

CAPE SOUNIO



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HISTORY ∞ HEALING ∞ HAPPINESS



CAPE SOUNIO



Vicky Vlachonís

A holistic wellness synergy,  
inspired by the sacred energy  
of the Temple of Poseidon  
and the timeless embrace  
of the Aegean Sea.

Rooted In Ancient Greek Traditions  
Of Integrative Healing,  
Mind-Body Connection,  
and Digestive Wellness.





## Vicky Vlachonis

Born in Athens and based in Los Angeles, Vicky Vlachonis has spent over two decades honing her craft at the world's top clinics alongside pioneering doctors, treating pain through the mind/body connection. Vicky shares her holistic healing treatments and methods all around the world, helping clients release their pain and restore their vitality. She works with notable personalities, including Gwyneth Paltrow, Lady Gaga, Nicole Richie and Sir Elton John, among others, while also serving as Ambassador of the UCLA Vatche & Tamar Manoukian Division of Digestive Diseases. Vicky is the author of *The Body Doesn't Lie*, which teaches her Positive Feedback Method, a unique 3-step program to end chronic pain. As founder and CEO of Saint Supply, Vicky and her lead investor, Beyoncé, introduced the world to their organic high-phenolic extra virgin olive oil designed to promote health benefits.

Cape Sounio, with its historical significance, captivating nature and energy, the crystal-clear waters of the Aegean Sea and healing properties of the land, inspired Vlachonis to create **Elevations of Wellness**, offering an unparalleled experience for the resort's guests.



## Our Philosophy

### Embrace The Greek Way Of Holistic Living

At Cape Sounio, unparalleled beauty and innate energy come together on an archaeological site nestled within a pristine pine forest reserve, and graced with two private beaches at the edge of the Aegean Sea. Inspired by this extraordinary setting, visionary Vicky Vlachonis has crafted Elevations of Wellness, a site-specific, integrated and revitalizing wellness program

Here, ancient wisdom seamlessly intertwines with the pulse of modern well-being, fostering a profound connection with the legendary Temple of Poseidon, symbolizing an ever-evolving quest for transformation and harmony. The omnipresent energy of Sounion - steeped in myth and wonder - with spellbinding panoramic vistas of the Temple of Poseidon, serene pine-clad surroundings, and the land's rich veins of mineral wealth, all shape the soul of the program. Vicky's immersive program is deeply rooted in the unique location, unmatched heritage and connection to nature, with emphasis on the healing and nourishing qualities of the Greek diet.

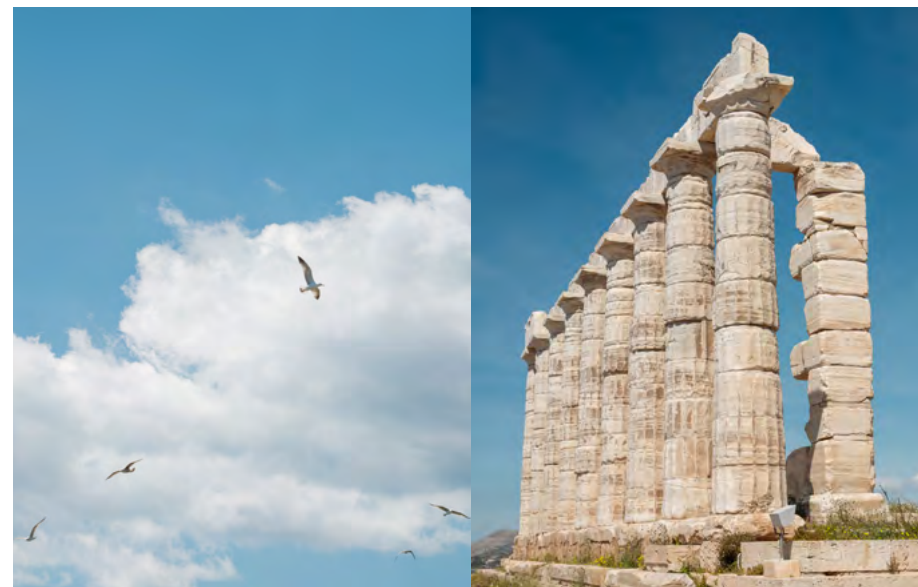
The Elevations of Wellness program is an innovative, holistic approach to well-being. Unfolding in the reimagined Cape Sounio Spa and throughout the resort, our program offers a thoughtfully designed series of treatments and packages, each level rising to meet guests' evolving needs.

