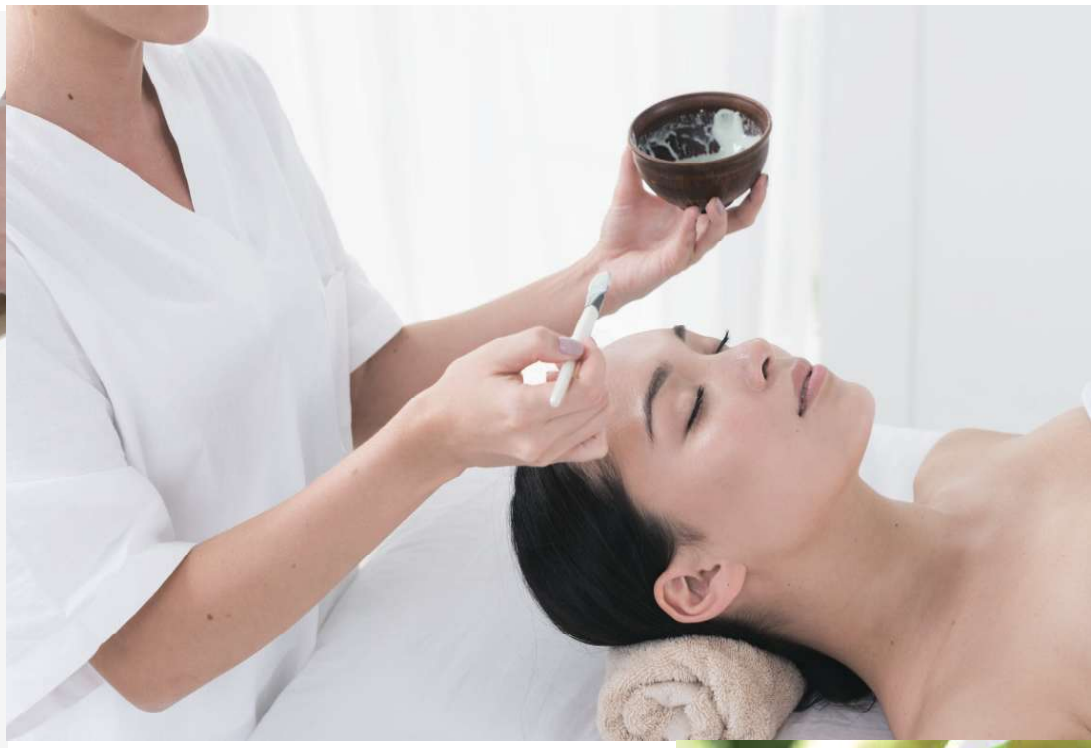

chantispa

HOLISTIC WELLNESS

SPA MENU INDEX

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SPA FACILITIES

Tip-Top Gym Facilities

Hotel Pools & Relaxation Areas

Thermal Suites

Hydrotherapy Baths - Whirlpools

Beauty Therapy & Treatment Rooms

A Hair & Nail Care Salon

High Tea Buffet

SPA ADD-ONS 20 min

Make your spa experience extra special and soothing.
Purchase your add-ons when booking your appointment.
These treatments are only available in addition to a regular appointment such as a massage or a facial treatment

HAMMAM BODY CLEANSER

Black eucalyptus scrub and soap massage

DEAD SEA MUD MASK WITH SCRUB

Excellent for relieving muscular tension, pains and tiredness

DETOX ALGAE WRAP

Excellent as part of weight loss or Detox program

HONEY FACIAL MASK

Pure honey & rosewater mist soothing mask

SIGNATURE THERAPIES

FLORAL POWER

Spa Facilities Access	60'
Aroma Scrub	20'
Aromatherapy Massage	30'
1001 Flower Monoi Balm Facial	30'

2 hrs 20 min

ORIENTAL BODY CLEANSER

Spa Facilities Access	60'
Purifying Sultans Veil Body Care	30'
Sheabutter Massage	20'
Pure Caviar Facial Care	30'
Massage of Your Choice	50'

3 hrs 10 min

THALASSOTHERAPY HEALING

Spa Facilities Access	60'
Body Polish	30'
Detoxifying Sea Mud Wrap	30'
Algae Detox Bath or Massage	20'
Thalassotherapy Marine Cream Massage	30'
Pure Marine Ingredients Facial Care	30'

3 hrs 20 min

HELLENIC WISDOM

Spa Facilities Access	60'
Yoghurt Mousse Body Hydration	50'
Aroma Facial	20'
Olive & Laurel Oil Body & Scalp Massage	30'
Hellenic Herbs Hot Compress Stamp	60'

3 hrs 40 min

MASSAGE CURATIVES **30 min / 50 min / 80 min**

Any of the below may be practiced on side by side MASSAGE TABLES " COUPLES MASSAGE " Or by two therapists working in synchrony "4 HANDED MASSAGE"

