

## Face Cares

*We have chosen the greatest skin care products of Thalgo for the Elounda Spa & Thalassotherapy facials. All the Face Cares include a brief skin analysis, cleansing, peeling, facial masque, facial massage, and moisturizing. Don't forget to purchase your favorite products from our boutique. Please, avoid direct sun exposure immediately after your facial.*



### European Deep Cleansing Facial

A purifying treatment that enhances the complexion and moisture of the skin. Suitable for all skin types it includes a gentle exfoliating peel to remove dull surface skin cells. This treatment is a must before starting any other face care.

80 min € 90



### Aromatherapy Face Care

Perfect for normal, dry and mature skin, this treatment uses essential oils which work to relax, detoxify, and soothe facial muscles while simultaneously hydrating the skin. An outstanding treatment!

25 min € 55



### Thalasso Purifying Face Care

Combining pure natural seaweed, rich in minerals and vitamins with high potency marine extracts, Elounda Sea Purifying is a stabilizing and purifying treatment. Its anti-bacterial effect is ideal for combination and oily problem skin types.

50 min € 75



### Hydra Moisture Source

From the first treatment session, the skin regains its former softness. The skin recovers its freshness and smoothness. Suitable for all skin types.

50 min € 80



### Hamamelis Care for Sensitive Skin

Based on reviving marine and plant extracts, particularly suited to fragile, delicate skin, this treatment incorporates a cool mint masque to reduce redness, refine, tighten and relax tension lines.

50 min € 80



### Collagen Velvet Care

Intensive hydration for sun damaged skin, fine lines and wrinkles. With pure native soluble Collagen, protein rich extracts and creams, this treatment softens and smoothes the skin and helps maintain moisture balance. The crème de la crème of anti-wrinkle facials.

80 min € 95



### Collagen Eye Mask

Using pure native soluble Collagen, this luxurious treatment leaves the eye contours soft and smooth and plumps out fine lines.

25 min € 55



### **Absolute Rehydration Treatment** *(after sun care)*

Perfectly moisturized at every skin level, the skin recovers its density and natural mechanical properties. Wrinkles disappear as it becomes more resistant. This top-up treatment begins with a sea modeling and a face massage ritual.

80 min € 95



### **KO BI DO - Japanese Facial**

The Japanese Facial boosts the skins natural processes of protection, repair and renewal. It involves a subtle yet deep muscle manipulation technique which helps to tone and lift the underlying facial muscles, releasing the tension of wrinkled expression. Only when circulation is unimpeded can skin cells repair and rejuvenate themselves effectively.

50 min € 85

# Massages



## Aroma Relaxing Massage

Based on a specific manual therapy, this massage will bring a maximum sense of relaxation optimized by the calming effects of the essential oils. Four different fragrances are used, especially made to bring ultimate relaxation and peace of mind.

50 min € 85

80 min € 105



## Cold Stone Therapy Massage

A manual treatment where the therapist uses cold stones combined with specially blended massage oil. Slow relaxing movements together with the stones will treat your muscles and relax your senses.

50 min € 85

80 min € 105



## Hot Stone Massage

An ancient art of healing brings relief to tense muscles and stressed mind. Smooth volcanic and marine stones are combined with gentle massage to eliminate stress and bring the body to an ultimate relaxation level.

50 min € 85

80 min € 105



## Swedish Massage

A manual treatment based on specific gentle movements on the whole body, respecting a relaxing protocol for a maximal well being. A classic therapeutic massage adjusted to your needs.

50 min € 85

80 min € 105



## Deep Tissue Massage

Along with long deep strokes, this strong and invigorating massage concentrates on the pressure points of the main part of the body (feet, back, shoulders) creating a balance of energies and improving circulation: a technique offering therapeutic virtues for certain difficult conditions, such as migraine or backache.

50 min € 85

80 min € 105



## Back, Neck & Shoulder Massage

A 25-minute massage focusing on the specific areas of the Back, Neck, and the Shoulder.

25 min € 65



## Asiatic Massage

This massage of oriental origin acts on several hundreds of points in your body and stimulates the flow of your vital energy. Palms and thumbs are applied to specific pressure points to reduce tired muscles and improve blood circulation. Depending on the points stimulated, the treatment brings invigorating or relaxing effects. This special massage is performed on the floor and the guest should be wearing t-shirts and shorts.