# ELEVATIONS OF WELLNESS



Developed by world renowned wellness expert and osteopath, Vicky Vlachonis, her signature method promotes holistic health by emphasizing the intricate connection between physical, digestive, and emotional well-being. Each thoughtfully designed treatment, program, and dietary recommendation reflects her unique approach, blending ancient Greek healing traditions with modern science. This integrated holistic approach emphasizes digestive health as a means of enhancing beauty and well-being from within, restores balance, nurtures harmony in body and mind, and empowers you to feel whole, present, vibrant and healthy.

Step into a transformative wellness experience tailored to your journey. Our Elevations of Wellness present a thoughtfully designed series of treatments and packages, each level rising to meet your evolving needs and goals. Begin with gentle, grounding therapies to awaken your senses, then ascend to sophisticated rituals that renew your body and spirit at their deepest levels. Whether you seek to unwind, restore, or thrive, these elevations guide you upward, blending nature's touch with cutting-edge care to lift you toward radiant health and vitality.



## *Level 1*

### **Serenity and Radiance**

This level gently guides you into a state of deep relaxation, promoting inner balance and harmony. Designed to help you unwind, it encourages the release of stress and tension, allowing you to embrace tranquility and renewal. Let go, breathe deeply, and step into a radiant sense of serenity.

## *Level 2*

### **Revitalize and Recover**

This level focuses on rejuvenation and renewal, helping to restore your energy, calm your nervous and digestive systems and enhance overall well-being. It supports both physical and mental recovery, promoting vitality and balance according to your targets. Feel refreshed, recharged, and ready to move forward with strength and clarity.

## *Level 3*

### **Holistic Restoration**

This level offers a deeper, integrative approach to healing and renewal. By addressing both the body and mind, it fosters a sense of wholeness, resilience, and inner equilibrium. Designed to release trapped physical tension, it encourages profound relaxation, cellular recovery, and emotional balance, leaving you restored and aligned.

## *Level 4*

### **Somatic Release**

This level facilitates deep physical and emotional release by unlocking tension stored within the body and dissolving any lingering mind tension. Using gentle yet powerful techniques, Somatic Release treatments encourage the nervous system to reset, fostering relief from stress, trauma, and energetic blockages. Feel a renewed sense of lightness, flow, and grounded presence as you reconnect with your body's inner natural rhythm.





## Our Signature Treatments

Each of our Signature Treatments features several elements rooted in ancient Greek healing traditions and rituals (including dry brushing and usage of a carefully curated selection of Essential Oils and Saint Supply Living Elixir High Phenolic Olive Oil), and may be combined with additional therapies described in our list of Enhancements below. We would be happy to assist you with your selection of Enhancements during your personalized consultation at our premises.



### Poseidon RELAXATION MASSAGE

#### *Level 1*

This treatment consists of a full-body relaxation massage, using techniques inspired by the calming influence of the sea's movement. A soothing ritual begins with dry brushing and warm oil brushing to awaken circulation and prepare the body for deep nourishment. This gentle massage relaxes the body and mind, incorporating specially curated Greek extra virgin olive oil to deeply moisturize your skin and produce a radiant glow. Whether enjoyed alone or side-by-side, it is the foundation of our signature experience, designed to rejuvenate, restore balance, and invite serenity as you commence your journey through our Elevations of Wellness.

For those with limited time, a 30-minute Short Ritual version offers a serene moment of renewal with focused, mindful care.

