



# 'ELIXIR' SPA

## PROGRAMS & PRICELISTS

A sensory space for men and women. Step back in time to rituals of ancient understanding. Discover an exotic blend of therapies from around the world. Pamper yourself with a sauna before enjoying the treatment of your choice, a wonderful antidote to a night of partying. Immerse yourself in the sensory delights of the harmonizing face treatments by Carita, the world-famous cosmetics house. Elixir Spa featuring fitness room with Cybex and cardio equipment, private massage rooms, changing facilities with private lockers, beauty salon, loungers, robes, slippers, towels is the destination of choice.

**Step into the temple of touch and aroma....**  
where time is left behind and a new journey begins

# 'ELIXIR' SPA

## I. BODY & SOUL ELIXIRS

Specially designed extended programmes for a truly uncommon experience and pampering in exclusive settings. They offer both ancient and modern techniques to relieve body and soul.

### ELIXIR OF LIFE | HOUR & 20' / 135€

*Restoring body energy, balancing body aura, revitalising, detoxifying, combats cellulite and obesity, speeds up metabolic rate, improves skin firmness.*

An alchemist's secret from Antiquity, which blends the four elements of life: water; air; earth & fire. The best-known goal of the alchemists was the transmutation of common metals into gold. This exclusive skin therapy harnesses nature's most luxurious element-GOLD and the delicate scents of wildflowers from the plains and desert with incredible revitalizing effects that rejuvenate skin and boost vitality. Let skin pores open up in the sauna and prepare body and mind for the ultimate pampering that follows. A gentle body exfoliation using the healing power of gold, minerals, artemisia and passion flower to leave the body glowing. Smoothness, suppleness and body energy are restored with the application of a rich body mask. Finish with a light massage with replenishing golden powder and body cream for deep moisturizing, while sipping the Potion of Life!

### ANCIENT SPIRIT ELIXIR | HOUR & 20' / 125€

*Slimming, body toning and revitalisation, anti-stress, combats insomnia, dehydration, suitable for sunburn.*

This divine full-body Elixir was inspired by ancient beauty secrets. Relax body and mind in the sauna to open the pores. Sea salt, used as a natural scrub, is applied to exfoliate and cleanse your skin. After an invigorating jet shower, rich full body sea mud envelopment restores your pH balance and deeply reconditions your skin. Caviar extract is the secret ingredient in the ultra-moisturizing body mask that tones and firms skin, leaving it smooth and radiant.

### MYKONOS GARDEN ELIXIR BY IOLI | 60' / 115€

*Detoxifies, combats cellulite and obesity, revitalises, moisturises, tones and firms the skin, speeds up metabolic rate, anti-stress.*

Our Garden Elixir programme is a celebration of Flower and Sea gardens. It combines body detoxification using algae treatments and body exfoliation and nourishing using the aromas of Greece. A short session in the sauna will prepare you for the ultimate pampering treatment. Firstly, a body scrub is performed followed by an algae body mask. Let the active ingredients work, whilst you are cocooned, in a comforting wrap. Indulge in a relaxing aroma massage using island herbs and Mediterranean flowers. A classic way for balancing your body with a choice of almond, olive or orange active ingredients, according to skin type and personal preference.

## II. MASSAGES & THERAPIES

### ELIXIR AROMA MASSAGE | 50' / 90€

Light body-brushing performed with pure essential oil used as a natural exfoliating scrub. The total body mas-

sage that follows concentrates on soothing away tiredness, stress and alleviating tension, inducing relaxation to the body and mind.

### MYKONOS MASSAGE | 60' / 95€

This treatment, inspired by the grooming rituals of the Classical-era beauties, consists of a total body aromatherapy, a drainage massage, head and face massage, reflexology on feet/hands/ears, and Shiatsu.

### AROMA MASSAGE | 50' / 85€

A complete body treatment using essential oils made from plant and herb extracts. The oils have either detoxifying, stimulating or relaxing properties chosen to suit individual needs. The aroma from the oils has a therapeutic effect, inducing a feeling of well being.

### RELAX MASSAGE | 30' / 55€ | 50' / 75€

Total body massage performed with special combination of calming oils for relaxing and de-stressing. This wonderful soothing treatment has amazing relaxation and serenity properties and improves the nervous system.

### LYMPHATIC MASSAGE | 30' / 50€ | 50' / 65€

This face and body treatment activates the lymph glands to flush out liquids, thus making the muscle tissue firmer. Ideal for combating cellulite and stimulating your body systems.

### HEAD & FACE MASSAGE | 20' / 50€

This relaxing massage performed with warm essential oils on the pressure points of the neck, scalp, ears and face concentrates on soothing away tiredness, stress and tension. A wonderful treatment for headaches, stiff and tired muscles as well as obtaining harmony to body and mind.

