

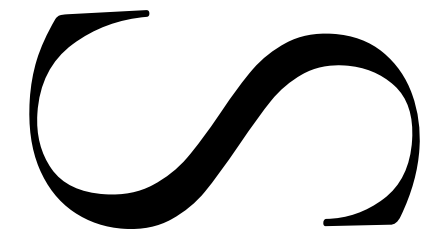
CAPE SOUNIO



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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.

# The Visionary

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.

# Vicky Vlachonis





# 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, graced with two private beaches & the most famous full moons at the onset of the Aegean. 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 Sounio - 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 Spā and throughout the resort, our program offers a thoughtfully designed series of treatments and packages, each level rising to meet guests' evolving needs.



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.

## ELEVATIONS OF WELLNESS

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 emotional stress. 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.





MEETING YOU WHERE YOU ARE



## Tailor-made Programs

We invite you to design your own holistic program, guided by Vicky's method and our expert therapists, providing a highly personalized approach to your health and wellness during your stay. Whether you seek deep relaxation, targeted relief, or a shared family wellness moment, we combine treatments, techniques, and enhancements to create an experience crafted exclusively for you and your aims. Our personal trainers and therapists are at your disposal to meet you where you are.



# Our Signature Treatments

Each of our Signature Treatments incorporates elements rooted in ancient Greek healing traditions and rituals. These include both dry brushing and organic olive oil brushing, combined with a carefully curated selection of essential oils. Your chosen treatment may be complemented with additional therapies from our list of Enhancements (see page 24). We would be happy to assist you with your selection of Enhancements during your personalized consultation at our premises. Each treatment is preceded by a complimentary shot of Vicky's Saint Supply Living Elixir organic high-phenolic extra virgin olive oil, a natural anti-inflammatory that promotes digestive health and improves mental clarity.

## Poseidon

### RELAXATION

#### *Level 1*

This treatment offers a full-body relaxation massage, using techniques inspired by the calming rhythm of the sea. A soothing ritual begins with dry brushing and nourishing oil brushing to awaken circulation and prepare the body for deep replenishment. This gentle massage relaxes both body and mind, incorporating specially curated Greek extra virgin olive oil to deeply moisturize your skin and impart 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

#### *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

#### *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 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

#### *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, olive oil 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

## Aphrodite

### FACE AND SCALP

#### *Level 1*

This deeply calming ritual focuses on key pressure points across the neck, scalp, ears, and face to relieve fatigue, tension, and stress. Carefully selected essential oils soothe the nervous system, clear the sinuses, and help reduce pain, making this an ideal treatment for headaches, mental fog, and/or stiff muscles.

Choose a focused 30-minute session for quick relief. A vital stepping stone before progressing to the next Elevation.

Duration: 30 minutes

#### *Level 2*

For enhanced results, consider complementing your treatment with Abdominal Massage, Moving Cupping Therapy, or Reflexology.

Duration: 60 minutes

## Hermes

### JAW, NECK & FACE RELEASE

#### *Level 1*

This transformational treatment relieves tension and discomfort in the jaw, ears, neck and shoulders. Our unique massage techniques help restore jaw mobility, ease tightness, align the nervous system and promote a deep sense of well-being.

Duration: 30 / 50 minutes

#### *Level 2-3*

Consider combining this treatment with Osteopathic Treatment (**Level 3**) or Neuro-Reflexology (**Level 3**).

