




Please call or visit us for a complimentary consultation.



the
spa

A large, light gray decorative floral pattern covers the page. It features stylized flowers with five petals and intricate, swirling vine-like leaves. The pattern is arranged in a grid-like fashion, with some elements overlapping. The text is centered within this pattern.

"ΣΑΥΤΟΥ ΜΗ ΑΜΕΛΕΙ"
"DON'T NEGLECT YOURSELF"



SPA INFORMATION

Reservation

To make a reservation please contact us from your room or come directly in our spa.

Cancellation Policy

Please give us 6 hours notice before any cancellation to avoid a 50% service charge.

Health conditions

Inform your therapists of any medical conditions, surgeries, allergies or pregnancy as some treatments may be inadvisable based on these conditions.

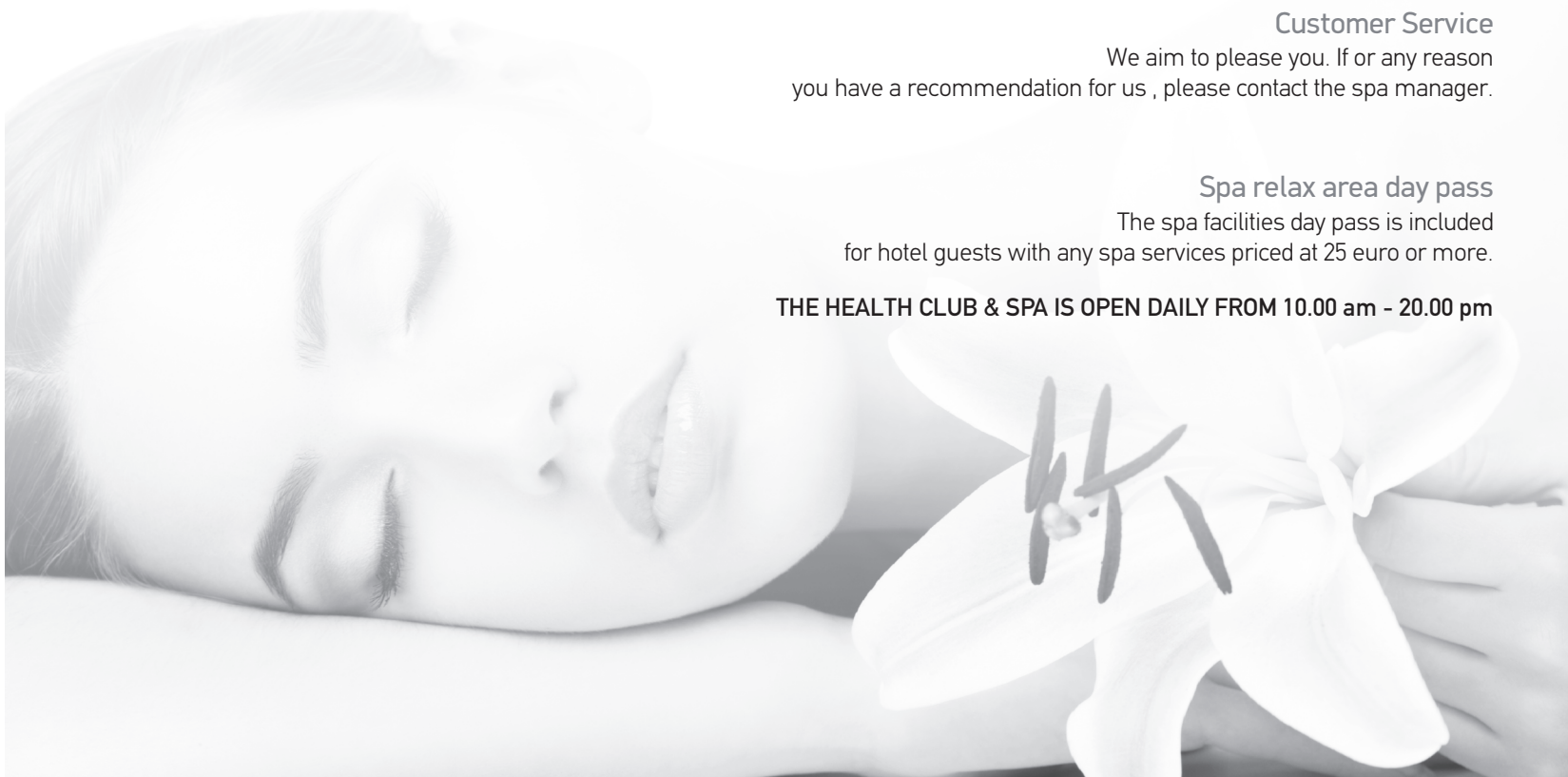
Customer Service

We aim to please you. If for any reason you have a recommendation for us, please contact the spa manager.

Spa relax area day pass

The spa facilities day pass is included for hotel guests with any spa services priced at 25 euro or more.

THE HEALTH CLUB & SPA IS OPEN DAILY FROM 10.00 am - 20.00 pm



FITNESS /SPA RELAX AREA

It includes a lavishly equipped fitness center, hydro pools, thermal room relaxation. For appointments please call or visit us for a complimentary

☪ Daily Pass For The Gym

It includes a lavishly equipped fitness center and hydro pools

1 Day 5€

☪ Daily Pass For The Gym

Sauna, Jacuzzi & Hammam
Indulge in a truly sauna, jacuzzi & steam bath experience for an entire day of relaxation.

1 Day 10€

Fish Spa Pedicure

Your feet are being immersed in the lovely pool of warm, crystal clear water where the specially bred doctor fish will give you an amazing pedicure

1 min 1€

Yoga

Excellent for increasing levels of flexibility and concentration. Achieve optimum results with beginners and experienced yogi classes. Choice of: Classic-Strech-Power Yoga. Minimum classes of three.

60 Minutes 15€

Pilates

