

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

## FACIAL TREATMENTS

### ►►► EASY GOING FACIALS

#### **Flours de Bali, by Cinq Mondes, 30/60 mn, € 54/84**

A face-care & massage inspired from Bali where tradition uses tropical flowers to restore radiance and purity to the 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 acupuncture points. This holistic treatment entails a relaxing hand and feet massage and ends with a soothing lymphatic drainage of the eye area.

#### **Elemis Superfood Pro-Radiance, 60 mn, € 99**

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper, radiant and lit up with good health.

### ►►► ANTIAGEING FACIALS

#### **“Ko Bi Do” & Precious “Ko Bi Do”, anti-age face care & massage 60/90 mn, € 99/130**

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. The 90mn version includes a second mask with centifolia rose extracts to soften and illuminate the skin, plus a massage of hands, neck and décolleté.

#### **Elemis Pro-Collagen Age Defy, 60 mn, € 110**

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

#### **Elemis Pro-Definition Lift and Contour, 60 mn, € 110**

Powered by breakthrough technology, this facial helps restore the architecture of the face-targeting sagging jowls, cheeks and jawlines- using the potent nutrients in plant actives stem cells found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.



#### **Elemis White Brightening Facial, 60 mn, € 105**

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, reduces age spots, minimize sun damage and discoloration and prevents further damage in the future. The result is a more even, colour-corrected and illuminated complexion.

### ►►► MEN FACIALS

#### **Elemis High Performance Skin Energiser, 60 mn, € 110**

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, restores vital moisture and nutrient levels. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

### ►►► MEN FACE TECHNOLOGY

#### **Elemis Biotec Super-Charger for Men, 60/90 mn, € 119/139**

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.



**BIOTEC FACE TECHNOLOGY  
by ELEMIS**  
*Technology Anti-Ageing*

**Elemis Biotec Line Eraser, 60/90 mn, € 119/139**

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven\* facial treatment that effectively irons out wrinkles and fills out lines.

**Elemis Biotec Firm-a-Lift, 60/90 mn, € 119/139**

Rediscover the architecture of your face with this groundbreaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

**Elemis Biotec Anti-Pigment Brightener, 60/90 mn, € 119/139**

This illuminating treatment dynamically tackles the appearance of uneven skin tone, discolouration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy reveal a youthful and translucent complexion.

**Elemis Biotec Skin Resurfacer, 60/90 mn, € 119/139**

This revolutionary clinically proven\* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

*\*Independent Clinical Trials.*

**►►► TECHNOLOGY: SKIN SOLUTIONS**

**Elemis Biotec Radiance Renew, 60/90 mn, € 119/139**

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

**Elemis Biotec Blemish Control, 60/90 mn, € 119/139**

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

**Elemis Biotec Sensitive Skin Soother, 60/90 mn, € 119/139**

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.

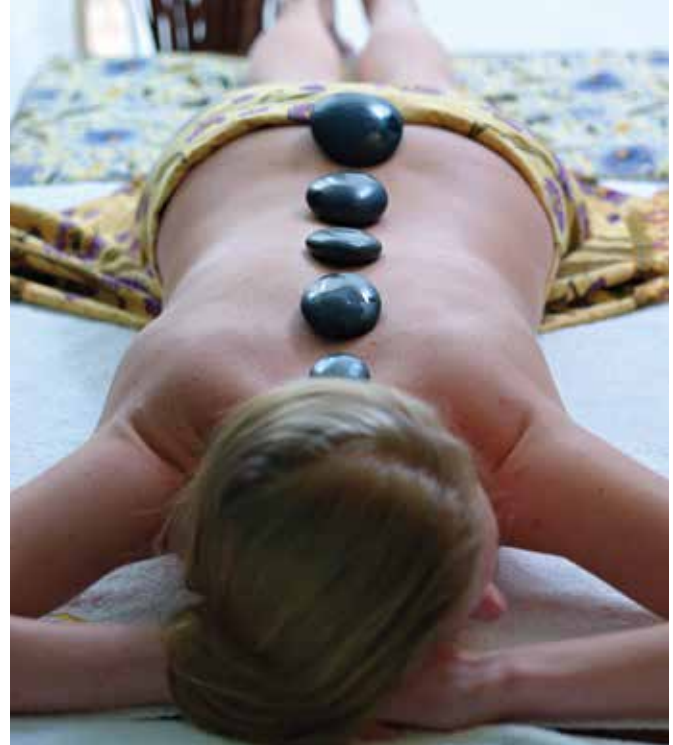
**►►► ELEMIS BIOTEC: ADD-ON TREATMENTS**

**Elemis Biotec Eye Treatment, 30 mn, € 45**

BIOTEC technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin.

