

PRECIOUS TIME



POSEIDON
the Spa at the St. Nicolas Bay

Poseidon Spa at the St. Nicolas Bay Hotel represents our efforts to create a truly relaxing and revitalizing experience designed to pamper yourself and balance your senses.

Poseidon Spa face and body therapies are guaranteed by highly trained Elemis and Cinq Mondes therapists and the superb range of advanced anti-ageing formulations plus scientific phyto-therapy and aroma therapeutic spa and skincare formulations.

Some of our therapies combined with fresh seawater treatments to pamper yourself and maximize body and mind rejuvenation.

Our Spa treatments rooms are positioned in such a way to maximize the sense of the natural environment combined with the effect of the body and facial treatments.

Dedicated to peace, tranquility and harmony, our Spa pampers you with a heavenly array of treatments: restoring mind, body and spirit in the most beautiful surrounding.

With three world known Spa Brand names and our qualified Spa therapists we offer you a unique Spa experience.

Welcome to the world of poseidon spa



POSEIDON SPA

TREATMENTS MENU

BODY SCRUB

Aromatic Scrub with Spices, by Cinq Mondes, 30 mn, € 53

Inspired by the ancestral Balinese recipe "Boreh", this body scrub is based on spices as cinnamon and nutmeg, sea salt, almond powder and vanilla oil. It smoothens out and illuminates the skin by eliminating dead cells and refills with energy.

Hamam Experience, by Cinq Mondes, 1h, € 88

According to the Oriental tradition, the purification ritual of the body starts with an exfoliation with the Black Soap Beldi (100% olive oil) followed by a rubbing session with the Kassa glove. The body white clay wrap "Crème de Rassoul", completes this traditional body treatment which stimulates blood circulation, tightens the pores and stretches out the skin. Recommended after sun exposure.

BODY TREATMENTS

Slimming Massage "Udvaratana", by Cinq Mondes, 1h, € 84

A millennial slimming treatment from the tradition of Ayurveda, fighting orange peel appearance and water retention. This complete detox program begins with a self-heating wrap and continues with a body massage with the «Udvaratana» cream, containing organic ginger extract and chickpea flour. A lymphatic massage of the legs nicely closes the treatment on a sensation of total lightness.

Elemis Exotic Frangipani Body Nourish Wrap, by Elemis, 55 mn, € 78

From the exotic shores of Tahiti, comes Monoi Oil. A beautiful blend of Coconut and Frangipani flowers, the Polynesian Women traditionally use this scented oil to nourish and condition their lustrous hair and bodies. With the most exotic aroma and texture imaginable, drench yourself in its moisture, cocooned in a comforting foil wrap.

FACE RITUALS

"Fleur de Bali" Deep Cleansing, by Cinq Mondes, 30mn/1h, € 54/84

A face care & massage inspired from Bali where 16th century princesses, used the properties of tropical flowers to restore radiance and purity to their skin. Black heads extraction perfects the cleansing and boosts penetration of active principles for a glowing and rejuvenating skin. A massage of head, neck and shoulders provides a deep sensation of relaxation.

Taoist face care & massage "Anti-Stress", by Cinq Mondes, 1h30mn, € 115

A complete face care & massage "to prevent the onset of wrinkles", stimulating the most effective acupressure points according to a Chinese Ritual to release the flow of energy on the face. This holistic treatment entails a relaxing hand and feet massage and ends with a soothing lymphatic drainage of the eyes that relaxes face features.

Anti-age face care & massage "Ko Bi Do", by Cinq Mondes, 1h, € 88

An "anti-wrinkle" re-pulping facial combined with an ancestral face massage technique from Japan, the "Ko Bi Do", which results in a natural face lift, smoothing the features and firming up the neck and the oval of the face. This technique is one of the most efficient to prolong and give back youth to the face, by stimulating the circulation of energy, eliminating toxins and toning the facial muscles.

Precious "Ko Bi Do" for face & décolleté, by Cinq Mondes, 1h30mn, €130

A "global anti-ageing" face care with a visible effect on wrinkles, radiance and firmness, insisting on eye contour, lips, neckline and arms, which acts as a genuine and natural lift thanks to the "Ko Bi Do" Japanese massage Ritual. The "Masque Essences Précieuses" based on centifolia rose extracts together with highly concentrated products in precious gems extracts (turquoise, pearl, opal and diamond) restore glow and radiance ...from a recipe of Japanese Empresses.