This exercise system combines posture and a series of controlled movements. Our class is mat, or ring, or ball based for all levels of students. Learn how to improve your flexibility and strength with the assistance of a trained fitness instructor.

60 Minutes 15€

Capoeira

An exciting Brazilian warrior dance, which is an excellent total-body exercise. This Dance is accompanied with a special Brazilian music and improves balance, flexibility and strength. Minimum classes of three.

60 Minutes 15€

l rooms and Jacuzzi. All the amenities you need for an entire day of
entary consultation.

Latin Dance Fusion

Dancing is a friendly and sociable activity and makes you feel great. No experience necessary, anyone can learn. We don't expect you to know a thing about dancing before you come along. Choice of:

- Cuban Salsa
- Cha-Cha-Cha
- Rumba (Latin)
- Merengue
- Mambo
- Zumba
- Minimum classes of three.

60 Minutes 15€

Strength classes

In this strength training workout, we will lead you through a variety of exercises designed to built muscles you never know you had. Choice of:

- Trx suspension
- Total body strength for seniors
- Abdominal fusion
- Boot camp
- Ladies specials
- Men's only

Minimum classes of three.

60 Minutes 15€

Outdoor Sports Activities

The health club and spa will recommend for its guests those specialists responsible for a full range of outdoor sports activities ,such us:

Racket Sports

- Tennis
- Squash

Adventure Sports

- Rock-climbing
- Horse- riding

Water Sports

- Kite/Wind serf
- Scuba diving

Water Rides

- Jet ski touring
- Banana Ride

Please contact the spa reception for a more detailed information



Please check for the availability of this service on your hotel or any special offering from your travel agent

MASSAGE TREATMENTS

We offer massage in various styles to ensure that you receive the ma
ter and organic virgin olive oil is added to any massage treatment for (

20 Minutes Massage 25€ / 30 Minute Massage 35€ / 50 Minutes M

Balinese Head Massage

A wonderful way to begin your spa experience. Enjoy a relaxing head, face and neck massage with exotic lotus and frangipani flower butter.