**Elemis Biotec Neck Treatment, 30 mn, € 45**

Microcurrent reminds the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring.



**BODY SCRUBS & NOURISHING TREATMENTS**

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

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, 60 mn, € 88**

Enjoy the ultimate relaxation of a traditional hammam session. Exfoliation with the Black Soap Beldi (100%olive oil) followed by a rubbing session with the Kassa glove and the body white clay wrap "Crème de Rassoul®".

**Intensely Cleansing Salt Scrub Lime and Ginger or Frangipani, by Elemis, 40 mn, € 70**

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

**Body Nectar Nourishing Wrap – Sweet Orchid or Frangipani, by Elemis, 60 mn, € 78**

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

**PREGNANCY TREATMENTS**

**Elemis Peaceful Pregnancy Massage, 60mn, € 115**

An intuitive, sensitive and relaxing massage hydrates and moisturizes skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted – along with wisdom and respect.

**Elemis Superfood Pro-Radiance, 60mn, € 99**

This is a crafted nutritional boost for stressed, dull skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energising nutrients. Skin

is left smoother, plumper and luminously radiant – stress-free and lit up with good health.

*\*All facial treatments are available for pregnant women.*

*\*\*"Angel Hands manicure" & "Light Feet Pedicure" treatments also suggested during pregnancy.*

## MASSAGES

### **Traditional Oriental Massage, by Cinq Mondes, 30/60 mn, € 58/98**

A completely relaxing massage based on deep and slow movements from North Africa tradition with a variety of soothing and refreshing floral body mists and the Huile Somptueuse® de l'Orient.

### **Ayurveda Massage, by Cinq Mondes, 60 mn, € 98**

Revitalizing and muscular massage with alternate slow and quick moves, following a thousand-year-old Indian technique. This tonic and muscular massage is performed with hot special Ayurveda oil, a blend of Indian oils -Sesame oil, Boswelia oil and Neem oil.

### **Soothing Polynesian Sublime Massage, by Cinq Mondes, 60mn, € 98**

Original massage inspired by the Lomi-Lomi tradition with deep strokes of forearms on the back, and using hot stones at the beginning, it deeply relaxes body and mind. The use of Sublime oil with scents of monoï and tiaré makes it an enchanting exotic journey.

### **Elemis Freestyle Deep Tissue Massage, 30/60/90 mn, € 60/98/130**

Your therapist will select an aromatic oil according to your concerns. The flowing massage works deeper into the tension, encouraging optimum circulation. The 30mins version is available just for the back or legs.

### **Elemis Deeper than Deep Hot Stone Massage, 90 mn, € 135**

Balinese stones bathed in the Frangipani Monoï Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

### **Indian Head Massage, 40 mn, € 78**

Indian Head Massage is used to massage and relieve tension from your shoulders, neck, head and face. This relaxing massage is concluded with oiling the hair, a traditional Indian practice to balance your hair, scalp, body and mind.

### **Elemis Hot Mineral Body Boost Energising Massage, 60 mn, €98**

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. Completed by a restorative facial massage, this is a revolutionary, mineral-charged experience of skin conditioning, metabolic balancing and energising wellness.

### **Poseidon Massage with Cretan Beeswax Ointment, 60 mn, €105**

A full body vigorous and deep massage with free style moves combined with the therapeutic "Cretan Beeswax" with Thyme, Dittany and Mint, focuses to release muscle tension. Ideal for stiff muscles caused of hours sitting at work as well as muscle pains & stiffness caused from sports.

### **Poseidon Aromacellutox Cretan Herb Detox Massage, 60 mn, €105**

A detoxifying body treatment with "drainage" moves against the toxins of the body, the water retention and the cellulite. The Cretan herbs oil combined with a relaxing therapeutic way inducing a complete full body detox massage.

### **"Holistic Sensorial Sensation", by Cinq Mondes, 60 mn, € 105**

Fleur de Bali 30 mn & Oriental Massage 30 mn

### **Grand Oriental Ritual "Thousand and one nights", by Cinq Mondes, 120 mn, € 130**

Aromatic Steam Bath 30 mn, Hammam Experience 60 mn & Oriental Massage 30 mn

## DETOX CELLULITE

### **Brazilian Slimming Treatment, by Cinq Mondes, 60 mn, € 88**

Inspired by the Brazilian cult of the body, this treatment starts with a tonifying massage of problem areas with Crème de Café, a fat-burner and firming product and continues with a detoxifying wrap of clay and algae.

### **Elemis Targeted Toning Tightener, 30/90 mn, € 58/119**

A powerful blend of massage and a detoxifying clay for targeted toning, improved circulation, cellulite and tightening sagging skin on the body. Choose a localised treatment: Arms, Hips & Thighs, or Abdomen for the 30 mins version.

