



ploξ



## OUR PHILOSOPHY

The Ploe Spa of the Grecotel Group, inspired by the Temple of Poseidon and built on the privileged cape of Sounion, offers an exquisite blend of relaxation and top service. Drawing inspiration from the ancient Greek alchemists, our methods incorporate the philosophy of longevity and personal exploration towards inner wellness: harmony of mind and spirit.

In a sense of floating above the peaks of the Peaks, Ploe Spa offers highly curated menus and treatment protocols designed to provide unique pampering experiences, the result of three decades of empirical research and tangible exploration to achieve the ultimate balance of body and spirit. The lush green surroundings and the vast Aegean Sea, 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.

Feel your senses come alive as you enjoy a decoction of herbs grown in the resort's organic garden under the Attic sun in the garden with its stunning immortals.





## 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 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.

### **HYDOR SEALED HYDRATION**

Hydor, the ancient Greek word for Water - the most valuable element nature has to offer. Hydor is what has allowed life on this Earth and Greeks always knew it is more than essential for our well-being. Our skin needs water! We offer you a deeply softening body scrub wrapped in notes of jasmine & gardenia, followed by a leave-in body mask, containing elements that lock in concentrated hydration. The antioxidant Apricot oil combined with Starflower oil continues the hydration ritual while the jasmine & gardenia body butter promises long-lasting soft and supple skin.

### **BY ARIADNE ATHENS**

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



# MASSAGES

## **POSEIDON MESSAGE**

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.

## **NEW HEALING DESTRESS MESSAGE**

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 MESSAGE**

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.

## **AEGEAN AROMA MESSAGE**

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.

## **TWIN TOUCH MESSAGE**

It is the simultaneous care of 2 therapists and in turn 4 hands. They fuse their positive energy, harmony, love and care, acting rhythmically and harmoniously as they move along the body, from head to neck to toes. The therapists will convey an intense feeling of soulful bliss and emotion with the flow of energy.

## **LYMPHATIC MESSAGE**

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 MESSAGE**

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 MESSAGE**

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.

## **ULTRA FACE & SCALP MESSAGE**

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.







## MASSAGE IN VILLA

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.

**POSEIDON MASSAGE**

**DEEP TISSUE MASSAGE**

**AEGEAN AROMA MASSAGE**

**OXYREVITAGE AGE TREATMENT**

**MANICURE**

**PEDICURE**



## 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 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.

### **OUR SWEET ANNIVERSARY**

Chocolate spa becomes addictive – a chocolate lover's dream! A sense of physical and mental wellness. The combined benefits of chocolate on the skin detoxify, tone, and soften the skin, uplifting your mood and strength with the aromatic characteristics of high-quality chocolate. The sweet treat is completed by offering chocolates & strawberries to awaken all sensory zones.





VINÉSIME  
MILLÉSIME DE BEAUTÉ

## 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 that 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 before 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 metals.

### **ELIXIR OF VINEYARDS**

Enjoy an exfoliating blend of grape seeds with anti-aging and detoxifying benefits and a deeply nourishing and relaxing massage to rejuvenate and strengthen the skin. Experience a comprehensive facial treatment for unparalleled radiance that leaves your skin smoother and firmer. The oxygenating and antioxidant properties of this treatment enhance the energy and defense of your skin, protecting it from the sun and pollution.

### **BODY SLIMMING AND FIRMING**

Complete body treatment to redraw the silhouette, reduce the appearance of cellulite, and 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 before the treatment.







## SPECIAL THERAPIES

### **Dr. BARBARA STURM ANTI-AGING BODY TREATMENT**

This anti-aging treatment combines essential exfoliation with intensive hydration and light massage movements to boost circulation and smooth skin texture. A gentle, all-over body exfoliation removes dry skin, boosts circulation and leaves the skin ready to absorb all the active ingredients. It also includes the application of the face mask or clarifying mask on the back area to help detox, draw out impurities and hydrate the skin and a light, all-over body massage. A dry scalp massage concludes the treatment and leaves your body and mind feeling relaxed and refreshed.

### **RF BODY LIFT & TIGHTENING WITH THE FIRST APPLICATION**

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.

### **MEDITERRANEAN CITRUS 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, and 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.

### **RELIEF LIGHT LEGS**

Refreshing notes of spearmint mingle with the velvet texture of sugar crystals to slowly stimulate the blood flow and offer a cooling sensation, as the body scrub smooths away dry, flaky skin. Potent red grape blends with local herbs in a rich antioxidants gel mask that renews the skin. A pampering massage experience using the moisturizing properties of coconut oil to deeply hydrate. Finally, a calming yogurt powder mixed with the gel mask offers ultimate comfort for tired legs.

