

# Euphoria

wellness spa & fitness centre



mastic<sup>®</sup> Spa  
SODIS LABORATORIES

αγνά καλλυντικά με μαστίχα  
all-natural beauty secrets of the aegean



# wellness spa & fitness centre

## SPA YOUR SENSES...

'Euphoria' wellness spa & fitness centre provides an intimate environment for you to experience one-of-a-kind rejuvenating treatments. Our aim is to take you on a journey rooted in ancient Greek beauty secrets blended with contemporary therapies and massage techniques.



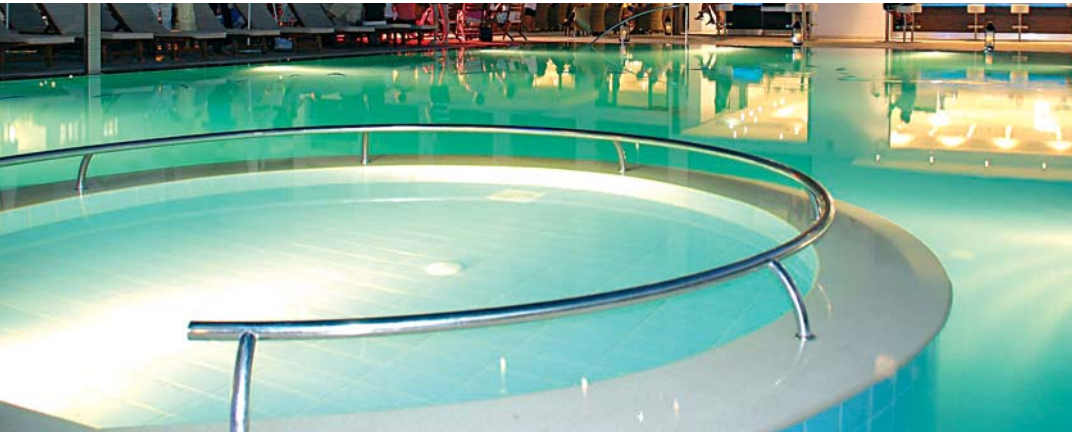
A UNIQUE AND PRIVATE SANCTUARY

At the heart of this wonderful experience are the secrets of our total natural ingredients & their benefits: pure natural essential -oils, olive-oil, fresh-fruits, mastic & wine, combined with therapeutic mineral springs of Greece. Relax, rejuvenate, and revel in the world of 'Euphoria' wellness spa, through our total-natural refreshing beauty& health treatments.....

Mastic Spa products



Mastic Crystals and Leaves



# a unique and private sanctuary.....

## THE FACE

Find your beauty solution through our balanced face treatments, deriving from our unique marriage of modern research and tradition, always inspired by nature.

## FACIAL TREATMENTS

### **Aegean Deep Cleansing-Exfoliating**

*Duration 70 min*

For normal / mixed skin

A European-styled cleansing treatment for both ladies & gentlemen. Prepare your skin for the ultimate experience in cleansing and removal of dead skin cells. This treatment involves a combination of steam, exfoliation and extractions (if necessary), followed by a décolleté, full hand and arm massage to fully detoxify and invigorate the body.

### **Mastic Deep Hydration Oinotherapy**

*Duration 50 min*

A specialized therapy for the face and neck area based on natural ingredients of mastic oil, Ariousios wine, natural herbs and vitamins. These natural ingredients hydrate the skin, improve blood circulation, make wrinkles fade, while the softness of the skin is restored and the skin surface is reinforced.

### **Green Clay & Mastic Regeneration**

*Duration 50 min*

For mature skin

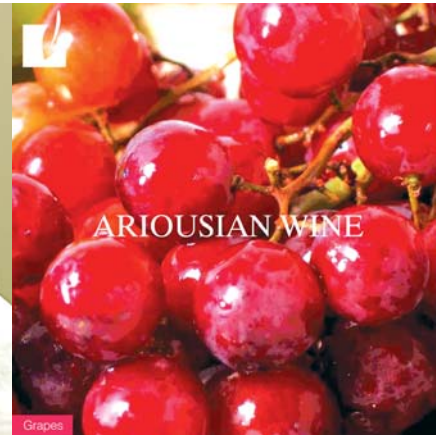
Regeneration therapy restores the skin's vitality and cell activity. The iron-rich green clay activates cellular function while jasmine calms and relaxes. Skin is brighter and the appearance of wrinkles is dramatically reduced. The regenerating effects of mastic also help to restore skin's firmness, while rosemary tightens and tones skin tissue elasticity. In addition, calendula extracts work to slow down the aging process.

