

Thalassa spa



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Welcome to Thalassa Spa

Healthy mind in a healthy body

One of the well known ancient Greek sayings by the Greek philosopher Thalys claims that in order to have a healthy mind we must have a healthy body as well. Following our ancient tradition and philosophy of wellness, we are willing to lead the visitors of Thalassa Spa to an enjoyable journey of relaxation, in a sea of senses.

We have created a unique selection of services and treatments, to provide relaxation and bring out the beauty of each of our visitors, through the paths of wellness and rejuvenation..

From all of us in Thalassa Spa, a very warm welcome!



Massage

Spirit Massage

An incredible way to bring relief to your head, neck, and face with this relaxing massage. It is a special treatment that helps you alleviate headaches and have a better quality of sleep.

25 € / 20 mins

Thalassa Holistic Massage

A complete body, head and face massage, beneficial for the nervous, circulatory and muscle system. It is popular both for its therapeutic and rejuvenating qualities, as well as for the immediate relaxation and pleasure it provides.

You can choose the volume of pressure according to your personal needs.

75 € / 60 mins

Swedish Massage

Applied to the head, back and legs, this massage is the ideal choice for relief of muscle aches and relaxation of the central nervous system. It helps in good blood circulation and it improves joint function, in cases of stiffness and osteoarthritis.

60€ / 45 mins

Deep Tissue Massage

A deep muscular massage for cramped muscles and tensions throughout the body. The painful muscles are relieved, tension is discharged and the extent of movement improves.

70€ / 55 mins

Anti-Stress Neck & Back Massage

An anti-stress based treatment, highly concentrating on head, shoulders and back. This massage focuses on muscle relief from tension in all areas around the neck and across the back. It improves flexibility and performs an intense sense of rejuvenation.

40 € / 30 mins

Foot Massage

A system of massage used to relieve tension, based on the points on the feet linked to every part of the body. We focus on your calves and feet. This treatment provides improved circulation, stress relief and general well-being.

35 € / 25 mins

Anti-cellulite Massage

Anti – Cellulite massage is a massage method which is applied in order to reduce and eliminate cellulite and bring the skin to healthy state. This treatment aims to accelerate the circulation of blood and increases the blood flow in the leg and hip area.

40€ / 30 mins

Massage

Aromatherapy Massage

A massage using essential oils of your choice. It provides deep relaxation, stress relief and elevates mood. Formulated to balance your energy and revitalise your spirit, while treating your senses to delightful fragrances.

65€ / 55 mins

Chakra Hot Stone Massage

A delightful experience during which warm volcanic stones are placed in specific energies centres (chakra). It provides relaxation in the nervous system and balance in the body's energy flow. A perfect treatment for total harmony and peace of mind.

85€ / 80 mins

Herbal Compress Massage

Warm fabric compresses filled with crushed herbs and salt crystals sink into therapeutic essential oils. This technique has a relaxing and invigorating effect on the body and mind. It induces deep relaxation, soothes the muscles, stimulates the vital organs and senses and improves the quality of sleep.

75€ / 60 mins

Rakotherapy

A massage with the traditional Cretan spirit "raki" or "tsikoudia". Its high alcoholic degrees will energize your body and intoxicate your senses!

65 € / 50 mins

Pregnancy Massage

Massage therapy during pregnancy is an excellent choice for prenatal care. It is a healthy way to relax tense muscles, to ease sore spots and to improve circulation and mobility. It results in better sleep, relieves anxiety and offers relaxation and sense of euphoria.

Please note that this treatment is performed only after the first stage of pregnancy (at least 3 months pregnant).

65 € / 50 mins

Candle Massage

A unique treatment with a substance made of candles. The fine warm wax flowing over your body deeply nourishes your skin, while a combination of gentle pressures and massages, stimulates blood circulation and eliminates tension.

70 € / 55 mins

Body Treatments

Honey & Sugar Peeling

Body scrub with honey essence. Thanks to the nutritious elements that sugar and honey have, your skin becomes soft and smooth. It removes the dead cells and the skin remains hydrated and healthy.

40 € / 30 mins

Fucus Detox Therapy

Body treatment with detoxifying and decongestive action. It enhances tissue microcirculation, which activates cellular metabolism and better substance exchange. It combines seaweed, caffeine and artichoke.

