



# ELIXIR ELEMENTS SPA

KOS



## OUR PHILOSOPHY

The Elixir Spa of the Grecootel 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!



## SIGNATURE TREATMENTS

### THE LOCAL LIST

#### **LEVANDA DREAM RITUAL**

A holistic wellness experience for both body and face, combining deep relaxation with skin rejuvenation. Infused with the soothing essence of lavender, it leaves the skin silky-soft, and deep refreshed.

#### **ETHERAL BALANCE RITUAL**

A deeply immersive experience designed to elevate both body and mind into a state of serene balance. Through slow, flowing movements and warm aromatic oils, it releases tension, restores energy flow, and induces a profound sense of inner calm.

### AQUA HARMONY RITUAL

#### **FULL EXPERIENCE (Thalasso Pool, Sauna & Steam Room)**

A delightful water ride in the Elixir pool with water jets, streamed water massages, features water cannons and hydro-massage seats. Passing sequentially through all the machines where water is jetted under pressure, all parts of the body will have received the beneficial and toning effects of this treatment. This invigorating journey will relieve you of symptoms of stress, insomnia, mental fatigue, muscle and joint pains.

#### **THALASSO POOL**

The Thalasso Pool Experience is a revitalizing water ritual that harnesses the healing properties of seawater to restore body and mind, through the gentle action of hydro-massage jets, it stimulates circulation, relieves muscle tension, and promotes deep relaxation.



### **SAUNA/STEAM BATH**

Enjoy the beneficial benefits offering you detoxification, pain reduction, increased metabolism and blood circulation that help in weight loss, improved cardiovascular function, skin rejuvenation, improved sleep quality, stress management and relaxation.

### **SEA MUD WRAP**

A full body sea mud wrap with mud from the Dead Sea that helps the nourishing elements penetrate the skin. This treatment is especially effective for cellulite. Sea mud wraps improve skin tone and relieve sore muscles, joints, fatigue and easing muscular spasms.

### **SEAWEED WRAP**

Mineral-rich seaweed is applied in a body wrap in a special treatment that has proved effective in aiding weight loss, toning and firming tissue, fighting stress and relieving fatigue and cellulite.

## **MASSAGES**

### **IMPERIAL**

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.

**Enhance your experience** with a refreshing full body scrub infused with local citrus fruits for a revitalizing Vitamin C experience.

### **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 tools** 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**

Relieve stress that causes muscle tension. This therapy rejuvenates the body by using deep pressure massage by 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.

#### **LYMPHATIC**

A detoxifying massage focuses specifically on 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 system

#### **WARM MELT**

Find your mind and body 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.

#### **HEAD & FACE MIND RELEASE**

An indulgent ritual focused on deep mental relaxation and tension release. Warm therapy, sculpting facial movements, and sensory scalp techniques using specialized scalp therapy tools work in harmony to restore clarity, balance, and inner calm. A refined escape for the modern mind.

**Enhance your experience** with an Express Face Rejuvenate



## FOR TWO

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

**The sweet treat is completed by offering a glass of sparkling wine.**

### 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 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 warmed creamy wax film that nourishes the skin while a soothing massage helps the body eliminate tension.

## ADD ON

You can add any of the choices below to your selected treatment. Ask our specialist about personal recommendations!

BODY SCRUB

HAIR SPA BY MOROCCAN OIL



## SKIN HEALTH

### REJUVENATION THERAPY WITH RF TECHNOLOGYT

RF facial treatment is the ultimate solution for tightening, anti-aging and skin regeneration. Using advanced high frequency radio waves, this treatment activates natural collagen production, smoothes the skin and gives a visibly renewed appearance, restoring the elasticity and feeling of freshness you had forgotten.

### FACE

By Luxury Skin Care Products



The history of Primia, a family company, began in 1965 through who nourishing a strong attraction for the word of aesthetics, turned their passion into their business. In 2007 the Primia Cosmetici brand was founded, a dynamic brand, whose strong point 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, helps to regenerate and regenerate skin cells through plant liposomes.



#### **HYDRATENSE TREATMENT**

Deep hydration treatment with Hyaluronic acid, herbal extracts, ginger and chamomile. Hyaluronic acid activates the deeper layers of the epidermis for hydration and improves its elasticity.