Duration: 60 / 80 minutes

## Gaia

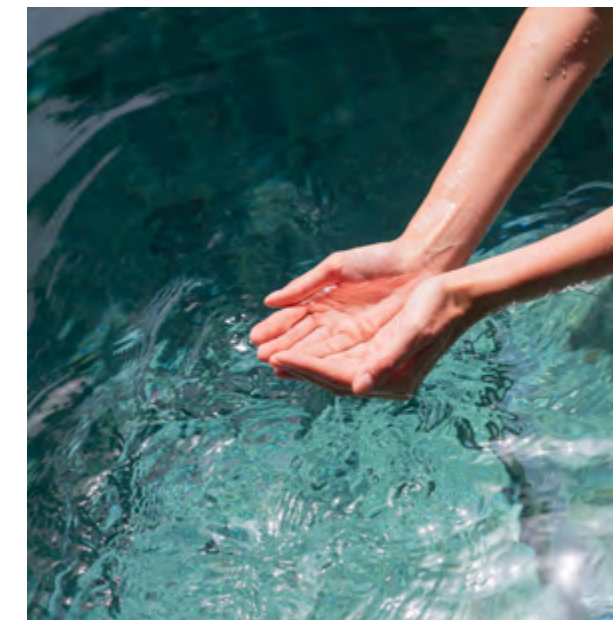
### ANCESTRAL CUPPING

#### *Level 2*

Indulge in a deep tissue, full-body massage that combines ancient Greek cupping techniques with olive oil to detoxify, promote circulation, and deeply relax the body. The dry brushing and oil brushing techniques prime 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 targets specific reflex zones of the feet, connecting them to key systems and vital organs throughout the body. By stimulating these pressure points, reflexology helps relieve stress, reduce pain, improve circulation, and restore balance at a cellular level. It also supports gut health and promotes overall well-being by enhancing the body's natural healing processes.

Duration: 30 / 60 minutes

### *Level 2-4*

Consider combining this treatment with Diaphragmatic Breathing (**Level 2**), Acupuncture (**Level 3**), or Craniosacral Treatment (**Level 4**) to help reset your body and mind.

Duration: 90 minutes

## Daphne & Apollo TWIN TOUCH

### *Level 2*

This unique experience places you in the simultaneous care of two therapists, with four hands working in seamless synchronicity. The full-body massage incorporates focused foot reflexology, as the therapists move rhythmically from head to toe in a continuous, flowing sequence. Every part of the body is attended to, promoting circulation, restoring balance, and inducing deep relaxation.

Duration: 60 minutes

### *Level 3-4*

Consider combining this treatment with Acupuncture (**Level 3**) and Craniosacral Treatment (**Level 4**) to enhance the overall benefits.

Duration: 90 minutes

## The Happy Gut RITUAL

### *Level 2*

This therapeutic massage promotes digestive health by combining guided breathwork and a gentle abdominal massage with olive oil that has been infused with a curated selection of essential oils. We recommend lavender or peppermint for their soothing and digestive-supporting properties, helping to reduce inflammation and alleviate bloating. The experience encourages deep relaxation by easing tension, calming stress, and gently supporting the parasympathetic nervous system, guiding the body into its natural rest-and-digest state.

Duration: 60 minutes

### *Level 2-4*

Consider combining this treatment with Visualization Meditation (**Level 2**), Acupuncture (**Level 3**), or Osteopathic Treatment (**Level 4**). These additions regulate the nervous system, reduce psychosomatic stressors, and in turn promote optimal digestive function.

Duration: 90 minutes



## Aegean

### HOT STONE THERAPY

#### *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: 90 minutes

#### *Level 2-4*

Consider combining this treatment with Acupuncture (Level 3) or Craniosacral Treatment (Level 4) to enhance the overall benefits.

Duration: 120 minutes

## Olympian

### REJUVENATION

#### *Level 3*

Inspired by the legendary athletes of ancient Olympia, this full-body massage combines dry brushing, olive oil brushing, moving cupping, reflexology, face and scalp massage, somatic release, myofascial rolling techniques, guided breathwork, and visualization meditation. Gentle, rhythmic motions promote deep relaxation, balance the flow of energy through the head, spine, and sacrum, relieve stress, and support both physical and emotional well-being. Experience complete mind-body rejuvenation that restores vitality and induces restful sleep.