## Fresh Fruits & Mastic Glam Total

*Duration 50 min*

For thirsty & tired skin

Tired, fatigued skin needs exfoliation and hydration, in order to brighten and revitalize. Wheat pollen extracts combined with mastic prevent aging, while providing protection against sun's harmful rays. Honeysuckle and hyacinth condition and hydrate, while mastic provides antibacterial properties to protect the skin. In addition, mandarin, a derivative of vitamin C, works to leave your skin illuminated.



## **Agiasmata Lifting Total Aqua di Keramos**

*Duration 50 min*

For loss of elasticity in the skin

Deep cleansing, exfoliation and a customized mask to tighten skin. A cocktail of vitamins, herbs and mastic oil aid in slowing down the aging process. Sand-lily and vitamin E, along with mastic, act as antioxidants to protect against premature aging. Soya oil and Soya extracts aid in balancing the hormones which can contribute to premature aging and sagging. Macadamia nuts, rich in omega fatty acids, combined with spa spring water strengthen cells and collagen in the skin.

## **Ariousios Red Wine Deep Cleansing & Hydration**

*Duration 95 min*

For dry & thirsty skin

A combination of cleansing and deep hydration for skin that needs an extra boost. This nourishing treatment with olive oil, mastic and wine will quench your skin's thirst from the inside out. An exfoliation with finely crushed olive pits is used, extractions (if necessary), followed by a soothing massage of propolis and sage, with antibacterial and anti fungal properties, finishing with a décolleté, full hand and arm massage.

## **Mastic Herbs Balancing**

*Duration 50 min*

For oily/prone skin

Help your skin recover and regulate moisture in the skin. A purifying treatment combined with steam, non-abrasive exfoliation and detoxifying mask to help rid of impurities and excess oil that clog pores. Macadamia nuts along with mastic oil are highly effective in balancing oil production and acne prone skin. Soya, also in combination with mastic, works to reduce excess oils and restore skin to clearer complexion.



## Mediterranean Eyes Therapy

*Duration 25 min*

Special treatment for delicate skin around the eye area

A unique mask that reduces the appearance of fine lines and wrinkles around the eyes while eliminating signs of fatigue and puffiness. Vitamin E and mastic also help to decongest dark circles under the eyes. This treatment can be applied alone or in combination with all facial treatments.



## Greek Yoghurt Hydra Mask

*Duration 25 min*

Special treatment for sun-burned skins

Traditional Greek hydrating therapy with fresh Greek total-natural yoghurt. A refreshing treatment that vitaminizes, hydrates and revitalizes the face skin.

## THE BODY

Let your body enjoy the freshness, purity, and benefits of our special massage treatments, which in combination with essential oils, olive oil, almond oil, wine, mastic and other natural ingredients, work together towards a total rejuvenating result. All designed to relax and rejuvenate your mind, body, and spirit.

### EUPHORIA MASSAGES

#### **Traditional Cretan Olive-Oil massage**

*Duration 25 min or 50 min*

Relaxing body massage using Traditional Cretan Olive oil heated by candles, in order to liberate the beneficial effect of Vitamin E to the skin. The ideal way to ease away body tension and stress.

#### **Anti Cellulite Massage**

*Duration 30 min*

Deep massage with essential oils to develop targeted action against cellulite. The massage is a combination of lymphatic and slimming massage. Achieve better blood circulation, eliminate toxins and reduce fluid retention, leading to the polishing and tightening of the skin.

#### **Greek Blossoms Calming Massage**

*Duration 25 min or 50 min*

Let your senses revive and rejuvenate through a full relax body massage using therapeutic essential oils accompanied with a sweet-smelling to enhance the immune system. It provides relaxation all over the body and ensues a sense of wellness.



### Swedish - Deep Tissue massage

*Duration 50 min*

Pure muscle recover, this body reviver massage technique operates muscles to instantly ease away tension and muscular arches and boosts circulation. Deep rhythmic pressure revitalizes and stimulates the muscular system from top to toe, offering a tranquillity effect.

### Sport-Tapping massage

*Duration 50 min*

This muscle focused technique utilizes deep tapping practices to reinforce joint mobility and muscle stretching-elasticity for zenith performance.



### Aegean Lympo-massage

*Duration 25 min*

The vital session for detoxifying and slimming, this toxin targeting approach rejuvenates the immune system by eliminating water-withholding in the body while releases slow-blood flow.

### **Hot / Cold Stone massage**

*Duration 70 min*

Warm and cold stones are used to massage the entire surface of your body. Through this ancient technique, physical energy rejuvenates your skin area, while enhances the nervous and circulatory system, offering you unique and tranquil results.