## III. SPECIAL THERAPIES

(free use of sauna/hammam)

### HOT CHOCOLATE | HOUR & 20' / 125€

A unique nourishing, stress-reducing body and facial treatment performed with chocolate to invigorate and revitalize you from head to toe. The substance of chocolate as an antidote for premature or accelerating ageing leaves your skin smooth and replenished.

### CARITA SATIN SKIN RENOVATEUR | 60' / 130€

Take your mind and body away from it all and let us guide you to this realm of beauty and famous Carita. Treatments that convey the elegant and perfectionist spirit. An exfoliating treatment with sunflower seeds that covers every square inch of your body. Your skin is deeply cleansed, polished and softened to perfection and will feel incomparably silky and radiant.

### PAYOT BODY HARMONY | HOUR & 20' / 160€

This wonderful harmonizing treatment gently sloughs off dead cells from the skin's surface allowing nutrients to penetrate deep into its layers, leaving skin soft, firm, supple, and silky to the touch. Start with body exfoliation with a wonderful combination of Fine Marine Mineral Crystals and a Semi-precious Balm to

make the skin smooth and velvety while relaxing body and mind. A special body wrap follows with a smooth-textured combination of Pink Mineral Clay rich in trace elements, semi-precious Rodochrosite Balm and Precious Oils. Applied over the entire body to release accumulated tension and provide a feeling of well-being and absolute serenity.

## IV. FACE TREATMENT

### DEEP CLEANSING FACIAL | 90' / 110€

For a powerful skin recharge, this facial with a three-step treatment will bring back the glow to tired, dull and lifeless complexions. Suitable for all skin types, featuring a special scrub to remove dead surface cells and a mask to draw out impurities. Let the active ingredients of the mask work, whilst you enjoy a relaxing hand treatment by our therapist. Finally, a relaxing facial massage with essential oils revitalizes and nourishes, while a special moisturizing cream hydrates tissues, leaving skin soft and radiant. The sequence includes eye brow shape.

### CARITA HYDRATING | 60' / 110€

A treatment designed for "thirsty", dehydrated, flaky skin requiring hydration and moisture. An excellent regenerating boost, ideal for normal and dry skins.

### CARITA ANTI-AGEING | 60' / 120€

Offer your skin an immediate lifting effect with this firming anti-aging treatment which combines high-performance products and specific massage with Renovateur.

### CARITA PURIFYING | 60' / 110€

Ideal for combination to oily, congested and problematic skin. This facial helps to refine open pores leaving the skin cleansed and purified, the complexion glows, the skin texture is finer.

### CARITA ECLAT | 60' / 110€

Is a veritable radiance-enhancing treatment that brings transparency, glow and perfection to the complexion – just like crystal!

### PAYOT DEEP COLLAGEN | 60' / 120€

Ideal for all skin types, this treatment offers deep moisturizing that will leave your skin radiant. Start with a gentle peeling to remove surface debris and leave skin velvet soft. Next, a special 42-movement 'modeling' massage tones face, neck, and cleavage. The treatment ends with application of a special Payot collagen.

OPENING HOURS: DAILY 09:00 - 21:00

YOU MAY CONTACT THE ELIXIR SPA DIRECTLY ON EXT. 7317 OR RECEPTION (32).

WE HOPE YOU ENJOY YOUR INTERLUDE OF PAMPERING AND RELAXATION

- Please arrive 15 minutes before your treatment. Before your treatment, you will be asked to complete a lifestyle questionnaire.
- We request a minimum of 4 hours' cancellation notice for a single treatment or 24 hours' advance notice for rituals. If you fail to cancel or reschedule your appointment, you will be charged for the scheduled service. Being late for your appointment may shorten the length of your treatment.
- You will be provided with a bathrobe, towels, and slippers.
- Please remove all jewelry and clothing, leaving on your undergarments. For some treatments you will be provided with disposable undergarments by your therapist.
- Valuables should be kept in your locker. The management will not be held responsible for the loss of any personal items.
- During treatments, please let your therapist know if you're comfortable or uncomfortable, too warm or too cold, or if the pressure is too light or too firm. Your comfort and care is our greatest concern and priority.
- If you have a particular injury or physical condition, please inform the therapist who can suggest appropriate adjustments to the treatment for your comfort and to enhance the treatment's effectiveness.
- If you have any questions, your therapist will gladly answer them.
- Mobile phones are not permitted in Elixir Spa. This is the time for your body and mind to release the worries and stress of the day.
- Smoking is not permitted in Elixir Spa