50 min € 85



## Balinese Massage

The Balinese Art of Relaxation combines stretching, long strokes; skin rolling, palm and thumb pressure techniques to relieve tension, improve blood flow, ease stress and calm the mind. An intense, medium to strong deep tissue massage combined with exceptional essential oils, bring the body to a deeply relaxing path of health and harmony.

50 min € 85



### Hawaiian Lomi Lomi

A traditional Hawaiian healing art where the therapists use mainly their forearms performing at first strokes on specific parts of the body (back, arms, legs, abdomen, chest) and regularly re-unite all those parts into one global sensation with long strokes.

50 min € 85



### Indian Massage

This massage of Indian origin is a global resourcing massage. It allows muscles of all forms of tension, in turn creating mental relaxation.

50 min € 85



### Reflexology Massage

The art of massaging specific pressure points on the hands and feet which correspond to individual parts of the body. Through stimulating hand and foot pressure points, the body is able to find its own energy path.

25 min € 65

50 min € 85



### Lymphodrainage Massage

This massage is applied on your lymphatic system. Soft, slow and regular pressure creates an efficient draining effect on the circulation, particularly in cases of edema and cellulite.

50 min € 85



### Scalp Massage

A gentle, light-touch technique that eliminates muscle and energy blockages within the craniofacial system. Delicate palpitations and light pressure points of the cranium and face to enhance the body's natural healing capabilities.

25 min € 65

50 min € 85



### Maternity Massage

A manual treatment specially designed for that special time of a woman's life. Trained professionals will pay special attention to your comfort and well being.

50 min € 85



### Couple's Massage

Try a Traditional Olive Oil Massage, Rakotherapy, or Aroma Relaxing Massage in our specially designed Double Suite.

50 min € 95 / per person

80 min € 115 / per person



### Four Hands Massage

Enjoy your favourite type of massage with synchronized movements performed by two therapists.

50 min € 165



### In Room Massage

Enjoy a massage treatment in your room. Evening treatments are available until 21:00. Four hours notice requested.

50 min € 135

80 min € 170



### Out-Door Massage

Experience a single outdoor massage on our Sea View Terrace. Offered upon request. Some restrictions may apply.

50 min € 105

80 min € 125

## Men's Menu



### Detoxifying Body Wrap

A powerful to the senses, full body wrap that aids detoxification and improves the skin's tone and texture. A uniquely personalized body treatment suitable for all skin types as products and technique are fully customized. (\*Heat Treatment)

50 min € 85



### Deep Cleansing Facial

A deep-cleansing, therapeutic facial designed specifically for the special skin care needs of men including sensitivity and razor burn. Relaxes the skin as it defines pores. Includes a luxurious facial massage and a purifying masque.

80 min € 90



### Energy Booster Ritual

This invigorating ritual for men combines the therapeutic elements of the sea and the eucalyptus essential oil. The treatment starts with a Sea Water Hydromassage Bath with Eucalyptus, then it continues with an energizing full body scrub, and it ends with a Deep Tissue massage. (\*Heat Treatment)

80 min € 150

*\*Heat Treatments are not recommended for guests that have heart conditions, high blood pressure, and heat sensitivity.*

# The Elounda Spa & Thalassotherapy “One Day Rituals”

*The Elounda Spa & Thalassotherapy “One Day Rituals” are unique combinations that promote the general well being and balance your senses and life style. Based on the mystical traditions of the locals and adjusted to the modernization of the new age, they will give you a complete experience of rejuvenation.*



## **Indoceane Revitalizing Ritual**

This revitalizing journey starts with the famous Cleopatra’s Bath and includes an invigorating sweet and savory scrub to invigorate your skin and renew your energy levels. A unique stimulating massage follows and the ritual culminates with a gorgeous sublime full body wrap that will make you feel totally and utterly relaxed. (*\*Heat treatment*)

110 min € 180



## **Elounda Detox Ritual**

Based on the old Greek tradition of using therapeutic mud, sea water and relaxing massage therapy, this ritual makes the ideal one day detoxification. The ritual starts with a sea water Hydromassage bath with mineral sea salts, followed by a body wrap of detoxifying essential oil and moor mud. The ritual finishes with a Lymphodrainage massage using a blend of detoxifying essential oils. (*\*Heat treatment*)

