

POSEIDON SPA TREATMENTS MENU

THE SPA AT ST.NICOLAS BAY RESORT HOTEL & VILLAS

SPA RITUALS



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.

3 DAYS - DETOX BODY SLIMMING RITUAL €230

Day 1 - Targeted toning sl. tresrtm 90mins & detox smoothie

Day 2 - Targeted toning sl. tresrtm 30mins & detox smoothie

Day 3 - Targeted toning sl. tresrtm 30mins & detox smoothie

THE SLEEP RECOVERY SPA RITUAL

2hrs 50min - €252 price per person.

- Sleep Recovery Massage 70mins
- Head & Scalp Massage 30mins
- Pro-Glow Renewal Facial 50mins
- Cretan Relaxing Tea with Valeriana

POLYNESIAN SUBLIME RITUAL FOR TWO

(Special honeymooners)

2h 45mins - €145 price per person.

- Jacuzzi, 30mins
- Sublime "Polynesian Massage" 1h
- Ritual "Fleurs de Bali", 30mins
- Fruit salad & tea

MAHARAJA'S RITUAL, BY CINQ MONDES

2h - €145

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

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

60/90mins €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-Glow Genius Facial 75mins, €120

Clinically proven intelligent skincare and our triple-level approach to skin hydration results in transformative results for younger-looking skin. Powered by our ULTRA-SMART technology for maximum, multi-faceted facial rejuvenation and skin hydration, the skin will be visibly smoother, resilient, and firmer-looking, after just one treatment.

ELEMIS Pro-Glow Smooth 50mins, €105

Powerful resurfacing technology lifts away dead skin cells to smooth, renew, and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated. After just one treatment, the complexion looks firmer, supremely smooth, and rejuvenated.

ELEMIS Pro-Glow Brilliance 50mins, €95

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer-looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant, and healthy.

ELEMIS Pro-Glow Facial Workout 45mins, €90

This is a cardio session for your face, that tones, tightens and sculpts the facial contour. Using the ELEMIS Sculpting Wands we help encourage micro-circulation, and at the same time help penetrate the ELEMIS active ingredients to the deeper levels of the epidermis. The Ultra Smart Eye Tools target puffiness and dark circles around the eye area, whilst the ELEMIS Jowl & Chin Signature Massage helps firm and tighten the area around the chin.

ELEMIS Pro-Glow Renewal Facial 50mins, €95

ELEMIS' signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow. In one treatment, skin looks visibly refreshed and rebalanced.

ELEMIS PRO-GLOW + TECH FACIALS

Our amazing Aesthetics team is expertly trained on the ELEMIS BIOTEC Technology Facials that incorporate Oxygen Infusion Therapy, Blue & Red Light Therapy, Galvanic Rejuvenation, Ultrasonic Exfoliating Spatula and Microcurrent Lifting Technology. BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. With Clinically Proven Results, you will be getting immediate change on your skin, without losing the Spa feeling PRO-GLOW + Tech Facials

ELEMIS Pro-Glow Genius Facial+,

75mins, €150

Harnessing the powerful benefits of all 5 ELEMIS BIOTEC 1.0 technologies, the skin will be visibly smoother, more sculpted, and firmer with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation, and skin hydration. Powerful resurfacing technology smooths visible dryness and fine lines, transforming the skin's texture, minimising pigmentation and enlarged pores. The appearance of fine lines and deeper wrinkles are improved, with highly effective microcurrent technology, whilst Oxygen therapy and Pro-Sculpt Facial Method delivers a visibly lifted skin-defining appearance. The recharging power of multi-dimensional light therapy and a supercharged air massage breathe life into the skin.

ELEMIS Pro-Glow Resurface+,

50mins, €120

With a spotlight on minimising pore size and blemishes, this revolutionary facial powered by patented Tri-Enzyme technology transforms the skin's texture whilst minimising the look of uneven tone, fine lines, and pigmentation. Supercharged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt, and impurities for an immediately clearer, brighter complexion. Optimal skin wellbeing is boosted by hydration and our multi-dimensional light therapy, known to soften the appearance of pigmentation and rejuvenate the skin.

ELEMIS Pro-Glow Smooth+,

50mins, €120

Improve skin fitness and firmness whilst significantly reducing the appearance of expression lines and wrinkles. Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful-looking skin. Clinically proven formulas and signature skin-lifting massage techniques re-energize and plump, whilst a supercharged air massage breathes life into the skin.



ELEMIS Pro-Glow Brilliance+,

50mins, €120

Awaken dull, lackluster skin with this brilliance-boosting facial a glow-getting, nutrient-rich treatment serving you a daily boost of skin wellness. Experience our ultrasonic peel technology and brightening enzymes to deeply cleanse and remove visible pollutants, makeup, and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich Superfoods will plump and smooth with a supercharged air massage to breathe life into your skin. Immediately you'll look and feel more radiant, relaxed, and glowing.

ELEMIS Pro-Glow Renewal+,

50mins, €110

ELEMIS' signature deep cleansing skin wellness facial harnesses the goodness of Prebiotics and antioxidants to deliver a healthy-looking, lit-from-within glow. Highly effective resurfacing technology with super-hydrating, skin-kind formulas, and nutrient-rich Superfoods nourish and protect the skin, whilst helping the skin's microflora to maintain a healthy balance. After just one treatment, skin looks visibly refreshed and rebalanced.

BODY EXFOLIATION

Aromatic Scrub with Spices, by Cinq Mondes

30mins, €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.

ELEMIS Intensely Cleansing Salt Scrub Lime and Ginger or Frangipani

40mins, €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.

Hammam Experience, by Cinq Mondes

60mins, €88

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

DETOX & CELLULITE

ELEMIS Targeted Toning Tightener

30/90mins, €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 & Tighs, or Abdomen for the 30 mins version.

ELEMIS Thousand Flower Detox Wrap

60mins, €84

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

PREGNANCY TREATMENTS

ELEMIS Peaceful Pregnancy Massage

60mins, €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.

Pro-Glow Brilliance

60mins, €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

30/60mins, €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

60mins €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

60mins, €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 mono and tiar makes it an enchanting exotic journey.

ELEMIS Warm Up / Cool - Down Deep Tissue Massage

30/60/90mins, €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

90mins, €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

45mins, €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** 60mins, €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** 60mins, €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** 60mins €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.

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

HAIRDRESSER

Women

- > Blow-dry basic €40
- > Hair Cut €40
- > Highlights €85

Hair Colour:

- > Short Hair €55
- > Medium Height Hair €70
- > Long Height Hair €80
- > Only Shampooing €8

Men

- > Blow-dry basic €40
- > Hair Cut €40
- > Highlights Long Hair €85

Hair Colour:

- > Short Hair €55
- > Only Shampooing €8

MAKE UP

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

**FITNESS PROGRAM
PERSONAL TRAINING**

- > Yoga personal training
- > Yoga 60 mins, €64
- > Pilates 60 mins, €64
- > Yogilates 60 mins, €64
- > Stretching 60 mins, €64
- > Body Training 60 mins, €64