

the Elounda Spa 
and Thalassotherapy

menu of spa services

The Elounda Spa & Thalassotherapy

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 Luxury Spa Collection. The founding principles of The Luxury Collection Spas are based on the essential elements of health, beauty and well-being. As reliable standards of excellence, these elements distinguish each spa in the collection with authentic spa programs at any destination our guests may be exploring.

The Elounda Spa & Thalassotherapy was created out of our passion to combine the benefits of Thalassotherapy with the commitment to luxury and personal attention.

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 customized treatments are created to pamper, rejuvenate and complement the luxe experience of the 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, exceeding your expectations and creating a memorable spa experience.

recent awards & accolades

- ✿ Tatler Spa Guide, 101 Best Spas, 2011
- ✿ Condé Nast Traveler US, Gold List, 2008
- ✿ World Travel Awards, Greece's Leading Spa Resort, 2008
- ✿ World Travel Awards, Greece's Leading Spa Resort, 2007
- ✿ Spa Finder, Readers' Choice, Favorite Spa in Greece, 2007
- ✿ Spavox, Gold Bliss Rating, 2007
- ✿ Spa Finder, Readers' Choice, Best Spa in Greece, 2006

We are pleased to introduce CINQ MONDES in our spa menu, the French spa brand devoted to the revival of Beauty Rituals of the World® specially designed to take discerning spa goers in a wonderful Sensorial Journey®. Special attention has been given to signature treatments based on organics products.

face care

All our facial treatments include genuine massage protocols which provide a unique experience marked by quality, authenticity and ceremony; they represent the core of CINQ MONDES philosophy.

Ritual of Five Flowers Bio Signature Facial *50min 90€*

A «purity and radiance» treatment based on an ancestral ritual followed by Balinese princesses that combines the power of five tropical flowers (gardenia, hibiscus, frangipani, ylang-ylang, lotus) with a skin cleansing and massage of the nape, trapezius muscles and face to recover a complexion that sparkles with freshness. This new treatment uses the organic «Eau Micellaire» and «Crème Eclat aux 5 Fleurs» products, certified by Ecocert and Cosmebio.

express treatments & deep cleansing

Fleurs de Bali® *Per version 25min 60€*

A face care & massage inspired from Bali where 16th century princesses, used the properties of tropical flowers to obtain a clean and bright skin. Step into the world of CINQ MONDES with this brief but complete face care. Five versions respond to each skin's need:

- ⊗ Moisturising Fleurs de Bali
- ⊗ Radiance Fleurs de Bali
- ⊗ Regenerating Fleurs de Bali
- ⊗ Soothing Fleurs de Bali
- ⊗ Purifying Fleurs de Bali

Deep Cleansing with Tropical Flowers *50min 80€*

Facial treatment inspired by Bali where traditionally after the 16th-century princesses using the properties of tropical flowers to obtain a clean and glowing skin. The use of steam achieves a deep cleansing facial and boosts penetration of products for a shiny and rejuvenating skin.

anti-age prevention & relaxation facial

Taoist Face Care & Massage “Youth & Radiance” *50min 80€*

Face Care Massage “to prevent the onset of wrinkles”, which stimulates the most effective acupressure points according to a Chinese Ritual to relax facial lines and erase the signs of passage of time. The new exclusive Dermapuncture® Cinq Mondes massage method aims at a smooth and radiant skin.

anti-age & repair facial

Anti-Age Face Care & Massage “Ko Bi Do” *50min 80€*

An anti-age treatment following an ancestral Japanese technique of anti-wrinkle massage. It is the most effective method to obtain a natural facelift and a youthful skin. This treatment inspired of a Japanese ritual is very efficient to smooth the skin and firm up the delicate area of the neck.