80 min € 150



## **Elounda Relax Ritual**

Combining a variety of treatments to relax and rejuvenate, this ritual begins with a sea water Hydromassage bath with Cretan herbs, followed by a very light lavender stone exfoliation to calm your senses and revitalize your spirit. The ritual finishes with an Aroma relaxing massage. (*\*Heat treatment*)

80 min € 150



## **Elounda Thalasso Ritual**

A complete therapeutic and beneficial ritual combining all the natural resources of the sea. At first, a sea water Hydromassage bath of marine algae and sea salts, followed by a pure Thalasso body wrap to revitalize the body. The ritual finishes with a deep therapeutic marine algae massage. (*\*Heat treatment*)

80 min € 150

*\*Heat Treatments are not recommended for guests that have heart conditions, high blood pressure, and heat sensitivity or are pregnant.*

# Beauty Salon Services



## Manicure

Basic Manicure	25 min	€ 30
French Manicure	25 min	€ 35
Spa Manicure	50 min	€ 50
Gentleman's Manicure	25 min	€ 25
Polish Change (hands or feet)	15 min	€ 15
Paraffin Treatment (hands or feet)	10 min	€ 15



## Pedicure

Basic Pedicure	50 min	€ 40
French Pedicure	50 min	€ 45
Spa Pedicure	80 min	€ 65
Gentleman's Pedicure	50 min	€ 35
Foot Mask	10 min	€ 15



## Hair Services

Wash & Conditioner	15 min	€ 15
Hair Mask with Shea Butter & Vitamins	25 min	€ 25
Hair & Scalp Scrub-Intensive Treatment	25 min	€ 25
Wash including Head, Neck & Shoulder Massage	25 min	€ 45
Women's Haircut	50 min	€ 35
Men's Haircut	25 min	€ 30
Wet Shave Head	25 min	€ 25
Beard Trim	15 min	€ 15
Children's Haircut	25 min	€ 20
Blow Dry & Style Short Hair	25 min	€ 25
Blow Dry & Style Medium Hair	25 min	€ 30
Blow Dry & Style Long Hair	50 min	€ 35
Coloring Roots	50 min	€ 40
Coloring Partial	50 min	€ 45
Coloring Full	50 min	€ 60
Highlights Partial	50 min	€ 50
Highlights Full	80 min	€ 70
Eyelash/Eye Brow Tinting	25 min	€ 25



## Waxing

Lip, Brow or Chin

10 min € 15

Half Leg or Arm

25 min € 35

Full Leg

50 min € 50

Underarm

10 min € 20

Back or Chest

25 min € 40

Bikini

10 min € 25

Eye Brow Shaping

10 min € 15

# Overview



## Fitness Classes

Yoga, Meditation, Aerobics, Step Aerobics, Stretching, Personal Training, Cretan Dance, and Kinesiology are organized throughout the week by our specialized gym professor. Please call extension 7600 for classes' availability.  
45 min/person € 25



## Seminars

Balanced Meals & Cooking and Nutrition Demonstrations & Strategies are a must for those that are really interested to follow a healthy balanced lifestyle. Our executive chef and spa nutritionist help you discover the foundation stone to ultimate well-being. Seminars are organized periodically.



## Spa Wet Facilities

An entrance fee of €35 is applicable for non-residents. Complimentary access for hotel residents.



## Opening hours

Spa Facilities  
Individual Treatments

Daily 07:30 – 21:00  
Daily 09:00 – 21:00



## Appointments

Advance reservations are recommended. Please call 28410 - 65660 from outside the Resort or extension 7600 from your room. Name and contact information are required at the time of booking to guarantee your reservation.



## Feedback

Your comments are always welcome. Thus, please fill up our comment cards, which you will find at the reception.

*Prices are subject to change without prior notice.*

# *Etiquette*



## **Thalassotherapy**

The Elounda Spa & Thalassotherapy is a full-service thalassotherapy facility available to all resort guests. A private locker, robe, slippers and personal amenities are provided along with complimentary dry fruits and local herbal teas. In consideration of other guests, we ask that all cellular phones be turned off while at the Spa. In addition, the Thalassotherapy Center is a non-smoking facility.



## **Spa appearance**

Please remove all jewelry and clothing, leaving on your undergarments. For some treatments you will be provided with disposable undergarments by your therapist. If your treatment involves water therapy you are required to wear a swimsuit. Please make sure that your valuables are kept in your locker. The management cannot be held responsible for the loss of any personal possessions.



