



ELIXIR ALCHEMY SPA



## OUR PHILOSOPHY

The Elixir Spa of the Grecotel Group, inspired by the Minoan civilization, the oldest in Europe, offers an exquisite blend of relaxation, class and top service. Drawing inspiration from the ancient Greek alchemists, our methods embody the philosophy of longevity and personal exploration towards inner wellness: harmony of mind and spirit.

Elixir Alchemy Spa provides highly curated menus and treatment protocols designed to offer unique pampering experiences, the result of three decades of empirical research and tangible exploration to achieve the ultimate balance of body and spirit.

The local tradition and the natural richness of the land invite you to immerse yourself in an oasis of tranquility and luxury that unites the timeless elements of earth, sun and water.

This trinity had profound significance for the ancient Greeks: not only was it vital to the practical aspects of life, but it was deeply rooted in their spiritual beliefs.

*“Our greatest journey we make it with our soul”* N. Kazantzakis



## SIGNATURE TREATMENTS

Inspired by the rituals of Ancient Greece and the land's mythical nature we are proud to present a series of bespoke treatments. Immerse yourself in the spirit of our setting using extracts and essential oils recovered by the lush flora and local ingredients.

### **ANCIENT GREEK MASSAGE**

A holistic treatment that combines practices from the Asclepius of Ancient Greece cultivated over millennia, reaching today's modern practices and reviving this kind of massage. It is based on the methods of Hippocrates, the father of medicine. It starts with movements, pressures, and oscillations on dry skin. Then with the use of powder, applied on the back area, with the help of a special horsehair brush, the blood circulation on the back and the muscular strengthening is enhanced. This is followed by deep-tissue massage with plastic suction cups with pure almond oil treated in the traditional way of cold crushing, combined with essential oils of herbs from the Greek land. Strong but not painful treatment taken from the distant past of ancient Greeks, tailored to the needs of today.

### **MINOAN PRINCESS**

Let us make you feel like a real Prince or Princess. Indulge in the genuine earthy notes of Greece, luxuriate in the benefits of rare herbs, relax in the velvet textures that cover your skin, as each and every step of this treatment imbue your senses in a world of opulence. The treatment includes an exfoliation with olive and roses, followed by the application of a rich body mask, containing a refreshing cocktail rich in organic honey, which contributes to the hydration, regeneration and tightening of the skin. The relaxing head to toe massage with warm pouches that complements the treatment with aromas of clary sage, honey and rosemary, literally endows an experience designed for royals.

### **By ARIADNE ATHENS**

Merging unique bio-actives with natural and rare, organic Greek & Mediterranean ingredients, award-winning Spa Brand Ariadne Athens.



# MASSAGES

## **AMIRANDES MASSAGE**

Inspired by the grooming rituals of Classical beauties. This treatment consists of a full body massage, using techniques inspired by the calming influence of the sea's movement.

## **DEEP TISSUE MASSAGE**

Relieves stress that causes muscle tension. This therapy rejuvenates the body by using deep pressure massage. Deep muscle group massage using fingers, fists, forearms & elbows. The result is complete rejuvenation, toning, and relaxation that also relieves pain, reduces stress and fights inflammation by improving posture and sleep quality.

## **SEA BREEZE AROMA MASSAGE**

A lavish body massage using essential oils made from plant and herb extracts. The oils have either detoxifying, stimulating or relaxing properties chosen to suit individual needs. The aroma from the oils has a therapeutic effect, inducing a feeling of utter mind & body peace.

## **LYMPHATIC MASSAGE**

A detoxifying treatment performed specifically on legs. It activates the circulation and the lymph glands flushing out excess liquids, making the muscle tissue firmer. Ideal for combatting cellulite and stimulating your blood flow systems.

## **CANDLELIGHT MASSAGE**

Find your mind and body inner peace in a warm place, gently lit by the flame of a candle. The soothing scent and light shadows of creamy wax will lead you to a sensory journey: oils awaken your senses and deeply nourish your skin, enhancing the massage experience.

## **MOM-TO-BE MASSAGE**

Indulge in a caring touch which is in complete harmony with the very special period of your pregnancy. Mom To Be massage relieves the stressed zones and at the same time strengthens the blood circulation. The specialized, soft and nurturing handling of this technique offers a safe treatment that embraces your needs as well as your baby's.

## **ULTRA FACE & SCALP MASSAGE**

This relaxing massage performed with essential oils on the pressure points of the neck, scalp, ears, and face concentrates on soothing away tiredness, stress, and excess tension. A wonderful treatment for headaches, stiff and tired muscles, as well as obtaining harmony, both body and mind.