Duration: 90 minutes

## Soma

### RELEASE THERAPY

#### *Level 4*

A transformative, interactive therapy combining Somatic Release techniques with guided breathwork. This treatment supports the release of stored physical and emotional tension, promoting overall well-being. Gentle guided movements and conscious breathing are used to deepen the mind-body connection, restore balance, and replenish inner harmony. Vicky loves this treatment as a way to “release the issues in your tissues”.

Duration: 60 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

Focuses on pressure points on the feet to release tension in muscles, spine, and nerves.

### ABDOMINAL MASSAGE

Helps with digestion and relieves abdominal discomfort.

### CRANIOSACRAL TREATMENT

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

### OSTEOPATHIC TREATMENT

Whole-body assessment to improve mobility, reduce pain, and enhance nervous system function.

### ACUPUNCTURE

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

### VISUALIZATION MEDITATION

A guided mental exercise designed to relax, reduce stress, and sharpen focus. Mindful breathing gently eases tension, calms the nervous system, and promotes deep relaxation.

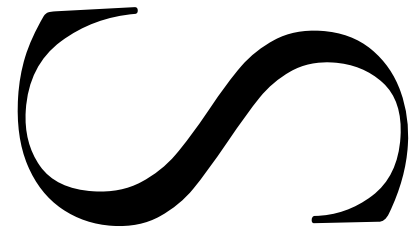
### HOT STONES

Helps improve circulation, release tension and reduce muscle tightness.

### DIAPHRAGMATIC BREATHING

Harmonized mindful breathing that eases tension, reduces stress, and gently calms the nervous system, promoting deep relaxation. This practice incorporates visceral somatic techniques to support organ mobility, enhance digestive function, and deepen the mind-body connection.





CAPE SOUNIO



Vicky Vlachonis

## Exclusive In Villa Treatments

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. All Signature Treatments are offered and can be paired one or more of Vicky's Enhancements (see page 24). This is highly recommended for those who prefer an outdoor setting or a slower pace for their treatments. Duration varies, with In-Villa Treatment pricing applicable.



# Vicky's

## Classes & Unique Offerings

### TEMPLE OF POSEIDON HIKE

A mindful walk to the Temple of Poseidon, blending gentle exercise with stunning ocean views. Enjoy a guided meditation along the way and conclude with a restorative stretch session overlooking the waves, reconnecting body and soul.

### 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 in our pool with stunning views, you will feel the inspiration and gratitude ignited from viewing the iconic Temple of Poseidon.

### MUSE DANCE THERAPY

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

### TIBETAN YOGA & LAUGHTER RITUAL

Awaken your body with five revitalizing Tibetan yoga movements to boost circulation, strength, and flexibility while promoting spinal health. Combined with playful laughter yoga, this joyful practice dissolves tension, lifts your mood, and leaves you feeling refreshed, light, and fully energized.

### SOMATIC WELLNESS EXPERIENCE

Re-energize and restore body and mind through a curated blend of yoga, barre à terre, conscious breathwork, and Feldenkrais-inspired floor work. This refined somatic practice improves posture, balance, and coordination while encouraging fluid, effortless movement. Designed to help you reconnect with your body, the session promotes deep release and supports natural alignment.

### CLINICAL PILATES

This energizing, low-impact Pilates session is designed to strengthen the core and stabilize the body through precise, mindful movement. A personalized approach enhances posture, flexibility, balance, and functional strength while restoring alignment and improving overall body awareness. Ideal for those seeking safe, intelligent, and effective movement.

### RECOVERY & REBUILD

A one-to-one rehabilitation session designed to help you move with comfort and confidence. Together, we identify the underlying causes of discomfort and focus on rebuilding strength, stability, and control through carefully guided bodyweight or gym-based exercises, always within a safe and tolerable range. The session concludes with a personalized take-home plan to support continued progress beyond your stay. Ideal for chronic conditions affecting the neck, shoulders, back, and hips

### YOGA & BREATHWORK

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.

### DESTINATION MEDITATION

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.

