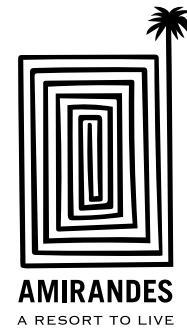




AMIRANDES  
A RESORT TO LIVE

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

### THE LOCAL LIST

#### **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 a 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, and relax in the velvet textures that cover your skin, as every step of this treatment imbues your senses in a world of luxury. The treatment includes an exfoliation with olive and roses, followed by applying a rich body mask, containing a refreshing cocktail rich in organic honey, which contributes to the skin's hydration, regeneration and tightening. The relaxing head-to-toe massage with warm pouches that complement 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 SIGNATURE 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.

### HEALING DESTRESS MASSAGE

Surrender to the soothing power of touch and sensation, and let your body flow back into its natural rhythm. The warm body massagers made of black obsidian glide effortlessly over your skin, releasing tension and offering a profound sense of relief. A botanical elixir of essential oils caresses your body, gently absorbing into the skin. The rhythmic, harmonious movements begin with the tools, then flow into the hands, delivering a wave of pure tranquility and awakening your senses to a new level of relaxation.

### 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 back 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 is performed specifically on the 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's 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 on 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 that 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, and stiff and tired muscles, as well as obtaining harmony, both body and mind.



## FOR TWO

Surprise your partner with a signature treatment for two. Choose between our unique treatments according to your needs.

### LOVE POTION

Succumb to the touch of romance and get into the mood for love. Share an unforgettable experience with your partner: on twin massage beds, enjoy a full body scrub, followed by a wash with warm towel. To close, indulge in a sensual relaxing partner massage with essential oils that the ancients believed had aphrodisiac effects.

### PASSION RITUAL

The passion ritual for 2 combines the rejuvenating effect of fragrances with the wealth of aromatherapy and the caress of warm herbal extracts. Relax in the scent-laden atmosphere and bask in the pleasure of a warm creamy wax film that nourishes the skin while a soothing massage helps the body eliminate tension.

## ADD ON

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

### BODY SCRUB

### THERA-GUN



## KID'S SPA MENU

Offer your kids and teens health benefits with these specially curated therapies just for them! A parent or guardian must be present in the room during service. Age limit from 7 to 12 years.

### **JOYFUL KID'S MASSAGE**

The Kids Massage is ideal for boys and girls aged 7 to 12 years. Natural hypoallergenic oil is applied with gentle strokes on the muscles and joints.

### **CHOCOLATE HUG**

With the chocolate massage, the body is immersed in one of the most enjoyable and fun treatments! After applying the chocolate mousse, a quick shower followed by applying a chocolate cream that leaves the skin soft and smooth with a sweet scent of chocolate! Loved by adults and youngsters alike.

### **FRUIT SPA EXPERIENCE**

A fresh and fruit spa experience perfumed with the irresistible fragrance of fruit. A complete spa treatment for everyone that combines a full body massage and a hydrating face mask to feel sweetly energized but also mindfully relaxed.

### **KID MANICURE**

The perfect clean hands! After nails are buffed, they are massaged with a heavenly-scented hand cream. Perfect fingers are finished off with a sweep of polish in your color of choice.

### **KID PEDICURE**

The perfect clean feet! After nails are buffed, they are massaged with a heavenly-scented foot cream. Perfect toes are finished off with a sweep of polish in your color of choice.

### **MUM WITH ME or DAD WITH ME**

There is no better place than the Spa for the little one to spend a special day with mommy or daddy! Side by side indulge in a 50minute body massage.

### **MUM WITH ME or DAD WITH ME PACKAGE**

There is no better place than the Spa for the little one to spend a special day with mommy or daddy! The package includes a body scrub, a light massage and a face treatment.



## SKIN HEALTH FACE

**AB**  
Augustinus Bader

### BY AUGUSTINUS BADER & THE METHOD

Augustinus Bader is a world-renowned luxury skincare brand, celebrated for its science-led approach to skin transformation. At the heart of the brand's innovation is TFC8®, a proprietary, multi-award-winning technology that stimulates cellular renewal and repair, supporting the skin's natural rejuvenation processes. Our treatments are inspired by The Method technique, a holistic approach that works with the fascia, the connective tissue network beneath the skin. By targeting the fascia, this technique optimizes circulation, enhances product absorption, and supports tissue health, ensuring lasting results for skin and body. Combined with Augustinus Bader's advanced formulations, including the powerful Elixir and TFC8® technology, our facials and body treatments deliver visible radiance, firmness, and overall vitality, while creating a deeply restorative and luxurious spa experience.