BLUE DIAMOND SUPERCREAM  
KÉK GYÉMÁNT SZUPERKRÉM

Omorovicza,  
BUDAPEST



## BODY & SOUL ELIXIRS

Specially designed programs for a truly unique pampering experience in exclusive settings. They offer both ancient and modern techniques to relieve the body and feed the soul meticulously.

### **ANCIENT SPIRIT ELIXIR**

A detox treatment which enhances metabolism. A light body scrub exfoliates and prepares the skin for a highly targeted lymphatic massage that follows and tones the blood circulation. Applying a mineral mask with dolomite argil rich in elements and vitamins which will detoxify and tone the skin.

Please arrive 30 minutes before your appointment as the use of our sauna is recommended prior to the treatment.

### **GOLDEN BODY TREATMENT**

The golden age is synonymous with aesthetic perfection, harmony, and authenticity. The treatment includes a rejuvenating exfoliation with golden sugar and a soothing massage with aromatic oil infused with gold particles. Create memories while experiencing the divine wonders of one of Earth's oldest metal.

### **BODY SLIMMING AND FIRMING**

Complete body treatment to redraw the silhouette, reduce the appearance of cellulite, tone and give a feeling of lightness and well-being to the body. This body mask has a 'sauna' effect and acts effectively on fatty areas. The skin transforms from the first application onwards: the epidermis is firmer, smoother, and softer.

Please arrive 30 minutes before your appointment as the use of our sauna is recommended prior to the treatment.



## SPECIAL THERAPIES

### **THALLASEA TREATMENT**

Exfoliate with a refreshing scrub infused with local citrus fruits for a revitalizing Vitamin C experience. The lavish body massage that follows concentrates on soothing away tiredness, stress and alleviating tension, inducing a nascent uplifting sensation to the body and mind.

### **BACK RITUAL**

A cleansing ritual combination of enveloping movements and the use of self-heating mud to relax the deep muscles and relieve joint tension. The self-heating oligo-active mud detoxifies the body and creates a profound feeling of relaxation in areas of muscle tension.

### **REVITALISING HEAD AND SCALP TREATMENT**

A delightful addition, this enchanting add on begins with acupressure, which releases fatigue, stress and tension from the neck and head whilst simultaneously nourishing the hair with vital minerals and oils that prevent follicle breakage. A refreshing menthol and moor mud mask application on the scalp, is followed by a neck and shoulder massage.



ROSA HUNGARY MIST  
RÓZSAHÍNYÓ PERMET



ROSA 1078  
HUNGARY

# FACIAL TREATMENTS BY LUXURY SKIN CARE PRODUCTS

## OMOROVICZA BUDAPEST

From the earth, through the generations: Omorovicza is rooted in Budapest's unique geology. Following a tectonic collision, Budapest was formed in the same moment as the Himalayas. This formed a massive fissure, where waters plunge right down and are imbued with minerals, before being delivered to the surface and discovered by the various waves of humans to inhabit Budapest, and benefit from its waters. Among those inspired by this geological marvel was the Omorovicza family, who created the Racz Fürdő, or thermal bath, the first Omorovicza Institute.

### **SIGNATURE FACIAL**

Mineral-rich Moor mud detoxifies and draws out impurities for deep cleansing. The application of a fragrant mud mask follows a thorough cleansing and exfoliation using Moor mud in balm form, as well as rosemary and pineapple extracts, which treat sensitive skin and reduce pore size. A classic facial massage instantly lifts and firms the skin.

### **BLUE DIAMOND BRIGHTENING FACIAL**

This firming and brightening treatment help to revitalize dull, lackluster skin. Blue Diamond Facial restores skin fitness, essential to the youthful behavior of skin cells. The traditional facial massage will accelerate the oxygenation of the skin to re-energize and lift.

### **ILLUMINATING FACIAL**

Designed to leave complexion rejuvenated and glowing, this facial begins with a gentle peeling, enriched with copper for an antioxidant collagen stimulating punch. This unique facial massage soothes the senses and accelerates micro-circulation whilst an essence rose and peony mask plumps the epidermis to reduce the appearance of fine lines and wrinkles.

### **QUEEN FACIAL**

During this facial, that is completely about slow skincare, we treat our guests with a gentle scrub and relaxing back massage with warm rose quartz stones. After cleansing and mild exfoliation, you will experience a hydrating gold mask, that will deeply quench your skin's thirst and lift your spirit (and skin!) While you are relaxing with the mask on, we will pamper you with an arm treatment for further relaxation. You will also experience a gentle lymphatic drainage massage, which reduces puffiness, eliminates excess fluids and toxins that accumulate in the tissue, followed by a relaxing massage with rose quartz hands.