## **During your treatment**

Please let your therapists know if you are comfortable or uncomfortable, too warm or too cold, or if their pressure is too light or too firm. Our goal is to make you feel the ultimate experience like in no other place in the world.



## **Check-in**

We suggest that you arrive at least 30 minutes prior to your first appointment. Before your treatment you will be requested to complete a medical evaluation form. In consideration of all Spa guests and therapists, late arrivals will not receive an extension of scheduled treatments and the full value of your treatment will be applied.



## **Consultation**

Some treatments include 10 minutes medical consultation by our doctor which is available three days per week. If you have a particular physical conditions or injury please explain it to them in order to have more therapeutic results during your treatment.



## **Cancellation policy**

As a courtesy to other guests and our therapists, cancellations must be received at least 4 hours prior to appointment time or the full service fee is charged.



## **Age requirement**

The Thalassotherapy Center is appropriate for guests 14 years and older. For the cold months of spring and autumn our young friends are welcome to the internal swimming ground floor pool from 08:30-12:00. Please inquire with the Resort's Front Desk for childcare services.



## SPA & THALASSO PROGRAMS

### *Elounda Classic Thalassotherapy*

*This program is a perfect combination of all the pleasures and benefits of Thalassotherapy. Pure Thalasso rituals will help to relieve you from stress and tiredness, forget work and join the vacation spirit at once. Natural seawater extracts are used in all the different treatments, which are selected with the help of our committed staff. Take advantage of the privileges of the sea and be startled at how much it can help you feel peaceful, relaxed and rejuvenated. Six, five, three and two day programs are available.*



#### **6-Day Program ..... € 995**

- 2 Sea Water Hydromassage Baths with Essential Oils
- 2 Sea Water Hydromassage Baths with Mineral Salts
- 1 Sea Water Hydromassage Bath with Marine Algae
- 1 Submarine Shower in Sea Water Bath
- 3 Sea Water Hydromassage Jets
- 3 Thalasso Wraps
- 6 Cyclical Jets Sessions in the Thalassotherapy Pools
- 2 Aroma Relaxing Massages 25min
- 1 Affusion Shower Back & Leg Massage 25min
- 2 Aroma Relaxing Massages 50min
- 1 Cold Stone Therapy Massage 50min



#### **5-Day Program ..... € 813**

- 2 Sea Water Hydromassage Baths with Essential Oils
- 1 Sea Water Hydromassage Bath with Mineral Salts
- 1 Sea Water Hydromassage Bath with Marine Algae
- 1 Submarine Shower in Sea Water Bath
- 3 Sea Water Hydromassage Jets
- 2 Thalasso Wraps
- 5 Cyclical Jets Sessions in the Thalassotherapy Pools
- 2 Aroma Relaxing Massages 25min
- 1 Affusion Shower Back & Leg Massage 25min
- 2 Aroma Relaxing Massages 50min



### 3-Day Program .....

€ 502

- 1 Sea Water Hydromassage Bath with Essential Oils
- 1 Sea Water Hydromassage Bath with Mineral Salts
- 1 Sea Water Hydromassage Bath with Marine Algae
- 2 Sea Water Hydromassage Jets
- 1 Thalasso Wrap
- 3 Cyclical Jets Sessions in the Thalassotherapy Pools
- 2 Aroma Relaxing Massages 25min
- 1 Cold Stone Therapy Massage 50min



### 2-Day Program .....

€ 320

- 1 Sea Water Hydromassage Bath with Essential Oils
- 1 Sea Water Hydromassage Bath with Mineral Salts
- 1 Sea Water Hydromassage Jet
- 1 Thalasso Wrap
- 2 Cyclical Jets Sessions in the Thalassotherapy Pools
- 2 Aroma Relaxing Massages 25min

# Serenity & Life Balance

*This program is designed to combat the stress of modern day life. Six days will be sufficient to restore your peace of mind. Soothe your senses and alleviate your soul with this program that combines the calming power of seawater and algae with specialized face and body treatments. Exotic massages and cures intend to restore your inner calmness, improve your sleeping habits and enhance tranquillity. Treatments vary from deep and Asiatic massage to seaweed wraps and facials. The selection should reflect your personal lifestyle needs and preferences. We promise you a blissful experience restoring your balance and bringing back your inner tranquillity and peace. Six, five, three and two day programs are available.*