### **Pregnancy massage**

*Duration 50 min*

Massage during pregnancy is beneficial bodywork which targets on the particular needs of the mother as her body experiences vivid changes. Prenatal massage session increases muscles and joints mobility, enhances circulation and general body sense, while offers a tranquillity effect. Pregnancy massage is permitted to over 3 months gestation.

### **Express (back & shoulders relief massage)**

*Duration 25 min*

Pure muscle recover, this back & shoulders reviver massage technique operates muscles to instantly ease away tension and muscular arches and boosts circulation, offering a tranquillity effect.

### **Head Refreshment Massage**

*Duration 25 min*

This fully Head Aromatherapy massage is adapted to revive your senses. The head and face are massaged with medium pressure by using refreshing essential oils to rejuvenate the muscles and offer you a feeling of wellness.

### **Euphoria Delight Reflexology**

*Duration 25 min*

Through this massage technique gentle pressure is used to the feet, hands and ears, liberating blockages and releasing the energy of the whole body. Acts favorably against tensions and bad-circulation thus promoting a sense of body balance.

### **Double Suit (provided for any type of massage)**

*Duration 25 min or 50 min*

Share the tranquility of a massage with someone special, both in the same spa-cabin, each with his/her own therapist.

### **HARMONIZING BODY AND MIND**

#### **Reiki**

*Duration 50 min*

Reiki Healing is a powerful, natural therapy that gently balances life energies and brings health and well-being to body, mind and spirit. Ultimate way for Relaxation and Stress-Reduction.



#### **Reiki Localized Therapy**

*Duration 20 min*

A short healing session for specific physical problems and sport injuries. For immediate pain relief, relaxation and improvement of the healing process.

## **EUPHORIA BODY THERAPY**

Beautify your body with the refreshing benefits of nature. Relaxing and firming body treatments that rejuvenate the mind and body..... Mastic, blossoms, red grapes, chocolate, algae, mandarin, and other natural ingredients are our secret combination. Try something purely and completely unique – we promise you will be amazed.

## **BODY TREATMENTS**

### **Deep Mastic Body Exfoliation- Hydration**

*Duration 80 min*

Beautify your body with the natural benefits of hydro massage bath. Refine and remove dead skin cells to reveal smoother skin. Chios tree extract rich in essential oils is used to promote cellular renewal. Mastic and grape seeds rich in anti-oxidants aid in hydration of the skin. Treatment is then finished with a unique body mud mask. Skin is smooth and hydrated.

### **Oinotherapy Mastic Spa Calming Body Treatment**

*Duration 80 min*

Beautify your body with the natural benefits of hydro massage bath. A much coveted stroll into the peacefulness of nature; something we seek every day of our life but rarely find....relaxation and serenity. A special massage with essential oils, relaxing extracts of jasmine and mastic-oil. The red grapes are rich on vitamins B1 & B2 and the combination of mastic and violet creates a permanent antibacterial shield as it relaxes and calms the skin.

## Mastic Spa Stimulating Treatment

*Duration 80 min*

Beautify your body with the natural benefits of hydro massage bath. Tightening therapy for skin regeneration; relax the muscles and awaken the cells. Time-released therapeutic micronutrients from the natural spa springs revitalize and beautify the skin. Olive seeds help remove dead cells, leaving skin softer and smoother, while wild-chestnut has a therapeutic and stimulating effect on the skin. This therapy concludes with a customized body mask.



### **Mastic Spa Slimming Treatment**

*Duration 80 min*

Beautify your body with the natural benefits of hydro massage bath. Seaweed activates cell regeneration and reduces the concentration of excess fat and liquids. This special body-mask, rich in geranium and mastic-oil extract, rejuvenates and tightens the skin. The micronutrients and metals of the therapeutic mud contained in the body mask gradually eliminate the appearance of 'dimpling', which is characteristic of skin suffering from cellulite. The appearance of cellulite is dramatically reduced. Repeated sessions recommended.

### **Mastic & Red Grapes- Body Algae Pack**

*Duration 55 min*

Regenerating and anti-aging

Detoxifying and energizing treatment with red and white lily. Your body is scrubbed with a cocktail of marine salts, grape powder, essential oils of geranium, myrtle and lotus flowers. Skin cells are renewed, softer and smoother skin is revealed. An algae pack is then applied consisting of grapes, mastic, seaweed and sage removing harmful toxins from the body

### **Mastic & Chocolate Cocktail-Body Fruit Pack**

*Duration 55 min*

Toning & Nourishing

Chocolate and Mastic Therapy! A cocktail of chocolate, mastic oil and essential oils of fresh Chian oranges and sage blended for a nourishing and toning treatment. The body is exfoliated and edible bits of dark chocolate that flight against free radicals while nourishing the skin. A fruit mask of cocoa powder along with mastic oil, marine salts and orange is then applied to detox the mind, body and soul.

