

Spa Treatments

Durations & Prices

For additional information and reservations, please dial 516.



smh.com

EXPERIENCE ANOTHER WORLD

Aqua Marine Spa Daily Hours

9 am to 8 pm (last appointment at 7 pm)

Reservations

To book your appointments, please dial 516 from your room, or (+30)2289023437.

We encourage guests to schedule their appointments in advance.

Check in procedure

Guests are kindly requested to arrive 10-15 minutes before their appointment is due to start.

Any delays will result in reduced treatment times to avoid disruption to other guests.

We provide private key lockers and spa wardrobe (towels, bathrobe and slippers).

If you wish to enjoy our Spa facilities (sauna and steam room), we recommend you arrive at least half hour before your treatment.

Cancellation

Cancellations or changes made within 6 hours will be subject to a charge of 50 percent of the treatment price.

No notification of cancellation will result in a full charge of the treatment price.

Smoking and alcohol

Smoking in the Spa is strictly prohibited. Alcohol consumption is not allowed and is not recommended before undergoing Spa treatments.

Personal Belongings

We recommend you not to wear jewellery during your Spa visit. The Aqua Marine Spa cannot accept responsibility for any loss of valuables.

Aesthetic Skin Care

Female Facials

1. Just Basic Facial / Τρήγορη φροντίδα ομορφιάς - 30min - 55€
2. Ultimate Deep Rescue [Cleansing & Purifying] / Βαθύς καθαρισμός [εξαγωγή σμήγματος & αντισηψία] - 75min+ - 90€
3. Skin Hydra Cocoon / Υπερδατική φροντίδα προσώπου - 60min - 90€
4. Extraction synergy & Calming mask by Carole Frank / Εξαγωγή σμήγματος - αντισηψία-καθμαντική μάσκα 5' - 40min - 70€
5. Enzyme Resurface & Calming mask by Phytomer / Ενζυμική αποδέπιση & επίδεμα ανάπδασης - 40min - 70€

Specialized Cares

6. Skin Derma-Relief by Phytomer / Κούρα απευαισθητοποίησης - 60min - 80€
7. Antiseptic Synergy for Acne by Carole Frank / Κούρα Αντιμειώπισης ακνεικών επιδερμίδων - 75min - 90€
8. 1001 Monoi Flowers by Fluer's / Ενδατική κούρα με εκχυλίσματα & έλαια δονδονιδιών - 60min - 90€

High Developments Cosmetic Cares

9. Transdermal Hyaluronic Filler & Cell Repair Patch / Εξειδικευμένη φροντίδα δέιασης & ανάπδασης με ναδουρονικό οξύ - 90min - 130€
10. Sea Water Oxygen Contour by Phytomer / Κούρα με κάψουλες ενεργού οξυγόνου & κρυοθεραπεία - 90min - 110€
11. Caviar Nutri-Essences by Carole Frank / Έντονη Φροντίδα δρέψης χαβιάρι - 90min - 110€

Male Facials *

12. Men's Grooming Facial by Phytomer / Βαθύς καθαρισμός [εξαγωγή σμήγματος & αντισηψία] - 75min+ - 90€
13. Detoxifying Back Facial by Phytomer / Βαθύς καθαρισμός πλάτης [εξαγωγή σμήγματος & αντισηψία] - 60min - 80€
14. Skin Derma-Relief by Phytomer / Κούρα απευαισθητοποίησης - 60min - 80€

*Please shave no sooner than four hours prior

Indulgent Add Ones

Specific for Men & Women

15. 2Phases Eye Collagen Cure Tbe Line Filler! - 50min - 60€

Lash & brow Treatments

16. Eye Brow Shape / Σχηματισμός φρυδιών - 20min - 15€
17. Semi-Permanent Tint for Eyelashes / Ημι-μόνιμη βαφή βλεφαρίδων by REFTECTOCIL - 30min - 30€
18. Semi-Permanent Tint for Eyebrows / Ημι-μόνιμη βαφή φρυδιών by REFTECTOCIL - 15min - 20€

(Waxing, tinting, eyebrow-shaping treatments are all available upon request. Please ask our spa receptionist for more details.)