65€ / 50 mins

Triple Action Shape Therapy

Triple-action body treatment for slimming, cellulite prevention and firming. It combines hot-cold alternation with the use of special products. The process of lipolysis is activated, microcirculation is stimulated and the skin is detoxified and sculptured, regaining its normal shape and elasticity.

80€ / 55 mins

Light Legs Cryotherapy

Treatment that relieves legs from swelling and symptoms of tiredness. It contains ingredients which cause intense cold sensation, with spectacular firming results. It revitalizes the skin and restores its elasticity.

40€ / 35 mins

Facial Treatments

Thalassa spa

Express Velvet Facial

An express hydrating treatment for all skin types. It replenishes skin moisture level and relaxes facial features after a long and tiring day. After this treatment your skin is smooth and radiant.

45 € / 30 mins

Protein Lifting Therapy

Powerful alternative lifting beauty salon treatment based on proteins. It tones the skin and restores its firmness. It offers skin instant glow and a youthful appearance. Suitable for all skin types.

75€ / 50 mins

Hyaluronic Hydra Facial

Beauty salon moisturizing treatment based on hyaluronic acid. It offers deep and long-lasting skin hydration, promotes the creation of new cells and inhibits the effect of free radicals.

65 € / 55 mins









Facial Treatments

Thalassa C Radiance Facial

A detoxifying and oxygenating treatment to refine your skin's texture and restore a healthy glow. Based on the beneficial qualities of the Vitamin C, which are used as a latex mask, it hydrates, brightens, smoothes and restores skin's natural softness and suppleness, enhances luminosity and reveals a more youthful complexion.

75 € / 55 mins

Deep Cleansing Facial

Deep facial treatment combination of thorough steaming and deep cleansing to remove facial extraction and pore clogging. Indulge in the soothing of azulene and camfora masks and enjoy their refreshing and calming effects. This treatment will scrub dead cells away, leaving your skin silky soft and glowing.

85 € / 90-120 mins

Caviar Anti-wrinkle Facial

The ultimate anti-ageing and firming treatment with Salmo Ovum caviar, Omega-3 and Omega-6 fatty acids. Caviar is rich in proteins, vitamins, amino-acids and trace elements. It provides skin with the essential ingredients necessary for the preservation of its cellular integrity.

70 € / 55 mins



Wellness Treatments

Ear Candling

This ancient tradition of clearing ear canals aims at removing toxins, earwax and other debris from the ear. This treatment combines the warmth of candles with a unique scent that leaves you with a wonderful sense of relaxation. The ear candling treatment is an absolutely safe and therapeutic method.

50 € / 45 mins

Mommy

There is nothing better than a refreshing spa treatment for the expectant mommy. A combination of different treatments that provide all the relaxation and comfort that both mommy and the baby deserve during this special time. A sweet combination of a back massage and a rejuvenating facial treatment. This experience is completed with manicure & pedicure.

130 € / 195 mins

After Sun Treatment

This body and face spa treatment is ideal for sun-exposed skin. It helps the tired skin to reform and rejuvenate. In combination with the natural oils and masks used in this treatment, a special care is given to the parts that need an immediate nourishment and relief.

70 € / 75 mins

Chocolate Sensi Treatment

A pleasant combination of treatments with chocolate essence for both the body and the face. The effective power of chocolate and its exceptional aroma stimulates your senses and results in total euphoria.

110 € / 90 mins

* Please feel free to ask at the Spa reception about the proposed face and body treatments (or massages) and make your own package with a discount!

Suggestions for Couples

Thalassa spa

Whether you are deeply in love or you want a luxury break with your partner, the following treatments are especially designed for couples wishing to share a relaxing and rejuvenating experience.

Sweethearts

Time to celebrate!

Rejuvenate in your private Thermal Suite. Indulge in a luxurious, side by side Aromatherapy Body Massage followed by a moisturizing facial treatment. Then, unwind by the indoor pool with a fresh fruit salad and a cocktail.

97 € per person / 110 mins

Luxury

Enjoy a highly hydrating “Honey & Sugar peeling” followed by a romantic “Thalassa Holistic Massage”. Relax with the “Thalassa C Radiance Facial Treatment”, which will make your skin smooth and glowing with vitality. Spoil yourself with more luxury... Chocolate-dipped strawberries* along with a glass of Champagne at your personal Jacuzzi, create the ideal atmosphere! Toast to the good life!