# AB

Augustinus Bader

## THE JET LAG FACIAL

Your skin transformation begins with this essential skincare ritual, featuring a multidose of Augustinus Bader's proprietary TFC8® technology to boost cell renewal. Using The Method technique, which works with the fascia to optimize skin and tissue health, this facial demonstrates best practices to continue at home, helping you become the best version of yourself.

## THE DETOX FACIAL

An elevated cleansing ritual combining lymphatic massage and a purifying mask for immediate release and radiance. Rooted in The Method Augustinus Bader and powered by TFC8® technology, this bespoke facial leverages award-winning formulas while working with the fascia to boost lymphatic flow, enhance natural exfoliation and skin renewal, and deliver our signature glow.

## THE ELIXIR FACIAL

Rooted in the science of renewal and the art of luxury skincare, the Elixir Facial is a multi-sensorial treatment designed to maximize the results of Augustinus Bader's most potent formula, The Elixir. Each step is curated to elevate results while immersing you in a moment of profound restoration. Using The Method technique, the treatment works with the fascia to stimulate cellular renewal, improve circulation, and optimize tissue health, ensuring the full benefits of The Elixir are delivered. Expect smoother, plumper, more radiant skin instantly, and a tighter, more even-toned, firmer complexion in the days following the treatment. Ideal for those concerned with pigmentation or acne scarring, promoting skin remodeling and collagen production.

## RADIOFREQUENCY (RF) CLAMPING & REJUVENATION THERAPY

RF facial treatment is the ultimate solution for tightening, anti-aging and skin regeneration. Using advanced high frequency radio waves, this treatment activates natural collagen production, smoothes the skin and gives a visibly renewed appearance, restoring the elasticity and feeling of freshness you had forgotten.





## OMOROVICZA BUDAPEST 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 Fürd , 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.

### **AGE DEFENCE TREATMENT by Daimon Barber**

Discover the rejuvenating effects of Daimon Barber's AGE DEFENCE treatment, designed to cleanse, hydrate, and revitalize your skin. This innovative treatment helps restore vitality while improving skin health and texture. Build your personalized skincare routine with our nourishing formulas, crafted to support your unique needs and deliver long-lasting results.



## BODY

### **THE SKIN SMOOTHING BODY RITUAL**

This personalized full-body treatment combines a signature Body Fascia Massage with the power of Theragun Tissue Massage, optimizing tissue activation in key areas. Using The Method technique, the ritual works with the fascia to smooth away cellulite, promote detoxification, and encourage full-body renewal.

### **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.

### **RADIOFREQUENCY (RF) BODY LIFT & TIGHTENING**

RF body treatment offers dramatic improvement in skin sagging and localized thickness. We start with a dry exfoliation to stimulate microcirculation, apply a special gel and then use the radio frequencies on selected areas of the body. The treatment is completed with hydration and massage, leaving the skin soft, firm and smoother.

### **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.

### **SUN-KISSED SKIN RITUAL**

This after-sun body treatment soothes and refreshes the skin after sun exposure! A specific body wrap with hibiscus flower extract repairs the skin, and a complete body moisturizing massage soothes the sunburn. Intensely hydrated, the skin is soft, and the body is perfectly relaxed.