SPECIAL OFFER: Create your own Body Detox package by combining two or more treatments of your choice and receive a 10% discount

Hydrotherapies

19. Indoor Ozone Therapeutic Pool / Πισίνα ενεργού O₃ (31°-33°) - 30min - 25€
20. Unique Vichy Shower / 7 νιους ψιλής Μινό -νεύρο-χαλαρωτικής βροχής - 30min - 45€
21. Carolle Frank-Aromatherapy Bath Tea / Γαδακτόδοιτρο με εκλεκτά αιθέρια έλαια & δεικό τσάι - 30min - 45€
22. Phytomer - Blue Lagoon / Μπάνιο πλούσιο σε ιχθυοστοιχεία πολλαπλής δράσης - 30min - 45€

Edermologie LPG

23. Deep tissue Massage [Partial] / Βαθιά μύο-χαλαρωτική μάλαξη - 35min - 85€
24. Lippomassage [local] / Αποτελεσματική μάλαξη τοπικού αίματος - 35min - 85€

BODY MANUAL MASSAGES

“Inspired all over the world”

Asian Inspired Touches

25. Indy Scalp Massage with Upper Back & Shoulders / Μυοχαλαρωτική χειρομάλαξη άνω πλάτης και κεφαλής - 40min - 60€
26. Grounding Thai Foot Ritual Massage / Μάλαξη πεδιμάτων - 40min - 47€
27. Teen's Vanilla Massage / Χαλαρωτική εφδερσί μάλαξη με ζεστό μήγμα οργανικής βανίλιας - 30min - 60€

Therapeutic Massages

28. Traditional Muscle Relief Massage / Μυοχαλαρωτική χειρομάλαξη με κηραδοφή βασισμένο σε παραδοσιακές τεχνικές - 50min - 90€
29. Medicinal Aromatherapy Massage / Καταπραυντική χειρομάλαξη με ζεστά θεραπευτικά έλαια - 50min - 90€
30. Lomi [Hapa] massage / Ρυθμική χειρομάλαξη χαβανέζικης τεχνικής [μυση συνεδρία] - 50min - 120€
31. Healing Stone Massage / Χαλαρωτικό μασάζ με θερμές πέτρες & έλαια καρύδας - 1hr & 15min - 130€

Specific Massages

32. Deep Tissue Sports Massage / Γρήγορες και έντονες μαδάξεις για ζέσταμα μιών - 30min - 60€
33. Neck, Back & Shoulder / Μυοχαλαρωτική χειρομάλαξη πλάτης, αυχένα, ώμων - 30min - 60€
34. Manual Lymph drainage Massage / Ειδική χειρομάλαξη ενεργοποίησης της λέμφου - 50min - 105€ or 30min/55€
•Available Partial [face & Bust or legs] or Entire Body

BODY SKIN CARES

Body Basics

Scrubs

35. Asian Styled Lemongrass Body Scrub / Αποδέψη με νιράδες δαδασονού αλαπιού & φρέσκου χυμόδες lime - 35min - 60€
36. Nourishing Coconut Body Smoothie / Έλαια Μακανέμα, μαύρη ζάχαρη & ποτιός φρέσκο- τριμμένης νδικής καρύδας - 35min - 60€
37. Austrian Grotto Salt Scrub / Αποδέψη με ορυκτό αλάτι Αυστρίας - 35min - 60€
38. Phytomer Marine Gommage / Αποδέψη με Άλατα & Θαλάσσια οδηγιοστοιχεία - 35min - 60€

Please, shave no sooner than 48 hours prior

Wraps

39. *Phytomer Self-beating Marine Mud [Entire Full Body Wrap]* / Θερμή αφρώδης θαλάσσια λάσπη με oligomer® - 40min - 70€
40. *Eucalyptus Moor Mud [Entire Full Body Wrap]* / Λάσπη με ευκάλυπτο - 40min - 70€
41. *Detoxifying Spirulina Wrap [Entire Full Body Wrap]* / Αντιοξειδωτικό επίδεμα σπιρουλίνας - 40min - 70€
42. *Soothing Mountain Tea [Face & Body Wrap]* / Βοτανοθεραπευτικό κοκκούδι ενυδάτωσης με τσάι του βουνού - 50min - 80€
43. *Bermuda Firm Plaster Wrap [Local epibema]* / Εφαρμογή επιδέματος τοπικά [σφουίξη-κτυπαρίδα] - 25min - 45€
**body wraps + scrubs \ bring batbers (or rip into our disposable underwear).*

Exotic Body Rituals

44. *Escape to Frangipani Island / Μάδαξη με πούδρα ρυζιού και ποτιό σανδαλόξυδου - μάσκα σώματος Frangipani-ψιδή βροχή βοτάνων στο πρόσωπο - 1hr & 15min - 130€*
45. *Secrets of Tropical Forest / Υδροβροχές-αποδέπιση με ποτιό καρύδας - μάδαξη με δερμές πέτρες - 1hr & 30min - 130€*

Day & Evening Packages for Singles & Couples:

47. The Aqua Marine “Detox” Integral by Phytomer

Duration: 1hr 30m, Session - Price: 175.00€/per person

Elevate your mind and set it up for a positive day with this classic thalassotherapy ritual. The patented active marine ingredients are present in extremely high concentrations in the professional “Phytomer” formulas for body care and beauty. The benefits of sea water, combined with the efficiency of the algae and lyophilised microalgae, guarantee exceptional results: this specific program gets you into shape, removes toxins, refreshes skin and grants you with a sensation of profound well-being.

