



ELIXIR SPA  
CRETA PALACE

ELIXIR SPA

Our greatest  
journey we make  
with our soul

N. KAZANTZAKIS





## SIGNATURE TREATMENTS

### **THE OLIVE AND HERBS MASSAGE**

A sacred Cretan ritual where warm olive oil flows like liquid gold over the body, awakening the senses and nourishing the skin with its timeless richness. Slow, rhythmic movements melt away tension, guiding you into a serene state of deep relaxation and inner harmony. Each touch is a whisper of calm, restoring balance and vitality from within. An indulgent escape that leaves your skin luminous, your body renewed, and your spirit immersed in pure tranquility.

### **THE HEALING DESTRESS MASSAGE**

Inspired by sun-warmed pebbles and the whisper of the Mediterranean breeze, this signature ritual unfolds as a journey of renewal for body and mind. A mineral-rich marine algae scrub gently refines the skin, preparing it to receive a purifying, deeply hydrating body mask that restores its natural radiance. As you surrender to the moment, a flowing massage with warm semi-precious jade pebbles and aromatic essential oils melts away tension, echoing the rhythm of the sea. Each movement reconnects you to a state of balance, serenity, and effortless harmony.

### **THE MINOAN by Ariadne Athens**

Let us make you feel like a real Royal. Indulge in the genuine earthy notes of Greece, luxuriate in the benefits of rare herbs, and relax in the velvet textures that cover your skin, as every step of this treatment imbues your senses in a world of opulence. The treatment includes an exfoliation with olive and roses, followed by the application of a rich body mask, containing a refreshing cocktail rich in organic honey, which contributes to the hydration, regeneration and tightening of the skin. The relaxing head-to-toe massage with warm pouches that complement the treatment with aromas of clary sage, honey and rosemary, literally endows an experience designed for royals.



## CLASSIC MASSAGE

### THE PALACE

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.

### THE DEEP TISSUE MASSAGE

This amazing therapy rejuvenates the body by using deep pressure massage no wonder it's the favourite massage in the best spas worldwide! Deep muscle groups are massaged using fingers, fists, forearms or elbows. The result is complete rejuvenation, toning and relaxation that relieve pain, reduce stress and fight inflammation.

### THE SEA BREEZE AROMA MASSAGE

A lavish back 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 and inducing a feeling of well-being.

### THE LYMPHATIC THERAPY

A detoxifying treatment performed specifically on legs. It activates the lymph glands to flush out liquids, thus making the muscle tissue firmer. Ideal for combatting cellulite and stimulating your body systems.

### THE MOM-TO-BE MASSAGE

Indulge in a caring touch which 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 specialised, soft, and caring handling of this technique offer 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.



## CLASSIC MASSAGE

### **BACK RITUAL**

A cleansing and relaxing ritual combination of deep tissue movements and the use of a self-heating mud mask to relax the deep muscles and relieve joint tension. The oligo active mud detoxifies and creates a profound feeling of relaxation in areas of muscle tension.

### **RITUAL OF THE VINEYARDS by VINESSIME**

Enjoy an exfoliating blend of grape seeds with anti-aging and detoxifying effects and a deeply nourishing and relaxing massage to rejuvenate and strengthen the skin. While your body is wrapped in this invigorating cocoon, experience a comprehensive facial treatment with proven effectiveness for unparalleled radiance that leaves your skin smoother and firmer.

The oxygenating and antioxidant properties of this treatment enhance the energy and defence of your skin.

### **REFRESH LEGS**

Refreshing notes of spearmint mingle with the velvet texture of sugar crystals to slowly stimulate the blood flow, offer a cooling sensation and smooth 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.



## RITUAL FOR TWO

### RITUAL OF THE SPICES

Awake the senses with the rich texture of the peeling inspired by Ayurvedic traditions, in a blend of ginger powder, salts and sugars. Feel deeply nourished and lightly perfume your body with amber and sandalwood scents. Indulge in harmonizing massage inspired by Ayurveda and the science of Marmas. Relaxing maneuvers combined with invigorating movements will help you restore the harmony of body and spirit.

### CANDLELIGHT RITUAL

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.

## ADD ON

EXPRESS FACIAL GLOW

BODY SCRUB

DETOX BODY WRAP



## FACE

By Thalgo

### HEART OF THE OCEAN

Enjoy the ultimate marine experience with Thalgo's deep hydration facial treatment, rich in active marine ingredients that replenish the skin with minerals and trace elements. With the Eveil à la Mer welcome ritual, we prepare the skin for cleansing and exfoliation. The relaxing «Heart of the Ocean» massage takes you on a journey through the peaceful waves of the sea and helps you get rid of stress and fatigue. Then, a beneficial mask with marine extracts is applied that replenishes and rejuvenates the skin. Finally, products tailored to the needs of each individual skin are applied. Your skin becomes velvety and radiant!

