



SPA  
MENU



# 1 Our Philosophy

The Royal Wellness Club is born out of a sincere understanding and passion for wellness, which we define as a way of life that focuses on physical, emotional and mental wellbeing.

We committed to deliver all aspects of wellness with integrity and honesty, providing inspiration for lifestyle change in an environment that delights all the senses.

We respect the individuality of our guests and craft experiences to stimulate, energize and restore.

The Royal Wellness Club offers exclusively in Greece, Spa System by Starpool, an innovative way of using the spa facilities in order to achieve wellness and maximum pleasure.

Our wellness facilities are combined with the purest treatments and products of luxury spa brand, **Germaine de Capuccini & Dr. Barbara Sturm**, and with the expertise of our skilled therapists in order to revitalize the skin and give immediate and long lasting results.

We give our guests the tools to pursue a better quality of life.

**Retreat · Relax · Refresh**

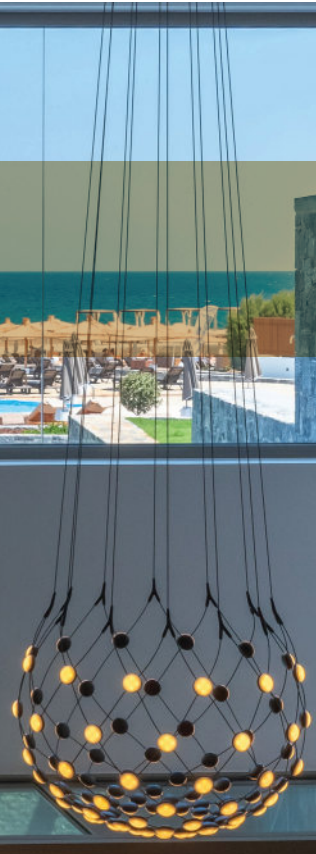


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# How To Spa With Us



## | HOURS OF OPERATION

Monday to Sunday 10:00-19:00.

## | USE OF WET AREA

There is an entrance fee of 15€ per person per hour for the use of the steam bath, sauna and indoor pool.

## | SPA RESERVATIONS

Our spa concierge can assist you in planning the perfect spa experience, including the best sequence for your treatment.

Advance bookings are always recommended to guarantee your preferred treatment and time.

We can provide spa treatments in your privacy of your room upon availability with an extra charge of 50%.

## | SPA CANCELLATIONS

We understand that schedules change, and we will do our best to accommodate your needs.

Since your Spa time is reserved especially for you, we kindly ask you to give a 4 hour-notice cancellation on individual treatments and 24-hour notice for spa packages.

Cancellations made outside of the above hours will be subject to the full charge of the treatment or package booked.

## | PREGNANCY

We have specially designed treatments for pregnant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

## | PRIOR TO ARRIVAL

As many Spa treatments improve blood circulation and use pressure techniques we advise against eating a heavy meal before your treatment. A light snack is appropriate if you are hungry. We strongly advise against the intake of alcohol before any Spa treatment.

We recommend that you do not wear jewelry during your spa visit, please leave it in your room safe.

The Spa cannot accept responsibility for any loss and does not assume responsibility for lost items.

## | SPA ARRIVAL

We recommend that you arrive to the Spa at least 30 minutes before your scheduled appointment.

Arriving late will simply limit the time available for your treatment, thus lessening its effectiveness and your pleasure.

This is your time and you should enjoy this experience to the fullest. Whether it's the room temperature, the amount of massage pressure or the volume of the music, please notify us of any discomfort or preference.

Your care is our greatest priority.

### | WHAT TO WEAR

Our therapists are highly skilled in correct draping procedures to ensure your complete comfort and privacy. We will provide undergarments or you can wear your bathing suit during treatments.

### | HEALTH QUESTIONS

Please inform us at the time of booking of any medical conditions or special needs. This will allow the Spa Receptionist to guide you in selecting appropriate services.

### | PRICES

All prices are quoted in EURO currency and are subject to change at any time without prior notice.