165 € per person/ 150 mins

Sense of Balance

Let yourself free to experience a small taste of all our services. It includes half an hour body massage, half an hour facial treatment and a hydrating foot treatment. If you are looking for a little more pampering, you can upgrade your facial treatment or body massage to full hour.

80 € per person/ 90 λεπτά
105 € per person / 120 mins

Journey of Senses

Rest your body and sooth your muscles with a “Hot Stone Massage”. Then, treat yourself to a refreshing and nourishing “Hyaluronic Hydra Facial” treatment. This deluxe package concludes with a cocktail and a fruit salad by the indoor pool.

118 € per person / 135 mins

**If strawberries are out of season they will be replaced by other seasonal fruits.*

Additional Services



Nail Treatments

- Manicure 25 €
- French Manicure 30 €
- Spa Manicure 35 €
- Pedicure 30 €
- French Pedicure 40 €
- Spa Pedicure 45 €
- Manicure - Pedicure 45 €
- Polish Only 10 €
- Shape Only 15 €
- Long Lasting Polish +10 €

- Men's Manicure 15 €
- Men's Pedicure 20 €
- Men's Manicure - Pedicure 30 €

Waxing Treatments

- Full Leg 33 €
- Half Leg 20 €
- Bikini 17 €
- Leg & Bikini 45 €
- Half Leg & Bikini 29 €
- Under Arm 15 €
- Upper Lip 10 €
- Back 35 €
- Chest 27 €
- Arms 22 €
- Eyebrows 10 €

Spa Tastes

- Glass of Sparkling Wine 6,50 €
- Cocktail 8,50 €
- Fruit Salad 8,50 €
- Chocolate-Dipped Strawberries 8,50 €

Spa Bachelor

Spa with all your friends and have fun before you get married. Relish the "Thalassa Spa" experience and enjoy unique moments of serenity. Unwind by the pool, relax in the Jacuzzi and re-energize with treatments of your choice.

Spa Gift Vouchers

Treat your beloved ones to unforgettable moments of relaxation and bliss with a voucher they can redeem at Thalassa Spa. Select any treatments you like or let them choose for themselves.

Thalassa Spa Etiquette

Reservations

For any information regarding the spa and its services, please ask at the Spa reception or dial 819 (internal line) / 28210 60660 (external line)
Advanced bookings are highly recommended to secure your preferred time. You will complete a health assessment form, which will help the therapist advise you properly. Your personal details will remain confidential.

Thermal Suite

It includes the use of indoor Swimming pool, Sauna, Jacuzzi and Experience Shower. It is provided free of charge prior to massages and body treatments. For those who wish to make use only of the Thermal Suite the cost is 15€ per person and reservation is needed. For hygiene reasons, you are kindly requested to wear your swimsuit and have a shower, before you use the spa facilities.

Preparation

You will be provided with towels, bathrobes, slippers and disposable underwear during your treatment. There are lockers that you may use to keep your clothes. We strongly recommend you to keep your valuables in your room's safe deposit box. Thalassa Spa is not responsible for losses or forgotten items.

Arrival

To enhance your Spa experience, we recommend you to arrive 30 minutes prior to your scheduled treatment to take time to relax and make use of the spa facilities. Any delay may result in reduction of the duration of your treatment.

During your stay

In the premises of Thalassa Spa smoking and the use of mobile phones are prohibited.

In consideration of other guests, please be aware of the volume of your voice, so that peace and harmony is maintained.

Massage on the beach

You have the opportunity to enjoy a unique massage experience next to the sea, in our specially designed gazebos on the beach. Please make your reservation one day in advance and keep in mind that these treatments are provided as long as the weather conditions permit. There is an extra charge of 30% on the regular price.

After your treatment

You are advised not to sunbath after any kind of massage, body and facial treatment or waxing for at least 6 hours.

Cancellations

We understand that for various reasons scheduling conflicts may arise. In that case, please inform the reception of Thalassa Spa one day before your scheduled appointment. A 50% cancellation fee will apply for delayed cancellations. A 100% cancellation fee will be charged to Non-show guests.

Payment

You can charge your treatment to your room, as long as you stay in Thalassa Beach Resort. We also accept cash and credit cards.



Thalassa Spa



Thalassa Spa

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Dial from your room 819

www.thalassaresort.gr