

# WELLNESS CENTER

MYKONOS BLU GRECOTEL BOUTIQUE RESORT





## OUR PHILOSOPHY

The Elixir Spa of Greccotel Group, inspired by the Holy island of Light, Delos, offers an exquisite blend of relaxation and top service.

Drawing inspiration from the ancient Greeks, our methods incorporate the philosophy of longevity and personal exploration towards inner wellness: harmony of mind and spirit.

Our highly curated menus and treatment protocols designed to offer unique pampering experiences are the result of three decades of empirical research and tangible exploration to achieve the ultimate balance of body and spirit.

Feel your senses come alive bathed in Light and prepare to glow with a cosmopolitan night aura!



## 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.

### **BRIGHT & SHINE**

The star island of Mykonos demands sparkles and flair 24 hours. We created this ritual to enhance the feeling of bliss and luxury, Mykonos has to offer. Glow the Night Away is a complete treatment that will deeply cleanse the skin, both body and face while the luxurious masks will deeply moisture and highlight your skin's natural glow. The ritual ends with our star product, moisturizing Starflower shimmering body oil to give you that extra glow and an intoxicating summer scent.

### **BY ARIADNE ATHENS**

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



# MASSAGES

## **MYKONOS 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.

## **AEGEAN 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 performed 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 systems.

## **CANDLELIGHT MASSAGE**

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.

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







## MASSAGE IN VILLA

The following treatments are available in the comfort of your room. Please note that the treatments have an extra charge of 50% for the service. The service is available during the Spa's operating hours.

**MYKONOS MASSAGE**

**DEEP TISSUE MASSAGE**

**AEGEAN AROMA MASSAGE**

**OXYREVITAGE AGE TREATMENT**

**MANICURE**

**PEDICURE**



## 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.

### **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.

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



## SPECIAL THERAPIES

### **Dr. BARBARA STURM ANTI-AGING BODY TREATMENT**

This anti-aging treatment combines essential exfoliation with intensive hydration and light massage movements to boost circulation and smooth skin texture. A gentle, all-over body exfoliation removes dry skin, boost circulation and leave the skin ready to absorb all the active ingredients. It also includes the application of the face mask or clarifying mask on the back area to help detox, draw out impurities and hydrate the skin and a light, all-over body massage. A dry scalp massage concludes the treatment and leaves your body and mind feeling relaxed and refreshed.