### | PAYMENT

We accept all major credit cards. You may also charge spa services to your hotel bill. For your convenience, payment is also accepted prior to your treatment.

### | DURING YOUR STAY

The Spa is dedicated to maintaining an environment of peace and tranquility. Please help us by respecting our atmosphere of privacy and quiet. Out of respect for other guests, we ask that cell phones have to be turned off during your stay in the spa.

Smoking in the Spa area is prohibited.

### | AGE REQUIREMENT

The Spa is suitable for guests over 18 years of age. Under 18 years of age require parental consent. Children under the age of 12 need to be accompanied by the parent.



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Face  
Treatments





### **Global Anti-Age**

**70 min / 130€**

A complete anti-aging treatment, based on epigenetics. It restores the skin's rejuvenation and defense mechanisms, while it fills, hydrates and smooths the face.



### **Total Lift(IN)g**

**70 min / 120€**

An ideal treatment for skins in need of volume and density. The firmness of the skin is restored, while achieving an oblique and horizontal lifting with immediate results.



### **No More Wrinkles**

**70 min / 120€**

A wonderful treatment for the elimination of wrinkles. It contains special ingredients which are applied with an exclusive lifting massage. The production of collagen and elastin is increased and the wrinkles are filled in naturally.



### **O2 For You**

**60 min / 105€**

Suitable for ages over 25, for skins that need activation and boosting of their defense against premature aging and the polluted atmosphere. Its special formula immediately reinforces cellular oxygenation and the skin is detoxified and revitalized.



### **Vitamin C Power**

**60 min / 105€**

Enriched with vitamin C derivatives and extract from the Japanese plum Ume, this treatment constitutes the most powerful weapon against premature aging. The skin radiates and appears smooth, shiny and rejuvenated.

### **Hydra-Cure**

**60 min / 100€**

Prevents dehydration and moisturizes the skin from the inside out and vice versa. It contains hyaluronic acid for immediate and long-lasting hydration.

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### **Eyes in Flames**

**30 min / 50€**

A fast and effective solution which immediately acts on the lines and expression wrinkles in the sensitive area of the eyes. Dark circles are removed, the contour is reshaped and the skin becomes softer instantly.

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### **Men's C+ Energy**

**60 min / 100€**

A treatment suitable for men suffering from signs of fatigue. Enriched with vitamin C, birch sap and trace elements, the skin is immediately rejuvenated, fills with energy and glows.