Precious “Ko Bi Do®” Global Anti-Age Treatment *80min 95€* for Face and Décolleté

This anti age treatment stimulates energy circulation. Addresses main problems of mature skins such as slackening, wrinkles, dull skin, and dehydration, on face, neck, décolleté and forearms. It is inspired by a Japanese technique “Ko Bi Do”, meaning “ancestral method of beauty”, one of the most effective treatments for a youthful, uplifted look. This natural facelift combined with the “Masque Essences Précieuses®” thanks to a high concentration in precious gems extracts (turquoise, pearl, opal and diamond) restores glow, smoothens out fine lines and repairs the visible signs of time.

body adventures

Aromatic Scrub with Spices *25min 50€*

Originally from the Island of Java, a body scrub based on spices, sea salts and vanilla oil. It smoothens out the skin by eliminating dead cells, restores its glow while giving energy to the body and relieving muscle pains.

Radiance Scrub with Papaya *25min 50€*

A body scrub following a Ritual from Siam using natural extracts of papaya « Purée de Papaye ». This treatment refines the skin's texture and restores a healthy glow.

Soothing and Purifying Moroccan Wrap *50min 80€* after Sun Treatment

A sensual beauty routine of North Africa which places great emphasis on deep cleansing and purifying the skin using the Black Soap Beldi (olive oil and essential oils) and Kassa glove for exfoliation. It is followed by the purifying and firming wrap « Creme de Rassoul™ », a traditional Moroccan recipe based on white clay that stimulates blood circulation, tones and soothes the skin.

Detox & Slim Thalasso Experience *50min 80€*

After a peeling, a cold wrap with Hot & Cold Shaping body pack is applied on one side of the body. It contains green tea, white clay and fucus for fat releasing and detoxifying effect. The treatment ends with application of a slimming cream and a shiatsu massage of the back.

Marine Waves Experience *50min 80€*

Holistic treatment approach where face and body are both taken care of, achieving deep relaxation thanks to the Shiatsu face massage. The application of a marine mud mask on the back releases tension knots and aches and revitalizes thanks to trace elements. Algoane invites you on a sea journey on the ground.

Brazilian Ritual Slimming Treatment *50min 90€*

From a Brazilian Ritual, a slimming care & massage with “Crème de Café™”, a product which contains 5% pure caffeine and acts as a fat releaser. A dynamic body massage technique smoothens out and firms the skin. A detoxifying and firming envelopment of clay and algae completes the treatment.

Thalasso Spirulina Body Firming *50min 80€*

After a peeling, a cold jellifying wrap is applied directly on problem areas thighs, buttocks and lower back for an immediate tensing effect thanks to Spirulina algae, (one side of the body at a time). The treatment ends with application of Ultra Firming cream and a shiatsu massage of the back.

Foot Care and Massage “Light Feet” 80min 75€

This treatment is based on the Chinese tradition of Reflexology. It entails a specific massage of reflex points on the feet and legs with acupressure for relaxation. It is combined with a beauty treatment of the feet, a scrub, a nourishing mask leaving them feeling smooth and comfortable, and a final touch of varnish on the nails. The products are inspired from the Chinese Pharmacopeia and contain Aloe Vera, biological extract of Bamboo, Shea butter and Menthol.

massage rituals

For our body massages we use products inspired from ancestral recipes and the art of aromatherapy, like our Ayurvedic Oil, with a delicate blend of santal wood, cedar and cardamom essential oils. Our Oriental oil contains argan, olive oil and a blend of cedar, eucalyptus and cinnamon essential oils.

Oriental Massage 50min 85€ / 80min 105€

The relaxing massage par excellence with a spicy fragrance

Relaxation massage with a variety of body mists of rose and orange blossom and the Huile Somptueuse® de l’Orient, a blend of Olive oil, Argan oil, “the liquid gold” and Sesame oil and essential oils of Eucalyptus, Cedar and Cinnamon. The massage is based on traditional movements from the culture of the Hammam in North Africa, gives a very fulfilling sense of well-being and an unforgettable sensorial experience in the heart of the Sacred East.