### **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.



## FACIAL TREATMENTS BY LUXURY SKIN CARE PRODUCTS

### DR. BARBARA STURM DR. BARBARA **STURM**

Dr. Barbara Sturm is a German aesthetics doctor, world-recognized for non-surgical anti-aging treatments and rejuvenation of the skin matrix. Dr. Sturm translated her orthopedic research and practice into revolutionary advances in aesthetic non-surgical medicine. One example is her incubation, centrifugation and re-introduction of a patient's blood proteins. Inspired by her daily work Dr. Sturm has formulated Molecular Cosmetics for those who have always wanted an uncomplicated yet highly effective skincare regime that hydrates, protects and regenerates the skin. The skincare line deploys the anti-aging ingredient Purslane, also called the "fountain of youth drug".

#### **STURMGLOW™ FACIAL**

This extended "high-tech" treatment includes a results-driven, collagen-boosting Radiofrequency to deliver potent anti-aging effects, helps facial muscles sculpting, plumps and firms your skin for a supremely radiant natural glow with the signature STURMGLOW™.

#### **SUPER ANTI-AGING FACIAL**

The Super Anti-Aging Facial replenishes the skin's moisture reservoirs and boosts the skin's natural barrier function, resulting in a smoother and more youthful complexion. Exclusively designed with Dr. Sturm's re-sculpting and anti-gravity massage, this cosmetic treatment reaches deeper layers of the skin, reducing the appearance of fine lines and wrinkles, resulting in a younger and more luminous appearance.

#### **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



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.

### **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.



BIOENERGY  
SPA RITUALS

FRAGRANCE DIFFUSER

BERGAMOT, ROSE,  
WHITE MUSK

primia  
COSMETICI

BIOENERGY  
SPA RITUALS

BODY WASH  
BERGAMOT, ROSE,  
WHITE MUSK

primia  
COSMETICI

BIOENERGY  
SPA RITUALS

BODY OIL  
BERGAMOT, ROSE,  
WHITE MUSK

primia  
COSMETIC

BIOENERGY  
SPA RITUALS

FRAGRANCE DIFFUSER  
BERGAMOT, ROSE,  
WHITE MUSK

primia  
COSMETICI





The history of Primia, a family company, began in 1965 through who nourishing a strong attraction for the world of aesthetics and turned their passion into their business. In 2007 the Primia Cosmeciti brand was founded, a dynamic brand, whose strong points are rigor, scientificity, effectiveness and safety of the products, innovation based on constant technological research and 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 skin. 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 and 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**

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





## BEAUTY SERVICES

- BEAUTY MAKE UP • GLAMOUR MAKE UP
- BRIDAL MAKE UP • BRIDAL TRIAL MAKE UP

## SALON TREATMENTS

- MANICURE • LONG LASTING MANICURE • SPA MANICURE • PEDICURE
- LONG LASTING PEDICURE • SPA PEDICURE • COLOR CHANGE
- LONG LASTING COLOR CHANGE • LONG LASTING REMOVER

## WAXING TREATMENTS

- UPPER LIP • LEGS & BIKINI • FULL LEGS • LOWER LEGS • BACK
- UNDERARMS OR BIKINI, OR LOWER ARM • EYEBROW SHAPING

## DAY SPA RITUALS

### **BRIDAL 3 HRS**

- 15' BODY SCRUB • 60' AROMA MASSAGE • 60' FACIAL TREATMENT
- 45' PEDICURE

### **TOTAL RENEWAL 4 HRS**

- 80' GOLDEN BODY TREATMENT • 40' REVITALIZING HEAD & SCALP TREATMENT • 60' FACIAL TREATMENT • 30' MANICURE

### **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'S PEDICURE 45'

AEGEAN RIPPLE AROMA MASSAGE 50' - MANICURE 45'

### **SWEET FAMILY**

CHOCOLATE HUG 60' - EXPRESS FACE FRUIT TREATMENT 30'

CHOCOLATE THERAPY 60' - EXPRESS FACE TREATMENT 30'





## BACHELOR BLISS

Friendship is one of the strongest bonds in our lives. Share these moments with them before the big day! For him and/or her.

