

# 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
- Fruit salad & tea



## FACIAL TREATMENTS

### Fleurs de Bali, by Cinq Mondes

30/60 mn, €60/90

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 €110/€145

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, €135

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 Brilliance 50mins, €120

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 Renewal Facial 50mins, €110

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, €175

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, €135

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 Brilliance+, 50mins, €135

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.

## BODY EXFOLIATION

### Aromatic Scrub with Spices, by Cinq Mondes

30mins, €60

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, €75

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.

### Hamмам Experience, by Cinq Mondes

60mins, €95

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 "Creme de Rassoul".



## DETOX & CELLULITE

### ELEMIS Targeted Toning Tightener

30/90mins, €65/€135

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, €90

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

90mins, €175

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

50mins, €120

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, €65/105

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 €105

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, Boswelvia oil and Neem oil.

### Soothing Polynesian Sublime Massage, by Cinq Mondes

60mins, €105

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, €70/115/150

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, €145

Nothing gets into the centre of the muscle like a hot stone. Bathed in the intensely moisturising Frangipani Monoï 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

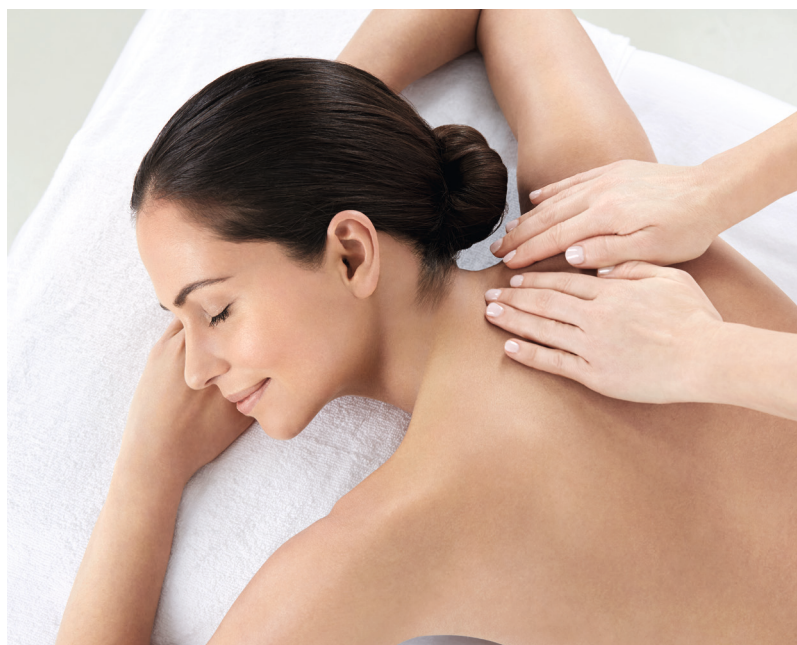
45mins, €85

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, €125

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 €125

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.

### Foot Reflexology Balancing Touch

60mins €125

Reflexology is an ancient art originating from Chinese and eastern traditions.

It is a non-intrusive complementary health therapy based on theory that different points of the feet, lower legs, hands or ears correspond with different areas of the body. This treatment involves gentle pressure on key reflex points that stimulates the body's self healing process. This leads to increased relaxation and well-being of the person.

### HANDS & FEET RITUALS

#### Manicure Hand Care & Massage "Angel's Hands ", by Cinq Mondes €57

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 €68

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 €45
- > Hair Cut €45
- > Highlights €85
- > Bridal Hairstyle (incl. 1 trial) €300

Hair Colour:

- > Short Hair €55
- > Medium Height Hair €70
- > Long Height Hair €80
- > Only Shampooing €10

#### Men

- > Blow-dry basic €40
- > Hair Cut €45
- > Highlights Long Hair €85

Hair Colour:

- > Short Hair €55
- > Only Shampooing €10

### MAKE UP

- Day Make-up €60
- Evening or Special Make-Up €70
- Bridal Make-up (incl. 1 trial) €200

### FITNESS PROGRAM PERSONAL TRAINING

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