Ayurveda Massage 50min 85€

Revitalizing and muscular deep massage

Following a thousand-year-old Indian Ritual, this tonic and muscular massage is performed with hot special Ayurveda oil, a blend of Indian oils -Sesame oil, Boswellia oil and Neem oil. The Sandal wood fragrance helps you to reach an in-depth relaxation state while the specific gestures, alternatively quick and long strokes, restore energy and vitality to the body.

Balinese Massage 50min 85€ / 80min 105€

An original experience of well being

Inspired by a Ritual of Beauty from Bali, this relaxing massage is done with «Baume Fondant aux Noix Tropicales®» a blend of tropical nuts, Coconut, Tamanu and Kemiri oils with the delicate fragrance of Gaiac wood. A totally original massage combining Thai gentle pullings and smoothing traditional movements with a pleasant surprise head massage in a towel for a perfect relaxation benefit.

classic massages

Hot Stone Massage *70min 100€*

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.

Swedish Massage *50min 85€ / 80min 105€*

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

Back, Neck & Shoulder Massage *25min 50€*

This localized massage treatment focuses on the back, neck and shoulder areas in order to release built up muscle tension.

Asiatic Massage *50min 85€*

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.

Reflexology Massage *25min 50€ / 50min 85€*

An ancient Chinese technique that promotes the flow of energy throughout the body to the organs, through stimulating hand and foot pressure points, the body is able to find its own energy path.

Lymphodrainage Massage *50min 85€*

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.

Scalp Massage *25min 50€ / 50min 85€*

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.

Maternity Massage *50min 85€*

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.

Couple's Massage 50min 85€ / 80min 105€

Enjoy any type of massages with your partner in our specially designed Couple Suite.

In Room Massage 80min 150€

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

Out-Door Massage 80min 105€

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

men's menu

Indulge in exclusive treatments specially targeted to men needs: body treatments designed to relieve muscle pains, facials taking in to account small problems of men skin.

Moroccan Body Treatment 50min 80€

A detoxifying routine of North Africa which places great emphasis on deep cleansing and purifying the skin using the Black Soap Beldi (olive oil and essential oils) and Kassa glove for exfoliation. It is followed by the purifying and firming wrap « Creme de Rassoul® », a traditional Moroccan recipe based on white clay that stimulates blood circulation, tones and soothes the skin. Recommended after sun exposure.

Express Face Care 25min 60€

A facial treatment from Bali designed to obtain a clean and glowing skin thanks to the power of tropical flowers, specially addressing the needs of male skin. This is an initiation in the world of CINQ MONDES through a short but complete face care available in 3 versions: cleansing, hydration and glow.

Deep Cleansing Facial 50min 80€

Facial inspired by a Balinese tradition that combines the properties of tropical flowers and the use of steam for a clean and glowing skin. A treatment that responds to the needs of male skin such as blemishes, oil skin and prevent wrinkles.

Ayurveda Massage 80min 105€

Revitalizing and muscular massage

Following a thousand-year-old Indian Ritual, this tonic and muscular massage is performed with hot special Ayurveda oil®, a blend of Indian oils –Sesame, Boswellia, and Neem oils. The Sandal wood fragrance helps you to reach an in-depth relaxation state while the specific gestures, alternatively quick and long strokes, restore energy and vitality to the body. Recommended after a sports session.

thalassotherapy treatments

Thalasso Revitalizing Bath 25min 45€

Revitalizing Bath based on a blend of algae extracts, essential oils and sea salt for Hydrotherapy. (*Heat treatment)

Submarine Shower in Sea Water Bath 25min 45€

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)

Sea Water Hydro massage Jet 15min 30€

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.

Affusion Shower Back & Leg Massage 25min 50€

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.

Cyclical Jets Session in the Thalassotherapy Pools 50min 25€

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.

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

signature treatments

Hot Stones Polynesian Ritual 80min 90€

Bio Signature body adventure exclusively offered at The Elounda Spa & Thalassotherapy

New treatment inspired by Tahitian organic products such as Monoi and Tiare and Lomi-Lomi massage tradition. This ritual entails a body peeling (Gommage Sublime®) with a body massage (Massage Sublime®) combining the power of hot stones with deep movements of forearms.