#### **BIOTIKA TREATMENT**

The microbiome is the identity of our skin, and the microflora is the protective barrier. The active ingredients of the Biotika line are strictly of vegetable origin ideal for all skin types, even the most stressed and sensitive ones and especially for all ages. The ingredients of Vitamin E and Grape Stem cells from Italian Unripe Grape effectively counteracts free radicals by increasing the long-term antioxidant capacity of the skin, while Aloe Vera gel with calendula extracts make it perfectly for dry and sun-damaged skin because they offer active nourishment.



## 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 in order 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 ageing process or extreme exposure to adverse external factors. The Massmed Antiaging Immaculate Skin line prevents the signs of ageing. 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 weight is able to 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.

### AGE DEFENCE TREATMENT BY DAIMON BARBER

Discover the rejuvenating effects of Daimon Barber's AGE DEFENCE treatment, designed to cleanse, hydrate, and revitalize your skin. This innovative treatment helps restore vitality while improving skin health and texture. Build your personalized skincare routine with our nourishing formulas, crafted to support your unique needs and deliver long-lasting results.

## ADD ON

You can add any of the below choices to your selected treatment. Ask our specialist about personal recommendations!

COLLAGEN EYE PATCHES

EXPRESS FACE REJUVENATE



## BODY

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.

### **RF BODY LIFT & TIGHTENING**

The RF body treatment offers a dramatic improvement in skin sagging and localized thickness. We start with a dry exfoliation to stimulate microcirculation, apply a special gel and then use the radio frequencies on selected areas of the body. The treatment is completed with hydration and massage, leaving the skin soft, firm and smoother.

### **ANCIENT SPIRIT ELIXIR**

A detox treatment which 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 argyle rich in elements and vitamins which will detoxify and tone the skin.

Please arrive 30 minutes before your appointment as the use of our sauna is recommended prior to the treatment.

### **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 is 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. Remineralizes skin and tissues, while purifying, detoxifying and reducing volume.

### **LIFTING HYALURONIC ACID**

Regain your body's firmness and youth. Melting and fast-absorbing lotion is capable of redefining your silhouette and toning your body. The combination of Jania Rubens coralline algae and sustained-release silicium with the power of hyaluronic acid and exclusive Massada extracts, such as orange blossom, make intelligent toning a real possibility. Discover how the Lift & Sculpt formula, which is highly effective against flaccidity, has a toning, lipolytic and draining triple effect, helping to sculpt your figure and return the natural elasticity and beauty to your skin.



## KID'S SPA MENU

Offer your kids and teens health benefits with these specially curated therapies just for them! A parent or guardian must be present in the room during service. Age limit from 5 to 16 years.

### JOYFUL KID'S MASSAGE

The Kids Massage is ideal for boys and girls aged 7 to 12 years. Natural hypoallergenic oil is applied with gentle strokes on the muscles and joints.

### CHOCOLATE HUG

A fun and indulgent chocolate experience designed especially for our younger guests. A gentle massage with warm chocolate mousse is followed by a quick shower and the application of a soft chocolate cream, leaving the skin smooth and lightly scented.

### FRUIT SPA EXPERIENCE

A fresh spa experience infused with the delightful scent of fruits. This complete treatment includes a gentle full body massage followed by a hydrating body mask, leaving the skin soft, refreshed and lightly scented. A joyful way to feel relaxed and full of energy

### KID MANICURE

The perfect clean hands! After nails are buffed, they are massaged with a heavenly-scented hand cream. Perfect fingers are finished off with a sweep of polish in your color of choice.

### KID PEDICURE

The perfect clean feet! After nails are buffed, they are massaged with a heavenly-scented foot cream. Perfect toes are finished off with a sweep of polish in your color of choice.

### MUM WITH ME or DAD WITH ME

There is no better place than the Spa for the little ones to spend a special day with mommy or daddy! Side by side indulge in a 50minute body massage.

## PACKAGES

### DAY SPA RITUALS

#### **ESCAPE 3 HRS**

20' Body Scrub  
50' Warm Melt  
60' Facial Treatment  
50' Spa Manicure

#### **BODY RELAX 2 HRS**

60' Back Ritual  
60' Imperial Massage

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

60' Deep Tissue  
60' Age Defense

#### **FAMILY BONDING**

Vacations are the time to always be with your loved one...!

There is nothing more fun than enjoying moments of wellness and relaxation with your family, all together, in the name of utter mind & body tranquility. The packages apply to families.

