

## WELCOME TO THALASSA SPA

A sound mind in a healthy body.

The well-known ancient saying claims that in order to have a healthy mind, one must have a healthy body. Following our ancient tradition and philosophy of wellness, we are willing to lead the visitors of Thalassa Spa on an enjoyable journey of relaxation in a “sea” of senses. We offer a unique selection of treatments by Aegli-Premium Organics, an organic, vegan, cruelty free, clean beauty Greek brand, in order to bring out the beauty of each one of our visitors through the paths of wellness and rejuvenation.

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



**AEGLI (Greek: Αίγλη)** was the mythical daughter of God of medicine **Asclepius**, symbol of Splendor, Radiance and Beauty, resulting from good health.

**Aegli-Premium Organics** is an organic, vegan, cruelty free, clean beauty Greek company founded by Dr Errika Papavenetiou, Medical Doctor, Homeopath & Nutritionist. Based on the enchanting Greek flora and the inexhaustible global biodiversity, Aegli is constantly searching for valuable organic active ingredients from all over the world with clinically proven efficacy on skin.

**AEGLI products** are formulated to deliver the most effective results without the addition of any synthetic substances. The combination of traditional medical knowledge and the power of active organic ingredients is the very essence of Aegli's notion of inner and outer organic beauty.

**Aegli spa therapies** are inspired by the global need for sustainability, protection of the human body & the environment and essential euphoria.



## FACIAL TREATMENTS

### Mini Facial

Purification, Antipollution and hydration based on fruit enzymes, organic herbs and hyaluronic acid to boost skin cells regeneration for an instant rejuvenated-looking skin. It enhances skin resilience against sun exposure, leaving skin moisturized and firmed. For all skin types.

30min | 45€

### After Sun Relief and Repair

Thirst relief facial therapy for immediate cooling and recovering of dehydrated skin. Powered by coconut, arnica, sambucus, rose, lavender, chamomile, aloe, cucumber, and a high-tech hyaluronic acid biocellulose mask. It protects the skin and relieves inflammation, for smooth-textured skin with an immediate cool, calm sensation. Suitable for all skin types.

60min | 70€

### Instant Glow Treatment

A hydrating and brightening treatment with a strong complex of Vitamin C derived from acerola, orange, chinese berries and kakadu plum. The potent combination of antioxidants with natural retinol, kombucha and hyaluronic acid offers intense moisturization and softness for an instant rejuvenated-looking complexion.

Ideal for preparation before special events for extra glow! Suitable for all skin types.

60min | 70€



## Advanced Anti-aging

Advanced anti-aging treatment, based on natural retinol, pear seeds, cranberries, rosa damascene, myrtle, buriti elixir, antioxidant vitamins and low molecular hyaluronic acid. Collagen enhancing and firmness improving, it boosts skin's resilience and elasticity, giving the absolute remodeling effect. Suitable for all skin types, perfect to treat all signs of aging.

60min | 80€

## Open eye Mindfulness Experience

A must-have experience based on anti-stress full face massage and special treatment for the delicate eye area. Organic herbs combined with hyaluronic acid sweep away puffy, tired eyes and give an instant bright, smooth and lifted effect, against all signs of age and fatigue.

40min | 50€

## Special for Men

A tense relieving, relaxing and anti-aging treatment based on super foods, macha green tea, arnica and essential oils. Specially designed to address men's skin needs, it provides physical & mental detoxification and regeneration.

60min | 70€

## BODY TREATMENTS

### Floral Thalasso

A deep body exfoliation based on a mixture of pure sea salts, flowers and essential oils that will leave your skin clean and smooth.

30min | 40€

### Detox

An alleviating body wrap, which contains a strong complex of wild Mediterranean herbs, fucus extract and trace elements will boost your body's immune system.

45min | 75€

### Marine Ritual

Treat your body with the absolute revitalizing and relaxing experience. A strong purification body ritual combined with the power of essential oils and three types of sea salt followed by a body envelope of warm detox paste to purify the skin. A relaxing full body massage completes the inner and outer transformation.

90min | 85€

### Signature Body & Mind Ritual

Holistic experience for the body and spirit provides physical & mental detoxification and regeneration. Mindfulness face and head massage with precious elixirs, body scrub with three different types of salt, body cocoon with flower balm and body massage with traditional greek flora herbs give an unforgettable and unique wellness journey.

100min | 90€



# MASSAGE

## 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.

55min | 85€

## Anti-stress Massage

Back and leg massage, specially designed to treat muscles aches and relax the central nervous system. It helps improve good blood circulation and is recommended for people with stiffness and osteoarthritis.

30min | 50€

## Deep Tissue Massage

A deep muscular massage for cramped muscles and tensions throughout the body. Using organic oils and the pressure points, muscles in pain are relieved, tension is discharged and the extent of movement improves.

55min | 85€

## Aromatherapy Massage

Using essential oils of your personal type elevates mood, provides deep relaxation, and relieves stress. Balance your energy and revitalise your spirit, while treating your senses to delightful fragrances.

55min | 75€









## THERAPEUTIC MASSAGES

### Chakra Hot Stone Massage

A delightful experience during warm volcanic stones are placed in specific energy centers (chakra) to help relax the nervous system, relieve anxiety and balance the body's energy flow.

80min | 120€

### Candle Massage

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

55min | 75€

### 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).

50min | 65€

### Foot Massage

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

25min | 45€

## SUGGESTIONS FOR COUPLES

### 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.

110min | 120€ per person

### Luxury

Enjoy a highly hydrating "Body Peeling" followed by a romantic "Thalassa Holistic Massage". Relax with the "Instant Glow Facial Treatment", which will make your skin smooth and glow with vitality. Toast to the good life! Chocolate-dipped strawberries\* and a champagne glass at your Jacuzzi create the ideal atmosphere! Spoil yourself with more luxury.

150min | 180€ per person

### 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. After the treatments, enjoy a cocktail along with a fruit salad by the indoor pool.

90min | 95€ per person

120min | 120€ per person

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





## ADDITIONAL SERVICES

### Nail Treatments

Manicure	30 €
French Manicure	35 €
Spa Manicure	40 €
Pedicure	35 €
French Pedicure	45 €
Spa Pedicure	50 €
Manicure - Pedicure	50 €
Polish Only	12 €
Shape Only	15 €
Long Lasting Polish.	+ 10 €
Men's Manicure	20 €
Men's Pedicure	25 €
Men's Manicure-Pedicure	40 €

### 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 and 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 Thalassa Spa and its services, please ask at the Spa Reception or dial 819 (internal line) / 28210 60660 (external line).

Advanced reservations are necessary to secure your preferred time. You will complete a health assessment form to help the therapist advise you properly.

Your details will remain confidential.

### Preparation

We will provide you with towels, bathrobes, slippers, and disposable underwear during your treatment. There are lockers that you may use to keep your clothes. We strongly recommend keeping 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 arrive 30 minutes before your scheduled treatment.

Any delay may result in the 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.

### 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.

### 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.

### 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.