Traditional Olive Oil Massage 50min 85€ / 80min 105€

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 hand movements create a feeling of supreme serenity and body balance.

Rakotherapy 50min 85€ / 80min 105€

A Therapeutic Massage

Raki a traditional Cretan beverage combined with purposeful massage application to create an extraordinary therapeutic treatment. The high degrees of alcohol united with just a few drops of neutral oil will open up your senses and will energize your body.

Sea Water Hydro Massage Baths with Cretan Herbs 25min 45€

Inspired by the every day life of the ancient locals and combined with the modern technology of today, the 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)

The Elounda Wellness & Beauty Scrub 50min 70€ / with Hydro Bath 80min 100€

An invigorating treatment which unites our signature “olive oil and sugar scrub” with a Sea Water Hydro massage 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)

Deep Hydration 25min 50€ / 50min 70€

Enjoy an excellent signature treatment based on natural local products especially for sensitive skin. It offers hydration, glow and freshness to your skin.

Elounda Deep Face Peeling 25min 50€

A treatment ideal for rebalancing combination or oily skin, lavender flowers provide deep peeling and gentle exfoliation for reducing impurities and restoring an even complexion.

Glorious Youth 80min 80€

Rose, coconut oil and lavender flowers combine with purposeful massage application to create an extraordinary treatment that provides immediate, visible results for a more radiant skin.

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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.

Elounda Thalasso Ritual *80 min 130 €*

A complete therapeutic and beneficial ritual combining all the natural resources of the sea. At first, a sea water Hydro massage bath of marine algae and sea salts, followed by a holistic Thalasso body treatment and massage. The ritual combines a marine mud wrap on the back, a short facial and a body massage. Full revitalization and relaxation guaranteed.

Minoan Prince Thalassotherapy Ritual *110min 130€*

Ritual starts with sea water hydro massage bath with tonic essentials oils (eucalyptus, peppermint, mint). Following one full body exfoliation with rose soap under the sea water. Finally enjoy a relaxing massage with mastic oil enriched with rose and mastic. (*Heat treatment)

Oriental Ritual *80min 130€*

An initiation to the ancient tradition of the "Thousand and One Nights" for an unforgettable sensorial journey. Immerse in a bath perfumed with Moroccan fragrances and continue with the traditional body scrub of Black Soap Beldi and Kassa glove. Follow with the Crème de Rassoul wrap to purify and light up the skin and finish with an application of Huile Somptueuse de l'Orient °, a rare blend of moisturizing oils to complete this rare experience. * The guest receives as gift Kassa glove

Ayurveda Ritual *110min 150€*

Travel to India through a millennial tradition of massage with rare perfumes for deep relaxation and rejuvenation. Immerse in a bath scented with essential oils followed by a body scrub that will give glow and moisturize your skin. The ritual ends with a body massage inspired by the tradition of Ayurveda to balance the prana (vital energy), restoring energy and vitality. *The guest receives as gift Eau Egyptienne travel size

**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 or French Manicure	40 min	€ 35
Spa Manicure Hydrating Treatment	50 min	€ 50
Gentleman's Manicure	30 min	€ 25
Polish Change (hands or feet)	15 min	€ 15

Pedicure

Basic or French Pedicure	50 min	€ 40
Spa Pedicure Including Feet Mask	80 min	€ 65
Gentleman's Pedicure	50 min	€ 35

Hair Services

Wash & Conditioner Including Hair Mask	15 min	€ 15
Women's Haircut	50 min	€ 35
Men's Haircut	25 min	€ 30
Children's Haircut	25 min	€ 20
Wet Shave Head	25 min	€ 25
Blow Dry & Style Short / Medium Hair	30 min	€ 30
Blow Dry & Style Long Hair	60 min	€ 35
Coloring Roots / Partial	50 min	€ 40
Coloring Full	50 min	€ 60

Waxing

Lip, Brow or Chin	10 min	€ 15
Leg / Arm	50 min	€ 40
Underarm	10 min	€ 20
Back or Chest	30 min	€ 40
Bikini	30 min	€ 30
Eye Brow Shaping	10 min	€ 15

overview

Fitness Classes

Yoga, meditation, aerobics, personal training, Cretan dancing and Kinesiology are organized throughout the week by our specialized gym instructor. Please contact Spa Reception for class schedules and availability.