Aromatherapy Massage

A classic Swedish with some versions of lymphatic drainage massage, using a variety of relaxing aromatherapy fragrances. You will wake up feeling deeply relaxed and smelling wonderfully aromatic.

Deep Tissue Sports Massage

A deeper massage using a blend of eastern and western massage techniques, that will release you from chronicle muscle tension and stiffness.

Reflexology and Oriental Foot Massage

A foot massage followed by a pressure point massage using the fingertips and small wooden tools, in specific areas of the soles. The manipulation of each specific area causes a reflex action in another part of the body.

Hot Stone Massage

Cocoa butter delicately blended with honey and vanilla drenches the body with moisture, while a therapeutic blend of deep tissue, aromatherapy and the heat of the stones soothe and heal tired muscles.

Lava Shells Massage

Enjoy a tropical massage with real shells from the Pacific Ocean that create a really unforgettable experience adapted to your personal needs.

Rhodian Specialty Massage

Body remedies with natural indigenous ingredients have been used in Greece for centuries. Lauriel oil blended with olive oil, thymian and rosemary, nourishes the skin during a healing and rejuvenating body and scalp massage.

Rhodian Herb Massage

Rhodian herbs such as fresh camomile, calendula, hibiscus, orange and mallow blossoms applied to warm the muscles and relieve tension.

Phytomer 's Back Massage

This treatment combines deep cleansing and a super relaxing massage of the back, scalp and feet, combined with detoxifying marine products.

massage that your body needs. Rich mixture of aromatic cocoa butter for deep moisturizing of the skin.

15 Minute Massage 60€ / 80 Minute Massage 90€

Deep Barefoot Back Walking

The therapist provides pressure along the body's meridians by "walking" on the body and balancing their weight with a rope attached to the wall, followed by a traditional Thai massage and finishing with a relaxing aromatherapy oil massage.

Thai Massage

This 2500 year old healing tradition performed on a floor mat is similar to that of assisted yoga. The therapists use thumbs, fingers, forearms, elbows, knees, feet and yogic stretches to apply pressure on the body.

Thai Herb Massage

A steamed compress of Thai herbs (lemongrass, ginger, prai and camphor) are steamed, touched and then pressed on the body.

Indian Ayurvedic Full Body Massage

Is the ancient traditional healing system of India handed down from generation to generation by the elders. The most important aspect of ayurvedic massage is the three-dhatu that divides all people in this world in 3 categories (body types) : Vayu or Vata -Mayu or Pitta -Valasa or Kapha).

Unique to its body type, herbal medicated oils such as (dhanvantaram, karpooradi, kottamchkkadi, balsawagandadi / thailam) are applied with rhythmic long connected strokes.

Asian Trilogy

Our signature massage, Asian trilogy, captures the rhythm of Asia. It features signature aromatherapy fragrances, Thai yoga techniques to loosen tight muscles and a blend of hot stone massage lovingly woven together.

Hawaiian Lomi-Lomi Massage

This traditional Hawaiian massage is a sacred healing art, that involves rhythmic movements using the forearms in long connected meditative strokes, that will cover you from head to foot and back.

Couples Massage

Any of the above massage may be enjoyed on side by side massage tables, within the same treatment room within the spa or in an open air cabana.

4 Hand Massage

Any of the above massage may be enjoyed by two or more therapists, working in harmony with each other, providing a truly unique healing experience.

 Indicates Rhodian Specialty Spa Favourites

The spa facilities day pass (sauna / hammam / jacuzzi / gym) is included with the purchase of any massage treatment

FACIAL CARE

All our facial treatments begin with a personalized consultation from our experts, followed by the usage of the appropriate products for your skin, incorporate into the treatment.

20 Minutes Facial Care 25€ / 30 Minute Facial Care 35€ / 50 Minutes Facial Care 45€

Bio olive tree skin brightening

Precious ingredients, untouched in their purity, like organic olive tree extracts, floral waters, organic plant extracts are carefully selected in this line for their abilities to deliver results against premature ageing and dehydration.