### CREATIVE WELLNESS SESSIONS

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

### GREEK CULINARY EXPERIENCE

Discover the art of Greek cooking inspired by the Mediterranean way of life. This immersive experience celebrates fresh, seasonal ingredients and time-honored recipes known for their nourishing, anti-inflammatory qualities. A flavorful journey that embraces wellness, longevity, and the joy of balanced living.





# Augustinus Bader & The Method

Augustinus Bader is a globally acclaimed luxury skincare brand, distinguished by its science-led innovation. At its core is TFC8®, a proprietary, award-winning technology that supports cellular renewal and the skin's natural repair processes. The treatments are guided by The Method, a fascia-focused approach that enhances circulation, optimizes absorption, and promotes lasting skin vitality and performance.

## Signature treatments

### THE BIO-LUMINESCENCE RITUAL

Experience the Bio-Luminescence Ritual, a 90-minute signature treatment designed to restore skin vitality and elevate overall performance. Begin with a 30-minute back and shoulder massage to release tension and stimulate circulation. Continue with a 60-minute Augustinus Bader facial, powered by TFC8® and fascia-focused techniques to support cellular renewal, collagen production, and visible firmness. Compression boots with integrated LED therapy work simultaneously to enhance circulation, reduce fatigue, and support detoxification—delivering refined, full-body rejuvenation.

Duration: 90 minutes

### 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.

Enhance your treatment with compression therapy, promoting circulation, recovery, and a feeling of complete rejuvenation.

Duration: 90 minutes



## Facials

### THE JET LAG FACIAL

Your transformation begins with this essential ritual, powered by a multidose of Augustinus Bader's proprietary TFC8® technology to enhance cellular renewal. Guided by The Method—a fascia-focused technique that optimizes skin and tissue health—this facial not only delivers immediate radiance but also introduces expert practices to elevate your results at home.

Duration: 60 minutes

### THE DETOX FACIAL

An elevated cleansing ritual designed to purify, sculpt, and restore radiance. Rooted in The Method by Augustinus Bader and powered by TFC8®, this bespoke facial combines lymphatic massage, LED technology, and a purifying mask to enhance circulation, support natural exfoliation, and stimulate skin renewal. Enhanced with LED and cryotherapy, it delivers immediate clarity, refined tone, and our signature glow.

Duration: 75 minutes



# Beauty Essentials

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
- Classic Pedicure
- Classic Color Change
- Semi-Permanent Manicure
- Semi-Permanent Pedicure
- Semi-Permanent Removal

## WAXING & HAIR REMOVAL

- Eyebrows Shaping
- Upper Lip
- Under Arm
- Lower Arms
- Full Legs
- Lower Legs
- Bikini
- Back

## MAKE-UP SERVICES

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



# 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 5 to 15 years.

## IOLI MASSAGE

This relaxing massage is perfect for children aged 5 to 15. Using natural hypoallergenic oils, gentle strokes are applied to the muscles and joints, promoting relaxation and soothing any tension in a safe environment.

Duration: 30 / 50 minutes

## 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 and feel your softest skin...

Duration: 50 minutes

## FRUIT SPA EXPERIENCE

A fresh and fruity 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 yet mindfully relaxed.

Duration: 60 minutes

## 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.

Duration: 30 minutes

## LITTLE MANI

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

Duration: 30 minutes

## LITTLE PEDI

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

Duration: 45 minutes



# 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.

## 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 consultation 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 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.