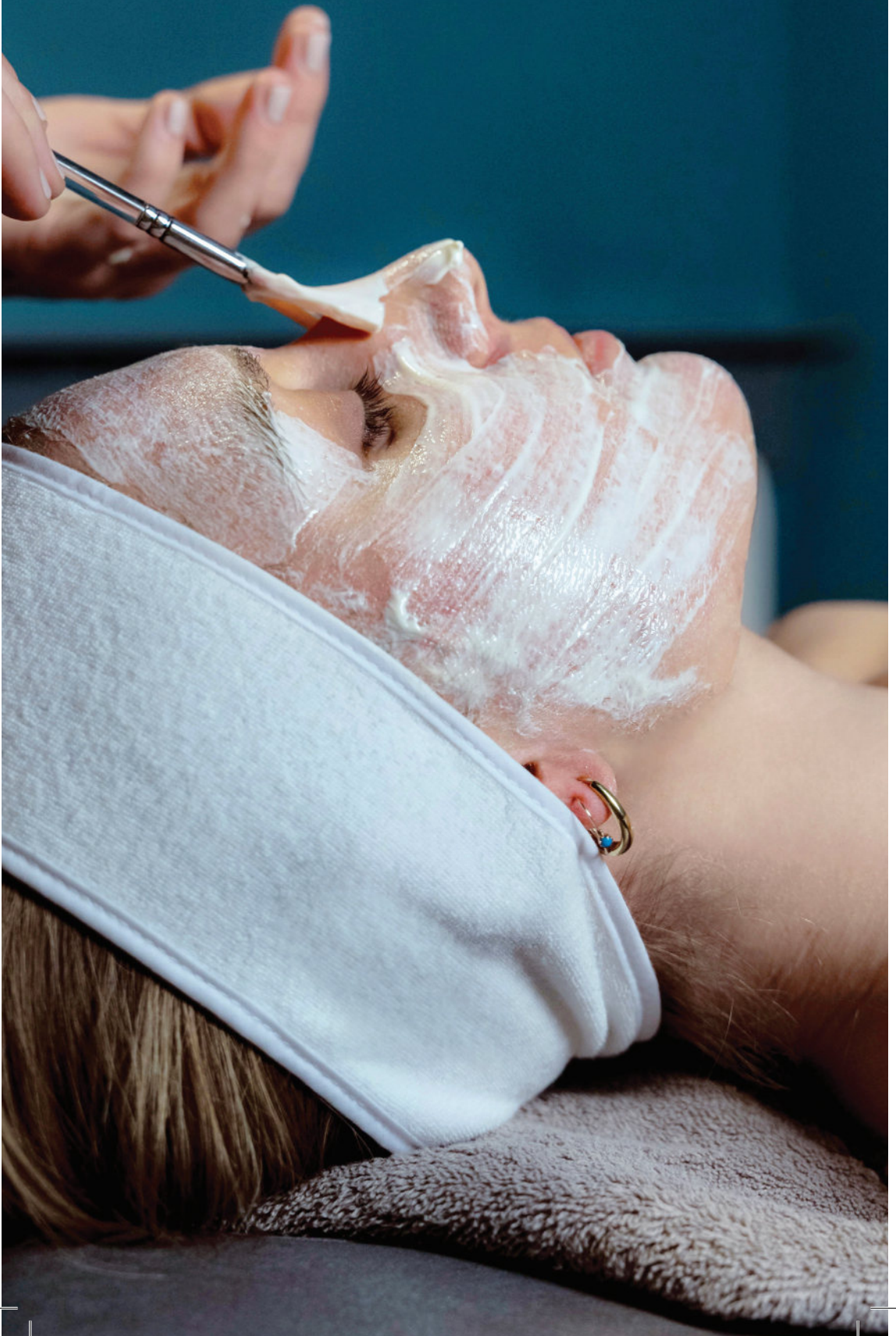




*Quiet  
the mind  
and the soul  
will speak!*

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Luxury Facials by  
Dr. Barbara Sturm



## Signature Sturmglow

60 min / 225€

The Signature SturmGlow Facial combines thorough cleansing, exfoliation and extractions to leave the skin super clean and refreshed. It also includes Dr. Sturm's Signature Anti Aging Massage; a unique combination of massage techniques which help increase blood and oxygen flow and tone and define the facial muscles for an instant, youthful looking complexion.

**THE SCIENCE |** Long and short chain Hyaluronic Acid molecules in the HYALURONIC AMPOULE are infused into the skin and provide intensive hydration at both upper and deeper skin layers.

The FACE CREAM RICH boosts moisture and antioxidants help restore and soothe the skin. Special massage techniques boost circulation, enhancing the production of collagen for effective skin repair.

**THE RESULTS |** This facial targets key areas of concern to instantly smooth fine lines, reduce puffiness, lift and define the cheekbones and jawline and give skin a youthful glow.



## Super Anti Ageing Facial

75 min / 300€

The Super Anti Aging Facial replenishes moisture reservoirs resulting in a smoother and more youthful complexion, while promoting the skin's natural barrier function and reducing the appearance of fine lines and wrinkles.

