



HIPPIE SPA

LUX·ME  
WHITE PALACE

LUXURY MADE EASY®



## 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.

The Hippie Spa 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



## SIGNATURE TREATMENT

Inspired by the rituals of Ancient Greece and the land's mythical nature we are proud to present a series of bespoke treatments. Immerse yourself in the spirit of our setting using extracts and essential oils recovered by the lush flora and local ingredients.

### **OLIVE & HERBS MASSAGE**

Enjoy a signature nourishing full body massage performed with extra virgin olive oil from the Agreco Farms and herbs from the Cretan terra.



## MASSAGES

### **THE WHITE 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**

This amazing therapy rejuvenates the body by using deep pressure massage no wonder it's the favorite 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 relieves pain, reduces stress and fights inflammation.

### **AROMA MESSAGE**

A complete body treatment 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 well-being.

### **LYMPHATIC THERAPY**

A detoxifying treatment is performed specifically on the 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.

### **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 caring handling of this technique offers a safe treatment that embraces your needs as well as your baby's.

### **SPORT MESSAGE**

Strong massage ideal for athletes. A combination of deep tissue and stretching movements aiming to relax muscle tension.



## FOR TWO

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

### **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.

### **COLD CREAM MARINE BODY TREATMENT After Sun**

The first "2 in 1" Cream Balm Mask with the Marine Cold Cream mask that includes a body wrap and massage at the same time. Nourishes, softens and repairs dry and damaged skin. It includes Thalgo's unique ingredients, SÈVE BLEUE DES OCÉANS, an extract rich in minerals, MARINE ALGAE OIL oil rich in Ω3 fatty acids to replenish skin lipids and marine wax with brown microalgae complex to soothe irritated skin. Intensely nourishes to restore a remarkable sense of comfort. Ideal treatment for the skin of the body that has been exposed to the sun in summer.

### **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 tensions. The oligo-active mud detoxifies and creates a profound feeling of relaxation in areas of muscle tension.

### **RITUAL OF THE VINEYARDS**

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 defense of your skin.

### **MER DES INDES SPA RITUAL**

This ritual is inspired by Ayurveda and the science of Marmas. Releases points of tension associated with the stress of everyday life. Enjoy the nourishing power of Indian Red Algae combined with the benefits of Ayurvedic essential oils to restore harmony of mind and body.



## FACIAL TREATMENTS BY LUXURY SKIN CARE PRODUCTS BY THALGO

### **HEART OF THE OCEAN FACE TREATMENT**

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 skin are applied. Your skin becomes velvety and radiant!

### **SOURCE MARINE FORTIFYING TREATMENT FOR MEN**

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

### **COLD CREAM MARINE FACIAL**

Strengthen the tolerance of dry and sensitive skin with the "Cold Cream Marine" treatment. Soothes and moisturizes sensitive skin. Ideal skin treatment that has been exposed to the sun. With the unique Cold Cream complex and marine Pro-Ceramide, it replenishes the hydrolipidic barrier, and the lipids in the damaged skin and gives an immediate glow.

### **SLICIUM LIFT**

Anti-aging treatment inspired by "Face Fitness" that combines a specialized massaging technique with metal rollers together with an enhanced double face "lifting" mask. A special formula of ingredients with marine organic Silicium and Vitamin C strengthens facial muscles and simultaneously treats free radicals. Strengthens, lifts and softens wrinkles, with visible renewal.



## BEAUTY SERVICES

- BRIDAL MAKE UP • EXTRA LASHES APPLICATION
- BRIDAL TRIAL MAKE UP • EVENING MAKE UP

## 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

## SPA ETIQUETTE

### OPENING HOURS

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

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

### SPA CONTACT

HIPPIE SPA | GRECOTEL LUX.ME WHITE PALACE

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### SPA RESERVATIONS

Please contact the Hippie Spa Reception directly on extension 8687 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**

For safety reasons, entrance to Hippie Spa is not permitted to children under the age of 12.

### **KINDLY NOTE**

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

# PRICE LIST

	Duration	Price
<b>SIGNATURE TREATMENT</b>		
Olive & Herbs Massage	40´	115€
<b>MASSAGES</b>		
The White Massage	50´	130€
Deep Tissue Massage	30´ / 50´	95€/165€
Aroma Massage	30´	80€
Lymphatic Therapy	30´ / 50´	80€/120€
Mom-to-be Massage	40´	95€
Sport Massage	40´	115€
<b>FOR TWO</b>		
Passion Ritual	60´	260€
<b>BODY &amp; SOUL ELIXIRS</b>		
Cold Cream Marine Body Treatment-after Sun	50´	125€
Back Ritual	55´	120€
Ritual Of The Vineyards	80´	185€
Mer Des Indes Spa Ritual	80´	165€
<b>FACE TREATMENTS</b>		
Heart Of The Ocean Facial	50´	130€
Source Marine Fortifying Treatment For Men	50´	130€
Cold Cream Marine Facial	50´	110€
Silicium Lift	60´	165€

	Duration	Price
<b>BEAUTY SERVICES</b>		
Bridal Make Up		230€
Extra Lashes Application		30€
Bridal Trial Make Up		50€
Evening Make Up		65€
<b>SALON TREATMENTS</b>		
Manicure		35€
Long-lasting Manicure		45€
Pedicure		50€
Long Lasting Pedicure		55€
Spa Pedicure		75€
Color Change		15€
Long Lasting Change		25€
Long Lasting Remover		10€
Biab Or French		+12€
<b>WAXING TREATMENTS</b>		
Upper Lip		15€
Legs & Bikini		80€
Full Legs		55€
Lower Legs		35€
Back		45€
Underarms Or Bikini Line Or Lower Arm		25€
Eyebrow Shaping		20€