### A FORTIFYING TREATMENT

Ideal treatment for oily skin with cleansing action and removal of dead cells. Enriched with Sève Blue Des Oceans extract, an energising complex that strengthens the skin and reduces the tired look.

### SILICIUM LIFT

An essential treatment for a visibly fresher complexion. This 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 technique with face fitness rollers. Strengthens facial muscles and simultaneously treats free radicals. The skin is visibly toned and rejuvenated.

## ADD ON

NECK MASK

COLLAGEN EYE PADS

HAIR SPA TREATMENT BY MOROCCAN OIL



## KIDS BEAUTY & WELLNESS MENU

### **KID'S MASSAGE**

A unique treatment especially designed for children aged 5 to 12 years old.  
Natural hypoallergenic oil is applied with gentle strokes on the muscles and joints.

### **MY PARENT AND ME MASSAGE**

A special time to spend with a parent!  
Indulge in 40 min massage side by side !

### **MINI MANI**

### **MINI PEDI**



## BEAUTY SERVICES

- MANICURE
- LONG LASTING MANICURE
- PEDICURE
- LONG LASTING PEDICURE
- SPA PEDICURE
- COLOR CHANGE
- LONG LASTING CHANGE
- LONG LASTING REMOVER
- FRENCH

## WAXING TREATMENTS

- UPPER LIP
- LEGS & BIKINI LINE
- BIKINI LINE
- FULL LEGS
- LOWER LEGS
- BACK
- UNDERARMS /LOWER ARM
- EYEBROW SHAPING

## SPA ETIQUETTE

### OPENING HOURS

Spa: Daily | 10:00 – 18:30

Gym: Daily | 08:00 – 20:00

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 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 Treatment cancellations. 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 tranquility, with relaxation lounges, private changing rooms, and select wellness areas extending beyond the main spa. The indoor pool, sauna are located on the lower floor. If you wish to enjoy them, please bring your swimsuit. To ensure a peaceful experience for everyone, access to the spa and pool is only permitted to guests over the age of 16. Younger guests can choose special treatments from our children's menu for moments of family wellness.

### FITNESS AREA

Our Gym is located next to the Spa. 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.

### HOMECARE

Carry the essence of your wellness journey home with our exquisitely curated collection of spa and self-care treasures, available at the Spa. 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

	Duration	Price
<b>SIGNATURE TREATMENTS</b>		
The Olive And Herbs Massage	45 mins	135
The Healing Destress Massage	1 hour	165
The Minoan By Ariadne Athens	2 hours	230
<b>CLASSIC MASSAGE</b>		
The Palace	1 hour	165
The Deep Tissue Massage	25 mins	100
The Deep Tissue Massage	50 mins	170
The Sea Breeze Aroma Massage	25 mins	85
The Lymphatic Therapy	25 mins	85
The Lymphatic Therapy	50 mins	125
The Mom-To-Be Massage	25 mins	95
Ultra Face & Scalp Massage	20 mins	65
<b>RITUAL FOR TWO</b>		
Ritual Of The Spices	1 hour 20 mins	350
Candlelight Ritual	50 mins	260
<b>ADD ON</b>		
Express Facial Glow	25 mins	75
Body Scrub	20 mins	60
Detox Body Wrap	30 mins	60
<b>FACE BY THALGO</b>		
Heart Of The Ocean	50 mins	135
A Fortifying Treatment	50 mins	135
Silicium Lift	1 hour	165
<b>ADD ON</b>		
Neck Mask	20 mins	45
Collagen Eye Pads	20 mins	35
Hair Spa Treatment By Moroccan Oil	20 mins	55
<b>SPECIAL THERAPIES</b>		
Happy Skin After Sun	1 hour	140
Back Ritual	50 mins	125
Ritual Of The Vineyards By Vinessime	1 hour 20 mins	195
Refresh Legs	40 mins	60

	Duration	Price
<b>KIDS BEAUTY &amp; WELLNESS MENU</b>		
Kid's Massage	20 mins	55
Kid's Massage	40 mins	95
My Parent And Me Massage	40 mins	210
Mini Mani		20
Mini Pedi		25
<b>BEAUTY SERVICES</b>		
Manicure		45
Long Lasting Manicure		55
Pedicure		55
Long Lasting Pedicure		65
Spa Pedicure		90
Color Change		15
Long Lasting Change		25
Long Lasting Remover		10
French		12
<b>WAXING TREATMENTS</b>		
Upper Lip		15
Legs & Bikini Line		90
Bikini Line		25
Full Legs		55
Lower Legs		35
Back		55
Underarms /Lower Arm		25
Eyebrow Shaping		15



# CRETA PALACE

GRECOTEL LUXURY RESORT