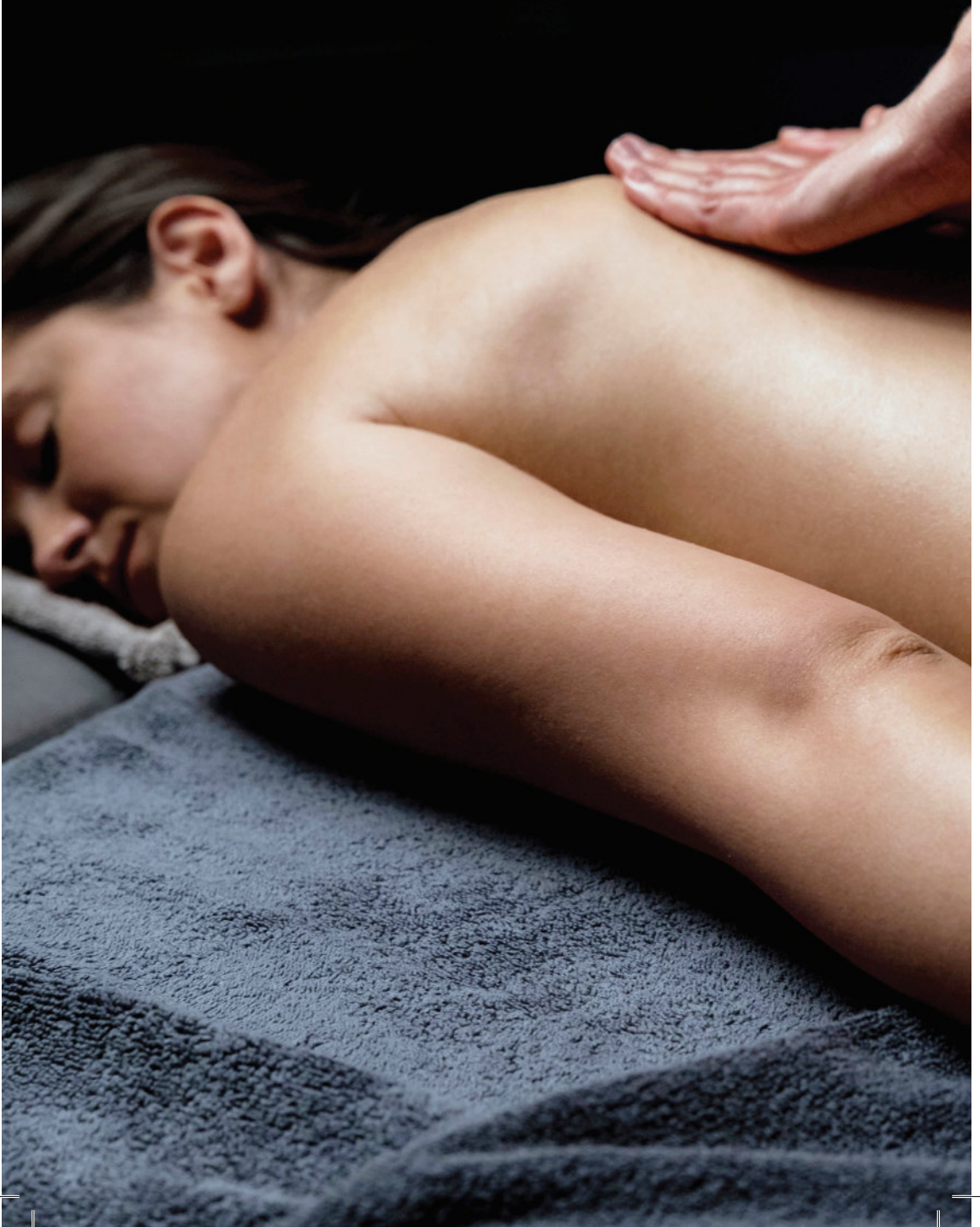
**THE SCIENCE |** Long and short chain Hyaluronic Acid molecules are combined with strong antioxidants and ingredients which help to repair damaged skin and support regeneration.

**THE RESULTS |** This facial visibly lifts the skin around the jaw and neck while reducing fine lines and reviving stressed skin.