#### **OUR TIME**

JOYFUL KID'S MASSAGE 50' - LITTLE GLOW FACIAL 45'  
WARM MELT 50' - HEAD & FACE MIND RELEASE 45'

## WELLNESS RETREAT

Free Thalasso Pool Sauna/Steam bath (the first day)

### WEEKEND SPA 2 DAYS

Day 1: 20' Body Scrub, 50' Imperial Massage

Day 2: 50' Warm Melt

### EXPRESS DETOX 3 DAYS

Day 1: 80' Ancient Spirit Elixir

Day 2: 30' Seaweed Wrap, 30' Express Face Rejuvenate, 60' Lymph massage

Day 3: 80' Lifting Hyaluronic Acid

### RELAX 4 DAYS

Day 1: 20' Body Scrub, 60' Imperial Massage

Day 2: 60' Back Ritual, Collagen eye patches

Day 3: 50' Warm Melt

Day 4: 60' Oxyrevitage Facial





## 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 & CHIN
- LEGS & BIKINI
- FULL LEGS
- LOWER LEGS
- BACK
- UNDERARMS OR BIKINI OR LOWER ARM
- EYEBROWS 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 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. 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 Reception. 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 5–16, 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 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

<b>SIGNATURE TREATMENTS</b>	<b>Duration</b>	<b>€</b>
<b>THE LOCAL LIST</b>		
Levanda Dream Ritual	1 hour 20 mins	150
Etheral Balance Ritual	1 hour 20 mins	170
<b>AQUA HARMONY RITUAL</b>		
Full Experience	1 hour 20 mins	55
Thalasso Pool	1 hour	40
Sauna/Steam Bath	20 mins	20
Sea Mud Wrap	30 mins	50
Seaweed Wrap	30 mins	50
<b>MASSAGES</b>		
Imperial	1 hour	135
Imperial	1 hour 30 mins	200
Healing Destress	1 hour	150
Deep Tissue	30 mins	85
Deep Tissue	1 hour	170
Lymphatic	1 hour	120
Warm Melt	50 mins	130
Head & Face Mind Release	45 mins	105
<b>FOR TWO — PRICE FOR TWO</b>		
Love Potion	1 hour	270
Passion Ritual	1 hour	280
<b>ADD ON</b>		
Body Scrub	20 mins	60
Hair Spa by Moroccan Oil	20 mins	55

<b>SKIN HEALTH</b>	<b>Duration</b>	<b>€</b>
<b>FACE</b>		
Rejuvenation Therapy With Rf Technology	1 hour	140
Oxyrevitage by Primia	1 hour	135
Dermostamine by Primia	1 hour	140
Hydratense by Primia	1 hour	125
Biotika by Primia	1 hour	120
Immaculate Skin by Massada	1 hour	130
Lifting Hyaluronic Acid by Massada	1 hour 20 mins	135
Age Defence By Daimon Barber	45 mins	110
<b>ADD ON</b>		
Collagen Eye Patches	20 mins	65
Express Face Rejuvenate	30 mins	70
<b>BODY</b>		
Rf Body Lift & Tightening	1 hour	140
Ancient Spirit Elixir	1 hour 20 mins	130
Back Ritual	1 hour	120
Lympho-Draining Line	1 hour 20 mins	130
Lifting Hyaluronic Acid	1 hour 20 mins	135

<b>KIDS MENU</b>	<b>Duration</b>	<b>€</b>
Joyful Kid's Massage	30 mins	50
Joyful Kid's Massage	50 mins	75
Chocolate Hug	1 hour	90
Fruit Spa Experience	1 hour	90
Little Glow Facial	50 mins	85
Kid Manicure	30 mins	25
Kid Pedicure	40 mins	35
Mum With Me Or Dad With Me	1 hour	195
<b>PACKAGES</b>		
Day Spa Ritual		
Escape	3hrs	330
Body Relax	2hrs	230
Men's Getaway	2hrs	255
<b>FAMILY BONDING — PRICE FOR TWO</b>		
Our Time		270
<b>WELLNESS RETREAT</b>		
Weekend Spa	2 days	295
Express Detox	3 days	460
Relax	4 days	570

<b>BEAUTY SERVICES</b>	<b>Duration</b>	<b>€</b>
<b>SALON TREATMENTS</b>		
Manicure		50
Long Lasting Manicure		60
Spa Manicure		70
Pedicure		70
Long Lasting Pedicure		80
Spa Pedicure		80
Color Change		20
Long Lasting Change		30
Long Lasting Remover		15
<b>WAXING</b>		
Upper Lip		20
Legs & Bikini		50
Full Legs		45
Lower Legs		35
Back		40
Underarms Or Bikini Or Lower Arm		20
Eyebrow Shaping		15

**KOS**

GRECOTEL LUXME EDITION