Natural Green Clay Facial Care

This facial care uses a natural green clay masque enriched with aloe vera and spirulina, nature's most powerful antioxidant discovered today. To regulate oiliness, health and vitality on your skin.

Pure Chocolate

Facial and neck tension are soothed with a banana cleanser massage, the skin is rejuvenated using cocoa scrub while a masque of pure chocolate leaves the skin toned and hydrated.

Eucalyptus And Wild Thyme Facial Care

This ancient modality care incorporates eucalyptus, wild thyme, camphor, chamomile, and hamamelis extract to detoxify and deeply nourish your skin.

Red Wine Radiance Facial Care

The powerful anti-aging red wine extract, naturally stimulates the production of collagen to reduce even the deepest wrinkles, while vitamin C improves skin's elasticity and restores the contours of the face.

Pure Caviar Anti -Age Care

An advanced facial treatment that uses a rare blend of caviar & marine dna extracts from salmon eggs to boost stressed and undernourished skin.

Yogurt mouse Facial Care

An aromatic papaya pineapple enzymatic peeling, that delivers a fresh and radiant glow to your skin, followed by a hydrating yogurt mouse mask, will prepare your face for a pressure point massage, based on Thai-Indian techniques, using especially botanical extracts.

Collagen Eye Lift

An eye treatment that uses enzyme products to stimulate the skin's production of collagen. Brightening and lifting the skin around the eyes.

Pure Gold 23 Karat Facial Care

Quite literally stardust, the properties of gold are electrifying, speeding up cell renewal through its powerful magnetic forces while evoking a brighter and more clarified skin texture and complexion.

From our skin experts, to ensure your specific skin requirements and to the treatment of your choice.

15 Minutes Facial Care 60€ / 80 Minute Facial Care 90€

Phytomer 's Marine Breeze Oxygenating Purifying Treatment

Luminosity is restored to the complexion and the skin is cleansed and purified. This relaxing treatment is ideal for combination, oily or clogged skin and is designed to oxygenate and purify.

Japanese Lotus And Neroly After Sun Facial

Directly inspired by Japanese beauty rituals These facial care adopts all the charm and luxury of Japanese beauty secrets. Each product in this line has been carefully developed according to the island's tradition, based on those two emblems of Japan, lotus and neroly.

Phytomer 's Seawater Pearls Quenching Moisturizing treatment

The unique combination of seawater pearls and algae caviar in an ultra-moisturizing treatment to visibly plump the skin, and give a radiant complexion providing optimal relaxation.

Exotic Frangipani Bridal Ceremony

It includes a lulur exfoliant that has been a traditional care for centuries, offered to Balinese brides in order to soften and to embellish the skin. A facial masque and a Heavenly application of frangipani flower butter completes the treatment.

Phytomer 's Douceur Marine Comforting Soothing Treatment

Recommended for skin that is sensitive or subject to redness. This cocoon treatment softens the skin and improves its defense for a soothed and ideally hydrated epidermis.

Oriental Argan & Rose Oil Facial Care

First step is the deep cleansing of the skin with black eucalyptus soap and Syrian rose water, followed by a natural cleansing rassul honey mud. The care completes with a facial massage using a mixture of pure argan and Moroccan rose oil to revitalise and deeply nourish the skin.

 Indicates Rhodian Specialty Spa Favourites

The spa facilities day pass (sauna / hammam / jacuzzi / gym) is included with the purchase of any facial care

BODY CARE

The body treatments may be enjoyed in a 60-minute session or in an the treatment or to add a 20 minute facial care, to take the sensation c

20 Minutes Body Care 25€ / 30 Minute Body Care 35€ / 50 Minute:

Organic extra virgin olive oil body polish

A mild body cleanser enriched with moisturizing olive extracts and ginseng prepares your skin for a foaming body polish with natural olive stone granules and wheat protein. For perfectly smooth skin a herbal cream enriched with organic extra virgin olive oil, antioxidants and vitamin E is applied.

