

A vertical stack of smooth, light-colored stones, likely river stones, is shown on the left side of the page. The stones are stacked in a slightly irregular manner, with some larger stones on top and smaller ones at the bottom. The background is a soft, out-of-focus beach scene with a clear sky and water.

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± SystemB® 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.

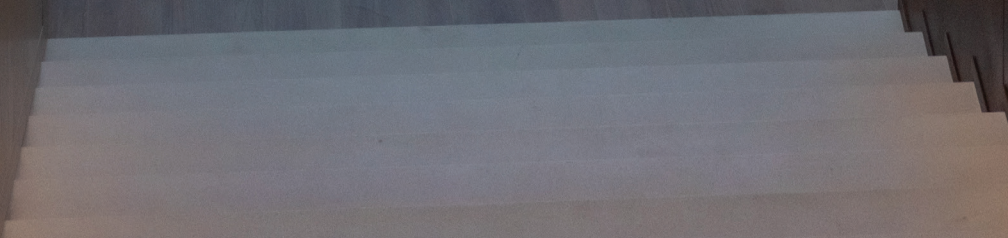
Retreat · Relax · Refresh

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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 15 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. 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

| 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[®] by
Starpool[®]



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 / 40€
60 min / 60€**

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



Tonic

**30 min / 40€
60 min / 60€**

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



Purify

**30 min / 40€
60 min / 60€**

For restoring balance.
Promotes the elimination of impurities.



Excite

**30 min / 40€
60 min / 60€**

For restoring vigor.
Promotes a sensation of renewed vitality.

STARPOOL

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 / 170€

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 / 160€

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.



Wrink Less 70 min / 160€

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.



Oxygen Boost 60 min / 150€

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 / 150€

An anti-ageing and anti-fatigue ritual ideal for skin that appears tired or stressed. Enriched with pure vitamin C, it protects, brightens, and helps improve overall skin tone. A luxurious experience that revitalises the complexion, restoring radiance and luminosity.



Plump & Hydrate


60 min / 140€

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



GERMAINE^{DE}CAPUCCINI

*Quiet
the mind
and the soul
will speak!*

A woman with long blonde hair, wearing a light-colored lab coat, is holding a white strip of paper to her nose and inhaling. She has her eyes closed and a slight smile. The background is dark and out of focus, showing what appears to be a laboratory or office setting with some equipment. The lighting is warm and focused on her face.

DID YOU KNOW...?

THE SENSE OF SMELL IS DIRECTLY
CONNECTED TO THE PART OF THE BRAIN
THAT REGULATES EMOTIONS. THAT'S WHY
CERTAIN SCENTS CAN IMMEDIATELY
INFLUENCE YOUR MOOD.

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Luxury Facials by
Dr. Barbara Sturm



Signature SturmGlow 60 min / 250€

The Signature SturmGlow Facial is a luxurious treatment that deeply cleanses, exfoliates and refreshes the skin, revealing instant clarity and radiance. Dr. Sturm's Signature Anti-Aging Massage stimulates circulation, tones facial muscles and enhances oxygen flow for a lifted, youthful appearance. Advanced Hyaluronic Acid technology delivers intensive hydration to both surface and deeper skin layers. Rich creams infused with antioxidants soothe, restore and protect the skin. The result is visibly smoother fine lines, reduced puffiness, sculpted cheekbones and jawline, and a luminous, healthy glow.



Super Anti Aging Facial 75 min / 330€

The Super Anti-Aging Facial deeply replenishes moisture, restoring a smoother, firmer and more youthful complexion. Advanced Hyaluronic Acid technology, combined with powerful antioxidants, supports skin regeneration and strengthens the natural barrier. Targeted active ingredients help repair stressed and damaged skin while softening fine lines and wrinkles. The treatment visibly lifts and firms the jawline and neck area. Skin is left revitalized, refreshed and beautifully.



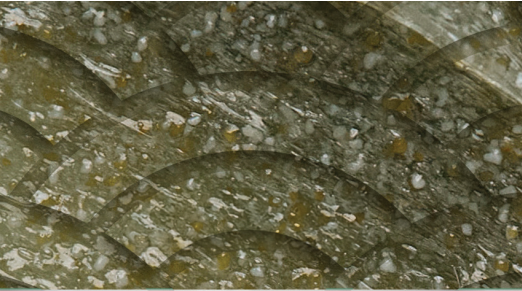
Super Anti-Aging Body 60 min / 230€ 90 min / 315€

Created by Dr. Barbara Sturm, this Anti-Aging Body Treatment refreshes both body and mind through a luxurious ritual of exfoliation, hydration and light massage. A gentle full-body exfoliation smooths the skin while advanced anti-aging formulas deliver intensive moisture and firming benefits. Powerful botanical actives and antioxidants help improve elasticity and reduce visible signs of aging and stretch marks. Pure Glacier Water and soothing plant extracts deeply nourish and calm the skin. The result is a smoother, firmer, youthful-looking body and a feeling of total relaxation and renewal.