The program includes:

- *1*Gommage Tonifiant: Salty gommage to eliminate dead cells; Invigorating and elasticising. Makes the skin perfect, velvety, and pleasant to the touch.*
- *1*Oligo-Marine Cocoon: lyophilised algae mask, highly active for detoxifying, draining, and recleansing tissues.*
- *11*Deep Tissue Sports Massage: Special blends of oils are prepared to penetrate your skin to sooth tired and aching muscles*
 - *Fresh Detox Juice*

Use of the Aqua Marine Spa hydrotherapy circuit as recommended by your consultant

48. Phytomer «Top to Toe»

Duration: 2hrs & 30min Session - Price: 240€

This is a fabulous top to toe experience. It starts with an invigorating back cleanse that exfoliates and smoothes the skin. Then a warm sea foam mud follows and a soothing back, neck and scalp massage completes the ritual. This wonderfully relaxing face and body ritual is designed to relieve key areas of tension and muscle tightness. Combined with the "Sea Pearl Water" Facial, the result is re-hydrated, nourished and protected skin as well as an overall sense of calmness and harmony that is complemented by a wonderful pressure point foot & leg massage.

The package includes:

- 1*Phytomer® Sea Salt Scrub [all over your back]
- 1*Phytomer® Self-beating Sea Foam Mud[all over your spine & shoulders]
- 1*Phytomer® "Sea Pearl Water" Facial
- 1*Neck, Back & Shoulder Massage
- 1*Dry Scalp Massage
- 1*Foot massage
- Fresh Detoxifying Juice

Use of the Aqua Marine Spa hydrotherapy circuit as recommended by your consultant

**A great way to start your day with this program and ideal in combination with a seafront stretch training! For more information our spa receptionists will give you more details.*

49. Deep Sea Purification by Thalgo

Duration: 1hr & 15min Session - Price: 160.00€/per person

It aims at purifying the whole body while renewing the spirit with this aromatic body experience tailored to meet each guest's skin needs.

The package includes:

- 1*Body scrub rich in trace sea minerals & pure essential oils
- 1*Detoxifying Algae Body Wrap
- 1*Ocean express facial transport you to a deep state of relaxation
- Fresh Detoxify Juice

Use of The Aqua Marine Spa hydrotherapy circuit as recommended by your consultant

The Indoceane Spa Ritual - 3 different cultures by Thalgo

Duration: 1hr & 30 min Session - Price: 160€/per person

The Indoceane Ritual is inspired by the deepest dreams of returning to our origins, becoming one with nature and reaching the blissful state of harmony of body and soul. Rich and powerful Thalgo ritual for beauty and sensuous harmony make this dream a reality. Immerse into the realm of delicate scents, smooth balms, and ingredients, music, flavours, exclusive massage: the Thalgo Indoceanne experience effectively combines these to make the treatment a one of a kind, unforgettable whole.

The package includes:

- *Mediterranean Step: Sweet and savoury body scrub to nourish and leave the skin velvety soft and smooth. A Blend of sacred lotus, brown sugar, salt and Mediterranean essential oils*
- *Indian Oil Massage: Indoceanne sculpting massage using a nourishing blend of essential oils to relax and revitalise you.*
- *Chinese Step: A body wrap that envelops the body in replenishing and regenerating softness.*

Use of the Aqua Marine Spa hydrotherapy circuit as recommended by your consultant

50. Rain Kissed Herbs & Fruits

The Aqua Marine Creation

Duration: 1Hrs 30min - Price: 160€/per Person

Restore inner balance with this life-embracing treatment, ideal for sharing with a loved one! Heal your face & body with organic indigenous Mykonian herbs, fruits & flowers.

The package includes:

- *1* Juicy scrub with poultice of prickly pears*
- *1* Reviver Massage with balsam blend of wild mint, Citrus and Basil Extract*
- *1* Organic facial based in milk, rose water & steamy drops of Tisane tea*
- *1* The Aqua Marine Healthy Meal*

Use of the Aqua Marine Spa hydrotherapy circuit as recommended by your consultant

Specific Packages available only for female:

51. Management Lipo_Sculpting Program

(Available for Women only)

by Phytomer

Duration: 1hrs 30 min - Price: 166€

This program uses lymphatic drainage, deep tissue local massages by LPG® and combines hydrotherapy with sea water elements to reduce “saddle bags”. The result will be: improved muscle tone and circulation, breakdown of “trapped” fat pockets, smoother tighter skin, visibly “melted away” cellulite. It is a buttock, hip and thigh treatment created to reduce cellulite, detoxify and stop spongy water retention.

