

# OUR SUMMER HITS

TAILOR MADE TREATMENTS ONLY FOR ST. NICOLAS BAY

Exclusive in Aphrodite's Suite, overlooking the Gulf of Mirabello.  
Private pool and jacuzzi with seawater.

## ELEMIS SPA RITUALS LIMITED EDITIONS 2021



### THE SKIN & BODY FITNESS EXPERIENCE

Take a step closer to the paradise in our aphrodites bath spa private salty bubble Jacuzzi that will dive you in to a unique experience before your treatments. These exclusive treatment programs are available at the Aphrodite bath suite between 12:00-15:00.

#### 1 DAY PROGRAM - 2HRS, 45MN € 246 PER PERSON

- Yoga personal training 60mn
- Warm up/Cool down deep tissue massage 60mn
- Pro collagen facial workout treatment 45mn
- Vegan protein smoothie

#### 3 DAYS PROGRAM - € 452 PER PERSON

##### Day 1 - 2hrs

- Yoga personal training 60mn
- Warm up / Cool down Deep Tissue Massage 60mn
- Seasonal Protein Boost Salad (with choice of fish or meat)

##### Day 2 - 2hrs

- Yoga personal training 60mn
- Garden of England Rose Relaxing Massage 60mn
- Fitness Meal (Carob Bread Sandwich)

##### Day 3 - 1hr 45mn

- Yoga personal training 60mn
- Pro-Collagen Facial Workout Massage 45mn
- Vegan Protein Smoothie (Hemp Protein)

### DETOX & BODY CLEANSING

Detox starts with natural sea salt in our private jacuzzi at aphrodites bath spa suite and spa treatments will follow, giving a full cleansing ritual to your body & face. These exclusive treatment programs are available at the Aphrodite bath suite between 12:00-15:00.

#### 1 DAY PROGRAM - 2HRS 30MN € 209 PER PERSON

- Targeted Toning Slimming Treatment 90mn
- Superfood Pro-Radiance Vegan Facial 60mn
- Detox & Cleansing Smoothie

#### 3 DAYS PROGRAM - € 458 PER PERSON

##### Day 1 - 1 hr 30mn

- Thousand Flower Detox Wrap 60mn
- Targeted Toning Slimming Treatment (buttocks & thighs) 30mn
- Detox & Cleansing Smoothie
- Detox Seasonal Superfood Salad

##### Day 2 - 1hr 30mn

- Targeted Toning Slimming Treatment (buttocks & thighs) 90mn
- Detox & Cleansing Smoothie
- Protein Based Meal (choice of fish & meat)

##### Day 3 - 1hr 30mn

- Superfood Pro-Radiance Facial 60mn
- Targeted Toning Slimming Treatment (abdomen) 30mn
- Detox & Cleansing Smoothie
- Detox Seasonal Superfood Salad

### THE SLEEP RECOVERY SPA RITUAL RECOMMENDED AFTER 6PM

#### 1 DAY PROGRAM - 3 HRS - € 252 PER PERSON

- Sleep Recovery Massage 90mn
- Head & Scalp Massage 30mn
- Peptide4 Skin Synchronizing Facial 60mn
- Cretan Relaxing Tea with Valeriana



# POSEIDON SPA TREATMENTS MENU

## FACIAL TREATMENTS

### **Fleurs 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.

### **"Ko Bi Do", anti-age face care & massage, by Cinq Mondes 60mn / 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. In the 90mn version is offered facial massage with ridoki roller and a luxurious mask.

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

This is the treatment to tackle fine lines and wrinkles and help support the cellular structure of the skin. The proven benefits of marine-charged Padina Pavonica and Red Coral help plump out fine lines, whilst Indian Mulberry reduces skin-fatigue, helping relax wrinkles. A targeted lymphatic drainage massage re-energises and rejuvenates, while an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully nourished, younger looking skin.

### **Elemis Pro-Collagen Definition Lift and Contour, 60mn, € 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 BIOTEC FACE TECHNOLOGY**

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

Wrinkles are targeted with firming and toning micro-current pulses to stimulate the skin cells towards dynamic functionality. Circulation is improved, increasing the production of collagen and elastin, whilst the dermis is flooded with super Hyaluronic hydrating activators, sealed with a re-energising Amber balm. Red and blue light therapy warms and de-stresses the skin whilst a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines. A powerfully rejuvenating facial treatment.



