

A stack of seven smooth, light-colored stones is arranged vertically on the left side of the image. The stones are stacked on a larger, textured rock. The background is a soft, blue gradient, suggesting a sky or water. The overall aesthetic is clean and serene.

# SPA MENU



# Our Philosophy

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

We are committed to deliver all aspects of wellness with integrity and honesty, providing an 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, the Spa System® by Starpool, an innovative way of using the spa facilities in order to achieve wellbeing and maximum pleasure.

Our wellness facilities are combined with the purest treatments and products of luxury spa brand, **Germaine de Capuccini & Dr. Barbara Sturm**, 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.

## | 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 the 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 for cancelling on individual treatments and 24 hour notice for Spa packages.

Cancellations made within the above notice periods will be subject to the full charge for the treatment or package booked.

## | PREGNANCY

We have specially designed treatments for pregnant women and nursing mothers. Please allow our Spa team to guide you in selecting which treatments are most suitable for you.

## | 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 advise against wearing jewelry during your Spa visit, please leave it in your room safe.

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

## | SPA ARRIVAL

We recommend that you arrive at the Spa at least 30 minutes before your scheduled appointment. Arriving late will limit the time available for your treatment, 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 your preferences or discomfort you may experience. Your care is our highest priority.

### **| WHAT TO WEAR**

Spa robes, slippers and a private locker will be provided upon your arrival to the Spa.

We will provide undergarments or you can wear your bathing suit during treatments.

### **| HEALTH QUESTIONS**

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

### **| PRICES**

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

### **| 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 and quiet.

Out of respect for other guests, we ask you to keep your cell phone 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. Guests under 18 years of age require parental consent. Children under the age of 12 need to be accompanied by one parent.



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Spa System<sup>®</sup> by  
Starpool<sup>®</sup>





*The art of taking care of the body and regenerating the mind has very ancient origins. Ancient civilizations have taught us that a spa should respect the individual and their body.*

*Spa System® based the evolution on the cultural heritage left to us by spa traditions, and we have reinterpreted it from a modern perspective through a measured alternation of three fundamental elements: heat, water and rest, the formula that supports each of our 4 spa experiences.*

*Spa System® is an innovative and safe method of spa use that Starpool designed in collaboration with a medical team of experts and sports doctors, who carried out an extensive scientific research on the effects of heat, water and rest on the human body.*

*Spa System® guides the spa guest in various experiences of health and wellness. Each of these experiences has a very specific goal, ranging from body relaxation to purification, toning and vitality. Additionally, individual body and face treatments can be booked.*

## **Relax**

**30 min / 30€  
60 min / 50€**

For relieving stress.  
Promotes a slow and gradual relaxation of the body.



## **Tonic**

**30 min / 30€  
60 min / 50€**

For revitalizing the organism.  
Promotes physical toning by improving muscle tone.



## **Purify**

**30 min / 30€  
60 min / 50€**

For restoring balance.  
Promotes the elimination of impurities.



## **Excite**

**30 min / 30€  
60 min / 50€**

For restoring vigor.  
Promotes a sensation of renewed vitality.



wellness concept

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Face  
Treatments



*Before applying each treatment, the qualified staff will perform a skin analysis of your face using the special machine "Professional Beauty Diagnosis" by Germaine de Cappuccini.*

**Global Anti-Age** 70 min / 150€

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)** 70 min / 140€

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 / 140€

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 / 130€

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 / 130€**

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 / 120€**

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



### **Eyes in Flames**

**30 min / 75€**

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.



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

**60 min / 120€**

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.



GERMAINE DE CAPUCCINI



*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 Aging 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**



Body  
Treatments





### **Slimming Trilogy**

**60 min / 130€**

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 / 120€**

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.

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### **Phyto Care**

**60 min / 120€**

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.

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Nuvola  
Treatments



*“You feel like you’re floating on clouds”. These body treatments are applied in the embrace of the warm water of Nuvola, without being in direct contact with it. The sense of gravity is lost, and the mind is in a state of complete relaxation.*

### **Gold Therapy**

**60 min / 120€**

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 / 90€**

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 / 90€**

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 / 90€**

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.

# 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 / 170€**

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 / 170€**

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.

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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 / 170€

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 Signature** 90 min / 160€

The unique properties of amanita and lentisk essential oil mud, in combination with the power of aromatherapy, revitalize and contribute to the detoxification of 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 / 110€ pp 80 min / 140€ 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 / 110€ pp**

**80 min / 140€ 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.





*Relaxation  
is the  
stepping stone  
to tranquility.*



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## Spa Suite "Anax & Anassa"



We invite you to the royal apartments, where you can enjoy unique experiences supported by steam, colors, warm baths, tropical storms, cool mist, fragrances and music. Enjoy the following treatments which intensify the sense of euphoria and rejuvenation, each combining three separate treatments.

## **Royal Experience**

**130 min / 200€ pp**

### *Extra 30 min In Suite Relaxation*

The quintessence of the senses for kings and queens, which starts with the Sweet Spa and continues with the Sweet Sauna for a complete detox experience. Refresh yourselves with a light body exfoliation based on pomegranate and conclude your journey with a relaxing massage with essential oils.