**Duration:** 30 / 60 / 90 minutes

### Artemis Deep PURIFICATION MASSAGE

#### *Level 1*

A deeply restorative full-body deep tissue massage that relieves stress and muscle tension. This therapy rejuvenates the body by toning and relaxing muscles, alleviating pain, reducing inflammation and improving range of motion.

Whether experienced solo or in peaceful synchronicity with a companion, this ritual invites a deep sense of renewal and reconnection with the body.

For those with limited time, the 30-minute targeted session, expertly crafted to focus on areas of muscular tension, can deliver fast and effective relief.

**Duration:** 30 / 60 / 90 minutes

### Kallos LYMPHATIC MASSAGE

#### *Level 1*

A light, decongestive full-body massage that utilizes gentle, rhythmic pressure to stimulate the lymphatic system. This therapy improves circulation, promotes detoxification, and reduces fluid retention and swelling. Ideal for promoting smoother skin and reducing the appearance of cellulite.

For those seeking a quick yet effective refresh, opt for the 30-minute targeted session on a daily, or every other day, basis. We will focus on your specific target areas to enhance detoxification and reduce puffiness.

**Duration:** 30 / 60 minutes

#### *Level 2*

The Abdominal Massage add-on is recommended to maximize optimal digestion and elevate you to a Level 2 experience

**Duration:** 90 minutes

### Mitera THE MOM-TO-BE MASSAGE

#### *Level 1*

Indulge in a caring touch that is in complete harmony with the very special period of your pregnancy. This therapy relieves stressed zones and promotes circulation through gentle, rhythmic massage, coupled with dry brushing and the use of an uplifting essential oil of your choice.

**Duration:** 60 minutes

#### *Level 2*

To begin, we invite you to take a moment for a short visualization meditation, designed to calm the mind, connect with your baby, and gently guide you into a state of deep relaxation. This serene start enhances your overall experience and naturally leads to a Level 2 treatment.

**Duration:** 90 minutes



## Muse

### FACE & SCALP MASSAGE

#### *Level 1*

This deeply calming ritual is performed on the pressure points of the neck, scalp, ears, and face, concentrating on alleviating fatigue, stress, and excess tension. Feel the cooling effect as our essential oils calm your nervous system, clear your sinuses and relieve pain. A wonderful treatment for headaches and stiff or tired muscles, and a vital steppingstone to move on to the Elevations.

**Duration:** 30 / 50 minutes

#### *Level 2*

Whether you're seeking quick relief or a deeper reset, choose between a focused 30-minute session or a restorative 50-minute immersion into stillness. Cooling essential oils help ease pain, clear the sinuses, and calm the mind, ideal for alleviating headaches, muscle tension, and mental fatigue. For enhanced results, consider complementing your treatment with Abdominal Massage, Moving Cupping Therapy, or Reflexology.

**Duration:** 30 / 50 minutes



## Aphrodite

### FACE MASK & SCALP MASSAGE

#### *Level 1*

Feel like a goddess with this luxurious facial and scalp treatment, featuring a rejuvenating face mask made with Greek ingredients and refreshing rose water to cleanse, hydrate, and brighten your skin. A soothing scalp massage with a blend of luxurious Greek essential oils will improve circulation and restore hair vitality, shine, and health.

**Duration:** 60 minutes

#### *Level 2-3*

Elevate your treatment to 90 minutes, enjoy deeper relaxation and holistic rejuvenation with the added benefits of reflexology (Level 2) and acupuncture (Level 3), cultivating a profound sense of well-being

**Duration:** 90 minutes

## Helios

### SKIN RITUAL

#### *Level 1*

This soothing after-sun body treatment refreshes the skin after sun exposure. A nourishing body wrap with hibiscus flower extract repairs the skin, and the complete body massage that ensues soothes the sunburn. Intensely hydrated, the skin is soft, and the body is perfectly relaxed.

**Duration:** 50 minutes

#### *Level 2-4*

Consider combining this treatment with reflexology (Level 2) and craniosacral therapy (Level 4) for even greater restoration and balance.