## 6-Day Program ..... € 1118

- 3 Sea Water Hydromassage Baths with Essential Oils
- 3 Submarine Showers in Sea Water Baths
- 3 Sea Water Hydromassage Jets
- 3 Thalasso Wraps
- 3 Cyclical Jets Sessions in the Thalassotherapy Pools
- 2 Hydra Moisture Source Facials
- 1 Aromaceane Slender & Detox Body Wrap
- 2 Aroma Relaxing Massages 25min
- 2 Scalp Massages 25min
- 2 Asiatic Massages 50min



## 5-Day Program ..... € 957

- 3 Sea Water Hydromassage Baths with Essential Oils
- 2 Submarine Showers in Sea Water Baths
- 3 Sea Water Hydromassage Jets
- 2 Thalasso Wraps
- 2 Cyclical Jets Sessions in the Thalassotherapy Pools
- 2 Hydra Moisture Source Facials
- 1 Aromaceane Slender & Detox Body Wrap
- 2 Aroma Relaxing Massages 25min
- 1 Scalp Massage 25min
- 2 Asiatic Massages 50min



### 3-Day Program ..... € 535

- 2 Sea Water Hydromassage Baths with Essential Oils
- 1 Submarine Shower in Sea Water Bath
- 2 Sea Water Hydromassage Jets
- 1 Thalasso Wrap
- 2 Cyclical Jets Sessions in the Thalassotherapy Pools
- 1 Hydra Moisture Source Facial
- 2 Aroma Relaxing Massages 25min
- 1 Asiatic Massage 50min



### 2-Day Program ..... € 385

- 2 Sea Water Hydromassage Baths with Essential Oils
- 2 Cyclical Jets Sessions in the Thalassotherapy Pools
- 1 Hydra Moisture Source Facial
- 1 Aromaceane Slender & Detox
- 2 Aroma Relaxing Massages 25min

# Optimum Rejuvenation

*Thalgo's finest French tradition of skincare, the powers of Thalassotherapy and state of the art technology are combined to ease away the signs of stress and premature aging. Treatments both for the body and face are designed to smooth fine lines and wrinkles, to reduce sun damage, and to restore the skins natural beauty. An exceptional program to correspond to your special needs will be designed with the help of our specialized personnel. Six, five, three and two day programs are available.*



## 6-Day Program ..... € 990

- 2 Sea Water Hydromassage Baths with Essential Oils
- 2 Sea Water Hydromassage Baths with Marine Algae
- 2 Submarine Showers in Sea Water Baths
- 2 Sea Water Hydromassage Jets
- 1 Thalasso Wrap
- 6 Cyclical Jets Sessions in the Thalassotherapy Pools
- 2 Collagen Velvet Face Cares
- 1 Collagen Mask Eye Care
- 1 Body Peeling 25min
- 2 Cellulite Localized Wraps
- 2 Affusion Shower Back & Leg Massage 25min



## 5-Day Program ..... € 824

- 2 Sea Water Hydromassage Baths with Essential Oils
- 2 Sea Water Hydromassage Baths with Marine Algae
- 1 Submarine Shower in Sea Water Bath
- 2 Sea Water Hydromassage Jets
- 1 Thalasso Wrap
- 5 Cyclical Jets Sessions in the Thalassotherapy Pools
- 1 Collagen Velvet Face Cares
- 1 Collagen Mask Eye Care
- 1 Body Peeling 25min
- 1 Cellulite Localized Wrap
- 2 Affusion Shower Back & Leg Massage 25min
- 1 Indian Massage 25min



### 3-Day Program .....

€ 476

- 1 Sea Water Hydromassage Bath with Essential Oils
- 1 Sea Water Hydromassage Bath with Marine Algae
- 1 Submarine Shower in Sea Water Bath
- 2 Sea Water Hydromassage Jets
- 1 Thalasso Wrap
- 3 Cyclical Jets Sessions in the Thalassotherapy Pools
- 1 Collagen Velvet Face Care
- 1 Body Peeling 25min
- 1 Affusion Shower Back & Leg Massage 25min



### 2-Day Program .....

€ 337

- 1 Sea Water Hydromassage Bath with Essential Oils
- 1 Sea Water Hydromassage Bath with Marine Algae
- 1 Sea Water Hydromassage Jet
- 1 Thalasso Wrap
- 2 Cyclical Jets Sessions in the Thalassotherapy Pools
- 1 Collagen Velvet Face Care
- 1 Affusion Shower Back & Leg Massage 25min