### **MEDITERRANEAN CITRUS 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.

### **BACK RITUAL**

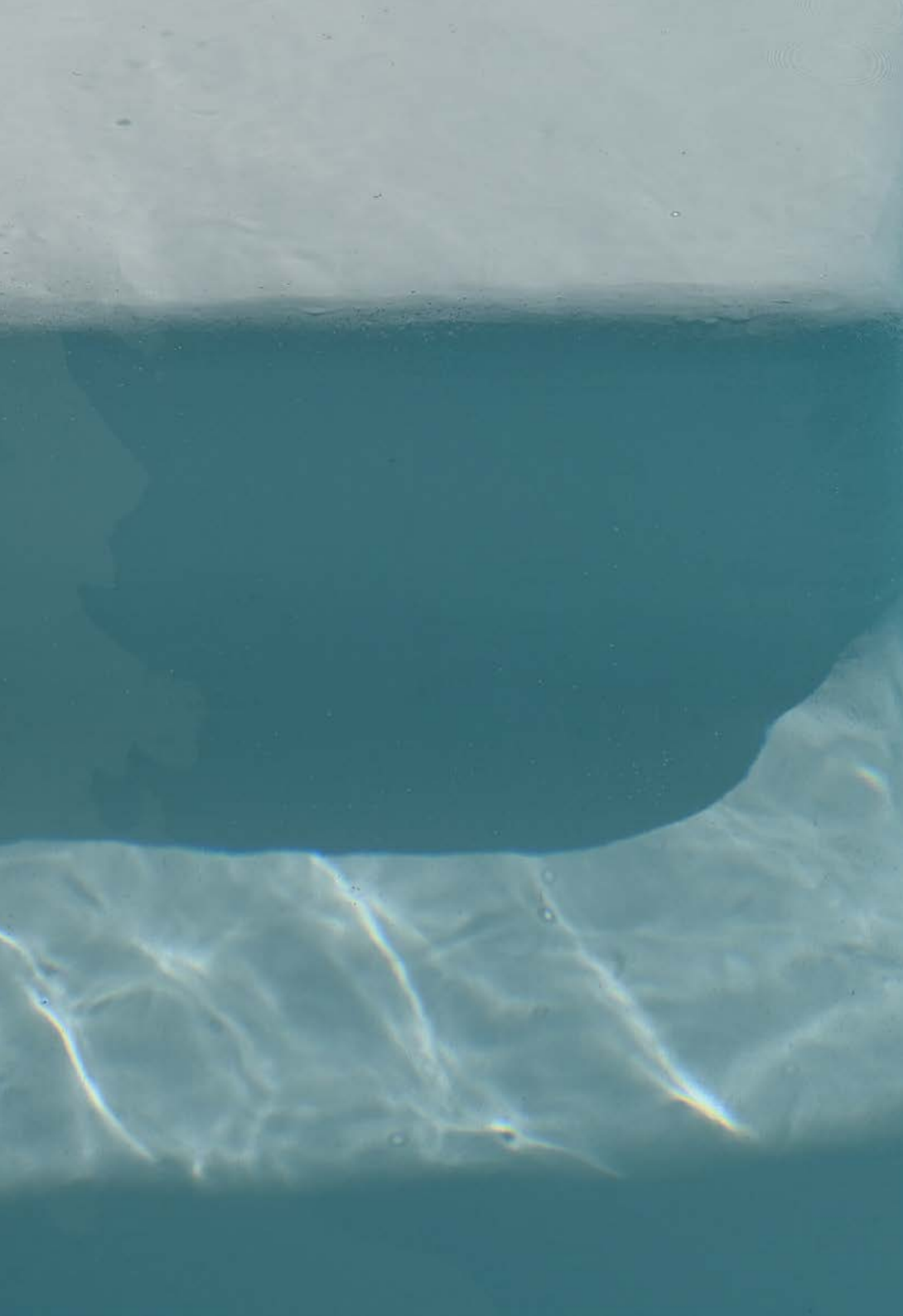
A cleansing ritual combination of enveloping movements and the use of self-heating mud to relax the deep muscles and relieve joint tension. The self-heating oligo-active mud detoxifies the body and creates a profound feeling of relaxation in areas of muscle tension.

### **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 in 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

### DR. BARBARA STURM

Dr. Barbara Sturm is a German aesthetics doctor, world-recognized for non-surgical anti-aging treatments and rejuvenation of the skin matrix. Dr. Sturm translated her orthopedic research and practice into revolutionary advances in aesthetic non-surgical medicine. One example is her incubation, centrifugation and re-introduction of a patient's blood proteins. Inspired by her daily work Dr. Sturm has formulated Molecular Cosmetics for those who have always wanted an uncomplicated yet highly effective skincare regime that hydrates, protects and regenerates the skin. The skincare line deploys the anti-aging ingredient Purslane, also called the "fountain of youth drug".

#### **STURMGLOW™ FACIAL**

This extended "high-tech" treatment includes a results-driven combination of collagen-boosting Radiofrequency, to deliver potent anti-aging effects, help sculpt facial muscles and plump and firm your skin for a supremely radiant natural glow with the signature STURMGLOW™.

#### **SUPER ANTI-AGING FACIAL**

The Super Anti-Aging Facial replenishes the skin's moisture reservoirs and boosts the skin's natural barrier function, resulting in a smoother and more youthful complexion. Exclusively designed with Dr. Sturm's re-sculpting and anti-gravity massage, this cosmetic treatment reaches deeper layers of the skin, reducing the appearance of fine lines and wrinkles, resulting in a younger and more luminous appearance.