## SPA FACILITIES

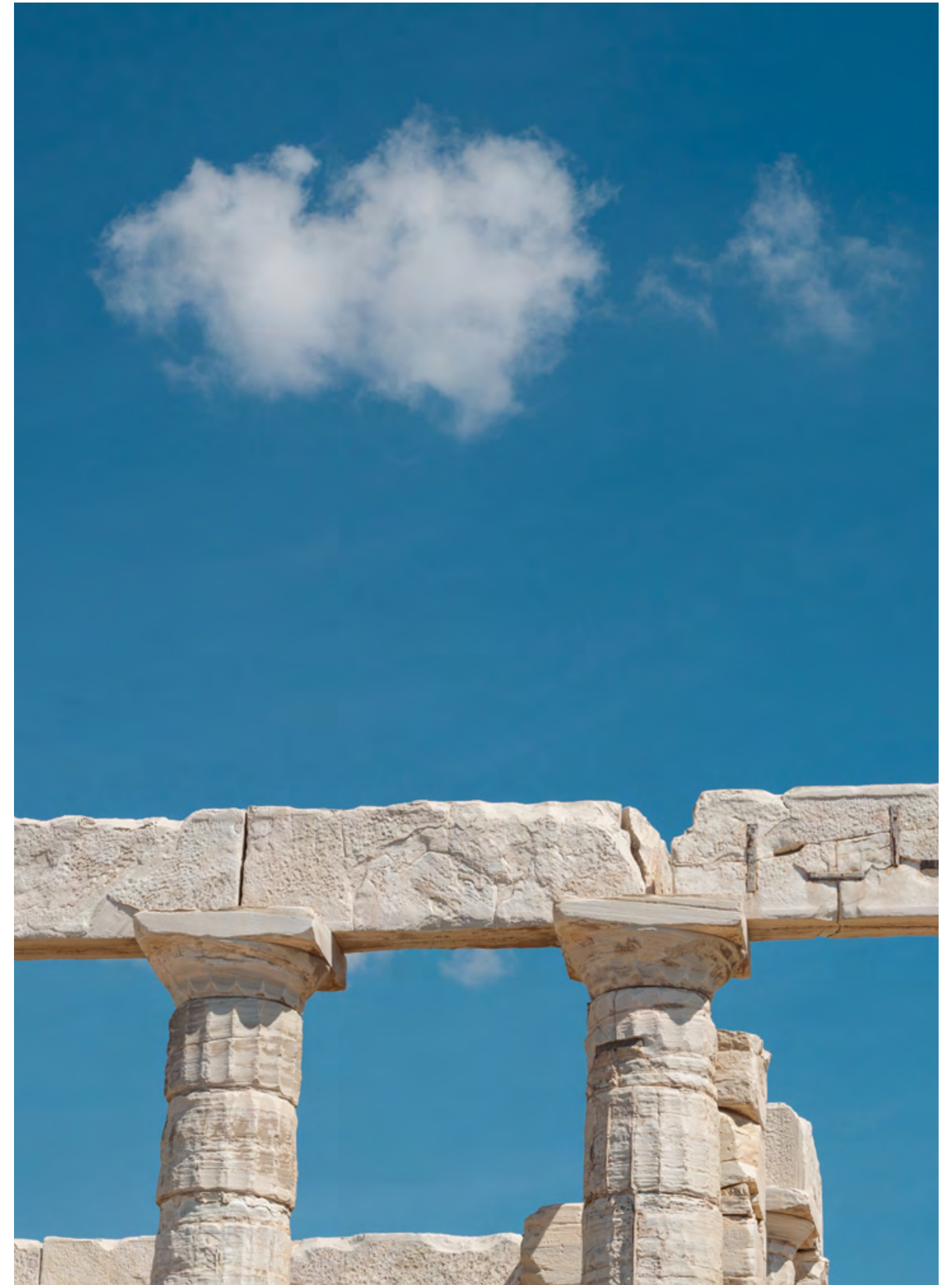
Our spa invites you into a world of calm, with relaxation lounges, private changing rooms, and select wellness areas extending beyond the main spa. Just beside the entrance, our open-air Therapy Pool offers a peaceful space to unwind with unobstructed views to the Temple of Poseidon. If you wish to enjoy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