DR. BARBARA  
**STURM**

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Body  
Treatments



### **Slimming Trilogy**

**60 min / 120€**

An innovative treatment, with a strong action against fat accumulation. A super concentrated formula which helps in reducing orange peel effect. Moreover, it enhances microcirculation and toxin removal. The treatment includes exfoliation, body wrap and a special massage.



### **Supreme Lift Therapy**

**60 min / 110€**

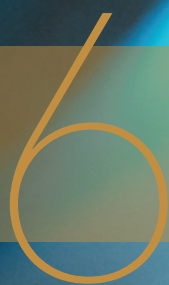
This triple lift therapy starts with a special fat reduction massage, continues with a body wrap and is concluded with a lift massage performed with the use of a special tool and collagen cream. Optimal results, immediate lift.



### **Phyto Care**

**60 min / 110€**

A complete body therapy that promises a rejuvenating experience, including massage with baobab oil, exfoliation with natural sea salt and toning with a nourishing body milk. The combination of natural oils gives the skin elasticity and contributes to the reduction of stretch marks, making it ideal for pregnant women.



# Rituals





*Water, colors, steam, scents. The basic ingredients for endless journeys of wellness and unforgettable pampering experiences with Vichy Shower on a warm water mattress!*

**Mediterranean Sun**      **100 min / 150€**

A body treatment which includes exfoliation with olive seeds, grape seeds and Argan oil and prepares the skin for exposure to the sun. The firming body mask with vitamin C which is applied afterwards offers the skin a silky, shiny and hydrated look.



**After-Sun Soothing**      **100 min / 150€**

A unique combination of products that relieves the skin from the effects of sun exposure. The mask with mint and Aloe vera immediately reconstructs, soothes and leaves you with a feeling of freshness.



**Gold Therapy**      **60 min / 110€**

Prestige and elegance based on "Sea Gold". The luxurious and anti-aging body wrap revitalizes the skin, while the gentle massage that follows covers the body in a thin layer of gold. The skin radiates and glows with discrete gold glitter.



**Sea Wealth**      **40 min / 75€**

Body wrap with seaweed and natural salt. It contributes to weight loss and detoxification, as it is rich in inorganic salts, vitamins, trace elements and iodine.



### **Silk Touch**

**40 min / 75€**

A luxurious therapy that provides the body with silk proteins. This unique body wrap moisturizes in depth, offering a new, smooth look and silky touch.



### **Black Mud Wrap**

**40 min / 75€**

Mud from the depths of the sea of Brittany, rich in sea mineral salts and trace elements. It rejuvenates and cleanses the skin, providing, at the same time, all the basic substances lost due to the everyday activities and stress.

*Relaxation  
is the  
stepping stone  
to tranquility.*



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Signature  
Treatments



*These treatments combine harmonically the most advanced beauty techniques with the local ingredients and aromatic herbs of Crete.*

### **Minoan Signature**                      **100 min / 160€**

Based on the era of the Minoan civilization and the traditional use of carob. Its grains remove the dead cells and the syrup is evenly distributed on the whole body. The effectiveness of the treatment is boosted with a 30-minute massage. Additionally, 15 minutes of relaxation in the steam bath are included.



### **Ariadne's Signanture**                      **90 min / 150€**

The unique properties of amanita and lentisk essential oil mud, in combination with the power of aromatherapy, revitalize and contribute to the detoxification on the organism. This treatment is followed by a steam bath enriched with cypress and pine tree essential oils. The effectiveness of the treatment is boosted with a 30-minute massage.



### **Ceremony For Couples**

**50 min / 90€ pp**  
**80 min / 120€ pp**

An experience for two you should offer yourselves and your loved one. Enjoy an aromatherapy massage under the lights of candles, in the special rooms designed for two persons!



## **Aroma Of Palace**

**50 min / 90€ pp**  
**80 min / 120€ pp**

Come to the world of senses and aromas, where time stops and a unique journey begins. The relaxing massage is ideal for the treatment of chronic fatigue, insomnia and depression. It improves blood circulation, oxygenating the cells.