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

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting technology. Circulation stimulating Arjuna, Gardenia stem cells and Alaria Esculenta Seaweed are activated by micro-current pulses to tighten slackening skin. Galvanic currents infuse the skin with bio-active formulas that hydrate and tone. The extra-cellular matrix of the skin is visibly strengthened, restoring elasticity and tenacity for a contoured complexion that is remarkably lifted.

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

This revolutionary resurfacing facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel reveals a noticeably smoother complexion using a combination of Lactic and Hyaluronic acids, Sandalwood, Thyme and Lemon Oils. Steam and extraction deeply cleanse and detoxify before massage and light therapy restores equilibrium. Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother.

### **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.



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

A deep cleansing facial that detoxifies the skin and repairs damaged tissue.

This treatment uses ultrasonic vibration, massage, steam and galvanic currents to thoroughly decongest and exfoliate. A powerfully anti-oxidant, anti-bacterial activator containing Salicylic Acid and inflammation-reducing Iris soothes and smoothes, while light therapy helps balance and clear the complexion, speeding up recovery.

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

The anti-redness treatment that calms and soothes sensitive skin. Using an activator rich in Frankincense and natural anti-inflammatory Willowherb, the skin is infused with oxygen to encourage cellular restoration, perfect balance and structural strength. Red light therapy operates in harmony with calming anti-oxidants to improve cell communication and the skin's natural ability to repair itself.

The result is serene, smooth and sensational.

**Elemis Biotec Peptide 24/7 Skin Sync  
60mn, € 119**

This ground-breaking facial combines exclusive botanical formulations with a deeply cleansing ultrasonic peel for a well-rested glow. LED light therapy helps reset the clock for optimum skin wellness, whilst galvanic technology stimulates the skin for maximum results and an illuminated, wide-awake feel.

**PREGNANCY TREATMENTS**

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

An intuitive, sensitive and relaxing massage hydrates and moisturises 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 oral 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, Boswellia 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 Warm Up / Cool - Down Deep  
Tissue Massage, 30/60/90mn €60/98/130**

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Your Therapist will select an aromatic oil according to your concerns; Muscle pain, stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.



### **Elemis Hot Stone Massage, 90 mn, € 135**

Nothing gets into the centre of the muscle like a hot stone. Bathed in the intensely moisturising Frangipani Monoi Body Oil, a curated range of Balinese stones are selected to address exactly what you need. They are worked over the body, deep into the muscles, getting into areas of tension at a profound level, persuading the muscles to release their trapped energy. The result is sparkling vitality with the added bonus of intensely hydrated skin.

### **Elemis Frangipani Head & Scalp Massage with Back Massage, 45mn € 78**

This scalp massage is so blissful it should be illegal. 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. You Choose. Added bonus the amazing frangipani hair & scalp mask.

### **Elemis Garden of England Rose Restore Massage, 60mn, €98**

Take a walk in an English garden with this lavishly hydrating body massage. The unique Life Elixirs Essences that have been designed to be used in this extremely relaxing massage, will bring everything back to the potency of modern aromatics. Each Essence has been designed for a different mood, enabling this massage to be tailored to your needs. You may choose one of the following Life Elixir Essences:

**Calm:** a soothing blend, helps you to find your inner peace.

**Clarity:** an uplifting blend, helps you to invigorate your sense of self

**Fortitude:** an empowering Blend, makes you feel grounded and strong to the core

**Embrace:** a serene blend, to ignite your senses

**Sleep:** a deeply relaxing blend, to let your mind and body restore itself

### **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.

### **Polynesian Sublime Ritual For Two, (Special honeymooners), 2h, € 145 PER PERSON**

- 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 Nail Paint	€ 21
> Tidy & Hand French Nail Paint	€ 37
> 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

### **FITNESS PROGRAM - Yoga personal training**

> Yoga	60 mn, € 64
> Pilates	60 mn, € 64
> Yogilates	60 mn, € 64
> Stretching	60 mn, € 64
> Body Training	60 mn, € 64