**Duration:** 80 minutes





## Gaia

### ANCESTRAL CUPPING MASSAGE

#### *Level 2*

Indulge in a deep tissue, full-body massage that combines ancient Greek cupping techniques with warm arnica-infused olive oil to detoxify, promote circulation, and deeply relax the body. The dry brushing technique primes your skin for maximum absorption, leaving you feeling rejuvenated and nourished. A beautiful option for pairs seeking grounding and a synchronized journey of restoration and shared presence.

**Duration:** 60 / 90 minutes

## Spartan

### REFLEXOLOGY RECOVERY

#### *Level 2*

This healing massage focuses on specific reflex zones of the feet, hands and ears, correlating to key systems and various organs in the body. By stimulating these pressure points, reflexology helps relieve stress, reduce pain, improve circulation, and restore balance on a cellular level. In turn, it enhances gut health and promotes overall well-being by supporting the body's natural healing process.

**Duration:** 30 / 60 minutes

#### *Level 2-4*

Consider combining this treatment with Visualization Meditation (Level 2) and acupuncture (Level 3) or craniosacral therapy (Level 4) to enhance your body's digestion processes further.

**Duration:** 90 minutes

## Artemis & Apollo

### TWIN TOUCH MASSAGE

#### *Level 2*

This unique experience involves the simultaneous care of two therapists, and in turn 4 hands. This synchronized full-body massage includes foot reflexology with the therapists working their way from head to neck to toes, rhythmically and harmoniously.

**Duration:** 60 minutes

#### *Level 3-4*

Consider combining this treatment with acupuncture (Level 3) and craniosacral therapy (Level 4) to enhance the overall benefits.

**Duration:** 90 minutes

## Utopia

### HOT MUD DETOX

#### *Level 2*

A cleansing ritual combining a gentle relaxation massage with self-heating oligo-active

mud to deeply calm the muscles and relieve joint tension. Used for centuries to detoxify, nourish and restore the body, this naturally occurring, mineral-rich mud generates a profound feeling of tranquility.

**Duration:** 90 minutes



## Aegean VISUALIZATION MEDITATION MASSAGE

### *Level 2*

ORIGINAL: This gentle, rhythmic full-body massage incorporates visualization meditation and mindset talk therapy to alleviate both physical and emotional tension. The gentle wave-like motion promotes deep relaxation, rebooting the body's natural healing process, balancing the flow of fluid and energy along the head, spine and sacrum, enhancing mind-body tranquility, providing stress relief and inducing restful sleep.

REVISED: This gentle, rhythmic full-body massage incorporates visualization meditation, mindset talk therapy and guided breathwork to alleviate both physical and emotional tension. The gentle wave-like motion promotes deep relaxation, rebooting the body's natural healing process, balancing the flow of fluid and energy along the head, spine and sacrum, enhancing mind-body tranquility, providing stress relief and inducing restful sleep.

**Duration:** 90 minutes

### *Level 4*

Consider combining this treatment with craniosacral therapy (Level 4).

**Duration:** 120 minutes

## The Healthy Gut MASSAGE

### *Level 2*

ORIGINAL: This therapeutic massage focuses on digestive health with gentle abdominal pressure combined with deep breathing, rhythmic movements and lavender or peppermint-infused olive oil to soothe inflammation, alleviate bloating, and support healthy digestion. Benefits also include calming the nervous system, reducing anxiety, and relieving back and neck tension or pain.

REVISED: This therapeutic massage promotes digestive health by combining guided breathwork and a gentle abdominal massage with lavender or peppermint-infused olive oil to reduce inflammation, alleviate bloating, and support healthy digestion. The experience encourages deep relaxation by easing tension, calming stress, and gently supporting the parasympathetic nervous system by shifting the body into its rest-and-digest state.