The program includes:

- 1* Algae Multi-Active Bath
- 1* Sea Foam Mud [Local]
- 1* LPG® Lipo-sculpting massage [Local]
- 1* The Aqua Marine Healthy Meal

Three programs during the course of seven days stay are recommended for maximum benefits.

SPECIAL OFFER: *In the 3 day packages per week there is no charge for the 4th day Package - receive 45% total discount and save 166€.*

For more details contact our spa receptionists.

52. Pampering Yummy Mummy Day

All organic

Duration: 1hrs & 30min Session - Price: 160€

This is a relaxing, unwinding package for expectant mothers, targeting areas of aches and pains and rejuvenating the face and body to give ultimate radiance back to the skin. This cocooning ritual helps treat muscular aches, fluid retention, stress and fatigue.

The ritual includes:

- 1* Lower Back, Foot, Leg and Hand Massage
- 1* Organic Facial with Native raw ingredients
- 1* Partial Lymph Drainage [face, Neck and Décolleté]
 - 1* Relaxing Scalp Massage
- 1* The Aqua Marine Healthy Meal

53. Gold Flakes in Water

by Fleur's

Duration: 1Hrs 30 min - Price: 185€/per Person

The Fleur's "Gold Flakes in Water" treatment is an ideal ritual to eliminate dead skin cells. It is enriched with golden powder to mineralize and hydrate your skin. Feel around you ...the delicate scent of Artemisia and Passion flowers that envelop your senses,

The package includes:

- 1* Gold Veil Scrub
- 1*Fleur's Golden Bath
- 1* Fragrant Satin Envelopment Wrap
- 1*1br Radiant Facial
- Fresh Juice

Finishing Beauty Services for Female & Male

Hand & Foot Rituals for Female & Male

- 54. All Basic Manicure / Κλασικό μανικιούρ - 40min - 30€
- 55. Elegance French Manicure / Γαλλικό μανικιούρ - 50min - 40€
- 56. Polish Fine for Hand or Feet / Βάψιμο νυχιών - 10min - 15€
- 56. Pedicure Classic / Κλασική Φροντίδα ποδιών & νυχιών - 40min - 35€
- 58. The Ultimate Detail Pedicure / Οδοκαθρωμένη φροντίδα ποδιών & νυχιών - 1br & 15min - 50€

Waxing Services

- 59. Lip & Chin Wax / Αποτρίχωση άνω χείλους και στο πιγούνι - 10min - 20€
- 60. *Half Leg Wax / Αποτρίχωση κνημών - 20min - 35€
- 61. *Full Leg Wax / Αποτρίχωση μηρών και κνημών - 30min - 40€
- 62. *Arm Wax / Αποτρίχωση άνω άκρων - 30min - 30€
- 63. *Under Arm Wax / Αποτρίχωση μασχάλης - 15min - 25€
- 64. *Bikini Line Wax / Αποτρίχωση στη γραμμή Μπικίνι - 20min - 35€
- 65. *Brazilian Wax/ Αποτρίχωση Μπικίνι - 30min - 50€

*Please note that hair must be at least a quarter inch long to be waxed.

Heavenly Anagenesis

A true holistic experience...

A ritual that pampers you from head to toe!

Revitalization of the body and soul.

This program includes:

- Relaxing under fine drops of warm water, which cleanse your body and mind*
- Holistic facial ritual, that tones and refreshes your face*
- Healing hot stone massage which treats lymphatic blockages, concentrated stress energy, bad circulation.*
- Sole delight foot treatment*

Duration: 3hrs - Price: 290€/per Person

THE AQUA MARINE SPA **Descriptions**

Aesthetic Skin Care *Female Face Rituals*

1. Skin Care Refresh

An introductory facial, designed to nourish and soothe the skin. A personalized mask follows gentle exfoliation, which results in a clean and fresh face.

2. Ultimate Deep Rescue [Cleansing & Purifying Ritual] by Carole Franck

This facial begins with deep - pure cleansing by the latest enzyme peeling and steam to melt away any surface impurities. Extraction of black beads follows, if necessary. Then, a facial massage with personalized serum under calming aroma steam offers relaxation, before a cool, calming mask is applied gently to the face. This provides an Ideal combination for radiant and healthy skin.

3. Skin Hydra Cocoon by Phytomer

This superior deep hydrating facial will increase your moisture levels by 38% after just one treatment. It begins with Vegetal® exfoliation activated by steam, followed by specialized warm boluses massage combined with Oligomer serum. You will then experience a true, moisture splash with a cool compressed mask applied to your face and neck line with an intensive moisturizing Pheoydrane® fluid. To enhance the benefits, a second lavish sea pearl mask is applied to leave your skin supple and hydrated.

