Rejuvenate your senses
THALASSOTHERAPY 50mins
A unique program offering curative effects of mineral enriched seawater. The session takes you through 3-4 pools, each with different temperature and salinity content. The program is recommended for frequent use, and is very beneficial for joints, back problems, arthritis, osteoporosis, water retention or for sheer indulgence and relaxation.
Pool 1, Essential Oils
Pool 2, Therapeutic Salts
Pool 3, Hydromassage

SIGNATURE TREATMENTS
Myconian Signature Escape
This treatment is designed to hydrate and nourish your skin.
Body Wrap & Relaxing Full body Massage 60mins
Express Facial Treatment 20mins

Myconian Signature Journey
An interactive experiment of the senses.
Body polish & Relaxing Full Body Massage 90mins
Express Facial Treatment 20mins

FAMILY EXPERIENCE
Spend some quality time being spoiled together.
Mother & Daughter 90mins
Side-by-side full body scrub, relaxing massage and a polish on hands or toes.
Father & Son 90mins
Side-by-side relaxing full body massage, express facial treatment and scalp massage.

PRE-WEDDING EXPERIENCE
Designed to give you a mental boost before your wedding day.

BEAUTIFUL BRIDE
Facial Treatment 60mins
Nourishing Body Wrap 45mins
Hand and Nail Treatment 25mins

GROOM’S DEEP RELAX
Facial Treatment 60mins
Deep Tissue Massage 55mins
Foot and Nail Treatment 25mins
ELEMIS FACE TREATMENTS

The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

PRO-DEFINITION LIFT & CONTOUR 60mins
Powered by breakthrough technology targeting sagging jowls, cheeks and jawline, this facial helps restore the architecture of the face. The Arjuna and Lupin-infused jowl and chin mask works on elasticity, whilst stem cells help support the extra-cellular matrix. The structure of the skin is boosted through a unique muscle toning massage from the scalp to the décolleté. The skin appears plumper creating a profoundly sculpted, youthful effect.

PRO-COLLAGEN AGE DEFY 60mins
This is the treatment to tackle fine lines and wrinkles. The proven benefits of marine charged Padina Pavonica and Red Coral help plump out fine lines, whilst Indian Mulberry reduces skin-fatigue, helping relax wrinkles. Targeted lymphatic drainage massage re-energises and rejuvenates, while an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully nourished, younger looking skin.

SUPERFOOD PRO-RADIANCE FACIAL 30mins
This is a crafted nutritional boost for stressed, dull skin. Rich in superfoods, essential minerals and trace elements; Magnesium, Potassium, Zinc, Vitamin A and E form a mineral army to jump start tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energising nutrients. Skin is left smoother, plumper and luminously radiant – stress-free and lit up with good health.

DYNAMIC RESURFACEING PRECISION PEEL 60mins
This highly potent resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone. Specifically designed to work in conjunction with your skin’s unique structure, this pioneering precision layering protocol uses three layers of enzymes to nibble the dead skin away, revealing extraordinary results. This system delivers powerful exfoliation and renewal for smoother, younger looking skin.

HIGH PERFORMANCE SKIN ENERGISER FOR MEN 30mins/60mins
The hard-working facial for ageing, dehydrated skin and tired eyes. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

ADD-ONS
These treatments can be added to any face and body service.

FEAST YOUR EYES 15mins
Give puffy eyes their marching orders with this instantly reviving eye treatment. An intensive eye mask will rehydrate, soothe and lift the eye area and leave you with a bright new look in just 15 minutes. See the world through new eyes.

NECK JEWELS 15mins
Make sure your neck is running a tight ship with this targeted toning treatment. Massage techniques remind the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring. People will wonder what you’ve done!
elemiS body tReatmentS
Cleansing mineral salts, oil blends rich in actives and transportative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

ELEMIS MASSAGES / BODY CARE

ELEMIS FREESTYLE DEEP TISSUE BACK OR BODY MASSAGE 25mins/55mins
This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Your therapist will select an aromatic oil according to your concerns. Muscle pain, stress relief, pure relaxation or emotional balance... As effective as an hour’s stretching, but so much more nurturing.

ELEMIS DEEPER THAN DEEP HOT STONE MASSAGE 55mins/85mins
Balinese stones bathed in the intensely moisturising Frangipani Monoi Body Oil, are worked over the body, deep into the muscles, getting into areas of tension, persuading the muscles to release their trapped energy. The result is sparkling vitality with the added bonus of intensely hydrated skin.