BIOENERGY  
SPA RITUALS

FRAGRANCE DIFFUSER

BERGAMOT, ROSE,  
WHITE MUSK

primia  
COSMETICI

BIOENERGY  
SPA RITUALS

BODY WASH

BERGAMOT, ROSE,  
WHITE MUSK

primia  
COSMETICI

BIOENERGY  
SPA RITUALS

BODY OIL

BERGAMOT, ROSE,  
WHITE MUSK

primia  
COSMETIC

BIOENERGY  
SPA RITUALS

FRAGRANCE DIFFUSER

BERGAMOT, ROSE,  
WHITE MUSK

primia  
COSMETICI





PRIMIA COSMETICI

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.

#### **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.

#### **HYDRATENSE TREATMENT**

Deep hydration treatment with Hyaluronic acid, herbal ex- tracts, 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.

#### **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**

**BODY SCRUB**

**EXPRESS FACE REJUVENATE**

## 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

## DAY SPA RITUALS

**BRIDAL**

- 15' BODY SCRUB • 60' AEGEAN AROMA MASSAGE • 60' FACIAL TREATMENT
- 45' PEDICURE

**MEN'S GETAWAY**

- 60' DEEP TISSUE • 60' FACIAL TREATMENT



## BACHELOR BLISS

Friendship is one of the strongest bonds in our lives. Share these moments with them before the big day! For him and/or her.

### **AEGEAN RIPPLE**

- Herbal tea
- Sauna 10´
- Body citrus scrub 20´
- Sea breeze Aroma massage 40´
- Healthy Smoothie

### **SPARKLE SKIN SAVIOR**

- Herbal tea
- Sauna 10´
- Spa Island scrub with mastic-activated carbon
- Spa Island Mykonos whitening argil
- Draining massage with rose quartz crystals – Armonia Lifting Potion
- Glass of sparkle wine assortment of fruit & cheese

### **SuperUomo COMPLEXION**

- Herbal tea
- Sauna 10´
- Body Scrub 20´
- Deep Tissue Massage 60´
- Glass of sparkling wine assortment of fruit & cheese

Prices are per person.

A deposit of 50% of the final amount by bank transfer is required for booking.

It is also desirable to have a guest list with the names of the participants to better organize the Bachelorette.





## BLU WELLNESS PACKAGES

### WEEKEND SPA 2 DAYS

Day 1: 30´ Body scrub, 50´ Aegean Aroma massage

Day 2: 60´ Facial Treatment, 30´ Manicure

### RELAX 4 DAYS

Day 1: 105´ Bright & Shine

Day 2: 60´ Mykonos Massage

Day 3: 60´ Facial Treatment

Day 4: 45´ Back Ritual, 30´ Manicure, 40´ Pedicure

### EXPRESS DETOX 3 DAYS

Day 1: 60´ Body Slimming & Firming & 20´ Face Lymph massage

Day 2: 30´ Body Wrap, 60´ Lymph massage

Day 3: 80´ Ancient Spirit Elixir

### VITAL DETOX 6 DAYS

Day 1: 60´ Body Slimming & Firming & 20´ Face Lymph massage

Day 2: 60´ Ancient Greek Massage

Day 3: 60´ Body Slimming & Firming

Day 4: 40´ Relief Light Legs & 60´ Face treatment

Day 5: 80´ Ancient Spirit Elixir

Day 6: 60´ Deep Tissue & 30´ Lymph massage

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

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## PERSONAL FITNESS ACTIVITIES

With our trainer, you can create your goals and discover how to improve your fitness and health.

### **PERSONAL TRAINING**

Meet a personal trainer to discuss your goals and limitations and explore how to improve your cardio, strength, and mobility or agility.

### **SEMI PERSONAL TRAINING 2-6 PERSONS**

Group programs.