4. Extraction Synergy & Calming Mask

This short therapeutic synergy includes steam, extraction, ozone sterilize and a soothing masque. Recommended for light oily epidermis, as an ideal facial to prepare the skin before an anti-aging treatment.

5. Enzyme Resurfacing Peeling & Calming Mask

These advanced resurfacing techniques, safely and effectively, remove the thickening layer of the epidermis and the skin is left incredibly clean and radiant. A hydrating soothing masque completes the synergy.

6. Derma - Skin Relief by Phytomer

This highly concentrated calming treatment is perfect for very sensitive, rosaceous skin types or sun burns. This facial begins with a plant extract exfoliation. Massage by Phytomer patented serums follows. A cool soothing specialized mask that will help diminish any redness in your skin is then, applied to your face. [This facial is also recommended as a post-op laser, derma-abrasion, acid peels or any treatment that may have traumatized the skin.]

7. Antiseptic Synergy for Acne by Carole Franck

A gentle 75-minutes facial that aims at clearing blemishes while improving the texture and appearance of your skin.

This facial is geared towards clarifying the complexion of the skin and reducing redness. It includes gentle cleansing, enzyme peeling, steam lavender essential oil, removal of all the blackbeads and a sterilization phase. The treatment is completed with an antiseptic mask that will calm the skin.

8. 1001 Monoi Flowers by Fleur's

Our ultimate pampering facial intends to pamper you as well as to improve the skin tone.

Based on original Asian moisturizing rituals, combined with a "cocktail" of organic ingredients, honey, Monoi flowers, borage, wax essential oils of narcissus and karite' butter with holistic lymphatic drainage to revitalize tissue, protect and nourish the skin for an improved overall appearance.

9. Transdermal Hyaluronic Filler & Cell Repair Patch by Thalgo

As a major component of skin, Hyaluronic Acid serves a vital function in tissue repair and healing, cell proliferation, providing elasticity and filling up space in tissue.

As an active ingredient in this topical anti-aging treatment, Hyaluronic Acid skin care has proven to be effective in plumping and firming sagging skin, diminishing fine lines and wrinkles, as well as treating acne scars and healing damaged skin.

10. Sea Water Oxygen Contour by Phytomer

Environmental stress, business pressure, lack of sleep and bad nutrition can result in dull, lifeless and sallow skin. This facial promises to give light and oxygen to your face. It combines 87 different micronized minerals, vitamins, amino acids, enzymes and pure oxygen that clean, nourish and revitalize every cell of the face. At first, the skin is gently cleansed and then exfoliated with enzyme products. Marine oxygen pearls are enhanced through wax massage and a rubberized aqua lift mask follows. Finally, a moisturizer rich in marine spring tonic water is applied in order to complete the oxygenation and firming of the face. A facial that improves the radiance, appearance and texture of the skin.

11. Caviar Nutri-Essence by Carole Franck

This facial provides cellular nutrition through a specialized caviar treatment, breathes new life to the face and gives you a luminescent glow!

This is a unique two-phase treatment. The penetrating phase contains essential oils that stimulate the skin, acting as a [pathway]. The second phase works with a hyper-active complex, which is a balanced blend of seaweed protein, poly-glucuronic acid combined with caviar from the prized and precious beluga. An invisible mask is applied lavishly, to ensure maximum effectiveness: skin texture, tone and vitality show immediate improvement.

Male Face Rituals

12. Men's Grooming Facial

A treatment that aims at purifying, toning and revitalizing the skin. It is designed to clear the skin of grime, remove black beads and leave you with a healthy and radiant face. This facial starts with gentle cleansing, steam and enzyme peeling. Then, you enjoy the application of a skin specific mask and feel the freshness of a cool tonic. A light protection lotion completes this ritual.

13. Detoxifying Back Facial

Classic European Facial for your back. It includes deep cleansing, exfoliation under steam, extraction of impurities, ozone sterilize and soothing masque. Suitable for all skin types.

14. Derma-Skin Relief

If your skin feels warm, irritated or sensitive, you will greatly appreciate this cold program. It begins with a preliminary gentle cleansing and application of a soothing concentrate, followed by a calming gel mask that releases the purest, most healing ingredient: sea water. This calming facial leaves the skin with a sense of comfort and refresh.

**Please shave no sooner than four hours prior*

15. 2 Phases Eye Collagen Cure_ The Line Filler!

An effective treatment to combat wrinkles and reduce puffiness around the eyes. A refreshing mask follows an application of pure collagen. Your eyes will be noticeably rejuvenated.