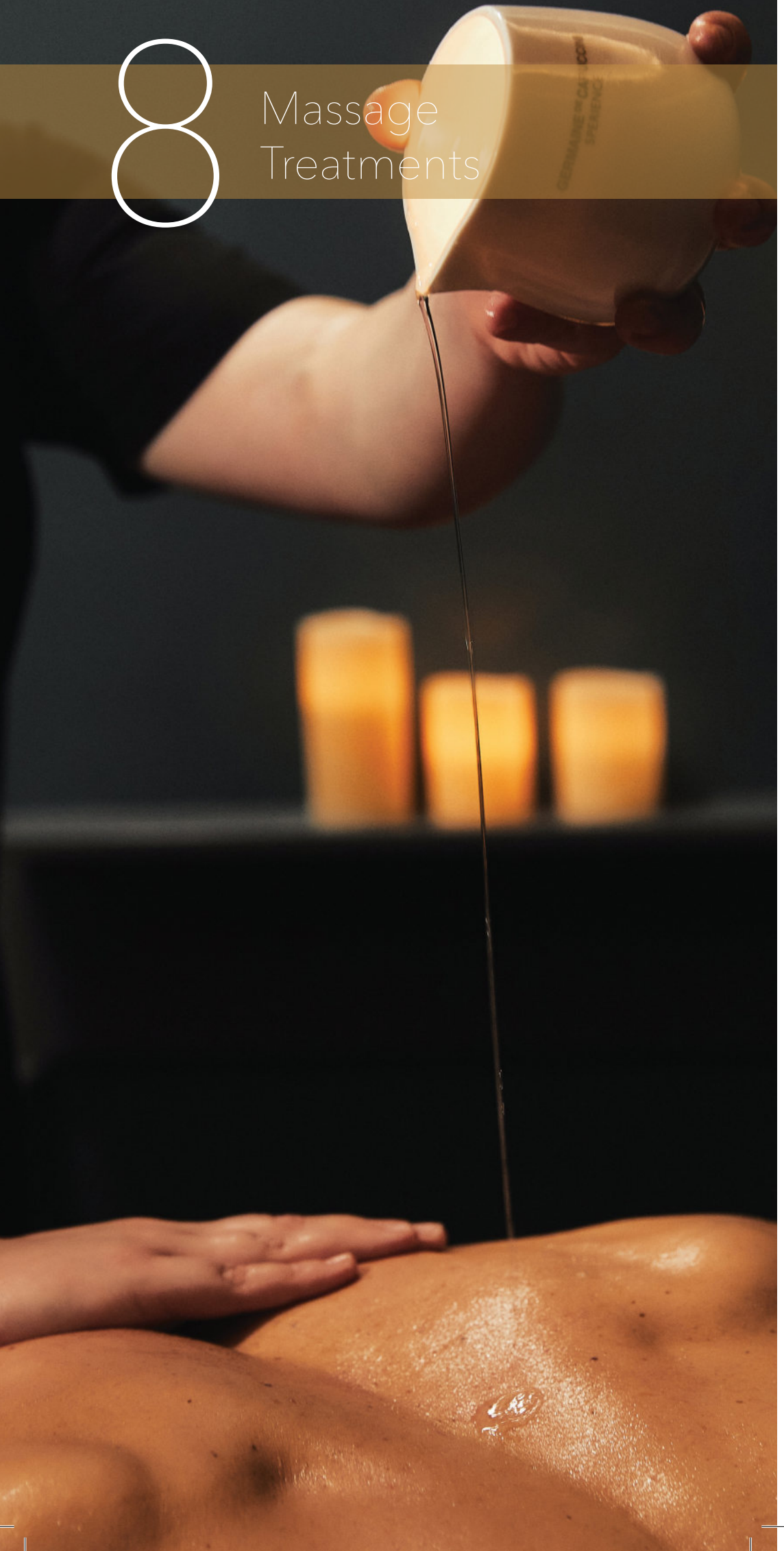


*Treat your  
mind, body  
and soul.*



# 8

## Massage Treatments





### **Back- Neck- Shoulders**      30 min / 65€

Choosing this particular massage is an effective step towards relieving and breaking down knots in these areas.



