

ELIOS SPA



BODY SOUL & SPIRIT

I S T O R I A



Wellness in the Sun

Deriving its name from the Greek word for the sun (ἥλιος), Elios Spa pays tribute to the extraordinary settings where it is nestled, drawing on the warmth and appeasing energy of the Aegean islands.

Elios allows you to rediscover harmony, relaxation and inner peace amid the unfettered beauty of the Cyclades, a land gifted with natural resources such as plants and herbs that cure the soul and body. Mindful of your wellbeing and encapsulating the restorative force of the nature, our holistic treatments use exclusively these resources for their ingredients.

Capturing the timeless roots of mind and body wellness and combining them with a prevailing philosophy that is inspired by the ethos of nature and man in harmony together, our indigenous resources and organic products, are committed to providing a balanced journey. Ariadne Athens is a unique line of natural care products that blends rare organic ingredients including herbs from Greece and the wider Mediterranean, while Natural Spa Factory, is a UK-based brand, that uses exclusively natural ingredients in its products.

Wholly embracing the slow-paced Cycladic way of life and the overwhelmingly serene vibe of the Greek Islands, Elios Spa is a sanctuary of the senses, lending itself to the ultimate time out. Here, you will step into an authentic retreat and be enveloped in an array of locally-inspired healing rituals, treatments and therapies, crafted to your needs and designed to stimulate and revitalize your body, soul and spirit.

Welcome to Elios Spa, your oasis of calm.





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Spa Discovery Rituals

Equilibrium

A gentle sugar cane full-body exfoliation, prepares the skin for the velvety liquid gold body wrap that follows. Our luxurious Gold Facial ensues with the subtle scent of warm amber which helps renew the skin cells, while preventing the breakdown of collagen. The grand finale of such a ritual could only be equally luxurious: Allow us to pamper you as we apply a deeply nourishing gold dry oil, rich in caviar and vitamin E, to grant your skin a gentle shimmer.

Key elements: Body Scrub or Body Mask, mini Facial Treatment, 40' Full-body Massage

90' | **€120**

Key elements: Body Scrub, Body Mask, Facial Treatment, 40' Full-body Massage

120' | **€160**

Illuminate Renewal

Skin care meets indulgence in a body boosting treatment using a fusion of rice oil, rice bran and alpine plants, designed to revitalize and illuminate fatigued and dull skin from head to toe. A full-body scrub to restore the skin's brightness, followed by a fine body wrap rich in oryzanol – one of the most powerful antioxidants that purifies and protects the skin while contributing to skin cell renewal – , while the ritual ends with a signature massage and the Illuminate facial treatment.

Key elements: Body Scrub or Body Mask, mini Facial Treatment, 40' Full-body Massage

90' | **€120**

Key elements: Body Scrub, Body Mask, Facial Treatment, 40' Full-body Massage

120' | **€160**

Spa Time Journey

This is your time to release, relax and rejuvenate. We know that everyday life can be complicated, so reserve as much time as you aspire to, and allow us to get inspired by your individual needs and propose you an exclusively personalized combination of treatments, tailor-made for you!

90' - 180' | **€120 - €200**

Facial Treatments

Booster

A tailor-made facial crafted to provide each skin type the boost it really needs. This treatment is individually customized to address specific needs such as dehydration, oiliness, dryness and sensitivity. Ideal for normal and/or combination skin, teenage skin or for those who require an appealing natural skincare regime.

Key elements: Cleansing, Exfoliation, Mask, Pressure Point Face Massage, Neck & Scalp Massage

45' | €60

Capsule

A facial treatment that offers your skin the benefits of a whole range of antibacterial, antioxidant and antiseptic products, including soothing chamomile, nourishing vitamin E, antibacterial rose water, antiseptic tea tree, antioxidant pomegranate and collagen-stimulating jojoba. A combination that soothes, firms, nourishes and stimulates cell renewal, making your skin clear, healthy and radiant.

Key elements: Cleansing, Bamboo Facial Peeling, Double Mask, Pressure Point Face Massage, Neck & Scalp Massage, Hand Massage

55' | €80

Illuminate

Inspired by the Japanese geishas who used rice bran oil to keep their skin flawless, this light product line offers sensitive skin a mattified yet luminous glow. The Illuminate skincare range is based on rice oil, alpine plants and rice bran fusion, designed to even skin tone and lighten blemishes, while reducing the appearance of age spots and the first signs of ageing.