## 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**

**EXPRESS FACE REJUVENATE**

**FACIAL MASSAGE (GUA SHA TOOLS, ROLLER)**



## IN ROOM SERVICE

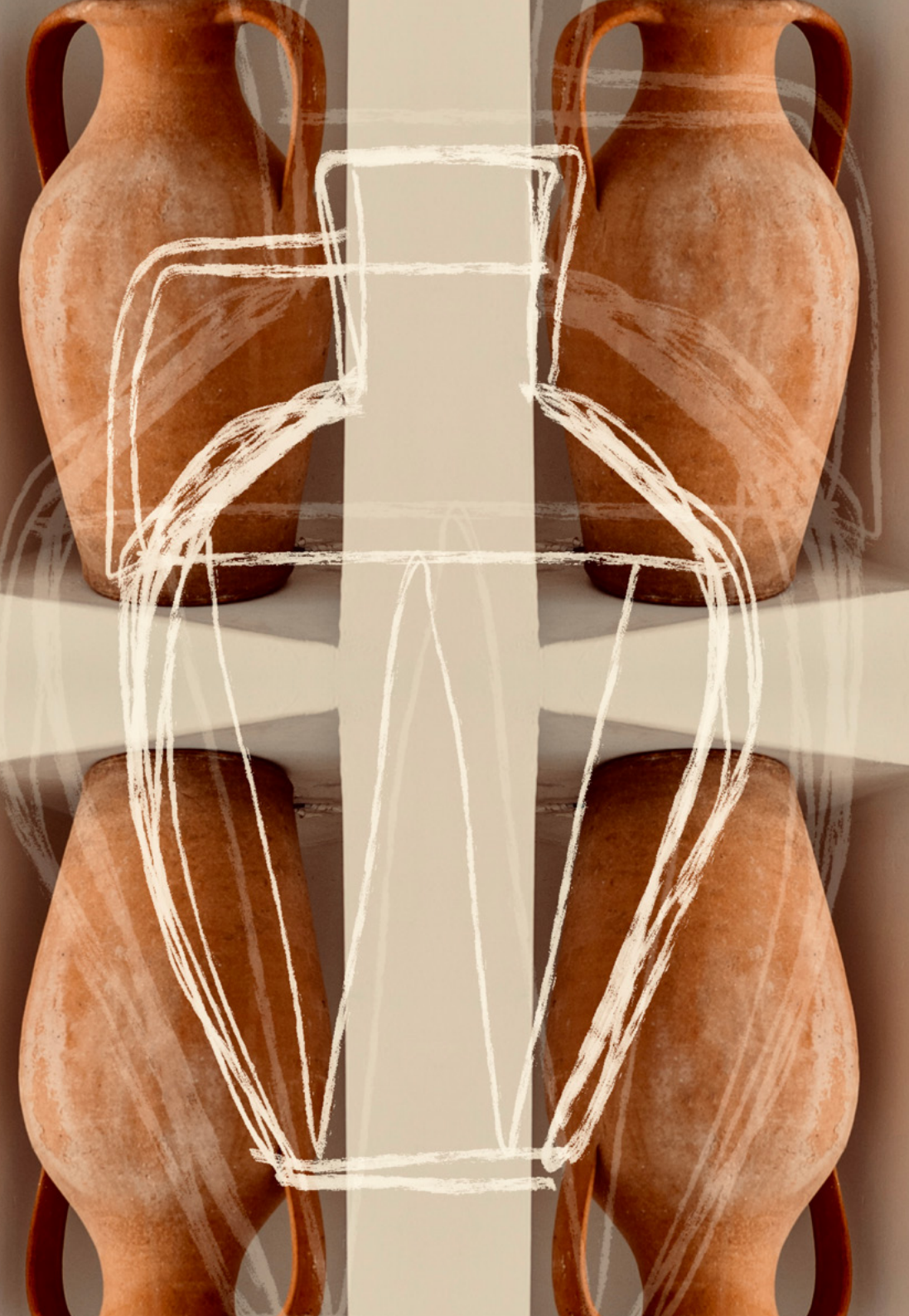
The following treatments are available in the comfort of your room. Please note that the treatments have an extra charge of 50% for the service. The service is available during the Spa's operating hours.

### **AMIRANDES SIGNATURE 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.

### **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.



## PACKAGES

### DAY SPA RITUALS

#### BRIDAL 3 HRS

- 15' Body Scrub • 60' Sea Breeze Aroma Massage
- 60' Facial Treatment • 45' Pedicure

#### MEN'S GETAWAY 2 HRS

- 60' Deep Tissue • 60' Daimon Barber's Age Defence Facial Treatment

### FAMILY BONDING

Vacations are the time to be with your loved one...at all times! There is nothing more fun than enjoying moments of wellness and relaxation with your family, all together, in the name of utter mind & body tranquility. The packages apply to families.

#### OUR TIME

- Joyful Kid's Massage 50' - Kid Pedicure 45' Sea Breeze Aroma Massage 50' - Manicure 45'

### AMIRANDES WELLNESS PACKAGES

#### WEEKEND SPA 2 DAYS

- Day 1: 30' Body Scrub, 50' Sea Breeze Aroma Massage
- Day 2: 60' Facial Treatment, 30' Manicure

#### 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, 30' Manicure, 40' Pedicure

#### 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



## PERSONAL FITNESS ACTIVITIES

With our trainer, you can create your goals and discover how to improve your fitness and health.

### **PERSONAL TRAINING**

Meet a personal trainer to discuss your goals and limitations and explore how to improve your cardio, strength, and mobility or agility.

### **SEMI PERSONAL TRAINING 2-6 PERSONS**

Group programs.

### **PILATES MAT**

Specially designed equipment is used to strengthen and stretch the muscles, build core strength, and increase flexibility.

### **TRADITIONAL YOGA**

Yoga combines postures with conscious breathing and focus and helps develop strength, flexibility and mental clarity. You can expect to develop body awareness and explore varied postures in a multi-level environment.