Elemis Oxygen Skin Calm Facial – for sensitive skin, by Elemis, 70 mn, € 98

This face and eye treatment is pure soothing heaven for sensitive skins. Gentle massage techniques combined with calming actives and a restructuring Japanese Silk Mask help to rebalance delicate, fragile and sensitive skins. Reduces redness and offers immediate comfort to stressed skin. This superior treatment is further enhanced by a luxurious hand & arm massage and de-stress scalp treatment for the ultimate in advanced skin therapy.

Elemis S.O.S. Purifying Facial – for oily, problem and congested skins, by Elemis, 70 mn, € 98

This powerful purifying face and eye treatment helps to absorb excess sunburn, regulate and balance the function of the skin, whilst helping to repair scarring. Purifying massage techniques combined with the unique Japanese Sulphur Mask impregnated with Vita-C Booster Serum help to calm irritated skin and rebalance oil-rich pores, leaving a beautiful matt skin. This superior treatment is further enhanced by a luxurious hand & arm massage and de-stress scalp treatment for the ultimate in advanced skin therapy.

Elemis Skin IQ Facial For Men, by Elemis, 70 mn, € 130

This powerful purifying face and eye treatment helps to absorb excess sunburn, regulate and balance the function of the skin, whilst helping to repair scarring. Purifying massage techniques combined with the unique Japanese Sulphur Mask impregnated with Vita-C Booster Serum help to calm irritated skin and rebalance oil-rich pores, leaving a beautiful matt skin. This superior treatment is further enhanced by a luxurious hand & arm massage and de-stress scalp treatment for the ultimate in advanced skin therapy.

Elemis Urban Cleanse Facial For Men, by Elemis, 70 mn, € 120

Specifically targeted to men's skin, the powerful therapeutic-Grade ingredients, deep cleanse and decongest oil rich skins. Rapidly accelerating skin repair and hydration, calming irritation and sensitivity, to leave the skin visibly clear, youthful and improved. Taking your skin on a journey of total renewal.

BODY MASSAGE & RITUALS

Traditional Oriental Massage, by Cinq Mondes, 30mn/1h, € 58/98

Sensorial Journey into the “Thousand and One Nights”

The Traditional Oriental Massage is a relaxing and soothing massage carried out with warm oil according to a traditional technique from North Africa with deep and enveloping smoothing strokes in order to improve the body and mind relaxation. The combination of soothing and refreshing floral mists, and the “Huile Somptueuse® de l’Orient”, a blend of Olive oil, Argan oil, and Sesame oil, with a true oriental fragrance, brings the guest into an unforgettable sensorial experience into the world of “Thousand and One Nights.”

Holistic Sensorial Experience for face & body, by Cinq Mondes, 1h, € 105

- Oriental massage, 30mn
- Skin Diagnosis, 30mn

Grand Oriental Ritual “Thousand and one nights”, by Cinq Mondes, 2h, € 130

- Aromatic Hammam & personalized body mist “Pluie de Pétales”, 30mn
- Hammam Experience, 60mn
- Oriental Massage, 30mn

Ayurveda Massage, by Cinq Mondes, 1h, € 98

Revitalizing and muscular massage

The Ayurveda massage takes its inspiration from Ayurveda philosophy. Alternate slow and fast movements combined with generous scents of sandal wood and cardamom, soothe the tensions and give back energy and vitality. It is a tonic and muscular massage with warm oil, the “Huile universelle Ayurvedique™” which contains sesame, boswellia and neem oil which soothe, moisturize and regenerate the skin.

Ayurveda Ritual, by Cinq Mondes, 2h, € 145

- Aromatic Hammam, 30mn
- Body scrub with Aromatic Scrub with Spices, 30mn
- Ayurveda Massage, 1h

Balinese Massage, by Cinq Mondes, 1h, € 98

An original experience of well being.

Inspired by a Ritual of Siam, the Balinese massage is a combination of Thai gentle pulling and smoothing traditional movements which end with a head massage in a perfumed towel to achieve deep relaxation. The massage is realized with the “Baume fondant aux Noix Tropicales™”, a nourishing blend of coconut, tamanu and kemiri oils, with the delicate fragrance of Gaia wood, and leaves the skin perfectly soft and radiant.