**Duration:** 60 / 90 minutes

### *Level 2-4*

Consider combining this treatment with visualization meditation (Level 2) and acupuncture (Level 3) or craniosacral therapy (Level 4). These additions regulate the nervous system, reducing psychosomatic stressors, and in turn promoting optimal digestive function.

**Duration:** 120 minutes





## Somatic RELEASE THERAPY

### *Level 3*

A transformative interactive therapy combining Somatic Release techniques with a full-body intuitive touch relaxation massage, ideal for releasing trapped physical and emotional tension to improve physical and emotional health. Gentle movements and deep breathing are utilized to enhance the mind-body connection and restore and replenish inner harmony. Vicky loves this massage as a way to “release your issues in your tissues”.

**Duration:** 60 minutes

### *Level 2-4*

Consider combining this treatment with cupping (Level 2), acupuncture (Level 3) or craniosacral therapy (Level 4) to enhance the overall benefits.

**Duration:** 60 - 90 minutes

## Eros HOT STONE MASSAGE

### *Level 2*

Let the warmth of hot stones gliding across your skin enhance your soothing full-body relaxation massage, improving circulation, releasing tension and reducing muscle tightness.

**Duration:** 60 - 90 minutes

### *Level 2-4*

Consider combining this treatment with visualization meditation (Level 2) and acupuncture (Level 3) or craniosacral therapy (Level 4) to enhance the overall benefits.

**Duration:** 90 minutes

## Olympian PURIFICATION MASSAGE

### *Level 4*

Inspired by the legendary Greek athletes of ancient Olympia, this full-body massage combines a range of techniques to provide the ultimate wellness experience. Feel the rejuvenating effects of dry brushing, moving cupping therapy, reflexology, face and scalp massage, somatic release, breath work and visualization meditation. This comprehensive treatment fosters a deeper mind-body connection, promoting physical and emotional well-being.

**Duration:** 90 minutes





## Vicky's Enhancements

Enhance your Signature Treatment and take your journey of healing to the next level by selecting one or more of these synergistic therapies curated by Vicky and designed to focus on specific areas of tension and foster restoration. While some of our Signature Treatments already include certain of these therapies, there are plenty of others to choose from. Your treatment duration and cost will be adjusted accordingly:

### MOVING CUPPING THERAPY

Targets muscle tension and promotes circulation for faster recovery.

### REFLEXOLOGY

Stimulates body and mind through pressure points on feet, hands and ears to improve internal organs' function.

### NEURO-REFLEXOLOGY

Pressure points on feet that release muscle, spine and nerves.

### ABDOMINAL MASSAGE

Helps with digestion and relieves abdominal discomfort.

### CRANIOSACRAL TREATMENT

Gentle touch therapy that focuses on releasing tension within the central nervous system.

### OSTEOPATHIC TREATMENT

Whole body assessment to improve function and reduce pain

### ACUPUNCTURE

Traditional treatment that promotes healing and relieves pain by stimulating specific points on the body.

### VISUALIZATION MEDITATION

A guided mental exercise to relax, reduce stress, and focus the mind.

### HOT STONES

Helps improve circulation, release tension and reduce muscle tightness.

### BREATHWORK

Guided mindful breathing encourages deep relaxation by easing tension, reducing stress, and gently calming the nervous system.



## Exclusive Treatments In Villa

For guests seeking enhanced privacy and ultimate relaxation, our in-room consultations and treatments offer a serene, relaxed experience—free from time constraints and tailored entirely to your personal rhythm.

This experience begins with a Sound Bath meditation—personally recommended by Vicky—as a gentle way to prepare the body and mind for any treatment or massage that follows. All Signature Treatments are offered, and can be paired with luxurious Treatment Baths, Visualization Meditation, Breathwork, Acupuncture, and Craniosacral Therapy.

This is highly recommended for those who would like an outdoor setting and/or a slower pace for their treatments. Duration varies; In-room treatments pricing...







## Classes & Unique Offerings

### TEMPLE OF POSEIDON HIKE

A guided walk to the historic Temple of Poseidon, blending gentle exercise with stunning ocean views. Unwind with a restorative stretch session overlooking the waves, connecting body and soul.