May be added to any facial.

for Female & Male

Focus to Detail!

16. - 18. Semi-permanent Tint for Eyebrow & Eyelashes

Semi-Permanent tint is especially recommended for fair-haired individuals who want to add a little emphasis to their eye area. This treatment is great for men too.

Hydrotherapies

19. Indoor Ozone Therapeutic Pool

A hydrotherapy that combines ozone and the healing powers of sea water. Ozone is an immune system modulator and has powerful analgesic properties. From a naturopathic perspective, ozone supports body detoxification and helps the lymph system.

Benefits: The most important health benefits of ozone pool are as follows:

- As you sit and relax in the ozone pool, you will be bathed by millions of powerful bubbles delivering an intensive thermal massage that penetrates deep into your muscles, joints and internal organs.
- As you swim in the ozone pool, elements of sea water and O₃ will penetrate and oxygenate your whole body and will offer you a thorough detox and healing sense.

20. Unique Vichy Shower

The Unique Vichy Shower experience... One of the most soothing experiences we can offer to our clients!

It combines the healing power of water and the therapeutic benefits of massage in one blissful experience. The Tropical Rain Mist hydrotherapy is a light rain treatment that detoxifies, hydrates, and intensely relaxes you, spiritually and physically. This utilizes our multi-head shower system, hanging over a special table that can be adjusted to provide either light fine drops of warm water or higher pressure to target specific tension areas.

A perfect way to prepare skin to receive the ultimate benefits from one of our Signature Rituals or Scrubs.

21. Carole Franck-Aromatherapy Bath Tea

It transforms into a creamy milk bath in contact with water and cloaks the body in a shimmering moisturising veil. Tension slips away!

22. Phytomer-Blue Lagoon

This luxurious hydrotherapy combines the efficiency of marine actives with the sheer pleasure of a deliciously perfumed lagoon blue bath

Edermologie LPG®

23. Deep Tissue Massage [Partial]

The Edermologie Therapeutic Massager is based on a patented process. It uses rollers and gentle suctioning to deeply massage affected areas, increasing circulation and expelling toxins. You will languish in the soothing, yet invigorating sensation of a deep tissue massage with Edermologie. Feel your tension subside as the rollers lift, stretch and mobilize the tissues of your skin. Leave your session feeling calm and refreshed and revel in the astonishing results of the new you!

24. Lipomassage

FDA approved Edermologie as the only proven cellulite-minimizing technique that can reshape the body. Lipomassage is a technique that evolved from Edermologie. It offers a scientifically proven solution for areas of fat retention, cellulite and loose skin. Now, without the down time and travail of invasive procedures, it is possible to reshape the body and help reduce inches - with long lasting, scientifically proven results.

Signature Massages all over the world

Asian inspired massages

25. Indy Scalp Massage with Upper Back & Shoulders India

An amazing treatment that begins with repeated applications of warm cocoa butter & Karite' blend for lustrous hair. The massage starts at the shoulders, continues to the upper back and scalp and finishes with hypnotic point work on the face.

The most powerful 25-minutes treatment on the planet!

26. Grounding Thai Foot Ritual Massage

This stress-relieving experience is inspired by traditional Thai foot massage. It's like reflexology without the 'ouch'! Ginseng, Ginkgo and stimulating bamboo help to increase circulation and remove impurities. A massage at the lower legs and feet involves a variety of traditional techniques including graceful, two-handed palm movements and acupressure utilizing a Thai Mabogany stick, to stimulate the reflex points on the feet.

27. Teen's Vanilla Massage

Ideal after Jet Ski tour, the sweetly soothing vanilla monoi oil used in this massage, designed just for you, will help your skin's hydration.

Therapeutic Manual Massages

28. Traditional Muscle Relief Massage Greece

This authentic made-to-measure massage is purely therapeutic (applied) given only by healers in monasteries.

The cure trinity includes properties of native St. John's Wort, bee propolis and mountain tea, blended with wax to produce a phenomenal restorative butter.

Pleasantly warm butter blend includes special relief strokes, which restores the nerve system.

All the above will help you experience a deep regeneration, soothe your mind, nurture your spirit and let you glide into the best sense of well being.

29. Medicinal Aromatherapy Massage

A deep regenerative experience, with the use of warm nourishing carrot oil, plants and effective aromatherapy. Our healing hands and warm herbal poultice open the pores and bring a deep medicinal heat to the muscles, releasing tension, nurture your spirit and let you glide in to the best sense of well being. Choose between 'feet & leg' or 'full body' version.

30. Hapa Lomi (half session) Hawaii

This is an experience called Lomi out of the breaking waves. This massage has been practiced for generations by the ancient Kabumas [Hawaiian healers]. By using light to deep pressure, this nurturing relaxing massage is given in fluid, rhythmic motions with forearms from hand to toe.