# Elounda Glow

*Our signature program inspired by Thalassotherapy rituals. With the needs of our guests in mind, we have created a program suitable for holidays in the sunny Mediterranean. Invigorating exfoliation, body wraps and nourishing masks will leave your skin replenished and glowing. Elounda Glow is a unique calming, luxurious and sensual experience. Six, five, three and two day programs are available.*



## 6-Day Program ..... € 1407

- 3 Elounda Sea Water Hydromassage Baths with Cretan Herbs
- 3 Submarine Showers in Sea Water Baths
- 3 Sea Water Hydromassage Jets
- 1 Deep Face Peeling
- 3 Hydra Moisture Source Face Cares
- 2 Collagen Velvet Face Cares
- 1 Elounda Wellness & Beauty Scrub
- 3 Wrapped by the Sea Sessions
- 2 Striking Frozen Cucumber Wraps
- 2 Traditional Olive Oil Massages 50min
- 1 Rakotherapy Massage 50min



## 5-Day Program ..... € 1144

- 3 Elounda Sea Water Hydromassage Baths with Cretan Herbs
- 2 Submarine Showers in Sea Water Baths
- 3 Sea Water Hydromassage Jets
- 1 Deep Face Peeling
- 3 Hydra Moisture Source Face Cares
- 1 Collagen Velvet Face Care
- 1 Elounda Wellness & Beauty Scrub
- 3 Wrapped by the Sea Sessions
- 1 Striking Frozen Cucumber Wrap
- 1 Traditional Olive Oil Massage 50min
- 1 Rakotherapy Massage 50min



### 3-Day Program

€ 706

- 2 Elounda Sea Water Hydromassage Baths with Cretan Herbs
- 1 Submarine Shower in Sea Water Bath
- 1 Jet Showers
- 1 Deep Face Peeling
- 2 Hydra Moisture Source Face Cares
- 1 Elounda Wellness & Beauty Scrub
- 1 Wrapped by the Sea Session
- 1 Striking Frozen Cucumber Wrap
- 1 Traditional Olive Oil Massage 50 min
- 1 Rakotherapy Massage 50 min



### 2-Day Program

€ 492

- 2 Elounda Sea Water Hydromassage Baths with Cretan Herbs
- 1 Deep Face Peeling
- 1 Hydra Moisture Source Face Care
- 1 Elounda Wellness & Beauty Scrub
- 1 Striking Frozen Cucumber Wrap
- 1 Traditional Olive Oil Massage 50 min
- 1 Rakotherapy Massage 50 min

# Thalasso Slimming

*Get in shape with our Thalasso Slimming Program. Our experts recommend a six-day program that combines Thalasso treatments, exceptional body care with sea extract products and specialized slimming massages to slender and detoxify your body in the most natural way. Exercise in seawater pools will tone your muscles with minimum effort and improve your fitness. The benefits of this program are enhanced by a subtle gastronomic discipline to achieve perfection. Our chef prepares delicious balanced meals essentially based on the famous Cretan diet using organic ingredients that retains a healthy lifestyle.*



## 6-Day Program ..... € 1005

- 2 Sea Water Hydromassage Bath with Mineral Salts
- 2 Sea Water Hydromassage Bath with Marine Algae
- 1 Submarine Shower in Sea Water Bath
- 1 Thalasso Wrap
- 6 Aqua Aerobics in the Aquagym Swimming Pool
- 3 Pressotherapy Treatments
- 3 Thalgothermic Body Wraps
- 3 Slimming Localized Wraps
- 2 Lymphodrainage Massages 50min
- 1 Indian Massage 25min



## 5-Day Program ..... € 845

- 2 Sea Water Hydromassage Bath with Mineral Salts
- 1 Sea Water Hydromassage Bath with Marine Algae
- 1 Submarine Shower in Sea Water Bath
- 1 Thalasso Wrap
- 5 Aqua Aerobics in the Aquagym Swimming Pool
- 3 Pressotherapy Treatments
- 2 Thalgothermic Body Wraps
- 3 Slimming Localized Wraps
- 2 Lymphodrainage Massages 50min



BLUE BALAYE  
L'ART DE L'ÉTÉ

*the Elounda Spa  
and Thalassotherapy*



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