### CREATIVE WELLNESS SESSIONS

Music, art, sculpture and poetry therapy combined with mindful discussions for emotional expression.

### NATURE VISUALIZATION MEDITATION (INDOOR)

This guided meditation uses visualization techniques to promote deep relaxation and inner peace.

### DESTINATION MEDITATION (OUTDOOR)

Explore the serene surroundings through guided walks and meditative journeys, immersing yourself in the grounding and healing qualities of nature.

### SUNRISE/SUNSET/ FULL MOON MEDITATION

Align with the rhythm of the Earth and sky in this serene meditation class held during nature's most sacred transitions - sunrise, sunset, and full moon. Each session invites you to connect with yourself and the natural world through stillness and mindful presence.

### GREEK CULINARY EXPERIENCE

Learn the art of preparing wellness-focused Greek dishes that support wellness and a balanced lifestyle in accordance with the Mediterranean way of life.

### LAUGHTER YOGA

Release endorphins, tension and boost your mood through the joyful and playful practice of laughter. This class taps into your body's natural ability to laugh, helping to reduce stress, lift your spirits and energize your entire system.

### PILATES

This energizing, low-impact class blends mindful movement with targeted core strength training to sculpt and stabilize your entire body. Our pilates class offers a focused, form-driven approach to movement that enhances posture, flexibility and balance.

### YOGA & BREATHWORK (INDOOR & OUTDOOR)

This class blends gentle, grounding yoga with guided breathwork to cultivate strength, calm the nervous system, and build emotional resilience. Perfect for those seeking stress relief and a deeper mind-body connection.

### DANCE THERAPY

Release tension and elevate your spirit through the joy, freedom and celebration of Greek Dance.

### GUIDED SWIM MEDITATION

Experience the restorative benefits of this guided meditation with slow rhythmic breathing synchronized with gentle movements in soothing waters. Whether you enjoy this treatment in the refreshing sea or warm embrace of our Therapy pool, you will feel the inspiration and gratitude ignited from viewing the iconic Temple of Poseidon.



# FACIAL TREATMENTS





## Dr. Barbara Sturm

DR. BARBARA  
STURM

Dr. Barbara Sturm is a German aesthetics doctor, internationally known for her non-surgical anti-aging treatments and skin rejuvenation techniques. Building on her background in orthopedics, she pioneered innovative methods like using a patient's own blood proteins for skin regeneration. Inspired by her clinical work, she created Molecular Cosmetics, an uncomplicated yet powerful skincare line that hydrates, protects, and renews the skin. A key ingredient is Purslane, often referred to as the "fountain of youth."

### STURMGLOW™ FACIAL

This extended "high-tech" treatment includes a results-driven method to deliver potent anti-aging effects, helps facial muscle 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.

## Omorovicza Budapest

Omorovicza  
BUDAPEST

Omorovicza is rooted in Budapest's unique geology. Following a tectonic collision, Budapest was formed alongside the Himalayas, creating a fissure where mineral-rich waters emerged. Inspired by this geological wonder, the Omorovicza family created the Rác Fűdő, 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.

## Radiofrequency Treatment

### 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.



# BODY SCRUBS & TREATMENTS

## Ancient Spirit Elixir

This full-body treatment combines a light detoxification and exfoliation scrub with a highly targeted lymphatic massage that promotes blood circulation. The application of a mineral mask with dolomite argil, rich in elements and vitamins, will leave your skin radiant and moisturized.

## Golden Soma Treatment

The golden age is synonymous with aesthetic perfection, harmony, and authenticity. This treatment includes 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.

## 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.





# BEAUTY SERVICES

Embark on a journey of beauty and relaxation with our curated selection of services. Each treatment is designed to pamper, enhance, and rejuvenate, leaving you feeling your absolute best.