### **Heavenly Head**      30 min / 65€

This head massage helps in treating head aches, migraines and neck problems effectively. The heavenly combination of the massage with the warm water and the wonderful aroma of the soap makes this treatment an experience no one should miss.



### **King Olive Massage**      50 min / 90€ 80 min / 120€

Enjoy an extraordinary relaxing massage with Cretan olive oil and feel its softening, hydrating and antiseptic properties on your body. It offers your skin unique hydration and glow!



### **Pregnancy Massage**      50 min / 100€

Massage during pregnancy is a great supplementary choice for the prenatal care. It constitutes a healthy way of reducing stress and promoting wellbeing.



### **Full Back Side**      40 min / 80€

In less than an hour, all tension is removed from the body and your mood is instantly boosted.



### **Mediterranean Candlelight** 50 min / 110€

An authentic massage with golden drops of warm melted wax that melt on the whole body. Choose among lavender, olive or citrus that calm the mind and hydrate the body.

### **Nana Golden Massage**      50 min / 110€

The ultimate luxury! Enjoy a pleasant massage with gemstones: Amethyst, rhodochrosite, malachite, diamond and trace elements. Their unique nutritive, hydrating and refreshing properties create the most wonderful environment for relaxation.



### **Deep Tissue**      50 min / 110€

In this particular massage, intense pressure is applied to all deep muscle groups. This technique results in the relaxation, not only of the surface muscles, but of all the muscle groups and connective tissues.



### **Anti-Cellulite**      30 min / 65€

When the connective tissue loses its elasticity and the skin has an orange peel appearance, the special massage movements offer immediate, visible results.



### **Hot Lava**      50 min / 100€

The massage techniques are combined with the properties of the volcanic stones and the essential oils. The hot stones are placed in specific places of the body, releasing the accumulated energy from the chakras, while they offer a feeling of total harmony, wellbeing and serenity.



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## Special Prenatal Treatments



*Future moms can feel the beneficial and relaxing results on their body, but, before receiving any treatment, they are required to inform their gynecologist and the SPA's staff about their condition and the month they are in.*

*The suggested treatments are recommended for your daily skin care, in order to avoid the appearance of stretch marks, retain moisture and prevent discoloration of the skin.*

### **Face Treatments**

- O2 For You
- Vitamin C Power
- Hydra-Cure
- Eyes In Flames

### **Body & Massage Treatments**

- Phyto Care
- Pregnancy



# 10 Special Postnatal Treatments

*The following treatments are recommended after the end of the nursing period. Otherwise, the Special Prenatal treatments can be applied.*

## **Face Treatments**

All facial treatments can be applied.

## **Body & Massage Treatments**

- Phyto Care
- Slimming Trilogy
- Supreme Lift Therapy

## **Body Rituals**

- Chocolate Temptation
- Silk Touch
- Mediterranean Sun
- Gold Therapy

1 1

# Wellness Therapy Menu



*Clinical studies have shown that gentle massage techniques are particularly beneficial for patients with CA, both on physical and emotional level, helping in the reduction of stress and depression, relieving from pains and fatigue, improving the mood and the quality of sleep.*

*The following treatments have been designed to help restore the balance of the soul, the mind and the body. Selected suitable products are used in combination with gentle massage. The approval of the supervising doctor is required before applying any treatment. The treatments are suitable for persons that are not in an advanced stage of a disease and are undergoing preventive treatment.*

### **Roses Royal Ambrosia**      60 min / 110€

Specially designed for facial treatment, for relieving the dry, sensitive skin. A variety of products is used, including Rose Hip Oil, a soothing ingredient with healing properties (Beauty Shortlist Awards 2017). It is combined with a wonderful royal jelly elixir, ideal for treating dull skin. The treatment is completed with the refreshing gel mask with rose petals from five different varieties of roses, ideal for the sensitivity caused by the medication.