### **Mastic & Red Grapes Exfoliating -Body Polish**

*Duration 40 min*

A detoxifying and energizing treatment with red grapes and white lily. Your body is scrubbed with marine salts, grape powder, essential oils of geranium, myrtle and lotus flowers. Skin cells are renewed, softer and smoother skin is revealed.

### **Mastic & Chocolate Cocktail Exfoliating-Body Polish**

*Duration 40 min*

Chocolate and mastic therapy! The body is exfoliated with edible bits of dark chocolate that fight against free radicals while nourishing the skin. This blend of chocolate, mastic and oils from fresh Chian oranges and sage nourishes while cleansing the skin.



### **Mastic & Chocolate Wrap**

*Duration 25 min*

Body wrapping with mastic and chocolate for skin hydration, rejuvenation and total energy stimulation.



### **Mastic & Red Grapes-Algae Wrap**

*Duration 25 min*

Body wrapping with mastic, red- grapes and algae for detoxifying and hydrating effects. This treatment increases blood-circulation concluding in better tissue development.

### **Striking Frozen Cucumber Sunburnt Therapy**

*Duration 50 min*

Body wrapping with refreshing striking cucumber. A special body therapy for sunburned skins for fully hydrating and calming results.

## **EUPHORIA AQUA BODY TREATMENTS**

Hydro-massage is well-known from ancient times as a therapeutic method. Warm water with a combination of mineral salt, essential oils, Cretan herbs, offers excellent anti-inflammatory, analgetic and muscular relaxation results. A hydro-massage bath is the best way to start your treatment program, as it softens and cleans skin while it opens pores to absorb the therapeutic ingredients.

### **TREATMENTS**

Bath Cretan Herbs

Salt bath

Essential Oils bath

Sauna Euphoria

Hamam Euphoria

Jacuzzi Euphoria

Combination of hydrotherapy (Sauna-Hamam-Jacuzzi)

## EUPHORIA COSMETIC TREATMENTS

Manicure/ Pedicure stations

Nails' extension

Depilation

Hairdressing Salon

Daily programs and weekly packages are also available to guide you on a journey through the enchanting, pure and unique world of the natural – based beauty.



## EUPHORIA FITNESS CENTRE

Try one of our Euphoria organized activities, specially designed for your high performance

Please advise the Euphoria-reception on our weekly programme

Gym Activities • Private training • Power Plate

# Euphoria

wellness spa & fitness centre

The 'Euphoria' wellness spa & fitness centre is an integral part of the hotel and is conceived in compliance with high standards of Spa operation, supervised by a highly qualified, multilingual and professional team (doctor, physical therapists, hydro-therapists....) using branded, fully natural products and offering adequate care and personalized programs:

Fitness Centre

Facial & Body Treatment area

Massage

Reiki

Steam bath

Sauna

Jacuzzi

Water treatment area

Relaxation - Revitalization area

Manicure/ Pedicure stations

Hairdressing Salon

Mastic Spa corner

Recreating the entrancing atmosphere of ancient Minoan thermal baths and mythical hammams, 'Euphoria' wellness spa & fitness centre with 5 luxurious cabins offers a wide range of face and body cares. For health and safety reasons, children under 13 are not admitted to the 'Euphoria' wellness spa & fitness centre.

## WELLNESS SPA & FITNESS CENTRE ETIQUETTE

### **Don't forget....**

We kindly ask you to arrive at the SPA, 20 minutes prior to your appointment for your own preparation.

If you are forced to cancel an appointment, please inform us 24 hrs in advance.

In the event that you cancel with less than 4 hrs notice, you will be billed 50% of the cost of the treatment.

Clients, who miss their appointment without prior notice,

will be billed with the entire cost of the therapy.

### **Your feedback is important....**

Do not hesitate to tell us about our service,

provide recommendations and / or suggestions.

We have only one goal, to ensure that your time with us is as stress

free & enjoyable as possible.

### **We will provide for all your needs....**

Towels, bathrobe, disposable underwear & slippers

are provided for your use and comfort.

### **Let us help you find what you seek....**

Our full range of all natural Mastic Spa beauty products is offered exclusively

at our 'Euphoria' Mastic Spa Corner.

Please ask us for more information.

~For information or reservations plz dial 1800 or visit the Spa-Reception ~

Open daily



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