## Nail Treatments

Classic Manicure

Long-lasting Manicure & Pedicure

Color Change & Long-lasting Color Change

## Waxing & Hair Removal

Upper Lip, Eyebrow Shaping

Full Legs, Bikini, Back, Underarms

## Make-Up Services

Beauty Make-Up

Glamour Make-Up

Bridal Make-Up

Bridal Trial Make-Up

## Add-ons

Collagen eye patches

Express face rejuvenate stem cells mask

Decongestive lifting facial with sculpting tools





## KIDS

Treat your little ones and teens to a specially curated selection of therapies designed just for them! A parent or guardian must be present in the room during the service. Available for children aged 7 to 12 years.

### Daphne Massage

**WHY DAPHNE** This relaxing massage is perfect for children aged 7 to 12. Using natural hypoallergenic oils, gentle strokes are applied to the muscles and joints, promoting relaxation and soothing any tension in a safe environment.

### Chocolate Dream

Indulge in one of the most fun and loved treatments with our signature chocolate massage! After applying a rich chocolate mousse, feel cocooned, before taking a shower! Finally indulge in the sweet aroma of chocolate, as the cocoa-infused moisturizing cream is applied. Feel your softest skin...

### Little Glow Facial

Our face naturally heals through touch, and after sun exposure it's important to give it a little extra special care. This gentle, natural facial uses food-grade ingredients, providing a calming experience under the guidance of a spa therapist. Your little one will also learn simple tips to maintain healthy skin at home.

### Little Mani

Perfectly polished hands! After a soothing buff, nails are massaged with a heavenly-scented hand cream. The experience is completed with a beautiful polish in their favourite color.

### Little Pedi

Perfectly polished feet! Nails are buffed, followed by a relaxing massage with a heavenly-scented foot cream. This is topped off with a beautiful polish in their color of choice

### Mom With Me Or Dad With Me

A special time for your little one to bond with mom or dad at the spa! Enjoy a 50-minute body massage side by side, creating a relaxing and memorable experience together.





# DAY PACKAGES





## The Chrysalis Journey

### Day Package – For Women

#### MORNING

**Visualization Meditation (45 minutes):**

A peaceful meditation session designed to help you visualize your goals and connect with your inner self, bringing clarity, calm, and focus for the future.

**Hike to the Temple of Poseidon**

**(1.5 hours):** A scenic walk to the historic Temple of Poseidon, combining gentle exercise with breathtaking ocean views and a restorative stretch. A perfect way to reconnect with nature and enjoy some peaceful moments of reflection.

#### MIDDAY

**Kallos Lymphatic Massage**

**(60 minutes):** A light and refreshing full-body massage designed to stimulate the lymphatic system, promoting detoxification, and reducing any post-party fatigue.

**Aphrodite Express Facial (20 minutes):**

A soothing and rejuvenating facial designed to cleanse, exfoliate, and hydrate the skin, leaving it glowing and refreshed.

#### LUNCH

**Creative Wellness Lunch at the**

**Restaurant (90 minutes):** A nourishing, plant-based lunch focusing on fresh, organic ingredients. This experience is crafted to promote balance and vitality, with the guidance of Vlachonis Vicky, ensuring the meal choices are as healthy as they are flavorful.

#### AFTERNOON

**Utopia Hot Mud Detox (90 minutes):**

A restorative therapy using hot mud to detoxify the body, promoting circulation and releasing tension. This therapy helps renew your body's natural energy and enhances the feeling of balance.

#### EVENING

**Laughter Yoga (45 minutes):**

A joyful and uplifting laughter yoga session that releases stress, lifts the mood, and creates a sense of connection and relaxation, ending the day on a high note.





## The Odyssey of Renewal

### *Day Package – For Men*

#### MORNING

**Guided Pool Meditation (45 minutes):**

A serene group session by the water that encourages mindfulness, unity, and mental clarity, setting a peaceful tone for the day ahead.

**Laughter Yoga (45 minutes):** A joyful and energizing practice that combines deep breathing with playful laughter, relieving stress and boosting mood in a light-hearted way, ensuring everyone starts the day with a positive, relaxed energy.