Ext 7600 45min / per person 25€

Seminars

Balanced meals, cooking, nutritional demonstrations and strategies are a must for those that are really interested to follow a healthy balanced lifestyle. Our Executive Chef and Spa Nutritionist will assist you to discover the foundation stone to ultimate well-being. Seminars are organized throughout the season.

Spa Wet Facilities

An entrance fee of 35 € is applicable for non-residents; complimentary access for Resort residents.

Opening Hours

Spa Facilities 08:00 – 21:00

Spa Treatments 10:00 – 21:00

Appointments

Advance reservations are recommended. Please call The Elounda Spa & Thalassotherapy on +30 28410 65660 from outside the Resort or on extension 7600 from your guest room. The guests name and contact information are required at the time of booking to guarantee your reservation.

Feedback

Your comments and your experience at our spa is always welcome, please fill out the comment cards found at the Spa Reception.

Prices are subject to change without prior notice.

spa etiquette

The Elounda Spa & Thalassotherapy

The Elounda Spa & Thalassotherapy is a full-service thalassotherapy facility available to all Resort guests. Our spa staff is dedicated to exceeding your expectations and creating a memorable spa experience. Refreshing local herbal teas along with dry fruits are offered to our guests. We ask that you are respectful of others' privacy, speak softly and deactivate any disruptive communication devices, such as mobile phones. Smoking is not permitted.

What To Wear

We will provide you with a robe and slippers to wear while visiting our Spa and you will be assigned a private locker to store your personal belongings. During your spa treatment, it is recommended that you remove all jewelry and clothing. Our therapists will provide you with disposable undergarments if needed. Our therapists are professionally trained and will ensure a level of comfort by appropriately draping areas of the body that are not a focus of the treatment. We require that swimming attire be worn in all co-ed whirlpool, sauna, and steam facilities.

Storing Valuables

All lockers will have a security mechanism. During spa treatments and while using the spa facilities please leave your valuable personal items in the locker but if you feel more comfortable, we recommend that you leave valuable personal items in the safe in your guest room, or in one of the safe deposit boxes at the Front Desk of the Resort. The management cannot be held responsible for the loss of any personal items.

Special Health Considerations

If you have health concerns or are pregnant, please be sure to notify our spa staff when booking your treatment. Specific treatments include a 10 minute medical consultation by our doctor which is available three days per week. Prior to each treatment guest are requested to complete a medical evaluation form.

Late Arrival Time

We ask that you arrive at least 10 minutes prior to your scheduled appointment time; however, if a late arrival is unavoidable, please call to notify the spa receptionist when possible. Arriving late will simply limit the time for your treatment, as we must complete your service by the designated end-time in order to appropriately accommodate the next guest.

Personal Preferences

Whether it is the room temperature or the level of massage pressure, please communicate your preferences with the therapist so that he or she can make your time with us a special experience.

Canceling a Spa Reservation

We request that all guests using the spa extend a 24-hour cancellation notice. If less than 24-hours notice is given, the full service fee will be added to your bill.

Age Minimum

Guests at The Elounda Spa & Thalassotherapy must be at least 14 years of age to experience the spa treatments and spa facilities. During the colder months of spring and autumn our young guests are welcome to access the heated indoor pool at the ground floor of The Elounda Spa & Thalassotherapy between 08:00 and 11:00. Please do not hesitate to contact the Front Office Desk for further assistance.



BLUE PALACE
A LUXURY COLLECTION
RESORT & SPA

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