Lomi Lomi Nui feels like massaged by the gentle ebb & flow of the ocean tide, as it caresses the sand. The fine exotic aromas of Hawaii are captured in this very relaxing experience.

31. Healing Stone Massage American

Feel cradled by mother Earth and eliminate your tension with this Therapeutic and relaxing massage. The healing energy of stones is combined with a gentle massage for absolute bliss.

72 smooth warm basalt river and marble stones from the sea combined with coconut oil & mango butter glide across your body in long, flowing strokes and leave trails of heat flowing upward from your feet, through your legs and swirling all over your back.

Simultaneously, other stones are placed on your body's energy points, deeply infusing muscles with heat to eliminate the tension.

The heat of the stones relaxes the muscles and has a soothing effect on your emotions.

During this treatment you'll experience total peacefulness and deep relaxation.

Specific massages

32. Deep Tissue Sports Massage

This type of massage is personalized to focus on the areas of your body that are affected by tension and stress. Special blends of oils are prepared to penetrate your skin, to soothe tired and aching muscles. This unique discipline encompasses techniques, recovers chronically fixed tight muscles and is utilized in professional sport to warm up and release muscles prior to events.

33. Neck, Back, & Shoulders Greece

Grand mamma's" Classic massage, using a variety of traditional Greek techniques and strokes.

Warm certified organic infused olive oil & crystals of camphor are used in a rhythmic way, followed by a hot towel treatment. As the oil is massaged into the skin, it penetrates deep into the tissues to loosen toxins (which are fat-soluble) at a cellular level. It is great for increasing circulation, improving overall skin tone and soothing tired muscles. This massage builds up immunity for a healthy life.

This rhythmic massage focuses purely on the back and shoulders area to relieve stress and muscle tension. The key techniques of the deep tissue muscle massage are experienced in this mini massage.

34. Lymphatic Drainage Massage Germany

Manual Lymph Drainage is an advanced form of massage that aims in stimulating the lymphatic system, to revive congestion and stagnation from within the body and help it return to balance. LD massage is a therapy first developed in Europe - our trained therapist using distinctive, manual processes and gentle, rhythmic, pumping techniques, stimulates the lymph to flow faster and more efficiently, thereby detoxifying the body through speeding up the removal of cellular waste. The result is a rested body and cool, rejuvenated legs.

Other benefits include:

- Reduces local puffiness & edemas (water retention)
- Stimulates a sluggish immune system
- Enhances the beauty and health of the skin (regenerate tissues)
- Available Partial and Entire Body

World Body Rituals for Female & Male

Scrubs

35. Asian Styled Lemongrass Body Scrub

Natural sea salt flakes, organic lemongrass oil and a mélange of nourishing oils with butters are gently massaged over the body, to remove rough dry skin, leaving the skin silky smooth. An energizing lemongrass body lotion application further nourishes and moisturizes the skin.

36. Nourishing Coconut Body Smoothie

The body is gently exfoliated using our freshly prepared, shredded coconut scrub. It concludes with a relaxing and nourishing oil massage application. Ideal after pregnancy.

37. Native Salt Grotto Scrub

Lie back on the massage table and get ready for a relaxing revitalizing experience!

As you lay on your stomach, your massage therapist rubs the aromatic scrub into your skin and the grotto salt creates a peeling effect, removing those pesky dead skin cells and intensifies circulation, leaving your skin baby soft.

After fifteen minutes of this relaxing scrub massage, your therapist will guide you to the shower area where you will rinse. Finally, she will apply a nice coat of hydrating, nutrient rich oil on your afresh skin.

We recommend that you visit the steam & sauna after this treatment.

38. Phytomer Marine Gommage

Rich in Oligomer and marine salts, this toning scrub eliminates dead skin cells and provides the mineral salts and trace elements that are essential for the body.

Please, shave no sooner than 48 hours prior

Wraps

39. Phytomer Self-heating Marine Mud [Full Body Wrap]

Active, bubbling foam awakens all sensitive points in the reflex zones during the entire treatment. This original form of stimulation turns the treatment into a unique moment of well-being and serenity.

40. Eucalyptus Moor Mud [Full Body Wrap]

Breathe in and breathe well as the combination of Eucalyptus, pine and elements of the mud combine to create a phenomenal healing mask. Harvested from Hungarian mineral springs, organic Moor Mud is the catalytic ingredient in this detoxifying body wrap. It is used not only to beautify, but also to cure from mobility problems, arthritis and hormonal imbalance to post surgery recovery and muscle recovery in sport medicine. Its actions are thermo-physical, biochemical, anti-aging and anti-inflammatory. In World War II (before the development of penicillin) moor mud was widely used in the treatment of wounds in form of wraps, bandages or paste.