### **GENTLEMAN'S FACIAL**

This signature facial contains the use of mineral-rich Hungarian Moor mud, which detoxifies and draws out impurities for deep cleansing. The application of a fragrant Moor mud mask follows a thorough cleansing and mild exfoliation. The iconic Moor mud cleansing balm as well as tropical fruit extracts, help to treat sensitive skin and reduce pore size. A classic Hungarian facial massage instantly lifts and firms the skin.





The history of Primia, a family company, began in 1965 through who nourishing a strong attraction for the word of aesthetics, turned their passion into their business. In 2007 the Primia Cosmeciti brand was founded, a dynamic brand, whose strong point are rigor, scientificity, effectiveness and safety of the products, innovation based on constant technological research ang respect for the skin, always considering the characteristics of the individual to offer personalized and lasting results.

#### **OXYREVITAGE AGE TREATMENT**

Anti-wrinkle treatment for dry, tired, and dehydrated skins. The proper combination of active retinol and vitamin C releases oxygen. The epidermis is rebuilt, bright, vigorous, and protected from photoaging. An ideal treatment for the summer months.

#### **DERMOSTAMINE TREATMENT**

A Face treatment for those worried about age signs. It fights surface and deep wrinkles, helps to regenerate skin cells through plant liposomes.

## **ADD ON**

You can add any of the below choices to your selected treatment. Ask our specialist about personal recommendations!

**HAIR SPA TREATMENT BY MOROCCAN OIL**

**COLLAGEN EYE PATCHES**

**BODY SCRUB**

**EXPRESS FACE REJUVENATE**





## DAY SPA RITUALS

### **BRIDAL 2 HRS**

- 10´ Body Scrub
- 50´ Sea Breeze Aroma Massage
- 60´ Facial Treatment

### **TOTAL RENEWAL 3,5HRS**

- 80´ Golden Body Treatment
- 40´ Revitalizing Head & Scalp Treatment
- 60´ Facial Treatment

### **WEEK-END-AWAY 2 HRS**

- 60´ Deep Tissue
- 60´ Facial Treatment



VIT-C YOUTH POTION SERUM

ariadne  
ATHENS

φωσ

Brightening & Firming  
Stabilised Vitamin C and Serum

30ml / 1.1 fl.oz.

## AMIRANDES WELLNESS PACKAGES

### WEEKEND SPA 2 DAYS

Day 1: 30´ Body scrub, 50´ Sea Breeze Aroma massage

Day 2: 60´ Facial Treatment

### RELAX 4 DAYS

Day 1: 80´ Golden Body Treatment

Day 2: 60´ Facial Treatment

Day 3: 60´ Amirandes Massage

Day 4: 45´ Revitalizing Head & Scalp Treatment

### ANTI-STREES 6 DAYS

Day 1: 120´ Minoan Princes

Day 2: 60´ Ancient Greek Massage

Day 3: 60´ Deep Tissue

Day 4: 75´ Queen facial

Day 5: 60´ Candle Massage

Day 6: 45´ Revitalizing Head & Scalp Treatment

### EXPRESS DETOX 3 DAYS

Day 1: 60´ Body Slimming & Firming & 20´ Face Lymph massage

Day 2: 30´ Body Wrap, 60´ Lymph massage

Day 2: 80´ Ancient Spirit Elixir

### VITAL DETOX 6 DAYS

Day1: 60´ Body Slimming & Firming & 20´ Face Lymph massage

Day 2: 60´ Ancient Greek Massage

Day 3: 60´ Body Slimming & Firming

Day 4: 50´ Lymph massage & 60´ Face treatment

Day 5: 80´ Ancient Spirit Elixir

Day 6: 60´ Deep Tissue & 30´ Lymph massage

## SPA ETIQUETTE

### **OPENING HOURS**

Spa: Monday- Friday 10:00 am to 18:30 pm

Gym: Daily 7:00 am to 21:00 pm

### **SPA RESERVATIONS**

Please contact with the Elixir Alchemy Spa Reception directly on extension 7908 or via the Reception Desk on extension 0. Bookings in advance are recommended to secure your preferred treatment time.