MASSAGE THERAPY

SIGNATURE OF CHANTISPA
A blend of holistic techniques infused with signature candle massage fragrances

SWEDISH AROMATHERAPY
Light or medium pressure rubbing techniques using relaxing aromatherapy oils

DEEP MUSCLE
Involves applying firm pressure & slow strokes to reach deeper layers of muscles

REFLEXOLOGY & FOOT MASSAGE
A foot massage involving application of pressure to the feet zone therapy

HOT STONE & SHEA BUTTER MASSAGE
Heated basalt stones & shea butter massage

LAVA SHELLS
A heat treatment massage with real clam shells from the Pacific Ocean as a tool

TRADITIONAL THAI MASSAGE

TRADITIONAL THAI MASSAGE
Performed on a floor mat with the use of acupressure therapy and yoga stretches

HERBAL COMPRESS & THAI MASSAGE
Thai practice with a muslin wrapped prai, ginger, lemongrass and camphor steamed compress

DEEP BAREFOOT BACK WALKING & THAI MASSAGE
Using the feet to deliver strokes and apply gentle pressure, the therapist "walks on the body" to practice Thai Massage

AYURVEDIC MASSAGE THERAPY

SHIRODHARA HEAD MASSAGE & SOUND HEALING
Oil pouring over the forehead with gentle & stimulating massage techniques followed by singing balls sound therapy

ABHYANGA FULL BODY & INDIAN HEAD MASSAGE
Indian herbal medicated oils are applied on the body & head with rhythmic long connected strokes

SPECIALISED MASSAGE THERAPY

MANUAL LYMPHATIC DRAINAGE MASSAGE
A detox gentle form of skin massage technique that reduces body swelling

SLIMMING ANTI-CELLULITE TREATMENT
An intensive massage of the thighs, hips & buttocks, aimed at "orange peel" skin conditions

HELLENIC HEALING WISDOM

20 min / 30 min / 50 min

Body remedies with natural indigenous ingredients have been used in Greece for centuries for beauty, healing and wellness

HELLENIC SPECIALTY MASSAGE

Laurel oil blended with olive oil nourishes the skin during a healing and rejuvenating body and scalp massage

CAVIAR AND HONEY FACIAL HEALER

Precious ingredients untouched in their purity, like organic olive tree extracts and honey are carefully selected in this line for their hydrating abilities

YOGHURT MOUSSE BODY HYDRATION

It features a natural exfoliation with olive stone granules to soften the skin followed by a healing gel of yoghurt mousse mask

HELLENIC HERBAL POUCH TREATMENT

Hellenic herbs such us fresh chamomile, calendula, hibiscus, orange and mallow blossoms applied to warm the muscles and relieve tension

DRY HELLENIC FLOWERS AND HERBS BATH

Slip into a deluxe whirlpool tub while dry Hellenic flowers and herbs infused with aromatherapy oils melt away tension and stress

HYDROTHERAPY 20 min

THALASSOTHERAPY SEA WATER BATH

Phytomer's oligomer pure seawater and marine ingredients invigorating bath

NATURAL ALGAE DETOX BATH

Underwater massage in a bath filled with natural algae & sea salts

AROMATHERAPY BATH

Aromatherapy oils infused with bath crystals awakening the senses whilst nourishing the skin

CLEOPATRA'S BATH FOR TWO

A romantic bathing experience in milk, honey & rice exfoliants for two

VICHY SHOWER

Warm rainfall shower massage that relaxes the muscles and increases circulation. Combinable with exfoliating & wrap treatments

BODY THERAPIES

30 min / 50 min / 80 min

BODY POLISH

A deep exfoliation of the skin with sea salts and corals prepares your skin for the safe exposure to the sun

SEA FOAM MASSAGE AND CALMING MASK

A natural sea sponge foamy massage & Calming Wrap that reduces body temperature and sunburn effects

EXOTIC FLOWERS ULTRA SOFTENING

Deeply repairing and nourishing dehydrated and sun damaged skin with aromatic floral extracts

PURIFYING SULTANS VEIL

It features traditional Moroccan Rhassoul clay masque with argan oil and jasmine scrub

DETOXYFYING SEA MUD WRAP

Exfoliation followed by a marine ingredients mud that alternates warmth and freshness to sooth the body

ALGOTHERAPY SEA FORCE

A slimming - anti cellulite treatment powered by 5 different kinds of algae that reduces storage of fat cells

FACIAL THERAPIES

30 min / 50 min / 80 min

HYDRATING & NOURISHING FACIALS

EXPRESS HYDRATION

Pure marine Ingredients Facial care. Ideal for all skin types wanting an instant boost