### **AEGEAN RIPPLE**

- Herbal tea
- Hydro Pool
- Sauna 10´
- Body citrus scrub 20´
- Sea breeze Aroma massage 40´
- Healthy Smoothie

### **SPARKLE SKIN SAVIOR**

- Herbal tea
- Hydro Pool
- Sauna 10´
- Pinot Noir Body scrub with grape seed and raffle powder 20´
- Body Massage with Grape & Blackcurrant seed oil 45´
- Express Radiance facial Vine Stem Cells & Pinot Noir & Blackcurrant hyaluronic acid 20´
- Glass of sparkle wine assortment of fruit & cheese

### **SuperUomo COMPLEXION**

- Herbal tea
- Hydro Pool
- Sauna 10´
- Body Scrub 20´
- Ancient Greek Massage 60´
- Glass of sparkling wine assortment of fruit & cheese

Prices are per person.

A deposit of 50% of the final amount by bank transfer is required for booking.

It is also desirable to have a guest list with the names of the participants to better organize the Bachelorette.



## ATHENS RIVIERA WELLNESS PACKAGES

### WEEKEND SPA 2 DAYS

Day 1: 30´ Body scrub, 50´ Aegean Aroma massage

Day 2: 60´ Facial Treatment, 30´ Manicure

### RELAX 4 DAYS

Day 1: 80´ Elixir Marine Ritual

Day 2: 60´ Facial Treatment

Day 3: 60´ Poseidon Massage

Day 4: 45´ Revitalizing Head & Scalp Treatment, 30´ Manicure, 40´ Pedicure

### ANTI-STRESS 6 DAYS

Day 1: 105´ Hydor Sealed Hydration

Day 2: 60´ Ancient Greek Massage

Day 3: 60´ Twin Touch Massage

Day 4: 75´ Queen facial

Day 5: 60´ Candlelight Massage

Day 6: 45´ Revitalizing Head & Scalp Treatment, 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

### VITAL DETOX 6 DAYS

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

Day 2: 60´ Ancient Greek Massage

Day 3: 60´ Body Slimming & Firming

Day 4: 40´ Relief Light Legs & 60´ Face treatment

Day 5: 80´ Ancient Spirit Elixir

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

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**DON'T HESITATE TO CREATE  
YOUR PERSONAL PROGRAM WITH  
OUR EXPERT SPECIALIST**

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## 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

### **Ultimate Fit Fusion 1 DAY**

- PERSONALISED TRAINING & ANCIENT SPIRIT ELIXIR
- TRADITIONAL YOGA & HYDOR SEALED HYDRATION
- PILATES MAT & ANCIENT GREEK MASSAGE

### **Total Body Triumph 3 DAYS**

- 3 PERSONALISED TRAININGS
- 3 BODY SLIMMING AND FIRING



## 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.

### LITTLE GLOW FACIAL

Touch is a natural healing process. Our face needs special care after sun exposure. A natural gentle facial using food-grade ingredients under the guidance of a spa therapist. Learn some tips and ideas for taking care of your skin so it maintains a healthy balance when at home.

### 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.



## SPA ETIQUETTE

### OPENING HOURS

Spa: Daily 10:00 am to 6:30 pm

Gym: Daily 8:00 am to 8:00 pm, supervised from 8:00 am to 6:00 pm

### SPA CONTACT

GRECOTEL CAPE SOUNIO

67TH KM ATHENS-SOUNIO 195 00 SOUNIO, LAVRIO, ATTICA, GREECE

T.+30 22920 69700

spa.so@grecotel.com | capesounio.com|grecotel.com

### SPA RESERVATIONS

Please contact the Ploe Spa Reception directly at extension 7950 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 before 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 arriving 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 in-house 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 guests 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 ritual. 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 ages of 7 to 12 can attend specific treatments which can be selected from our spa menu and are exclusively performed with the consent and escort of a guardian. Spend quality time with your child by enjoying a family's body treatment in our double cabin.