Indian Head Massage, by Elemis, 40 mn, €78

Indian Head Massage has been practiced for over 4000 years. Based on Ayurveda, meaning “Science of Life”, the therapist will firstly assess your unique physical, mental and spiritual traits or “Dosha” and blend specific carrier and essential oils. This is used to massage and relieve tension from your shoulders, neck, head and face. The treatment is concluded with oiling the hair, a traditional Indian practice to balance your hair, scalp, body and mind.

Hot Stones Massage, by Elemis, 70 mn, € 128

Volcanic Stones which were blown into the ocean thousands of years ago are used for this massage. The constant movement of the waves has gently tumbled and smoothed the sharp edges of the stones. Energy from the volcano (fire), combined with the ocean waves (water) gives these stones a nice balance of energy in ways that bring about relief to sore and stiff muscles, releasing tension to bring about tranquillity and a more balanced flow of energy.

Deep Tissue Body Massage, by Elemis, 55 mn, € 98

Focusing to relieve specific stress and muscle tension, this deep rhythmic pressure massage gives the whole body a vigorous workout. Combined with the above specially blended massage oils, this treatment can be tailor made to suit your individual needs.

Choice of Oil Blend for Deep Tissue Body Massage: Lavender, Chamomile, Melissa, Geranium & Bergamot Essential Oils

Deep Tissue Back Massage, by Elemis, 25 mn, € 60

Focusing primarily on the back, shoulders and neck area, this mini-massage will help begin to relieve tension, stress and aching muscles. *Choice of Oil Blend for Deep Tissue Body Massage: Lavender, Chamomile, Melissa, Geranium & Bergamot Essential Oils.*

POSEIDON SPA GREEK SIGNATURE MESSAGES

Massage with Beeswax for Muscle Pains, 60 mn, € 105

A full body vigorous and deep massage with free style moves combined with the therapeutic “Beeswax” cream, focusing to release from muscle tension. Ideal for stiff muscles caused of hours sitting at work as well as muscle pains & stiffness caused from sports. The relaxing essential oils of Thyme, Dittany and Mint will help to relieve pain and tension from the muscles.

Poseidon Aromacellutox, 60 mn, € 105

A detoxifying body treatment with “drainage” moves against the toxins of the body, the water retention and the cellulite. The Essential Oils from herbs extracts are combined with a relaxing therapeutic way inducing a complete full body massage at the “problematic” areas, working against the toxins and the cellulite.

My Greek Honey Massage with Charup Honey, 45 mn, € 94

A sweet sensation of warm honey from charup lays on your skin as the therapist, with relaxing techniques, brings with every touch the calmness and the tranquility to your body. This treatment is ideal for osteoporosis, constipation problems and respiratory problems because of the special properties of charup.

HANDS & FEET RITUALS BY CINQ MONDES

Manicure Hand Care & Massage “Angel’s Hands”*, 1h, € 47

Relaxing body treatment based on the Chinese tradition of reflexology. It contains a specific massage of reflex points with acupressure and a beauty treatment of the hands with scrub and nourishing mask that leaves them soft and smooth. The products are inspired from the Chinese Pharmacopeia with Aloe Vera, biological extract of Bamboo and White Mulberry against brown spots.

Pedicure Foot Care & Massage “Light Feet”, 1h, € 58**

Relaxing body treatment based on the Chinese tradition of reflexology. It contains a specific massage of reflex points on the feet and legs with acupressure and a beauty treatment of the feet with scrub and nourishing mask that leaves them smooth and comfortable. The products are inspired from the Chinese Pharmacopeia with Aloe Vera, biological extract of Bamboo, Shea butter and Menthol.

*Option: color coat on nails except French manicure and drying - 20 mn

- Simple Pedicure € 37
- Simple French Nail Paint Pedicure € 48
- Semi-Permanent Shellac Pedicure € 48
- Tidy & Hand Nail Paint € 21
- Tidy & Hand French Nail Paint € 37
- Semi-Permanent Shellac Manicure € 37



A treatment cave for two at the waterfront with an astonishing sea view and seawater Thalassotherapy pool, Hydrojets and Aerospa Bubble Beds and Seats

APHRODITE'S BATH SPA SUITE

Detox Therapy with HOT & COLD mask, by Algoane, 55mn, € 84

After a peeling, the Hot & Cold Shaping body pack is applied on one side of the body at a time. This jellifying mask detoxifies and burns fat thanks to a combination of active principles like green tea, white clay and focus seaweed. The treatment ends with a slimming massage of problem areas.

