



WELLNESS BOUTIQUE

CARAMEL



CLASSIC MASSAGES

CARAMEL MASSAGE

Inspired by the grooming rituals of Classical beauties. This treatment consists of a full body massage, using techniques inspired by the calming influence of the sea's movement.

DEEP TISSUE MASSAGE

Relieves stress that causes muscle tension. This therapy rejuvenates the body by using deep pressure massage. The result is complete rejuvenation, toning, and relaxation that also relieves pain.

SEA BREEZE AROMA MASSAGE

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 MASSAGE

A detoxifying treatment is performed specifically on the legs. It activates the circulation and the lymph glands flushing out excess liquids, making the muscle tissue firmer. Ideal for combatting cellulite and stimulating your blood flow systems.

CANDLELIGHT MASSAGE

Find your mind and body's inner peace in a warm place, gently lit by the flame of a candle. The soothing scent and light shadows of creamy wax will lead you to a sensory journey: oils awaken your senses and deeply nourish your skin, enhancing the massage experience.

KIDS MASSAGE

A unique treatment specially designed for children. Touch is a natural healing therapy. The qualified therapists using natural hypoallergenic oil, gently massage the muscles and joints (hands - back - legs - face - neck - scalp - hair). The Kids Massage is ideal for children aged 5 to 12 years.



MOM-TO-BE MASSAGE

Indulge in a caring touch that is in complete harmony with the very special period of your pregnancy. Mom To Be massage relieves the stressed zones and at the same time strengthens the blood circulation. The specialized, soft and nurturing handling of this technique offers a safe treatment that embraces your needs as well as your baby's.

ULTRA FACE & SCALP MASSAGE

This relaxing massage performed with essential oils on the pressure points of the neck, scalp, ears, and face concentrates on soothing away tiredness, stress, and excess tension. A wonderful treatment for headaches, stiff and tired muscles, as well as obtaining harmony, both body and mind.



SPECIAL THERAPIES

ELIXIR OF VINEYARDS

Treat yourself with an exfoliating blend of grape seeds full of anti-aging and detoxifying benefits and indulge a deeply nourishing and relaxing body massage. 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.

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 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 light lymphatic massage soothes the sunburn. Intensely hydrated, the skin is soft, and the body is perfectly relaxed.



FACE

By Thalgo

À LA CART FACIAL

Treat your skin to the care it deserves with Thalgo's facial treatment rich in active marine ingredients, replenishing the skin with minerals and trace elements.

The A la cart facial is designed especially for your skin's needs, whether it be hydration, purification or soothing

HYDRA OPTION

PURIFY OPTION

SOOTHING OPTION

SILICIUM LIFT

An essential treatment for a visibly fresher complexion .This super anti-aging treatment with algae complex rich in marine silicium and vitamin C to fill in wrinkles , firm the skin and refresh the complexion . A special anti wrinkle massage to activate cellular functions is performed in combination with Thalgo's exclusive face fitness roller technique. The skin is glowing, visibly toned and rejuvenated.

ADD ON

COLLAGEN EYEPADS

NECK MASK



BEAUTY SERVICES

- EYEBROW SHAPING
- MANICURE
- LONG LASTING MANICURE
- PEDICURE
- LONG LASTING PEDICURE
- SPA PEDICURE
- COLOR CHANGE
- LONG LASTING CHANGE
- LONG LASTING REMOVER
- FRENCH
- MINI MANI
- MINI PEDI

SPA ETIQUETTE

OPENING HOURS

Spa: Monday to Saturday | 10.00- 18.00

Gym: Daily | 08:00 - 19:00

SPA RESERVATIONS

Please contact the Wellness Reception directly or via the Reception Desk on extension 0. Bookings in advance are recommended to secure your preferred treatment time.

ARRIVAL

We recommend arriving a little earlier to relax and transition into this peaceful space. Arriving 10 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, you will be provided with disposable undergarments.

TREATMENT

During treatments, please let your therapist know if you're comfortable, too warm or too cold, or if the pressure of the massage is the preferable. Your comfort and care are our greatest concern and priority. If you have any questions, your therapist will gladly answer them.

CHILD REGULATION

For safety reasons, entrance to the Spa and Gym area is not permitted to children under the age of 16 without parental supervision.

PAYMENT

For inhouse guests, all treatments can be charged to the room. Prices are listed in Euros (€) and maybe subject to change. All taxes are included. Gratuities are not included but are always appreciated. To ensure gratuities reach our wellness team directly, we kindly recommend offering them in cash.

CANCELLATION POLICY

To honor the time and care dedicated to your experience, we kindly ask for at least 12 hours' notice. 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.

KINDLY NOTE

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

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.

PRICE LIST

CLASSIC MASSAGE	Duration	Price
Caramel Massage	50 mins	135
Deep Tissue Massage	25 mins	95
Deep Tissue Massage	50 mins	160
Sea Breeze Aroma Massage	25 mins	75
Lymphatic Massage	25 mins	60
Lymphatic Massage	50 mins	100
Candlelight Massage	50 mins	135
Kids Massage	20 mins	55
Mom-To-Be Massage	30 mins	95
Ultra Face & Scalp Massage	20 mins	65
SPECIAL THERAPIES		
Elixir Of Vineyards	1 hour 20 mins	165
Back Ritual	50 mins	110
Relief Light Legs	40 mins	85
Sun-Kissed Skin Ritual	1 hour	135

FACE BY THALGO	Duration	Price
'A la Cart Facial	50 mins	135
Hydra option		
Purify option		
Soothing option		
SiliCium Lift	1 hour	165
ADD ON		
Collagen EyePads	20 mins	35
Neck Mask	20 mins	45
BEAUTY SERVICES		
Eyebrow Shaping		20
Manicure		40
Long Lasting Manicure		55
Pedicure		60
Long Lasting Pedicure		65
Spa Pedicure		85
Color Change		15
Long Lasting Change		25
Long Lasting Remover		10
French		+12
Mini Mani		20
Mini Pedi		25

CARMEL
A GRECOTEL RESORT TO LIVE