## FITNESS PROGRAMS

**PERSONALISED TRAINING & ANCIENT SPIRIT ELIXIR**

**TRADITIONAL YOGA & MINOAN PRINCESS**

**PILATES MAT & ANCIENT GREEK MASSAGE**



## BEAUTY SERVICES

### **SALON TREATMENTS**

- Manicure
- Long Lasting Manicure
- Spa Manicure
- Pedicure
- Long Lasting Pedicure
- Spa Pedicure
- Color Change
- Long Lasting Color Change
- Long Lasting Remover

### **GLAM & BRIDAL BEAUTY**

- Beauty Make Up
- Glamour Make Up
- Bridal Make Up
- Bridal Trial Make Up

### **WAXING TREATMENTS**

- Upper Lip
- Legs & Bikini
- Full Legs
- Lower Legs
- Back
- Underarms Or Bikini, Or Lower Arm
- Eyebrow Shaping

## SPA ETIQUETTE

### SCHEDULING AN APPOINTMENT

Our expert guides are here to curate a personalized experience, designed to nourish, soothe, and uplift. To ensure an experience tailored to your every need, we invite you to book in advance, allowing us to craft the perfect moment of tranquility and rejuvenation just for you.

### ARRIVAL TIME

To fully immerse yourself in the tranquility of your spa experience, we recommend arriving a little earlier to relax and transition into this peaceful space. Arriving 15-20 minutes prior to your appointment allows time for a gentle pre-treatment conversation with your therapist, ensuring your experience is perfectly attuned to your personal needs.

### CANCELLATION POLICY

To honor the time and care dedicated to your experience, we kindly ask for at least 12 hours' notice for Signature Treatment cancellations, and 24 hours for specialized therapies. Cancellations made after this time will be fully charged. In case of late arrival, your treatment may be adjusted to respect the next guest's appointment.

### FITNESS AREA

Children aged 12-16 may use the gym only when accompanied by a parent. Proper footwear is required to ensure your safety.

### CHILDREN'S WELL-BEING

We are delighted to offer our younger guests, aged 5-12, the opportunity to enjoy specially tailored treatments, available upon request with the consent and presence of a guardian. We warmly encourage our younger visitors to enjoy the thoughtfully crafted, family-friendly wellness experiences offered.

### HEALTH & WELLNESS CONSIDERATIONS

For a truly personalized experience, please inform us of any medical conditions, allergies, or injuries when booking. This allows us to tailor your treatment to your specific needs, ensuring a safe balance of body, mind, and spirit. We're here to support your wellness journey with care and expertise, any questions are happily welcome via WhatsApp, call, or at our Spa premises.

### SPA ENVIRONMENT

As you immerse yourself in this peaceful sanctuary, we invite you to fully embrace the calm that surrounds you. To maintain a restful atmosphere for all guests, please keep mobile phones on silent mode, and kindly refrain from photography and smoking within the Spa premises. Your cooperation is greatly appreciated, ensuring that everyone can fully enjoy the serenity and rejuvenating energy of this special space. We sincerely thank you for your understanding.

### VALUABLES

For your peace of mind, we kindly suggest keeping any valuables and jewellery secured in your in-room safe before visiting the spa. While we take great care in providing a welcoming and safe environment, the spa cannot assume responsibility for lost or misplaced personal items.

### HOMECARE

Carry the essence of your wellness journey home with our exquisitely curated collection of spa and self-care treasures, available at the Spa Boutique. Thoughtfully designed in collaboration with our expert therapists, this collection brings together elevated wellness insights and holistic lifestyle guidance, graciously shared to help you nurture balance, vitality, and radiant well-being long after your visit.

### PAYMENTS

For your ease and comfort, spa treatments may be effortlessly charged to your room or kindly settled at the spa reception. We graciously accept payments by credit card or in cash. All rates are inclusive of VAT and may be subject to slight adjustments.

### GIFT VOUCHERS / WELLNESS TREASURES

Surprise someone special with a gift that soothes the soul. Ask our Wellness Spa team for more details on our exclusive gift vouchers, the perfect way to share the art of relaxation.

### LOST & FOUND

Should you come across any item that doesn't belong to you in our Spa or Gym facilities, we gently ask that you bring it to the Hotel's Main Reception. This will ensure that the rightful owner can reclaim it with ease and peace of mind. Thank you for helping us maintain a thoughtful and caring environment for all.

### PRICING & GRATUITY INFORMATION

All prices are listed in Euros (€) and may be subject to change. Gratuities are not included in our service rates but are always appreciated as a heartfelt expression of gratitude toward our devoted wellness team. To ensure gratuities reach our dedicated wellness team directly, we kindly recommend offering them in cash.