41. Detoxifying Spirulina Wrap [Entire Full Body Wrap]

Spirulina is a superior antioxidant organic algae that helps in oxygenating cells, promotes tissue repair and draws impurities from the skin. It also helps in nourishing, stimulating and remineralising the body.

42. Soothing Mountain Tea [Face & Body Wrap]

A wrap that offers immediate relief from sunburn or sensitivity, due to excessive sun exposure. This soothing wrap cools and desensitizes skin by combining lavender water, mountain tea and chamomile.

A ritual that heals desensitizes and decreases skin temperature.

43. Bermuda Firm Plaster Wrap [Local epithema]

Natural Ocean scent

The natural healing benefits of the sea are used to help improve body firmness and redefine the figure. An excellent treatment for metabolic stimulation of the skin. It is ideal for cellulite, stretch marks or weight loss programs.

Experiences Rituals Exotic Rituals

44. Escape to Frangipani Island

Get your tropical fix!

This multi-sensory comprehensive mind, body and soul ritual includes a full body, totally relaxing scrub massage -with an exotic mix of Rice, Hibiscus, sandalwood powder (that is almost hypnotic in effect), that is used to gently exfoliate and revitalize the skin, creating a natural glow. After the scrub massage, you will experience deliciously warm cocoon rich in macadamia, beliotrope, Tahitian monoi tiare and frangipani oils over you. While you are wrapped, the highly therapeutic blend, based on Karite' butter aims to condition & rejuvenate the hair and scalp. The result is balanced, healthy complexion that is easy to maintain.

45. Secrets of Rain Forest

"From Faraway Lands... Warm, Deep & Captivating"

A wholly holistic experience...

You enter into a private room where a therapist brings you to a state of a deep relaxation.

Receive an energizing experience by a horizontal, seven-shower bead massage combined with an explosive aromatic tropical-fruits body scrub. Feel relieved with a lavish healing massage all over your back side, along with the use of hot basalt stones that work deep into the muscles to ease away tension and stress. The ritual is completed by a steamy, moisturizing, botanical blend, based on wild roses to give you a sensational feeling!

46. Seafront Stretch Training

This is a holistic way of health that includes physical, emotional and mental wellness of the individual. The Aqua Marine Spa offers, from the privacy of your room or sea front, a variety of personalized exercises. This outdoor, stretching program; is invigorating and has health and fitness benefits. It is a style that is practised in the fresh air, on an organic surface.

Practicing stretching outside has many benefits:

Deep breathing sequences are more fulfilling in natural sea flowing air.

Being in nature helps you forget your personal problems.

Under the sun, the vitamin D raises serotonin levels and that increases happiness!

**Please wear comfortable loose-fitting clothing. Not recommended during pregnancy or for those with joint replacements.*

Hand & Foot Ritual for Female & Male

55. Basic Manicure

A traditional manicure that includes nail shaping, cuticle care, hand lotion and your choice of polish or buffing to a natural shine.

56. Elegant French Manicure

Following an express manicure, a professional application of pale pink nail polish with a soft white polish on the tips, leaves you with elegant and natural-looking hands!

57. Fine Polish for Hands or Feet

Beautiful nails could be easier, with a nice looking polish.

** preserve your polish: wear open-toed shoes for the feet treatment*

Classic Pedicure

A mini version of our spa pedicure, recommended for "busy" people who need less work and a faster treatment. It includes nail polish, if you wish.

58. Ultimate Grooming Pedicure

The ultimate indulgence for needy feet. Cracked heels and tired feet will appreciate a whirlpool bath; exfoliation and Turkish towels. A lime salt scrub is used to smooth any excess dry, cracked skin, corns and calluses.

Nails are cleaned and shaped, your feet are massaged with a lavender cream and finally the ritual is completed with a warm butter mask of mango, that leaves a sensation of richness and healing action on your skin. With polished and dusted with powder feet, you'll be proud to show off! This is a sensory sole delight foot ritual that leaves your walking on air!

** preserve your polish: wear open-toed shoes for feet treatment.*

Body waxing Rituals for Female & Male

59. - 65. Body Waxing for Female & Male

At The Aqua Marine Spa we use the highest quality of honey & Azulene® wax that is designed for very sensitive skin types. You will receive fast and thorough waxing care that will leave virtually no redness and swelling. All treatments are followed by soothing lavender oil that is massaged in to the skin to reduce redness and sensitivity. A warm towel (with antibacterial lotion) is then applied to larger areas to rinse-off. Finally, pantbenol® cream is applied to the whole waxed area.