DR. BARBARA
STURM



Body Treatments



Slimming Trilogy

60 min / 150€

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 with sculpting tools.



Supreme Lift Therapy

60 min / 140€

A powerful sculpting ritual beginning with an intensive fat-reduction massage to stimulate circulation and contour the body. A firming body wrap enhances detoxification while refining skin texture and tone. Finished with a targeted lifting massage using a specialized tool for an immediate lifted result.



Drainage-Detox Therapy

40 min / 110€

A revitalizing treatment designed to stimulate lymphatic flow, eliminate toxins, and reduce fluid retention. This gentle yet effective therapy helps detoxify the body, boost circulation, and restore a feeling of lightness and overall well-being.



Sensory Escape

60 min / 140€

This exquisite ritual transcends the physical, restoring inner balance and harmony through a deep connection with nature. A gentle exfoliation prepares the skin, followed by a nourishing massage using luxurious oil enriched with organic baobab oil and cocoa butter. The body is enveloped in deep hydration, leaving the skin velvety soft, silky and radiant.

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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.

Mediterranean Rhythm 30 min / 85€

Inspired by the rhythmic movement of the Mediterranean Sea, this ancestral exfoliation and massage renew body and mind. The nourishing power of olive oil combined with the soothing essence of everlasting flower deeply cleanses and revitalizes the skin.



Botanical Inspiration 40 min / 110€

Purify and renew your skin with this iconic, time-honoured ritual. A luxurious exfoliation and massage blends ground rice, antioxidant rich matcha, soya, and sesame to deeply nourish and rejuvenate.



Harmony Essence 30 min / 95€

Gentle, luxurious scrubs refine skin texture and prepare the body for your treatment journey. Each ritual awakens the senses and leaving skin soft, radiant, and refreshed. Select the essence that resonates with you and begin your personalized path.



Everlasting & Olive Wrap 40 min / 110€

Immerse yourself in a moisturizing, calming ritual inspired by the serenity of the Mediterranean Sea. Olive oil and everlasting flower nourish the skin, combined with flowing massage movements that mirror the gentle rhythm of the waves.



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.

Pre Sun Care

100 min / 190€

Reveal radiant, sun-ready skin with this indulgent ritual enriched with antioxidant-rich pomegranate. The luxurious scrub and wrap nourish, hydrate, and protect, restoring softness, vitality, and a natural glow. A complete sensory journey that harmonises body, mind, and spirit, leaving you refreshed, invigorated, and utterly pampered.



Post Sun Care

100 min / 190€

Help your skin recover and rejuvenate after sun exposure with this restorative ritual. Enriched with olive oil and everlasting flower, it soothes, hydrates, and combats visible signs of ageing, leaving the skin nourished, supple, and radiant. Long, flowing massage movements and a luxurious body wrap evoke the serenity of the Mediterranean, reviving both body and senses.



Minoan Signature

100 min / 190€

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.

*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 / 220€ 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 / 280€ 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 / 280€ 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
& Private**

60 min / 110€ pp

Indulge in a private one-hour retreat within our exclusive Anax & Anassa Spa Suite. Enjoy sauna and aromatic steam bath with four essential oil programs, unwind in your personal relaxation area, and immerse yourself in the private pool. A complete revitalization ritual designed to restore balance, serenity, and total well-being.



*Treat your
mind, body
and soul.*



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Massage Treatments



Back-Neck-Shoulders 30 min / 90€
40 min / 110€

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



Heavenly Head 30 min / 90€

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 / 130€
Massage 80 min / 160€

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 / 130€
Massage

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



Mediterranean 50 min / 140€
Candlelight 80 min / 170€

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 Premium Massage 80 min / 170€

An authentic massage with golden drops of warm The Ultimate Luxury experience with a full-body, face, and head massage enhanced with gemstones Amethyst, Rhodochrosite, Malachite, Diamond, and trace elements. Their unique nourishing, hydrating, and revitalising properties create the perfect environment for deep relaxation and total rejuvenation.

