



ELIXIR SERENITY WELLNESS

Casa Paradiso

GRECOTEL ALL INCLUSIVE RESORT



OUR PHILOSOPHY

The Elixir Spa of the Grecotel Group, built in the birthplace of Hippocrates, offers an exquisite blend of relaxation and top service.

Drawing inspiration from the ancient Greeks, and the pioneering, intelligent spirit of the “Father of Medicine”, we are led to the knowledge that the individual is a psychosomatic entity. Thus, our methods embody the philosophy of longevity and personal exploration towards inner wellness: harmony of mind and spirit.

Our highly curated menus and treatment protocols designed to provide unique pampering experiences are the result of three decades of empirical research k to achieve the ultimate balance of body and mind.

Feel your senses come alive and indulge in the experience of the ages!



MASSAGES

PARADISO 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.

NEW HEALING DESTRESS MASSAGE

Surrender to the soothing power of touch and sensation, and let your body flow back into its natural rhythm. The warm body massagers made of black obsidian glide effortlessly over your skin, releasing tension and offering a profound sense of relief. A botanical elixir of essential oils caresses your body, gently absorbing into the skin. The rhythmic, harmonious movements begin with the tools, then flow into the hands, delivering a wave of pure tranquility and awakening your senses to a new level of relaxation.

DEEP TISSUE MASSAGE

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

JOYFUL KID'S MASSAGE

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 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, and stiff and tired muscles, as well as obtaining harmony, both body and mind.



VIT-C YOUTH POTION SERUM



aridaghe
ATHENS

φῶς

Brightening & Firming
Stabilised Vitamin C and Spatiolone

30ml / 1 fl.oz

SPECIAL THERAPIES

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 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.

BY ARIADNE ATHENS

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

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.

SPA ETIQUETTE

OPENING HOURS

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

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 to arrive 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.

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.

PRICE LIST

	Duration	Price
MASSAGES		
Paradiso Massage	60´	100€
Healing Destress Massage	60´	100€
Deep Tissue Massage	30´ / 60´	75€/125€
Sea Breeze Aroma Massage	30´ / 50´	65€/85€
Lymphatic Massage	30´ / 60´	60€/95€
Candlelight Massage	50´	95€
Joyful Kid's Massage	30´ / 50´	55€/85€
Mom-to-be Massage	45´	85€
Ultra Face & Scalp Massage	20´	50€
SPECIAL THERAPIES		
Back Ritual	60´	95€
Relief Light Legs	40´	80€
Sun-kissed Skin Ritual	30´	65€