Key elements: Cleansing, Exfoliation, Double Mask, Pressure Point Face Massage, Neck & Scalp Massage, Hand Massage

70' | €100

Ocean Treasures

Champagne extract, ocean treasures and gold: a combination that emphasizes the opulence of this paraben-free healthy-ageing treatment you will surely adore. Caviar that is rich in vitamins and amino acids helps renew skin cells, while its tiny pearl particles work on reducing fine lines by toning, firming and illuminating the skin. Meanwhile, the champagne and the grape leaf extract intend to renew skin cells, as the gold contributes to restoring tightness and elasticity.

Key elements: Cleansing, Exfoliation, Serum, Latex Mask, Lifting Face Massage, Neck & Scalp Massage, Hand Massage

70' | €100

Total Man

This facial treatment conceived exclusively for men is the ideal antidote to the harsh effects of shaving and everyday pollutants. It regenerates the skin, while it offers at the same time invigorating, nourishing, strengthening and soothing effect. Combine it with a rejuvenating back massage and feel the tension evaporate.

Key elements: Facial Treatment, Neck & Scalp Massage

45' | **€60**

Key elements: Facial Treatment, Neck & Scalp Massage plus Back & Shoulder Massage

70' | **€100**



Body Treatments

Soft Sensation

Enjoy a full-body exfoliation therapy with inherent aromatic oils and active ingredients of matcha green tea, alpine plants or lime & lemongrass salts to deeply cleanse and purify your skin, leaving it smooth and soft. Then let the warm water wash away your stress, stimulate the circulation, soothe your tired muscles and revive both your body and spirit.

Key elements: Full-body Exfoliation and Skin Nourishing Body Lotion

40' | €60

Body Renewal

Body wraps have been used since ancient times to detoxify, de-stress, slim, tone and restore minerals and skin moisture. This full-body renewal treatment is designed to deeply nourish your skin. Commencing with a body scrub with salts of your choice, you will be enveloped with a botanical-based body wrap with minerals and plant powder, which provides a rich texture and releases exquisite earthly scents.

Key elements: Full-body Exfoliation, Body Wrap, Hair & Scalp Massage, Skin Nourishing Body Lotion

55' | €80

Body Rejuvenation Experience

A holistic rejuvenation experience that will awaken your senses. After a toning exfoliation with aromatic oils and salts enriched with active ingredients of your choice, the body is enfolded in a silky warm wrap of rich mud, followed by a head massage with hot coconut oil, allowing you to drift away to a new dimension as you surrender to the soothing body massage that completes this truly unique therapy.

Key elements: Full-body Exfoliation, Body Wrap, Hair & Scalp Treatment and Massage

90' | €120



Special Treatment Menu

Prenatal Massage

A unique rhythmic pregnancy massage that addresses your body and mind to achieve balance and wellness for both the mother and the baby. An amazingly nurturing experience with Bumps a Daisy pregnancy oil that enhances muscle and joint function, ameliorates blood circulation, diminishes fluid retention and relieves mental and physical fatigue.

Key elements: Pregnancy Massage

55' | €80

Prenatal Treatment

The perfect treatment for mothers-to-be combines 100% organic oils of neroli and mandarin that ease the effects of water retention and increase circulation, resulting in a more restful night's sleep. They also have beneficial effects on scars, spots and stretch marks caused by pregnancy and contributes to fading them away. The sweet almond oil soothes and hydrates the skin, while its gentle scent invokes feelings of joy and exhilarates your mood. A totally relaxing experience, suitable for the second and third trimester of pregnancy.

Key elements: Full-body Exfoliation, Pregnancy Massage

90' | €120

Sense Of Greece

Nature, mythology and the Cyclades are all embraced in an eternal symbol.

Elios Spa's 'Sense of Greece' signature treatments from the Greek-born concept 'Ariadne-Athens' are inspired by the soothing ambience of the Mediterranean blue sea and invite you to discover a wholly holistic 'body and soul' spa experience.

Indulge in a journey to the enchanting landscapes and unique aromas of the Greek islands, captured in these facial and body treatments.

Couple Experience Journey

(Tailor-made from 60 min to 180 min)

A unique experience of in-depth relaxation for couples, with different options and treatment combinations based on your individual needs. Our relaxation journey starts with a 40' Full-body Massage and ending with your preferred add-on treatment:

Price: **€60** per person plus the cost of your chosen treatment

Mini Facial Treatment 20' | **€30**

Mini facial treatment for glow and deep hydration

Body Exfoliation 20' | **€30**

Body exfoliation with natural salts and essential oils of jasmine or mocha for smooth and shiny skin

Hair & Scalp Massage 20' | **€30**

Pressure Points Head Massage to relieve headaches and tension of the day

Hand & Foot Massage 20' | **€30**

Foot and hand massage for complete relief from muscular pains

Reflexology 20' | **€30**

By working on these points with acupuncture, the therapist can help rebalance the system and achieve harmony in body and mind.