HYDRA BLUE NOURISHING

With Phytomer's most technologically advanced Beauty MasK with sea zeolites, kaolin and oxygenol

BRIGHTENING FACIALS

1001 FLOWERS BRIGHTENING

Instant glow radiance & moisturizing facial care with aromatherapy flower extracts

BIOMARIS TRIPLE ACION

A specialized moisturizing and firming facial care combined with a caviar eye treatment

ANTI AGING FACIALS

ANTI AGING BOUQUET OF YOUTH

Smoothing beauty treatment with hot stones that reduces lines and wrinkles depth

CAVIAR AND PEARLS FACIAL

Ideal for those who would like to minimize the signs of ageing using caviar or pearl extracts

COLLAGEN EYE LIFT

Reduces eye puffiness and dark circles. May be applied alone or as addition to any facial care

CUSTOMIZED FACIAL

SKIN FIT DIAGNOSIS FACIAL

A tailor made facial that includes a deep cleanse, personalized mask and scalp massage

WAXING

Half Legs

Full Legs

Bikini

Underarms

Eyebrows

Upper Lip

Arms

Back

Chest

MAKE-UP

Soft Look

Night Look

Bridal

HANDS AND FEET

Manicure

Pedicure

French Manicure

French Pedicure

Spa Manicure

Spa Pedicure

Re-Shape & Polish

Nail Polish

Gel Polish only

Gel Polish removal

HAIRDRESSING

COLOUR

Full color

Roots color

Full head highlights

Half head highlights

HAIRCUT

Hair cut

Shampoo, cut and blow dry

Shampoo and blow dry

Children's haircut

TREATMENTS

Hair conditioning treatment

Hair deep conditioning treatment

PHYSIOTHERAPY

50 min

Our physical therapy tretments focus on relieving the pain from joint injuries, or the one relating to the back, shoulder, knee and ankle. Ideal for correcting Office Syndrome issues such as postural imbalance, numbness and tickling. Improvement of the range of flexion and strength of muscles and locked or stiff joints is effective from session One!

FITNESS ACTIVITIES

60 min

YOGA (HATHA - POWER)

Excellent for increasing levels of flexibility, concentration and emotional balance

PILATES (MAT - BALL)

Pilates focuses on core strength without adding muscle bulk and is often utilized to improve posture and prevent back pain

TRX SUSPENSION

A special form of suspension training that develops strength, balance and body stability simultaneously

TAE BO MOVEMENTS

A form of exercise based on martial arts movements such us kicks and punches that tone various areas of the body

EMS SMART FITNESS

EMS (electrical muscle stimulation) is a full body workout with the help of external electronic impulses

LATIN DANCE FUSSION CLASSES

Dancing is a friendly and sociable activity and makes you feel great. No experience necessary. Anyone can follow

NUTRITION COUNSELLING

60 min

This session is an opportunity to look deep into your food habits and gain the knowledge to achieve a healthy body weight, improve energy levels and reverse the aging process. The session includes a body composition analysis of fat, muscle and water percentages as well as a meal plan based on the Mediterranean diet & Greek superfoods

GREEK HEALTHY CUISINE

Our a la cart menu is prepared artfully by our health and raw food cuisine specialists under the clinical nutritionist's supervision with an emphasis in taste, freshness and optimal nutrition. An introduction to our weekly Menu of the Mediterranean Diet & the Greek superfoods cuisine available at the Spa Reception Desk and the Restaurants

HOLISTIC ANTI- AGING BIOCHEMISTRY TESTS

Is a series of various wellness & conventional blood tests. The information gathered by the tests will help you discover key areas of your health needing support by adjusting your diet, your lifestyle choices and the intake of supplements if needed. Our medical doctor will advise you on how to prepare, draw blood from your hotel room and finally consult you to interpret the results and understand how to implement them into your daily life

BLOOD TESTING FOR:

* Lipid profiles
* Basic metabolic panel BMP
* Fluids & electrolyte status
* Kidney & liver status
* Blood sugar levels
* Vitamin deficiency

SPA INFORMATION

RESERVATION

To make a Reservation please contact us from your room or come directly to our Spa Reception

CANSELLATION POLICY

Please give us 6 hours notice in case of any cancellation to avoid a 50% service charge

HEALTH CONDITIONS

Inform your therapist of any medical conditions, surgeries, allergies or pregnancy as some treatments may be inadvisable based on these conditions

TREATMENT F.A.Q.S.

When should I arrive for the treatment?

We would recommend arriving at the spa at least 15 minutes prior to your appointment

What kind of treatment should I have?

Our professional Team will assist you select the best suitable treatments to meet your requirements

What should I wear?

Something comfortable. You will also be provided with bathrobes and slippers in the treatment rooms

CHOOSE EVOLUTION

www.chantispa.com