Natural cocoa butter & chocolate

Finely ground particles of cocoa beans vigorously exfoliates the outer layer of the skin while green tea extracts and rise proteins penetrate for deeper exfoliation and detoxification. A heavenly application of cocoa shea butter and pure chocolate mud completes the treatment

Yogurt Mouse Facial & Body Hydration

The ultimate island hydration treatment begins with a natural exfoliation to soften the skin. The body and the face is then soothed with a healing gel of yogurt mouse masque and strawberry serum. The lush ritual is completed with a combination of the best of Hawaiian and Ayurvedic full body massage techniques.

Thalassotherapy Detoxification

& Anticellulite Treatment

A high performance mineral marine algae treatment that works at the deepest level to cleanse the body from the inside out and refine your body contours. For best results a 5-session program is recommended.

Lime, Sweet Orange & Grapefruit Tension Reliever

Specially purified honey & coconut, deeply polish the body by removing toxins and damaged cells. The body is then soothed with a healing gel of lime, sweet orange and grapefruit. Close your eyes and drift away as a Balinese head massage follows.

Exotic Tiare Flower & Aloe Vera Body Nourish

Exotic Polynesian tiare flower, aloe vera & honey that is renowned for its extraordinary healing properties are applied to tender and deeply moisturize dehydrated or sun damaged skin

an 80 minute session if you wish to extent the massage portion of
on of well being to a new level.

Phytomer Body Care 60€ / 80 Minute Body Care 90€

Phytomer 's Satin Shimmer Salt Exfoliation

A whole-body exfoliation using a sugary, sleek texture of salt crystals combined with a moisturizing massage with lightly perfumed moisturizing milk for an express beautifying treatment that leaves the skin soft and silky.

Japanese Lotus & Neroly

This signature Japanese beauty ritual it features exfoliating mitts and a luxurious rise based scrub gel to use, while bathing under an enriched-honey mask you will experience a deep sense of relaxation while a hydrating lotus and neroly butter nourishes your skin and gently unfold the spirit and essence to this soothing treatment

Phytomer 's Firming Body Wrap

Following exfoliation, a highly active gel wrap is generously applied to the whole body before it is wrapped to assist with the diffusion of marine ingredients. A complete body massage is performed using luxuriously perfumed products which concentrate the revitalizing benefits of seawater.

Frangipani Flower Body Cer- emony

This traditional Bridal body ceremony Is an ideal after sun treatment. Begins with a natural exfoliation (lulur exfoliant) to soften the skin. Our most delicious application of frangipani ,rose and honey will leave a delectable fragrance on your smooth and lustrous skin.

Phytomer 's Marine Heat Wrap And Massage

This treatment is based on the renowned esthetical technique of heat wrapping. Gentle exfoliation using a marine sponge at the start of the treatment stimulates the epidermis. The selected marine wrap is then applied to the whole body and is activated by a gentle warmth. A total body massage at the end, leaves you beautifully relaxed and rehydrated.

Oriental Full Body Cleanse and Exfoliation

This reviving and cleansing experience commence with a brisk rubbing of the skin using black argan oil soap and loofa sponge. An ancient body remedy of rose water is applied before the body is cocooned in a cleansing rassull geranium mud. A spicy aromatic lotus and neroli emulsion completes the treatment.

 Indicates Rhodian Specialty Spa Favourites

The spa facilities day pass (sauna / hammam / jacuzzi /gym) is included with the purchase of any body treatment

TREATMENT ENHANCEMENTS

Add a 15-minute treatment enhancement to any massage, body treatment or facial. Use your choice of:

15 Minutes 18€

Exotic Frangipani Hair & Scalp Treatment

A tropical blend of lotus and frangipani oil restores luster and shine to sun-damaged hair.

Papaya- Pineapple Foot Treatment

Add a vigorous foot exfoliation with enzymatic papaya-pineapple scrub and a hydrating massage with aromatic lotions.