Ritual Journeys

Aegean Princess

An exhilarating experience of relaxation and wellness that releases and calms both your body and mind. Treat yourself to a journey encompassing the wealth of Cretan flavors and aromas, such as sage, mountain tea and other local herbs. The treatment includes the application of a rich body mask, prepared according to your needs, incorporating a refreshing blend of organic honey, bee pollen, royal jelly, that contribute significantly to the renewal and regeneration and tightening of the epidermis. The mask is followed by an elaborate massage of dittany oil infused with Cretan crocus, leaving the skin silky and smooth. The treatment concludes with the application of a refreshing gel containing red grape and raki that leaves your skin deeply hydrated, while also stimulating your mood!

Key elements: Body Scrub & Body Mask, Facial Treatment, 40' Body Massage with pouches

90' | **€110**

Under The Moonlight

Opulent anti-ageing body treatment that nourishes and tightens the skin, granting you a smooth, shiny and visibly rejuvenated complexion. The beginning of the treatment includes exfoliation using a natural scrub with a heady fragrance of jasmine and gardenia flowers, which removes dead skin cells. This is followed by a magnificent body mask with gold leaves and anti-ageing effect thanks to the precious gems of pink quartz, aquamarine and moonstone. The treatment ends with a relaxing massage with starflower oil.

Key elements: Body Scrub & Body Mask, Facial Treatment & Massage with crystals, 40' Body Massage

90' | **€110**

Greek Islands Facials

Luxurious facial treatments promising to lavish your skin with velvety texture, while granting it firmness, elasticity, hydration and radiance.

Glowing Jewel

Luminously Radiant Look

Glowing therapy inspired by the windmills of Mykonos and the undeniable charm, glamour and lifestyle of the island.

Key elements: Cleansing, Exfoliation, Mask, Facial & Neck Massage, Hand Massage

45' | €60

Mediterranean Citrus

Anti-oxidant Protection & Ultimate Prevention

Lavish skin care using a proprietary multi-vitamin complex to counter the signs of premature ageing caused by exposure to the sun.

Key elements: Cleansing, Exfoliation, Mask, Facial & Neck Massage, Hand Massage

45' | €60

Nectar Drops

Vital Hydration & Nutrition

A rich facial treatment packed with thirst-quenching elements that instantly restore your skin's ideal hydration levels.

Key elements: Cleansing, Exfoliation, Mask, Facial and Neck Massage, Hand Massage

45' | €60

Skin Rebirth Miracle

This high-performance, all-in-one personalized treatment utilizes the innovative product 'Skin Rebirth - Miracle Skin Reinventing Gel' with the remarkable healing effects of alkanna tinctoria root and its multiple anti-ageing and anti-oxidant properties. This facial treatment promises to deeply moisturize and regenerate your skin while reinforcing the natural skin cell turnover.

Key elements: Cleansing, Exfoliation, Latex Mask, Skin Rebirth Massage Oil, Hand Massage

45' | €60



Signature Treatments

Under the Sun

The absolute multi-vitamin pre-sun treatment for your skin

Expertly designed to offer thorough skin protection, prior to sun exposure! The treatment is rich in iris flowers and olive seeds, while the mask delivers a high concentration of kumquat, sacred lotus and vitamin C. This combination strengthens the structure of the skin, restores its shine and elasticity, and shields it against sunburn. To complete the treatment, a nourishing exotic coconut body butter is applied to appease the senses and soothe the skin.

Key elements: Body Exfoliation, Body Wrap, Facial Treatment, 30' Body Massage with Nourishing Body Lotion

60' | €70

Sea Breeze Feel

After Sun Face & Body Treatment

The ultimate after-sun skin care including an after-sun face and body treatment that offers a pleasant sense of tranquil vigor. The sea breeze scented nourishing treatment is rich in acorn flour, Chios mastic and comfrey to help deeply hydrate sunburnt skin and eliminate irritation. The application of a refreshing gel mask with water lily, cucumber, aloe and yoghurt replenishes the skin lipids and provides high moisture and smoothness.

Key elements: Face Treatment, Body Wrap and Nourishing Body Lotion, Neck & Head Massage

60' | €70



Body Signature Treatments

Istoria Urban Escape

Feel your muscles releasing all the tension as we begin with the gentle removal of dead skin cells, offering you a choice of either chocolate and orange peel or jasmine scent to reveal a smooth and soft skin. This is followed by a relaxing full-body massage to complete a balanced experience of relaxation and tranquility.

Key elements: Body Scrub and 40' Body Massage

55' | €70

Santorini Lava Touch

Body Slimming Treatment

Radical body treatment using the powerful lava clay to combat cellulite and local fat. A plethora of active ingredients such as seaweed, basil and cinnamon help activate the lymphatic system and decongest the body. A specialized wrapping technique that tones and firms the body while safely drains body toxins, leading to noticeable inch loss.