### **Icy Pleasure**      90 min / 150€

The healing properties of Aloe Vera are combined with the unique freshness of the mint and applied with an exquisite gentle massage on the whole body. The experience is accompanied by Rose Hip Oil with its regenerating and anti-inflammatory properties. The treatment is completed with a relaxing head massage using a product with five nourishing oils (baobab, patawa, birch, soya, sesame), for strong, healthy and shiny hair, maximizing the feeling of relaxation.

## **Hands, Feet & Scalp Liberation**

**75 min / 120€**

This particular treatment promotes intensive nourishment and is suitable for rejuvenating hands and feet. The mild body exfoliation is followed by the application of a hydrating mask, which is not removed with water, so that the pH of the skin is not affected. The treatment is completed with a relaxing head massage with the special hair strengthening oil and a special protocol with neck stretches using a warm towel.



## **Baobab Ceremony**

**90 min / 150€**

Enjoy a completely relaxing ritual, starting with a personalized welcoming protocol with warm pouches. The body is exfoliated, then a complete massage with organic dry oil, ideal for smoothing and deep nourishment, is performed. The treatment is completed with the application of a special gel for the relief of the lower limbs of your feet. All the products used in this treatment contain African baobab oil, proteins, vitamins and minerals and promote cell nourishment.







# 12

## Spa Packages



## Relax

3h 10min / 190€

- Wellness course in the wet area *60 min*
- Minoan Signature *100 min*
- Heavenly Head Massage *30 min*



## Tonic

3h 30min / 210€

- Tonic wellness course in the wet area *60 min*
- Mediterranean Sun *100 min*
- King Olive Massage *50 min*



## Purify

2h 30min / 150€

- Wellness course in the wet area *60 min*
- Black Mud Wrap *40 min*
- Nana Golden Massage *50 min*



## Excite

2h 52min / 170€

- Wellness course in the wet area *60 min*
- Sea Wealth *40 min*
- Mediterranean Candlelight *50 min*



PRICE  
LIST



## FACIAL TREATMENTS

- Global Anti-Age 70' | 130€
- Total Lift (IN)g 70' | 120€
- No More Wrinkles 70' | 120€
- O2 For You 60' | 105€
- Vitamin C Power 60' | 105€
- Hydra-Cure 60' | 100€
- Eyes in Flames 30' | 50€
- Men's C+ Energy 60' | 100€

## LUXURY FACIALS

- Slimming Trilogy 60' | 225€
- Super Anti-Ageing Facial 75' | 300€

## BODY TREATMENTS

- Signature Sturmglow 60' | 120€
- Supreme Lift Therapy 60' | 110€
- Phyto Care 60' | 110€

## RITUAL TREATMENTS

- Mediterranean Sun 100' | 150€
- After-Sun Soothing 100' | 150€
- Gold Therapy 60' | 110€
- Sea Wealth 40' | 75€
- Silk Touch 40' | 75€
- Black Mud Bath 40' | 75€



## SIGNATURE TREATMENTS

- Minoan Signature 100' | 160€
- Ariadne's Signature 90' | 150€
- Ceremony For Couples 50' | 90€ pp - 80' | 120€ pp
- Aroma Of Palace 50' | 90€ pp - 80' | 120€ pp

## MASSAGES

- Back- Neck- Shoulders 30' | 65€
- Heavenly Head 30' | 65€
- King Olive Massage 50' | 90€ - 80' | 120€
- Pregnancy Massage 50' | 100€
- Full Back Side 40' | 80€
- Mediterranean Candlelight 50' | 110€
- Nana Golden Massage 50' | 110€
- Deep Tissue 50' | 110€
- Anti-Cellulite 30' | 65€
- Hot Lava 50' | 100€

## WELLNESS THERAPY MENU

- Roses Royal Ambrosia 60' | 110€
- Icy Pleasure 90' | 150€
- Hands, Feet & Scalp Liberation 75' | 120€
- Baobab Ceremony 90' | 150€