### **PILATES MAT**

Specially designed equipment is used to strengthen and stretch the muscles, build core strength, and increase flexibility.

### **TRADITIONAL YOGA**

Yoga combines postures with conscious breathing and focus and helps develop strength, flexibility and mental clarity. You can expect to develop body awareness and explore varied postures in a multi-level environment.

## SPA ETIQUETTE

### OPENING HOURS

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

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

### SPA CONTACT

GRECOTEL MYKONOS BLU

P.O. Box 39, Psarrou, Mykonos, GR 84600, Greece

T +3022890-27900, +306977577678

spa.mb@grecotel.com

### SPA RESERVATIONS

Please contact the Elixir Wellness Center Reception directly on extension 7317 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 Wellness 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 Wellness Center. This is the time for your body and mind to release the worries and stress of the day.

# PRICE LIST

	Duration	Price
<b>SIGNATURE TREATMENTS</b>		
Bright & Shine	105´	185€
<b>MASSAGES</b>		
Mykonos Massage	60´	130€
Deep Tissue Massage	30´ / 60´	95€/175€
Aegean Aroma Massage	30´ / 50´	85€/125€
Lymphatic Massage	30´ / 60´	75€/125€
Candlelight Massage	50´	135€
Ultra Face & Scalp Massage	20´	75€
<b>MASSAGE IN VILLA</b>		
Mykonos Massage	60´	195€
Deep Tissue Massage	30´ / 60´	45€/265€
Aegean Aroma Massage	30´ / 50´	30€/190€
Oxyrevitage Age Treatment	60´	195€
Manicure	30´	55€
Pedicure	45´	75€
<b>BODY &amp; SOUL ELIXIRS</b>		
Ancient Spirit Elixir	80´	140€
<b>SPECIAL THERAPIES</b>		
Dr. Barbara Sturm Anti-Aging Body Treatment	60´	190€
Mediterranean Citrus Treatment	60´	110€
Back Ritual	60´	120€
Relief Light Legs	40´	85€
Sun-kissed Skin Ritual	40´	120€
<b>FACE TREATMENTS</b>		
Sturmglow™ Facial	60´	250€
Super Anti-aging Facial	75´	350€
Biotika Treatment	60´	115€
Hydratense Treatment	60´	90€
Oxyrevitage Age Treatment	60´	130€
Dermostamine Treatment	60´	145€
Age Defence	60´	110€



	Duration	Price
<b>ADD ON</b>		
Collagen Eye Patches	20´	55€
Body Scrub	20´	60€
Exress Face Rejuvenate	30´	80€
<b>SALON TREATMENTS</b>		
Manicure		40€
Long Lasting Manicure		50€
Spa Manicure		55€
Pedicure		60€
Long Lasting Pedicure		65€
Spa Pedicure		70€
Color Change		15€
Long Lasting Change		30€
Long Lasting Remover		10€
<b>WAXING TREATMENTS</b>		
Upper Lip		20€
Legs & Bikini		55€
Full Legs		40€
Lower Legs		30€
Back		35€
Underarms Or Bikini Or Lower Arm		20€
Eyebrow Shaping		10€
<b>DAY SPA RITUALS</b>		
Bridal	3 Hrs	330€
Men's Getaway	2 Hrs	280€

	Duration	Price
<b>BACHELOR BLISS</b>		
Aegean Ripple		100€
Sparkle Skin Savior		150€
Superuomo Complexion		200€
<b>BLU WELLNESS PACKAGES</b>		
Weekend Spa	2 Days	315€
Relax	4 Days	515€
Anti-stress	6 Days	980€
Express Detox	3 Days	460€
Vital Detox	6 Days	1050€
<b>PERSONAL FITNESS ACTIVITIES</b>		
Personal Training	60´	80€
Semi Personal Training 2-6 Persons	60´	50€
Pilates Mat	60´	80€
Traditional Yoga	60´	80€





MYKONOS **BLU**  
A RESORT TO LIVE®