Key elements: Body Scrub, Body Wrap

70' | €100

Elios Sunlight Signature Journey

Experience a traditional purifying ritual comprising a body scrub with natural salt, an organic natural body white clay mask and a balancing full-body massage with essential orange oils. A body ceremony that will immerse you in the real Cyclades.

Key elements: Full-body Natural Salt Scrub, White Clay Body Mask, 40' Body Massage with Orange Body Oil

70' | €100



Massage Journeys

Elios Spa Massage

Calming • Invigorating • Seaweed • Sensitive

Elios Spa's signature massage using Natural Spa Factory body oils is inspired by traditional massage techniques that operate to balance and re-align energy flow, enhancing mind and body wellness. A choice of native aromatic oil blends are prescribed to address your individual needs – to relax, detoxify or relieve muscle pain – and combined with pressure points and spiraling movements, they rejuvenate the body.

Key elements: Full-body Relaxation Massage, with a choice of native aromatic oils

40' | **€60**

55' | **€80**

Aegean Sensation, Candle Massage

Seductive • Energizing • Detoxing • Relaxing

Indulge your senses with this mystifying full-body massage ritual that will entice your mind, body and soul. Lay back and unwind while the mesmerizing flame gently burns the candle and the heated solid waxes slowly turn into liquid oil. Then, feel the delicately scented warm drops touch your skin, while the synchronized movements dissolve muscle tension and free blockages, offering a unique experience of relaxation and rejuvenation that promotes bliss, balance and well-being.

Key elements: Full-body Massage with Hot Candle

45' | **€60**

55' | **€80**



Massage Journeys

Deep Tissue

This massage intends to deeply relax all muscles and relieve tension using acupressure and kneading techniques which will feel like you had a proper workout. The power of essential oils will relieve muscle tension and stiffness, leaving you with a re-conditioned skin tone and feeling completely recharged and free from aches and fatigue.

Key elements: Full-body Sport Massage

55' | €80

Key Elements: Full-body Sport Massage, extra time with warm Santorini lava mud

70' | €100

Indian Head

Indian Head Massage to relieve tension in your shoulders, neck, head and face, using a “raindrop” technique with a soothing application of warm oil that alleviates any deep-seated tension from your body and mind.

Key elements: Back, Shoulder & Head Massage with Organic Raw Coconut Oil

40' | €60

Lymphatic Drainage

This gentle massage uses uplifting and detoxifying pre-blended natural massage oils. This form of therapy contributes to eliminate excess toxins and fluid that can build up over time.

Key elements: Full-body Lymphatic Massage

45' | €60

Back & Shoulder

Focusing on the back, neck and shoulders to help relax and release stress and tension from your muscles.

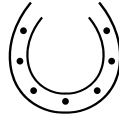
Key elements: Facial Aromatherapy, Back & Shoulder or Leg Massage

30' | €45



Etiquette

- The Spa and its environs are strictly no smoking areas.
- Please conduct all conversations at levels consistent with a relaxing environment.
- The Spa is open to persons over the age of 16. Guests under 16 years of age must be accompanied by a parent or legal guardian in order to receive treatments.
- Please leave all items of value in your suite. The Spa is not responsible for loss of or damage to a guest's personal belongings.
- All guests will be required to complete and sign a health & lifestyle questionnaire upon arrival and prior to treatments.
- Please note that a 24-hour cancellation notice is required for all bookings and services as a courtesy to our other guests.
- Out of consideration for all Spa guests, late arrivals will not be given an extension of scheduled treatment times and the full cost of the treatment will be charged.
- Guests are advised to arrive at least 20 minutes prior to their first appointment to allow themselves ample time to check in and shower, as it is essential before any treatment.
- During treatments, please let your therapist know if you are comfortable or uncomfortable, too warm or too cold, or if their pressure is too light or too firm.
- If you have a particular injury or physical condition, please explain it to the therapist. They may suggest appropriate adjustments to the treatment for your comfort and benefit.
- Our Spa staff will clean all surfaces or objects that are frequently manipulated with products approved by the EPA only after each treatment.
- All our reception staff will use hand sanitizer or wash their hands with soap and water whenever necessary, or at least every 30 minutes and after each contact with guests.
- The manicure and pedicure stations and furniture will be cleaned and sanitized after each service.
- There will be minimum 15 minutes between each service to carry out the adequate sanitization process in our treatment suites.
- Opening hours
Monday - Sunday 11:00-20:00



I S T O R I A
C R E A T E Y O U R O W N



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