ELEMIS BODY NECTAR NOURISHING WRAP - SWEET ORCHID OR FRANGIPANI 45mins
This fragrant, moisturising body wrap will transport you to the Far East. The velvety texture of the Monoi oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. An emotionally grounding experience for skin that has never felt silkiest.

ELEMIS DEEPLY THAN DEEPER HOT STONE MASSAGE 45mins/65mins
Balinese stones bathed in the intensely moisturising Frangipani Monoi Body Oil, are worked over the body, deep into the muscles, getting into areas of tension, persuading the muscles to release their trapped energy. The result is sparkling vitality with the added bonus of intensely hydrated skin.

ELEMIS PEACEFUL PREGNANCY MASSAGE 55mins
Tried and tested safe massage techniques are combined and adapted to each stage of pregnancy. Helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet, while easing the mind and uplifting the spirit.

ELEMIS INTEGRAL TREATMENTS

ELEMIS BODY TREATMENTS

ELEMIS DOCTOR AND RE-SHAPE

ELEMIS CELLUTOX AROMASPA OCEAN WRAP 75mins
Detoxify and kick-start your body. Let your thoughts drift away, whilst cocooned in a comforting wrap of rich marine algae and detoxifying Juniper and Lemon. Enjoy a facial massage and de-stress scalp treatment or soothing foot massage. Helps refine the appearance of cellulite and relieve the discomfort of fluid retention.

ELEMIS TARGETED TONING TIGHTENER 30mins/60mins
A powerful blend of salts, minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen and backs of arms. A targeted sculpting massage will kick-start the micro-circulation, promoting a smoother silhouette. A cooling rubberised mask, rich in super-detoxing caffeine and green clay is applied to problem areas: Arms, Hips & Thighs, or Abdomen

ELEMIS SCULPTING LEG MASSAGE 25mins
Clinically proven to target stubborn cellulite and sagging skin, for visible, rapid results. A peel off body mask is applied and combined with massage to deeply cleanse the body, helping firm and smooth skin, stimulate circulation and reduce fluid retention.

ELEMIS HAND AND FOOT CARE

ELEMIS GARDEN OF ENGLAND ROSE RESTORE HAND TREATMENT 25mins
This is the last word in conditioning, restorative, anti-ageing hand treatments. Targets age spots and dryness.

ELEMIS BEST FOOT FORWARD 25mins
Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Feet are left nourished, soft and smooth.
KeRStin floRian tReatments

FACIAL CARE
LUXURY CAVIAR & PEARL ANTI-AGING FACIAL 60mins/90mins
Nutrient rich Caviar, collagen synthesizing peptides and ancient beauty secret Pearl Powder, help to reduce fine lines, improve skin elasticity, promote skin regeneration while providing essential antioxidant protection to produce unprecedented results.
CORRECTING ADVANCED REPAIR 60mins/90mins
This results-oriented treatment is customized to address specific skin conditions.
From hyperpigmentation, sensitivity, oily skin to premature aging, this personalized facial helps treat and correct skin concerns.

BERRYPLUS ANTI-OXIDANT INFUSION 60mins
Ultra-oxygenating, anti-aging treatment based on vitamin-rich super berries and plant cell cultures to fortify, rejuvenate and renew.

BODY / MASSAGE
JET LAG MAGNESIUM REMEDY 55mins
This ultimate wellness treatment combines the benefits of dry brushing to promote lymphatic drainage, therapeutic massage and the power of magnesium to promote detoxification and replenish commonly deficient levels.
LAVENDER ISLAND EXPERIENCE 60mins/90mins
Breathe deep. Inhale the calming and balancing benefits of wild lavender in this completely uplifting and rejuvenating spa experience. Includes full body scrub, a warm wrap and a full body massage with warm, healing stones.
SIGNATURE GINGER HEALING REVIVAL 60mins/90mins
Earthly minerals are combined with Ginger’s healing properties in an invigorating full body exfoliation. Following a pampering massage, neck and shoulder massage with Ginger Oil and warm healing stones.
LIGNE ST. BARTH TREATMENTS

FACIAL CARE
ST BARTH PURENESS 60mins
An extraordinary treatment for face, neck, decollete and hands. Natural elixirs and vitamins provided for a fresh complexion.