## **Palatial Experience**

**160 min / 250€ pp**

### *Extra 30 min In Suite Relaxation*

The comfort of a palace worthy of you. Enjoy the use of the Sweet Sauna and afterwards a deep exfoliation with carob scrub will remove the dead cells. Following the use of the Sweet Spa, the skin is ready for a toning massage with essential oils and a complete face treatment.



## **The Princess and The Prince**

**160 min / 250€ pp**

### *Extra 30 min In Suite Relaxation*

A princely experience that will relax the body and calm the spirit. The treatment includes the use of all the water facilities of the suite, while the experience is completed with a body massage with a skin nurturing and smoothing cream and a hydrating facial treatment, leaving you with a feeling of total refreshment.



## **Premium And Private**

**60 min / 100€ pp**

Enjoy a unique one-hour experience in the SPA SUITE Anax & Anassa which offers sauna and steam bath with essential oils in four different programs, a private area for relaxation and the use of the private pool, for a unique revitalization ritual.



*Treat your  
mind, body  
and soul.*



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# Massage Treatments



**Back- Neck- Shoulders** 30 min / 75€

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



**Heavenly Head** 30 min / 75€

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** 50 min / 110€  
**Massage** 80 min / 140€

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 / 110€

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 / 100€

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



**Mediterranean Candlelight** 50 min / 120€

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

## Princess Massage

50 min / 120€

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 / 130€

80 min / 150€

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 / 80€

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 / 120€

80 min / 150€

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 may also enjoy the beneficial and relaxing effects of Spa treatments. You are however required to inform the Spa staff of your condition before receiving any treatment. The following 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

### Rituals

- Silk Touch
- Mediterranean Sun
- Gold Therapy

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## 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

### **Nuvola Treatments**

- Black Mud Wrap

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Wellness  
Therapy



*Clinical studies have shown that gentle massage techniques are particularly beneficial for cancer patients, 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 body, mind and soul. 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 / 120€

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 / 160€

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 / 130€**

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 / 160€**

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.





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Spa Packages





## Relax

3h 10min / 235€

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



## Tonic

4h / 285€

- Tonic Spa experience course in the wet area  
*60 min*
- Mediterranean Sun *100 min*
- King Olive Massage *80 min*



## Purify

2h 30min / 200€

- Purify Spa experience course in the wet area  
*60 min*
- Black Mud Wrap *40 min*
- Aroma of Palace *50 min*



## Excite

2h 30min / 205€

- Excite Spa experience course in the wet area  
*60 min*
- Sea Wealth *40 min*
- Mediterranean Candlelight *50 min*

## SPA SYSTEM

• Relax	30'		30€
	60'		50€
• Tonic	30'		30€
	60'		50€
• Purify	30'		30€
	60'		50€
• Excite	30'		30€
	60'		50€

## FACIAL TREATMENTS

• Global Anti-Age	70'		150€
• Total Lift (IN)	70'		140€
• No More Wrinkles	70'		140€
• O2 For You	60'		130€
• Vitamin C Power	60'		130€
• Hydra-Cure	60'		120€
• Eyes in Flames	30'		75€
• Men's C+ Energy	60'		120€

## LUXURY FACIALS

• Signature SturmGlow Facial	60'		225€
• Super Anti-Aging Facial	75'		300€

## BODY TREATMENTS

• Slimming Trilogy	60'		130€
• Supreme Lift Therapy	60'		120€
• Phyto Care	60'		120€

## NUVOLA TREATMENTS

• Gold Therapy	60'		120€
• Sea Wealth	40'		90€
• Silk Touch	40'		90€
• Black Mud Wrap	40'		90€

## RITUAL TREATMENTS

• Mediterranean Sun	100'		170€
• After-Sun Soothing	100'		170€

## SIGNATURE TREATMENTS

• Minoan Signature	100'		170€
• Ariadne's Signature	90'		160€
• Ceremony For Couples	50'		110€
	80'		140€
• Aroma Of Palace	50'		110€
	80'		140€

## SPA SUITE "ANAX & ANASSA"

• Royal Experience extra 30' In Suite Relaxation	130'		200€ pp
• Palatial Experience extra 30' In Suite Relaxation	160'		250€ pp
• The Princess and The Prince extra 30' In Suite Relaxation	160'		250€ pp
• Premium and Private	60'		100€ pp

## MASSAGES

• Back- Neck- Shoulders	30'		75€
• Heavenly Head	30'		75€
• King Olive Massage	50'		110€
	80'		140€
• Pregnancy Massage	50'		110€
• Full Back Side	40'		100€
• Mediterranean Candlelight	50'		120€
• Princess Massage	50'		120€
• Deep Tissue	50'		130€
	80'		150€
• Anti-Cellulite	30'		80€
• Hot Lava	50'		120€
	80'		150€

## WELLNESS THERAPY

• Roses Royal Ambrosia	60'		120€
• Icy Pleasure	90'		160€
• Hands, Feet & Scalp Liberation	75'		130€
• Baobab Ceremony	90'		160€

## SPA PACKAGES

• Relax	235€
• Tonic	285€
• Purify	200€
• Excite	205€