## ADD'S ON - HAND'S ON

### **Eyes - Feast Your Eyes, by Elemis, 15 mn, € 29**

Give puffy eyes their marching orders with this instantly reviving eye treatment. A warm Rosewood compress, and intensive eye mask rehydrate, soothe and lift, while you zone out with a de-stressing hand and arm massage. See the world through new eyes.

### **Jowl & Neck - Save Your Neck, by Elemis, 30 mn, € 45**

Make sure your neck is running a tight ship with this targeted toning treatment. Microcurrents remind the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring. People will wonder what you've done.

### **Body - Head First, by Elemis, 15 mn, € 29**

Tension is dissolved using a combination of the ancient Chinese healing massage Tui Na and Japanese Shiatsu, while Indian and Thai kneading invigorates and clears your head. We can either make you float like a butterfly or sting like a bee.



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

### **Aphrodites Bath Detox – Energy Refill Body Treatment, by Algoane, 55 mn, € 75**

After a detox peeling with sea salts and eucalyptus scents, the body is wrapped with a detox wax paste which contains anti-oxidants like goji beans, green tea and wakame algae. Full elimination of toxins and replenishing of energy.

### **Aphrodites Bath Greek - Orange Deep Hydration Envelopment, 55 mn, € 75**

A magic escape to exotic lands thanks to the sugar tropical peeling with vanilla scent and the orange moisturizing wax which replenishes the hydration levels of the skin. Recommended after sun exposure.

### **Aphrodites Bath Superfood ‘Skintox’ Experience, by Elemis, 2h, € 175**

- Elemis Superfood facial, 1h
- Elemis Mineral Body Boost Detox Massage, 1h
- Super food salad & a detox tea

### **Maharaja's Ritual, by Cinq Mondes, 2 h, € 145**

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

### **Polynesian sublime ritual for two, (Special honeymooners), 2h, € 145**

- Jacuzzi, 30 mn
- Sublime Polynesian Massage, 1h
- Ritual «Fleurs de Bali», 30 mn
- Fruit salad & tea

## HANDS & FEET RITUALS

### **Manicure Hand Care & Massage “Angel's Hands™”, by Cinq Mondes, € 47**

Inspired by the Chinese tradition this treatment contains a specific beauty spa manicure treatment of the hands with massage, scrub and nourishing mask leaves the hands soft beautiful and smooth\*.

### **Pedicure Foot Care & Massage “Light Feet™”, by Cinq Mondes, € 58**

Inspired by the Chinese tradition this treatment contains a specific beauty spa pedicure treatment on the feet and legs with massage. Scrub and nourishing mask that leaves them smooth & comfortable\*.

\*Option: Simple or French color coat on nails included.

- ▶ Simple Pedicure € 37
- ▶ Simple French Nail Paint Pedicure € 48
- ▶ Shellac–Semi permanent Pedicure € 53
- ▶ Tidy & Hand French Nail Paint € 37
- ▶ Tidy & Hand Nail Paint € 21
- ▶ Shellac–Semi permanent Manicure € 42

## POSEIDON ADDITIONAL SERVICES

- ▶ Eye Brow Wax € 16
- ▶ Eye Brow Reshape € 26
- ▶ Arm Wax € 21
- ▶ Under Arm Wax € 16
- ▶ Lip & Chin Wax € 16
- ▶ Bikini Line Wax € 19
- ▶ Back Wax from € 21
- ▶ Chest Wax from € 26
- ▶ Half Leg Wax € 26
- ▶ Full Leg Wax € 42

### **Hairdresser**

#### *Women*

- ▶ Blow-dry € 30
- ▶ Hair Cut € 30
- ▶ Highlights € 72
- ▶ Hair Colour
  - Short Hair € 48
  - Medium Hair € 60
  - Long Hair € 72
- ▶ Shampooing € 6

#### *Men*

- ▶ Blow-dry € 30
- ▶ Hair Cut € 28
- ▶ Highlights € 72
- ▶ Hair Colour
  - Short Hair € 48
- ▶ Shampooing € 6

### **Make Up**

- ▶ Day Make-up € 50
- ▶ Evening or Special Make-Up € 60

## FITNESS PROGRAM - PERSONAL TRAINING

- ▶ Yoga 60 mn, € 64
- ▶ Pilates 60 mn, € 64
- ▶ Yogilates 60 mn, € 64
- ▶ Stretching 60 mn, € 64
- ▶ Aqua Gymnastic 45 mn, € 55
- ▶ Body Training 60 mn, € 64
- ▶ Rehabilitation Training 60 mn, € 64
- ▶ Swimming Lessons 45 mn, € 55