### OPENING HOURS

Treatments & Sauna : Daily 10:00 am to 6:30 pm

Gym & Pool : Daily 7:00 am to 9:00 pm

### SPA CONTACT

GrecoTel Amirandes GrecoTel Boutique Resort Gr 700 14, Kato Gouves, Heraklion, Crete  
T +30 28970 41103 | M. +30 694 727 5619 spa.am@grecoTel.com | amirandes.com

## SPA MENU

### SIGNATURE TREATMENTS

#### THE LOCAL LIST

	DURATION	€
Ancient Greek Massage	1 hour	180
Minoan Princess	1 hour 45 mins	185

#### MASSAGES

Amirandes Signature Massage	1 hour	130
Healing Destress Massage	1 hour	150
Deep Tissue Massage	30 mins / 60 mins	95/ 175
Sea Breeze Aroma Massage	30 mins	85
Candle Light Massage	50 mins	135
Lymphatic Massage	1 hour	125
Mom-To-Be Massage	45 mins	105
Ultra Face & Scalp	20 mins	75

#### FOR TWO - PRICE FOR TWO

Love Potion	1 hour	245
Passion Ritual	1 hour	260

#### ADD ON

Body Scrub	20 mins	60
Thera gun	10 mins	20

### KID'S SPA MENU

Joyful Kid's Massage	30 mins	55
Joyful Kid's Massage	50 mins	85
Chocolate Hug	50 mins	100
Fruit Spa Experience	1 hour	120
Kid Manicure	30 mins	25
Kid Pedicure	45 mins	35
Mum or Dad with Me	50 mins	190
Mum or Dad with Me Package	1 hour 30 mins	380

### SKIN HEALTH

#### FACE

	DURATION	€
The Jet Lag Facial	60 mins	250
The Detox Facial	75 mins	300
The Elixir Facial	90 mins	420
Radiofrequency (RF) Clamping & Rejuvenation Therapy	1 hour	150
Signature Facial	1 hour	210
Blue Diamond Brightening Facial	1 hour 20 mins	250
Illuminating Facial	1 hour	230
Queen Facial	1 hour 15 mins	190
Age Defence for Men	1 hour	110

#### BODY

The Skin Smoothing Ritual	90mins	200
Ancient Spirit Elixir	1 hour 20 mins	140
Golden Body Treatment	1 hour 20 mins	160
Radiofrequency (RF)		
Body Lift & Tightening	1 hour	150
Back Ritual	1 hour	120
Sun-Kissed Skin Ritual	40 mins	120

#### ADD ON

Hair Spa Treatment by Morrocanoil	20 mins	50
Collagen Eye Patches	20 mins	55
Express Face Rejuvenate	30 mins	80
Facial Massage with Tools	40 mins	70

### IN ROOM SERVICES

Amirandes Signature Massage	1 hour	195
Signature Facial	1 hour	375

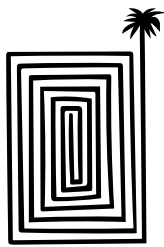
## SPA MENU

### PACKAGES

	DURATION	€
<b>DAY SPA RITUALS</b>		
Bridal	3 hours	420
Men's Getaway	2 hours	300
<b>FAMILY BONDING - PRICE FOR TWO</b>		
Our Time	1 hour 20 mins	240
<b>AMIRANDES WELLNESS PACKAGES</b>		
Weekend Spa	2 days	315
Relax	4 days	515
Express Detox	3 days	460
<b>PERSONAL FITNESS ACTIVITIES</b>		
Personal Training	1 hour	80
Semi Personal Training 2-6Pax	1 hour	50
Pilates Mat	1 hour	80
Traditional Yoga	1 hour	80
<b>FITNESS PROGRAMMS</b>		
Personalised Training & Ancient Spirit Elixir	1 day	230
Traditional Yoga & Minoan Princess	1 day	270
Pilates Mat & Ancient Greek Massage	1 day	200

### BEAUTY SERVICES

	€
<b>SALON TREATMENTS</b>	
Manicure	50
Long Lasting Manicure	60
Spa Manicure	55
Pedicure	60
Long Lasting Pedicure	70
Spa Pedicure	70
Color Change	20
Long Lasting Change	35
Long Lasting Remover	15
<b>GLAM &amp; BRIDAL BEAUTY</b>	
Beauty Make Up	60
Glamour Make Up	80
Bridal Make Up	230
Bridal Trial Make Up	50
<b>WAXING TREATMENTS</b>	
Upper Lip	30
Legs & Bikini	55
Full Legs	40
Lower Legs	30
Back	35
Underarms or Bikini or Lower Arms	20
Eyebrow Shaping	20



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