Bathing rituals

A wonderful way to begin your spa experience. Sink down into the warmth of graceful flowing waters, while bath salts infused with aromatherapy oils melt away tension and prepare you for your day at the spa.

Hot stone

Warm volcanic basalt stones is used to massage the body and placed on key energy points on the body.

Herbal compress

A heated aromatic herbal poultice filled with a variety of herbs brings medicinal heat to muscles, opens pores and release tension and stress.

Cocoa butter

Pure aromatic cocoa butter bars can be added to any massage for deep moisturizing of the skin.

Facial waxing

It includes a lip, eye brow and chin waxing.

Collagen leaf masque

A hydrating collagen leaf masque hugs the contours of the face, leaving the skin 's surface noticeably smoother.

Eye collagen leaf masque

Reduce fine lines and wrinkles and restore an overall more youthful glow.

BATHING RITUALS

Slip into a deluxe whirlpool tub while bath crystals infused with aromatherapy oils melt away tension and prepare you for your day at the spa.

25 Minute 20€

Phytomer 's Oligomer Pure Invigorating Bath

The art of modern thalassotherapy in a jacuzzi filled with marine ingredients

Aromatherapy thymian herb water journey

Sink down into the warmth of graceful flowing waters, while bath salts infused with thymian herbs melt away tension and stiffness.

Cleopatra's milk bath

Cleopatra instinctively knew that bathing in milk, honey and rice exfoliates the skin and delivers a soft and silky skin. Now you too can indulge in this pleasure.

BEAUTY CARE

Nail Care

Manicure	25€
Pedicure	30€
French manicure	30€
French pedicure	35€
Deluxe spa manicure	40€
Oriental spa pedicure	45€
Shape & nail polish	15€
Nail polish change	9€

Make -up

Soft look	25€
Night look	30€

Waxing

Half leg	15€
Full leg	20€
Bikini	15€
Underarms	10€
Eye brow	9€
Lip	9€
Back	20€
Chest	20€

Tanning services

Solarium Ultra Sun 3500.....	1 min 1€
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HAIR SALON

The hair salon, adjacent to the spa, offers guest full service, high-end treatments for colours, cuts, and styling.

TREATMENT PACKAGES

Let us customise the perfect package to address to your preliminary consultation. All packages include a relaxing

Turkish bath ritual

60 minutes 35€

Herbal steam	10min
Aromatic sauna	10min
Hot jacuzzi bath	10min
Body scrub	15min
Soap massage	15min

Body and face package

2,5 hours 110€

Herbal steam/sauna/jacuzzi	60min
Caviar facial	30min
Collagen eye lift	20min
Back, neck and shoulder massage	20min
Foot and ankle massage	20min

Relaxation package

80 minutes 50€

Herbal steam	10min
Aromatic sauna	10min
Hot jacuzzi bath	10min
Back massage	25min
Yogurt mouse facial	25min

Oriental cleansing package

3 hours 129€

Herbal steam/sauna/jacuzzi	60min
Oriental facial care	30min
Oriental full body cleanse	60min
Reflexology foot massage	30min

our needs. Please contact the spa reception for a coming time with refreshing homemade herbal infusions.

Thalassotherapy detox package 3,5 hours 159€

Herbal steam/sauna/jaccuzi	60min
Pure caviar facial care	50min
Thalassotherapy body treatment	50min
Massage of your choice	50min

Thai journey package 4,5 hours 219€

Herbal steam/sauna/jaccuzi	60min
Thai massage	60min
Thai herb massage	60min
Yogurt mouse facial care	30min
Exotic tiare flower & aloe vera nourish	60min

Rhodian specialty herbal package 4 hours 189€

Herbal steam/sauna/jaccuzi	60min
Rhodian specialty massage	50min
Rhodian herbal compress massage	50min
Bio olive tree facial and body hydration	80min

Personal creation package 15% reduction

Select 3 or more treatments of your choice and receive a 15% reduction in the total package. Valid per person.

 Indicates Rhodian Specialty Spa Favourites

An introduction to our health cuisine available at the restaurant