Initiation to spa experience: Marine Waves, by Algoane, 65mn, € 78

Algoane has created a holistic treatment in which face and body are both Taken care of, achieving a deep state of relaxation and revitalization. Alternative use of hot and cold, massage with sea pebbles and wavelike movements together with the action of marine ingredients and seaweed, (a mask of marine mud is applied on the back during the facial) carry you away to a sea journey, on the ground.

Chocolate Bliss-Nourishing & Slimming, by Algoane, 55mn, € 84

This exotic experience starts with a Caribbean cane sugar peeling with a vanilla aroma, and is completed by a rich cocoa-coffee wrap. It has a nurturing and slimming effect on the skin thanks to caffeine. The right combination of pleasure and efficacy for a body treatment!

Exotic Lime & Ginger Salt glow, by Elemis, 40mn, € 70

An exotic exfoliation ritual to invigorate and bring vitality to your face and body. After light body brushing, warm oil is dripped luxuriously all over your body before our sublime Exotic Lime and Ginger Salt Glow is applied. Your skin is deeply cleansed, polished and softened to perfection, finishing with a final application of Exotic Island Flower Body Balm leaving the skin glowing and vibrant, replenished and flawless.

Maharaja's Ritual, by Cinq Mondes,

(Special honeymooners), 2h, € 145 per person

- Jacuzzi, 30mn
- Body scrub with Aromatic Scrub with Spices, 30mn
- Ayurveda Massage, 1h

Imperial Ritual "Lulur" from the kingdom of Siam, by Cinq Mondes, (Special honeymooners), 2h, € 145 per person

- Jacuzzi, 30mn
- Balinese Massage, 1h
- Face care & massage «Fleurs de Bali», 30mn

Fruit drink, tea & fruit salad are offered to the couple at the end of the ritual.

All above treatments are including Jacuzzi Bath for 30 minutes before start and relaxation for 30 minutes after completion with herbal tea served complimentary.

Extended time for further use of "The Aphrodite's Bath Suite" after your treatment is possible at extra charge of € 25 per every 30 minutes. Advanced booking is required.

POSEIDON ADDITIONAL SERVICES

Poseidon Waxing

- Half Leg Wax € 26
- Full Leg Wax € 40
- Arm Wax € 21
- Under Arm Wax € 16
- Bikini Line Wax € 19
- Eye Brow Wax € 16
- Lip & Chin Wax € 16
- Back Wax from € 21
- Chest Wax from € 26
- Eye Brow Reshape € 26

Hairdresser

Women

- Hair Cut € 30
- Hair Browsing (Shampooing incl.) € 30
- Highlights (Shampooing incl.) € 72
- Hair Colour
 - Short Height Hair € 48
 - Medium Height Hair € 60
 - Long Height Hair € 72
- Only Shampooing with massage € 6

Men

- Hair Cut € 28
- Hair Browsing (Shampooing incl.) € 30
- Highlights Long Hair (Shampooing incl.) € 72
- Only Shampooing with massage € 6

Make Up

- Day Make-up-Light 30-45mn, € 50
- Evening Make-Up 45-60mn, € 60

For more information on tailor made spa packages to your special needs please contact the Spa reception.

FITNESS PROGRAM - PERSONAL TRAINING

- Yoga - Combination of Astanga, Vinyasa and Hatha Yoga 60 mn, € 64
- Pilates - Matwork with Theraband, Fitball & Ring 60 mn, € 64
- Yogilates - Combination of Yoga & Pilates 60 mn, € 64
- Aqua Gymnastic 60 mn, € 64
- Special Training -Circulate, TRX, Matwork Training, Aerobic 60 mn, € 64
- Training for Special Conditions-Injuries, Recovery after injuries, Handicap 60 mn, € 64
- Stretching 60 mn, € 64
- Swimming - For Adults & Children 60 mn, € 55

