



ELIXIR SPA

**MARINE PALACE
& AQUA PARK**

GREGOTEL ALL INCLUSIVE RESORT



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.

Elixir 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



AQUA ELIXIR

INDOOR POOL, SAUNA & STEAM ROOM, JACUZZI

A delightful water ride in the Aqua Elixir pool with water jets, underwater massages, walkways, waterfalls, sun loungers 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.



MASSAGES

MARINE 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. 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.

PHYSIOTHERAPY- KINESIOTHERAPY

A special treatment to restore orthopedic, muscular, neurological and chronic complaints. performed using special massaging, movement and stretching techniques.

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.

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.



ELIXIR OUTDOOR EXPERIENCE

Now you can enjoy a unique experience listening to the waves next to the Cretan Sea, which can offer you moments of wellness, releasing your energy, strengthening your body and clarifying your spirit...

MARINE MASSAGE

DEEP TISSUE MASSAGE

SEA BREEZE AROMA MASSAGE

LYMPHATIC MASSAGE

ULTRA FACE & SCALP MASSAGE



FOR TWO

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

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 sensual 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 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.

THALLASEA TREATMENT

Exfoliate with a refreshing scrub infused with local citrus fruits for a revitalizing Vitamin C experience. The lavish body massage that follows concentrates on soothing away tiredness, stress and alleviating tension, inducing a nascent uplifting sensation in the body and mind.

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 argil rich in elements and vitamins which will detoxify and tone the skin.

ELIXIR MARINE RITUAL

A journey to the sea: a three-salt exfoliation, made of selected salt for their richness in minerals and trace elements release epidermis from dead cells. Followed by a remineralising seaweed wrap and a regenerating massage using bees- wax and essential oils.

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.



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.

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 is 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.

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.

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.



FACIAL TREATMENTS BY LUXURY SKIN CARE PRODUCTS

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 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 aging process or extreme exposure to adverse external factors. The Massmed Antiaging Immaculate Skin line prevents the signs of aging. 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 weights can 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.

BIOCELLULAR

An integral skin treatment especially designed for fighting signs of cellular aging. It combines the most sophisticated natural active ingredients with the ecological Massada TM Complex to achieve a visibly younger, more energized and deeply hydrated look





The history of Primia, a family company, began in 1965 through who nourishing a strong attraction for the world of aesthetics and turned their passion into their business. In 2007 the Primia Cosmeciti brand was founded, a dynamic brand, whose strong points 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.

HYDRATENSE TREATMENT

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

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 and helps to regenerate skin cells through plant liposomes.



DAY SPA RITUALS

BODY RELAX

- 60' SEA BREEZE AROMA MASSAGE • 60' FACIAL TREATMENT

MEN'S GETAWAY

- 60' DEEP TISSUE • 60' FACIAL TREATMENT



MARINE WELLNESS PACKAGES

WEEKEND SPA 2 DAYS

Day 1: 20' Body Scrub, 50' Sea Breeze Aroma Massage

Day 2: 60' Face Therapy

RELAX 4 DAYS

Day 1: 20' Body Scrub, 50' Sea Breeze Aroma Massage

Day 2: 60' Face Therapy

Day 3: 60' Candlelight Massage, 20' Ultra Head & Face

Day 4: 80' Elixir Marine Ritual

ANTI-STRESS 6 DAYS

Day 1: 20' Body Scrub, 50' Sea Breeze Aroma Massage

Day 2: 60' Face Therapy

Day 3: 60' Candlelight Massage, 20' Ultra Head & Face

Day 4: 80' Elixir Marine Ritual

Day 5: 60' Deep Tissue

Day 6: 60' Face treatment

EXPRESS DETOX 3 DAYS

Day 1: 20' Body Scrub, 20' Sea Weed Wrap, 30' Lymph massage

Day 2: 80' Ancient Spirit Elixir

Day 3: 80' Lifting Hyaluronic Acid

VITAL DETOX 6 DAYS

Day 1: Body Scrub, 20' Sea Weed Wrap, 30' Lymph massage

Day 2: 80' Ancient Spirit Elixir

Day 3: 80' Lympho Draining Line

Day 4: 80' Lifting Hyaluronic Acid

Day 5: 60' Lymph massage

Day 6: 60' Lympho - Draining line

**DON'T HESITATE TO CREATE
YOUR PERSONAL PROGRAM WITH
OUR EXPERT SPECIALIST**



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 7 to 12 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

With the chocolate massage the body is immersed in one of the most enjoyable and fun treatments! After the massage with the chocolate mousse, a quick shower followed by applying a chocolate cream that leaves the skin soft and smooth with a sweet scent of chocolate! Loved by adults and youngsters alike.