### **PREPARATION**

We recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

### **ARRIVAL**

Please arrive 15 minutes before your treatment. You will be asked to complete a lifestyle questionnaire. If you wish to prepare your skin with our facilities, we recommend to arrive 30 minutes before your treatment appointment time. Being late for your appointment may shorten the length of your treatment depending on scheduling. You will be provided with a bathrobe, towels, slippers and disposable undergarments by your therapist.

### **TREATMENT**

During treatments, please let your therapist know if you're comfortable or uncomfortable, too warm, or too cold, or if the pressure is too light or too firm. Your comfort and care are our greatest concern and priority. If you have a particular injury or physical condition, please inform the therapist who can suggest appropriate adjustments to the treatment for your comfort and to enhance the treatment's effectiveness. If you have any questions, your therapist will gladly answer them.

### **AFTER YOUR TREATMENT**

We recommend using our relaxation room after your treatment to enjoy refreshing juices or a variety of herbal teas. Our professional therapists are at your disposal for any further wishes you might have. We recommend that you do not sunbathe or exercise after any massage or body treatment for at least six hours.

To extend your spa experience at home, a variety of spa products are available for purchase at the spa retail store. Do not hesitate to ask us for guidance and recommendations.

#### **PAYMENT**

For inhouse guests, all treatments can be charged to your room and will appear on your account at the time of departure from the hotel. For external guest credit cards or cash are accepted at the spa reception. Taxes are included in all our services.

#### **CANCELLATION**

We request a minimum of 12 hours' cancellation notice for a single treatment or for rituals. If you fail to cancel or reschedule your appointment, you will be charged 100% of the cost for the scheduled service.

#### **CHILD REGULATION**

Children between the age of 7 to 12 can attend specific treatments which can be selected from our spa menu which are exclusively performed with the consent and escort of a guardian. Spend quality time with your child by enjoying a family's bonding treatment in our double cabin.

For safety reasons, entrance to Elixir Alchemy Spa is not permitted to children under the age of 12.

Children aged 12 to 16 years can use the Spa facilities & Gym when accompanied by a parent.

#### **KINDLY NOTE**

In consideration of other guests, smoking and active mobile phones is not permitted in Elixir Alchemy Spa. This is the time for your body and mind to release the worries and stress of the day.

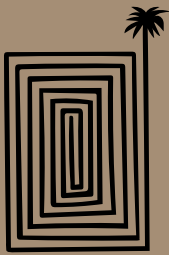
#### **SPA CONTACT**

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[amirandes.com](http://amirandes.com) [grecotel.com](http://grecotel.com)

# PRICE LIST

	Duration	Price
<b>SIGNATURE TREATMENTS</b>		
Ancient Greek Massage	60´	125€
Minoan Princess	105´	130€
<b>MASSAGES &amp; THERAPIES</b>		
Amirandes Massage	60´	110€
Deep Tissue Massage	30´ / 60´	85€ / 145€
Sea Breeze Aroma Massage	30´ / 50´	65€ / 105€
Lymphatic Massage	30´ / 60´	70€ / 110€
Candlelight Massage	50´	115€
Mom-To-Be Massage	45´	95€
Ultra Face & Scalp Massage	20´	55€
<b>BODY &amp; SOUL ELIXIRS</b>		
Ancient Spirit Elixir	80´	115€
Golden Body Treatment	80´	140€
Body Slimming And Firming	60´	125€
<b>SPECIAL THERAPIES</b>		
Thallasea Treatment	60´	95€
Back Ritual	60´	105€
Revitalising Head And Scalp Treatment	45´	75€
<b>FACE TREATMENTS</b>		
Signature Facial	60´	145€
Blue Diamond Brightening Facial	80´	180€
Illuminating Facial	60´	160€
Queen Facial	75´	145€
Gentleman's Facial	60´	110€
Oxyrevitage Age Treatment	60´	105€
Dermostamine Treatment	60´	110€

	<b>Duration</b>	<b>Price</b>
<b>ADD ON</b>		
Hair Spa Treatment By Moroccan Oil	20´	50€
Collagen Eye Patches	20´	50€
Body Scrub	20´	50€
Express Face Rejuvenate	30´	50€
<b>DAY SPA RITUALS</b>		
Bridal	3 Hrs	240€
Total Renewal	3,5 Hrs	320€
Week-End-Away	2 Hrs	245€
<b>AMIRANDES WELLNESS PACKAGES</b>		
Weekend Spa	2 Days	260€
Relax	4 Days	420€
Anti-Strees	6 Days	750€
Express Detox	3 Days	350€
Vital Detox	6 Days	820€



**AMIRANDES**  
A RESORT TO LIVE