#### MIDDAY

**Spartan Reflexology Recovery**

**(60 minutes):** A focused foot therapy that promotes balance, energy flow, and physical relief, helping to revive and energize the body for the rest of the experience.

**Aphrodite Express Facial (20 minutes):**

A refreshing and restorative treatment combining a cleansing facial mask and a deeply relaxing scalp massage—ideal for clearing the mind and rejuvenating the skin before the celebration.

#### AFTERNOON

**Hike to the Temple of Poseidon**

**(2 hours):** A scenic walk to the historic Temple of Poseidon, combining gentle exercise with breathtaking ocean views and a restorative stretch. This hike connects you with nature while offering a peaceful reflection and connection to the environment.

**Gaia Ancestral Cupping Massage**

**(60 minutes):** A deep therapeutic massage using traditional cupping techniques to release tension, promote blood flow, and restore energy balance. This treatment is ideal for restoring vitality and energy after the hike.

#### EVENING

**Creative Wellness Lunch at the**

**Restaurant (90 minutes):** A nourishing, plant-based lunch focusing on fresh, organic ingredients. This experience promotes balance and vitality, with the guidance of Vicky Vlachonis, ensuring the meal choices are as healthy as they are flavorful. The perfect finish to a day of rejuvenation.

# Cape Sounio Spa Etiquette

May this journey of rejuvenation and balance awaken your inner radiance, as you step into a state of complete harmony with yourself and the world around you.

## OPENING HOURS

Spa: Daily | 10:00 - 18:30

Gym: Daily | 08:00 - 20:00 (Supervised sessions available 08:00 - 18:00)

## 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 tranquillity and rejuvenation just for you.

## ARRIVAL TIME

To fully immerse yourself in the tranquillity 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. For your comfort, a robe and slippers await you in your room, along with towels and an additional robe for use at the pool.

## 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 medical or specialised 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.

## SPA FACILITIES

Our spa invites you into a world of calm, with relaxation lounges, private changing rooms, and select wellness areas extending beyond the main spa. Just beside the entrance, our open-air Therapy Pool offers a peaceful space to unwind with unobstructed views to the Temple of Poseidon. If you wish to enjoy it or any hydrotherapy rituals, please bring your swimwear.

To ensure a serene experience for all, spa and pool access is reserved for guests aged 16 and above. Younger guests are invited to select special treatments from our Kids Menu for family wellness moments.



## FITNESS AREA

Our Gym is located next to the Spa, with three pavilions tucked amid the pine forest. Fully equipped with strength, cardiovascular, and cross-training gear. Our coaches are available upon request for tailored personal training sessions, including yoga and mat Pilates. 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. To maintain a tranquil atmosphere for all, the spa's changing areas and relaxation zones are designed for guests aged 16 and above. 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.

## HEMOCARE

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

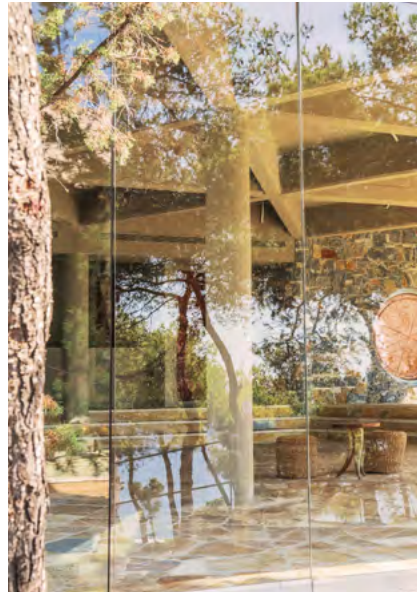
For your ease and comfort, spa treatments may be effortlessly charged to your room or kindly settled at the spa reception. We graciously accept payments by credit card or in cash. All rates are inclusive of VAT and may be subject to slight adjustments.

## 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.

Thank you for entrusting us with your wellness experience.