

# ELIXIR WELLNESS CENTER





## OUR PHILOSOPHY

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

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

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

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

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



# MASSAGES

## **CARAMEL 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.

## **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.

## **SEA BREEZE 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.

## **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 to a sensory journey: oils awaken your senses and deeply nourish your skin, enhancing the massage experience.

## **KIDS MESSAGE**

A unique treatment specially designed for children. Touch is a natural healing therapy. The Kids Massage is ideal for boys and girls aged 5 to 14 years. Natural hypoallergenic oil is applied with a gentle massage. The qualified therapists gently massage the muscles and joints (hands - back - legs - face - neck - scalp - hair).

## **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. The specialized, soft and nurturing handling of this technique offers a safe treatment that embraces your needs as well as your baby's.

## **ULTRA FACE & SCALP 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, 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.

**CARAMEL MASSAGE**

**DEEP TISSUE MASSAGE**

**SEA BREEZE AROMA MASSAGE**

**OXYREVITAGE AGE TREATMENT**

## ELIXIR OUTDOOR EXPERIENCE

Now you can enjoy a unique experience listening to the waves next to the Cretan Sea, which can offer you moments of wellness, releasing your energy, strengthening your body and clarifying your spirit...

**CARAMEL MASSAGE**

**DEEP TISSUE MASSAGE**

**SEA BREEZE AROMA MASSAGE**

**LYMFATIC MASSAGE**

**KIDS' MASSAGE**

**ULTRA FACE & SCALP MASSAGE**



## FOR TWO

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

### **LOVE POTION**

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

### **PASSION RITUAL**

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



## 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.

### **THALLASEA TREATMENT**

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

### **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.

### **ELIXIR MARINE RITUAL**

A journey to the sea: a three-salt exfoliation, made of selected salt for its richness in minerals and trace elements releases the epidermis from dead cells. Followed by a remineralizing seaweed wrap and a regenerating massage using beeswax and essential oils.



## SPECIAL THERAPIES

### **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.

### **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.

### **LYMPHO-DRAINING LINE**

Treatment indicated for all those suffering from circulation problems, liquid retention, edematous cellulite, tiredness and leg cramping. It helps to improve circulation and to avoid venodilation. Remineralises skin and tissues, while purifying, detoxifying and reducing volume.

### **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.





MAS2MED

Natural fast ingredients

VITAL PREVENTION

VEGGIE CONFORT  
CREAM

MAS2ADA  
THE NATURAL THERAPY



## FACIAL TREATMENTS BY LUXURY SKIN CARE PRODUCTS

MASSADA



Massada offers a wide range of natural cosmetics, the result of extensive experience in the beauty and integral health sector. The best raw materials are carefully selected to create cosmetics that treasure the wonders that nature offers. Exclusive formulas whose secret lies in the combination of the best natural ingredients, obtained through sustainable and respectful procedures, with the most cutting-edge biotechnological assets. The result of this union is unsurpassed: cosmetics that respond to the highest demands of skin care.

### **IMMACULATE SKIN**

Treatment for skin with intensive hydration needs, that lacks elasticity and firmness due to the natural aging process or extreme exposure to adverse external factors. The Massmed Antiaging Immaculate Skin line prevents the signs of aging. It diminishes wrinkles and provides firmness, elasticity and hydration, achieving natural and immediate results.

### **LIFTING HYALURONIC ACID**

The exclusive biotechnology active ingredient Hyaluronic Acid of different molecular weights can penetrate the skin layers and fill the interstices of the fibers with collagen, exerting a «molecular sponge» effect, retaining water and maintaining cellular hydration. It also effectively stimulates the synthesis of collagen and elastin, achieving smoother, younger and silkier skin.

### **BIOCELLULAR**

An integral skin treatment especially designed for fighting signs of cellular aging. It combines the most sophisticated natural active ingredients with the ecological Massada TM Complex to achieve a visibly younger, more energized and deeply hydrated look





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.