# Price List

Treatment	Duration	Base Price
Poseidon Relaxation	30'	165 €
Poseidon Relaxation	60'	325 €
Poseidon Relaxation	90'	360 €
Artemis Deep Purification	30'	180 €
Artemis Deep Purification	60'	385 €
Artemis Deep Purification	90'	425 €
Kallos Lymphatic	30'	165 €
Kallos Lymphatic	60'	235 €
Mitera The Mom-to-Be	60'	235 €
Aphrodite Face and Scalp	30'	165 €
Hermes Jaw ,Neck & Face Release	30'	165 €
Hermes Jaw ,Neck & Face Release	50'	210 €
Gaia Ancestral Cupping	60'	235 €
Gaia Ancestral Cupping	90'	315 €
Spartan Reflexology Recovery	30'	165 €
Spartan Reflexology Recovery	60'	235 €
Daphine & Apollo – Twin Touch	60'	385 €
The Happy Gut Ritual	60'	325 €
Aegean Hot Stone Massage	90'	360 €
Olympian Rejuvenation	90'	450 €
Soma Release Therapy	60'	425 €
<b>VICKY'S ENHANCEMENTS</b>		
Moving Cupping Therapy	30'	165 €
Reflexology	30'	180 €
Neuro-Reflexology	15'	180 €
Neuro-Reflexology	30'	210 €
Abdominal Massage	30'	165 €
Craniosacral Treatment	30'	225 €
Craniosacral Treatment	45'	325 €
Osteopathic Treatment	15'	210 €
Osteopathic Treatment	30'	280 €
Acupuncture	30'	210 €
Acupuncture	45'	235 €
Visualization Meditation	30'	165 €
Hot Stones	30'	165 €
Diaphragmatic Breathing	30'	165 €
<b>VICKY'S CLASSES &amp; UNIQUE OFFERINGS</b>		
Temple of Poseidon Hike	120'	210 €
Guided Swim Meditation	60'	165 €
Muse Dance Therapy	60'	165 €
Tibetan Yoga & Laughter Ritual	60'	165 €
Somatic Wellness Experience	60'	180 €
Clinical Pilates	60'	185 €

Treatment	Duration	Base Price
Recovery & Rebuild	30'	165 €
Recovery & Rebuild	60'	235 €
Yoga & Breathwork	60'	165 €
Destination Meditation	60'	165 €
Sunrise, Sunset & Full Moon Meditation	60'	165 €
Creative Wellness Sessions	60'	180 €
Greek Culinary Experience		
<b>AUGUSTIN BADER FACIAL</b>		
The Bio-Luminescence Ritual	90'	425 €
The Jet Lag Facial	60'	280 €
The Detox Facial	75'	315 €
The Skin Smoothing Body Ritual	90'	225 €
<b>BEAUTY SERVICES</b>		
Classic Manicure	60'	80 €
Classic Pedicure	60'	85 €
Classic Color Change	30'	50 €
Semi-Permanent Manicure	75'	90 €
Semi-Permanent Pedicure	75'	95 €
Semi-Permanent Removal	20'	30 €
<b>WAXING &amp; HAIR REMOVAL</b>		
Eyebrows Shaping		20 €
Upper Lip		50 €
Under Arm		30 €
Lower Arms		30 €
Full Legs		80 €
Lower Legs		40 €
Bikini		60 €
Back		60 €
<b>MAKE-UP SERVICES</b>		
Beauty Make-Up	80'	100 €
Bridal Make-Up	150'	390 €
Bridal Trial Make-Up	150'	180 €
<b>KID'S SPA MENU</b>		
Ioli Massage	30'	65 €
Ioli Massage	50'	95 €
Chocolate Dream	50'	110 €
Fruit Spa Experience	60'	125 €
Little Glow Facial	30'	80 €
Little Mani	30'	40 €
Little Pedi	45'	50 €



Thank you for entrusting us with your wellness experience.

**OPENING HOURS**

**SPA:** Daily | 10:00 – 18:30

**GYM:** Daily | 08:00 – 20:00

*(Access outside these hours can be  
arranged via the reception)*