Deep Tissue

50 min / 150€
80 min / 170€

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 / 90€

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 / 140€
80 min / 170€

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.

•

Ceremony For Couples

50 min / 130€
80 min / 160€

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 / 130€ pp
80 min / 160€ 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.



Family Kids Experience



Sweet Kids Bliss

30 min / 95€
40 min / 110€

A fun and sweet-scented massage experience specially designed for children, featuring delightful choco, vanilla, and strawberry aromas. A gentle and relaxing treatment that brings smiles, comfort, and pure enjoyment.

-

Mommy/Daddy and Me

30 min / 170€
40 min / 200€

A delightful massage experience for children to enjoy alongside their mother or father in a calm and relaxing environment. A gentle treatment designed to create precious bonding moments, comfort, and pure relaxation for both parent and child.

-

Mini Me Facial Glow

30 min / 90€
40 min / 105€

A gentle facial treatment specially designed to hydrate and care for delicate, sensitive children's skin, followed by a soothing head massage for ultimate relaxation. A beautiful introduction to wellness, helping little ones connect with calmness and self-care.

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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

- Oxygen Boost
- Vitamin C Power
- Plump & Hydrate

Body & Massage Treatments

- Harmony essence
- Sensory Escape
- Pregnancy Massage

Rituals

- Pre Sun Care

13

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

- Slimming Trilogy
- Supreme Lift Therapy
- Drainage-Detox Therapy
- Sensory Escape



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Spa Packages




MEDITERRANEAN BATH
45-50 min 55-65 min max 90 min
Wash body before entering
Remove accessories
Towel
Use bench before and after use
Use and recommend water
Remove materials, sit on the bench
Door closed
STAYERS

Relax

3h 10min / 260€

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



Tonic

4h / 320€

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



Purify

2h 30min / 230€

- Purify Spa experience course in the wet area *60 min*
- Botanical Inspiration *40 min*
- Aroma of Palace *50 min*



Excite

2h 30min / 230€

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

SPA SYSTEM

• Relax	30'		40€
	60'		60€
• Tonic	30'		40€
	60'		60€
• Purify	30'		40€
	60'		60€
• Excite	30'		40€
	60'		60€

FACIAL TREATMENTS

• Global Anti-Age	70'		170€
• Total Lift (IN)	70'		160€
• Wrink Less	70'		160€
• Oxygen Boost	60'		150€
• Vitamin C Power	60'		150€
• Plump & Hydrate	60'		140€

LUXURY FACE & BODY

• Signature SturmGlow Facial	60'		250€
• Super Anti-Aging Facial	75'		330€
• Super Anti-Aging Body	60'		230€
	90'		315€

BODY TREATMENTS

• Slimming Trilogy	60'		150€
• Supreme Lift Therapy	60'		140€
• Drainage-Detox Therapy	40'		110€
• Sensory Escape	60'		140€

NUVOLA TREATMENTS

• Mediterranean Rhythm	30'		85€
• Botanical Inspiration	40'		110€
• Harmony Essence	30'		95€
• Everlasting & Olive Wrap	40'		110€

RITUAL TREATMENTS

• Pre Sun Care	100'		190€
• Post Sun Care	100'		190€
• Minoan Signature	100'		190€

SPA SUITE "ANAX & ANASSA"

• Royal Experience	130'		220€ pp
• Palatial Experience	160'		280€ pp
• The Princess and The Prince	160'		280€ pp
• Premium and Private	60'		110€ pp

MASSAGES

• Back-Neck-Shoulders	30'		90€
	40'		110€
• Heavenly Head	30'		90€
• King Olive Massage	50'		130€
	80'		160€
• Pregnancy Massage	50'		130€
• Mediterranean Candlelight	50'		140€
	80'		170€
• Princess Premium Massage	80'		170€
• Deep Tissue	50'		150€
	80'		170€
• Anti-Cellulite	30'		90€
• Hot Lava	50'		140€
	80'		170€
• Ceremony For Couples	50'		130€ pp
	80'		160€ pp
• Aroma Of Palace	50'		130€ pp
	80'		160€ pp

FAMILY KIDS EXPERIENCE

• Sweet Kids Bliss	30'		95€
	40'		110€
• Mommy/Daddy and Me	30'		170€
	40'		200€
• Mini Me Facial Glow	30'		90€
	40'		105€

SPA PACKAGES

• Relax	3h 10min	260€
• Tonic	4h	320€
• Purify	2h 30min	230€
• Excite	2h 30min	230€