

Wellbeing – Welltreated – Wellserved

# Wellness Experience



## Ocean Spa

### HOLISTIC WELLNESS PROGRAMS

Our wellness program is customized to suit your personal wellness needs and goals resulting in improved health and vitality – physically, mentally and emotionally.

Offer to yourself a relaxing and rejuvenating experience!



# FACE TREATMENTS

Treatment 20'

**FACE YOGA MASSAGE 45€**

It is a specialized treatment which helps the skin produce collagen, elastin, thus a firmer skin, while at the same time it will substantially help relieve migraine, headaches, and stress. Face is bright and skin is toned and smooth.



Treatment 50'

**DEEP HYDRATION 60€**

Deep hydration treatment is based on natural antioxidants. Moisturizes, oxygenates, and revitalizes the skin cells leaving a fresh and radiant complexion. It is a complete face treatment with variety of stages.



Treatment 50'

**ANTI-AGEING TREATMENT 70€**

Anti- ageing treatment is a special complete facial treatment, which is exclusively done in Ocean Spa, with flower extracts, increasing elasticity and natural collagen production, helps cells renew and skin glow.

Offer to yourself a relaxing and rejuvenating experience!

# BODY TREATMENTS

Treatment 30'

**BODY SCRUB 45€**

Full body exfoliation, it helps skin to renew following the removal of dead skin cells. After a hydrating cream offers your skin an exceptional smooth texture and silk softens.



Treatment 30'

**ALOE VERA AFTER SUN MASK 45€**

Organic active Aloe vera gel, specially formulated for sensitive skin types. Ideal for moisturizing and soothing the body. Calms, moisturizes, and leaves skin fresh and soft.



Treatment 55'

**THE YOUTH 70€**

This treatment prevents the formation of stretch marks and treats existing ones with the natural properties of carob. It maintains the moisture levels of the body and improves its elasticity. It is a special full body treatment for stretchmarks with a variety of statements.



Treatment 60'

**SLIM AND FIT 80€**

This treatment reduces cellulite and fat deposits. It nourishes and increases the elasticity and firmness of the skin with the help of algae and the heat of pepper.



# MASSAGES

Massage 40'

**BACK, NECK AND HEAD 55€**

A massage that focuses on the build-up of stress and muscle tension in all areas, around the neck, shoulders and across the back. This massage encourages relaxation, relieves stress, improves circulation, and relaxes muscles.



Massage 30'

**FEET AND LEGS 50€**

Foot massage is a simple and effective method to relax your body and mind. It is based on the tenets of foot reflexology and involves applying pressure on key points in the foot to get benefits. This massage also works on the whole leg with emphasis on calves.



Massage 50' / 80'

**ANTI-STRESS 70€ / 95€**

An ideal choice for first timers or as the first massage in vacation to take out all stress. It is the combination of a variety of massage techniques. Applied pressure is soft to medium. Awaken your senses with a customized aroma massage. A collection of essential oils for a calming, energizing, and relaxing experience.



Massage 55'

**DEEP TISSUE – SPORTS 80€**

A massage targeted for the under layers of muscle to release chronic patterns of muscle tension and loss of flexibility and motion. Customized to your pressure preference, using slow forearm, hands, and elbow massage.



# SIGNATURE TREATMENTS

Treatment 60' / 90'

**CRETAN MASSAGE 85€ / 110€**

One of our highlight massage treatments. It is a massage that contains Cretan olive oil and orange extracts. It has its roots in Ancient Crete and helps to achieve rejuvenation and balancing of body and soul.



SPA 100'

**OCEAN SPA RITUAL 130€**

A unique wellness experience with the signature of Ocean Spa. This ritual has its roots in Ancient Greece. Greeks believed that “malaxis” (skin pressure by hands) offers relaxation and has therapeutic results in body and soul. This ritual consists of 3 parts: full body scrub, following by an olive oil massage and finally a full body deep moisturizing.



Treatment 60' / 90'

**COUPLES MASSAGE 150€ / 200€**

Enhance your spa experience by sharing it with someone special. Couples, best friends, mothers and daughters, fathers and sons can enjoy side-by-side massage in a treatment room for two, the clients can choose the particular type of massage they would like to have.



Treatment 100'

**KING AND QUEEN 250€**

Feel like a King and Queen! Let us help you to spend some quality time together! This is the ideal way to bring your mind, body, and soul into a state of harmony. A unique relaxing experience for your body, this special treatment soothes, relaxes and invigorates your skin, relieves tension and offers you an inimitable sense of relaxation and rejuvenation. This ritual includes a body scrub with carob, a full body massage with olive oil and a facial mask. The massage is done in the same room simultaneously, time indicated per person, price is total.