## 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

### **BODY RELAX 2 HRS**

- 60´ SEA BREEZE AROMA MASSAGE • 60´ FACIAL TREATMENT

### **ESCAPE 3 HRS**

- 20´ BODY SCRUB • 60´ CANDLE MASSAGE • 60´ FACIAL TREATMENT
- 70´ MANICURE - PEDICURE

### **MEN'S GETAWAY 2 HRS**

- 60´ DEEP TISSUE • 60´ FACIAL TREATMENT



## CARAMEL WELLNESS PACKAGES

### WEEKEND SPA 2 DAYS

Day 1: 20' Body Scrub, 50' Sea Breeze Aroma Massage

Day 2: 60' Face Therapy

### RELAX 4 DAYS

Day 1: 20' Body Scrub, 50' Sea Breeze Aroma Massage

Day 2: 60' Face Therapy

Day 3: 30' Sea Breeze Aroma Massage, Manicure - Pedicure

Day 4: 80' Elixir of Vineyard Treatment

### ANTI-STRESS 6 DAYS

Day 1: 20' Body Scrub, 50' Sea Breeze Aroma Massage

Day 2: 60' Face Therapy

Day 3: 30' Sea Breeze Aroma Massage, Manicure - Pedicure

Day 4: 80' Elixir of Vineyard Treatment

Day 5: 60' Deep Tissue

Day 6: 60' Face treatment

### EXPRESS DETOX 3 DAYS

Day 1: 20' Body Scrub, 20' Sea Weed Wrap, 30' Lymph massage

Day 2: 80' Ancient Spirit Elixir

Day 3: 80' Lifting Hyaluronic Acid

### VITAL DETOX 6 DAYS

Day 1: Body Scrub, 20' Sea Weed Wrap, 30' Lymph massage

Day 2: 80' Ancient Spirit Elixir

Day 3: 80' Lympho Draining Line

Day 4: 80' Lifting Hyaluronic Acid

Day 5: 60' Lymph massage

Day 6: 60' Lympho - Draining line

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

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## SPA ETIQUETTE

### OPENING HOURS

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

Gym: Daily 8:00 am to 8:00 pm

### SPA CONTACT

Caramel Grecotel Boutique Resort

GR-74100 Rethymno, Adele, Crete

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spa.cb@grecotel.com | grecotel.caramel.com

### SPA RESERVATIONS

Please contact the Elixir Wellness Center Reception directly on extension 7010 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 Elixir 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 Elixir Spa. This is the time for your body and mind to release the worries and stress of the day.

# PRICE LIST

	Duration	Price
<b>MASSAGES</b>		
Caramel Massage	60´	125€
Deep Tissue Massage	30´/ 60´	90€/140€
Sea Breeze Aroma Massage	30´/ 50´	70€/110€
Lymphatic Massage	30´/ 60´	70€/110€
Candlelight Massage	50´	115€
Kids' Massage	30´/ 50´	60€/85€
Mom-to-be Massage	45´	95€
Ultra Face & Scalp Massage	20´	60€
<b>MASSAGE IN VILLA</b>		
Caramel Massage	60´	185€
Deep Tissue Massage	30´/ 60´	130€/215€
Sea Breeze Aroma Massage	30´/ 50´	110€/160€
Oxyveritage Age Treatment	60´	180€
<b>ELIXIR OUTDOOR EXPERIENCE</b>		
Caramel Massage	60´	125€
Deep Tissue Massage	30´/ 60´	90€/140€
Sea Breeze Aroma Massage	30´/ 50´	75€/110€
Lymphatic Massage	30´/ 60´	70€/110€
Kids' Massage	30´/ 50´	60€/85€
Ultra Face & Scalp Massage	20´	60€
<b>FOR TWO</b>		
Love Potion	60´	250€
Passion Ritual	60´	260€
<b>BODY &amp; SOUL ELIXIRS</b>		
Thallasea Treatment	60´	100€
Ancient Spirit Elixir	80´	125€
Elixir Marine Ritual	80´	120€
<b>SPECIAL THERAPIES</b>		
Elixir Of Vineyards	80´	160€
Back Ritual	60´	100€
Lympho-draining Line	80´	120€
Relief Light Legs	40´	80€
Sun-kissed Skin Ritual	45´	95€

	Duration	Price
<b>FACE TREATMENTS</b>		
Immaculate Skin	60´	125€
Lifting Hyaluronic Acid	80´	115€
Biocellular	60´	120€
Oxyrevitage Age Treatment	60´	125€
Dermostamine Treatment	60´	130€
<b>SALON TREATMENTS</b>		
Manicure		35€
Long Lasting Manicure		45€
Spa Manicure		50€
Pedicure		50€
Long Lasting Pedicure		55€
Spa Pedicure		60€
Color Change		15€
Long Lasting Change		25€
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		10€
<b>DAY SPA RITUALS</b>		
Body Relax	2 Hrs	195€
Escape	3 Hrs	320€
Men's Getaway	2 Hrs	235€
<b>CARAMEL WELLNESS PACKAGES</b>		
Weekend Spa	2 Days	235€
Relax	4 Days	510€
Anti-stress	6 Days	710 €
Express Detox	3 Days	450€
Vital Detox	6 Days	620€