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

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

### **KINDLY NOTE**

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

## PRICE LIST

	Duration	Price
<b>SIGNATURE TREATMENTS</b>		
Ancient Greek Massage	60´	180€
Hydor Sealed Hydration	105´	185€
<b>MASSAGES</b>		
Poseidon Massage	60´	130€
Healing Destress Massage	60´	150€
Deep Tissue Massage	30´ / 60´	95€/175€
Aegean Aroma Massage	30´ / 50´	85€/125€
Twin Touch Massage	60´	260€
Lymphatic Massage	30´ / 60´	75€/125€
Candlelight Massage	50´	135€
Mom-to-be Massage	45´	105€
Ultra Face & Scalp Massage	20´	75€
<b>MASSAGE IN VILLA</b>		
Poseidon Massage	60´	195€
Deep Tissue Massage	30´ / 60´	145€/265€
Aegean Aroma Massage	30´ / 50´	130€/190€
Oxyrevitage Age Treatment	60´	195€
Manicure	30´	55€
Pedicure	45´	75€
<b>FOR TWO</b>		
Love Potion	60´	245€
Passion Ritual	60´	260€
Our Sweet Anniversary	60´	250€
<b>BODY &amp; SOUL ELIXIRS</b>		
Ancient Spirit Elixir	80´	140€
Golden Body Treatment	80´	160€
Elixir Of Vineyards	80´	170€
Body Slimming And Firming	80´	145€

	Duration	Price
<b>SPECIAL THERAPIES</b>		
Dr. Barbara Sturm Anti-aging Body Treatment	60´	190€
RF Body Lift & Tightening with the first application	60´	150€
Mediterranean Citrus Treatment	60´	110€
Back Ritual	60´	120€
Revitalising Head And Scalp Treatment	45´	95€
Relief Light Legs	40´	85€
Sun-kissed Skin Ritual	40´	120€
<b>FACE TREATMENTS</b>		
Sturmglow™ Facial	60´	250€
Super Anti-aging Facial	75´	350€
Radiofrequency (RF) Clamping & Rejuvenation Therapy	60´	150€
Signature Facial	60´	210€
Blue Diamond Brightening Facial	80´	250€
Queen Facial	75´	190€
Age Defence	60´	110€
Oxyrevitage Age Treatment	60´	130€
Dermostamine Treatment	60´	145€
<b>ADD ON</b>		
Hair Spa Treatment By Moroccan Oil	20´	50€
Collagen Eye Patches	20´	55€
Body Scrub	20´	60€
Express Face Rejuvenate	30´	80€
Facial Massage (Gua Sha Tools, Roller)	20´	60€
<b>BEAUTY SERVICES</b>		
Beauty Make Up		60€
Glamour Make Up		80€
Bridal Make Up		230€
Bridal Trial Make Up		50€



	Duration	Price
<b>SALON TREATMENTS</b>		
Manicure		40€
Long Lasting Manicure		50€
Spa Manicure		55€
Pedicure		60€
Long Lasting Pedicure		65€
Spa Pedicure		70€
Color Change		15€
Long Lasting Change		30€
Long Lasting Remover		10€
<b>WAXING TREATMENTS</b>		
Upper Lip		20€
Legs & Bikini		55€
Full Legs		40€
Lower Legs		30€
Back		35€
Underarms Or Bikini Or Lower Arm		20€
Eyebrow Shaping		20€
<b>DAY SPA RITUALS</b>		
Bridal	3 Hrs	330€
Total Renewal	4 Hrs	410€
Men's Getaway	2 Hrs	280€
<b>FAMILY BONDING</b>		
Our Time		120€ Per Person
Sweet Family		160€ Per Person
<b>BACHELOR BLISS</b>		
Aegean Ripple		100€
Sparkle Skin Savior		150€
Superuomo Complexion		200€

	Duration	Price
<b>ATHENS RIVIERA WELLNESS PACKAGES</b>		
Weekend Spa	2 Days	315€
Relax	4 Days	515€
Anti-strees	6 Days	980€
Express Detox	3 Days	460€
Vital Detox	6 Days	1050€
<b>PERSONAL FITNESS ACTIVITIES</b>		
Personal Training	60´	80€
Semi Personal Training 2-6 persons	60´	50€
Pilates Mat	60´	80€
Traditional Yoga	60´	80€
<b>FITNESS PROGRAMS</b>		
ULTIMATE FIT FUSION	1 DAY	
• Personalised Training & Ancient Spirit Elixir		230€
• Traditional Yoga & Hydor Sealed Hydration		270€
• Pilates Mat & Ancient Greek Massage		200€
TOTAL BODY TRIUMPH	3 DAYS	520€
3 Personalised Trainings		
3 Body Slimming And Firming		
<b>KID'S SPA MENU</b>		
Joyful Kid's Massage	30´ / 50´	55€ / 85€
Chocolate Hug	50´	100€
Fruit Spa Experience	60´	120€
Little Glow Facial	45´	90€
Kid Manicure	30´	25€
Kid Pedicure	45´	35€
Mum With Me Or Dad With Me	50´	190€
Mum With Me Or Dad With Me Package	90´	380€