ST BARTH FRESHNESS 60mins
The impact of high-quality skin care products with natural vitamins and minerals enhanced by freshly prepared fruits will take you to an exotic world.

BODY CARE
SENSATION 60mins
Soothing, silky body wrap with the fragrance of your choice oils and body lotions provides intensive moisture and nourishes the skin perfectly in combination with a relaxing full body massage.

SUN TANNING 60mins
After a gentle, relaxing body exfoliation, sun tanning products are massaged into the skin intensifying the tanning ability of your skin.

SUN DOWNER 45mins
Cooling body mask with clay, cucumber mousse and refreshing, calming care products.

BODY MASSAGES
CHILL OUT MASSAGE 55mins/85mins
Relaxing body treatment with cold-pressed avocado oil relieves muscle tension, alleviates stress, stimulates tissue metabolism and the lymph flow, promotes blood circulation and thanks to the calcium content of the cells, ensures a firm, healthy skin texture.

HARMONY MASSAGE 55mins/85mins
Relaxing, pampering massage with different products, whose effects are perfectly harmonised with one other.
HAND & FOOT CARE
Polish Change 15mins
Manicure 45mins
Pedicure 45mins
Shellac Manicure 60mins
Shellac Pedicure 60mins
Shellac or Removal 20mins

WAXING
Back 30mins
Eyebrow correction 15mins
Full leg (including Bikini line) 45mins
Half Leg 30mins
Bikini line 15mins
Full Bikini 30mins
Under Arms 15mins
Upper Lip 15mins

COSMETIC APPLICATION
Make-up 30mins
Eyelash Extension 90mins
Hair Salon

ACTIVITIES
YOGA 50mins
Be still. This ancient spiritual science offers a direct means of stilling the natural turbulence of thoughts and restlessness of body. It is a system of living designed to promote health and peace of mind.

PILATES 50mins
Pilates exercises train several muscle groups, correct spinal and control your movements. By developing proper techniques you can re-train your body to move in safer. Ideal for injury recovery, sports performance, good posture and optimal health.

WATSU 60mins
Watsu is the next generation in aquatic bodywork. A gentle form of body therapy performed in warm water. The therapist glides through the water, traces circles dancing with the receiver. Enjoy the feeling of graceful movement, gliding through the water with a sense of lightness, freedom and exhilaration.
SPA ETIQUETTE

SPA OPENING HOURS
Daily 9:00 am to 9:00 pm

SPA RESERVATIONS
For spa enquiries or reservations please press the “spa” button on your telephone display. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL
We recommend that you leave all jewelry and valuables in your room before coming to the spa. The spa will not be held responsible for valuables lost within the spa.

ARRIVAL
Please arrive 20 minutes prior to your treatment in order to complete your health assessment form and take time to relax in the tranquil surroundings of our spa before your treatment. We provide you with robes and slippers to wear while visiting our spa and you will be assigned a private locker to store your personal belongings.

CONSULTATION
Personal consultations are offered to determine your specific need and to allow us to design your treatment experience or a more comprehensive spa schedule.

LATE ARRIVALS
Out of respect for other guest’s reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

CANCELLATIONS
Please allow 12 hours’ notice on individual treatments and 24 hours’ notice on spa packages, otherwise 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

DURING YOUR STAY
In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Our spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

AFTER YOUR TREATMENT
We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

PAYMENT
For hotel guests, all treatments can be charged to your guest room folio and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the spa reception.

CHILDREN
We love children, however, we recommend that you avoid bringing children younger than 11 years old to the spa. Young guests, 12-17 years old, are welcome to enjoy a selection of treatments under the supervision of a guardian.

GYM POLICIES
For your personal safety, we ask that you wear sports shoes. Children under 18 years old must be accompanied by an adult when using gym equipment.
ELEMIS is only available at the most exclusive spas around the globe. ELEMIS pushes the boundaries to develop textures, ground-breaking formulations and conduct clinical trials to deliver real results. ELEMIS responds to the ever-evolving rhythm of your life and the ever-changing nature of your skin.

The KERSTIN FLORIAN is a luxury skincare company that focuses on results and brings a sense of well-being to people’s everyday lives.

The LIGNE ST. BARTH products are hailed by industry professionals for their originality and exceptional quality.

ELEMIS elite treatments are exclusively available in Mykonos at the Myconian Collection Thalasso-Spas.

www.myconiancollection.gr