FRUIT SPA EXPERIENCE

A fresh and fruit spa experience perfumed with the irresistible fragrance of fruit. A complete spa treatment for everyone that combines a full body massage and a hydrating face mask to feel sweetly energized but also mindfully relaxed.

LITTLE GLOW FACIAL

Touch is a natural healing process. Our face needs special care after sun exposure. A natural gentle facial using food-grade ingredients under the guidance of a spa therapist. Learn some tips and ideas for taking care of your skin so it maintains a healthy balance when at home.

MUM WITH ME or DAD WITH ME

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

MUM WITH ME or DAD WITH ME PACKAGE

There is no better place than the Spa for the little one to spend a special day with mommy or daddy! The package includes a body scrub, a light massage and a face treatment.

SPA ETIQUETTE

OPENING HOURS

Spa: Daily 10:30 am to 7:30 pm

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

SPA CONTACT

Elixir Spa

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SPA RESERVATIONS

Please contact the Elixir Spa Reception directly on extension 7902 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

Children between the ages of 7 to 12 can attend specific treatments which can be selected from our spa menu and are exclusively performed with the consent and escort of a guardian. Spend quality time with your child by enjoying a family's body treatment in our double cabin.

For safety reasons, entrance to Elixir Spa is not permitted for children under the age of 12. Children aged 12 to 16 years can use the GYM facilities when accompanied by a parent.

KINDLY NOTE

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

PRICE LIST

| | Duration | Price |
|--|-----------|----------|
| AQUA ELIXIR | | |
| Indoor Pool, Sauna & Steam Room, Jacuzzi | 1 day | 10€ |
| MASSAGES | | |
| Marine Massage | 60´ | 90€ |
| Deep Tissue Massage | 30´ / 60´ | 70€/120€ |
| Physiotherapy- Kinesiotherapy | 30´ / 50´ | 70€/90€ |
| Sea Breeze Aroma Massage | 30´ / 50´ | 60€/80€ |
| Lymphatic Massage | 30´ / 60´ | 50€/90€ |
| Candlelight Massage | 50´ | 90€ |
| Mom-to-be Massage | 45´ | 85€ |
| Ultra Face & Scalp Massage | 20´ | 45€ |
| ELIXIR OUTDOOR EXPERIENCE | | |
| Marine Massage | 60´ | 90€ |
| Deep Tissue Massage | 30´ / 60´ | 70€/120€ |
| Sea Breeze Aroma Massage | 30´ / 50´ | 60€/80€ |
| Lymphatic Massage | 30´ / 60´ | 50€/90€ |
| Ultra Face & Scalp Massage | 20´ | 45€ |
| FOR TWO | | |
| Love Potion | 60´ | 180€ |
| Passion Ritual | 60´ | 180€ |
| BODY & SOUL ELIXIRS | | |
| Thalllasea Treatment | 60´ | 85€ |
| Ancient Spirit Elixir | 80´ | 110€ |
| Elixir Marine Ritual | 80´ | 105€ |
| Lympho-draining Line | 80´ | 120€ |
| SPECIAL THERAPIES | | |
| Back Ritual | 60´ | 90€ |
| Lifting Hyaluronic Acid | 80´ | 110€ |
| Relief Light Legs | 40´ | 80€ |
| Sun-kissed Skin Ritual | 30´ | 65€ |

| | Duration | Price |
|------------------------------------|-----------|-----------|
| FACE TREATMENTS | | |
| Immaculate Skin | 60´ | 120€ |
| Lifting Hyaluronic Acid | 80´ | 110€ |
| Biocellular | 60´ | 110€ |
| Hydratense Treatment | 60´ | 90€ |
| Oxyrevitage Age Treatment | 60´ | 115€ |
| Dermostamine Treatment | 60´ | 120€ |
| DAY SPA RITUALS | | |
| Body Relax | 2 Hrs | 160€ |
| Men's Getaway | 2 Hrs | 210€ |
| MARINE WELLNESS PACKAGES | | |
| Weekend Spa | 2 Days | 235€ |
| Relax | 4 Days | 510€ |
| Anti-stress | 6 Days | 710€ |
| Express Detox | 3 Days | 450€ |
| Vital Detox | 6 Days | 620€ |
| KID'S SPA MENU | | |
| Joyful Kid's Massage | 30´ / 50´ | 55€ / 85€ |
| Chocolate Hug | 50´ | 100€ |
| Fruit Spa Experience | 60´ | 120€ |
| Little Glow Facial | 45´ | 90€ |
| Mum With Me Or Dad With Me | 50´ | 190€ |
| Mum With Me Or Dad With Me Package | 90´ | 380€ |