



MYKONOSBLU

GRECOTEL EXCLUSIVE RESORT

## Wellness Center

### Body & Soul Elixirs

*Specially designed programmes for a truly rare experience and pampering in exclusive settings. They offer both ancient and modern techniques to relieve body and soul.*

#### **ELIXIR OF LIFE, 1 HOUR & 20'/135€**

Restores body energy, revitalizing & moisturizes.

An alchemist's secret from Antiquity, which blends the four elements of life: water, air, earth & fire. The best-known goal of the alchemists was the transmutation of common metals into gold. This exclusive skin therapy harnesses nature's most luxurious element - GOLD and the delicate scents of wildflowers from the plains and desert with incredible revitalizing effects that rejuvenate skin and boost vitality. A gentle body exfoliation using apricot peeling, minerals, and passion flower to leave the body glowing. Smoothness, suppleness and body energy are restored with the application of a rich body mask. Finish with a light massage with replenishing body cream for deep moisturizing, while sipping the Potion of Life!

#### **ANCIENT SPIRIT ELIXIR, 1 HOUR & 20'/125€**

Detox Treatment which enhances metabolism. A light body scrub exfoliates and prepares the skin for the Special lymphatic massage that follows and tones the blood circulation. Applying a mineral mask with dolomite argil rich in elements and vitamins which will detoxify and tone the skin.

#### **ELIXIR MARINE RITUAL 1 HR & 20'/110€**

A journey to the sea: a three-salt exfoliation, made of selected salt for their richness in minerals and trace elements release epidermis from dead cells. Followed by a re-mineralising seaweed wrap and a re-generating massage using beeswax and essential oils. The laminaria body wrap regulates the metabolism, re-mineralizes, moisturizes and protects the skin.

## Massages & Therapies

### ELIXIR AROMA MASSAGE 50'/90€

Light body-brushing with pure essential oil performs a natural exfoliating scrub. The lavish body massage that follows concentrates on soothing away tiredness, stress and alleviating tension, inducing relaxation to the body and mind.

### MYKONOS MASSAGE 60'/95€

This treatment, inspired by the grooming rituals of the Classical-era beauties, consists of a total body aromatherapy, a drainage massage, head and face massage, reflexology on feet/hands/ears, and Shiatsu

### DEEP TISSUE MASSAGE 30'/70€ & 60'/130€

Relieves stress that causes muscle tension. This amazing therapy rejuvenates the body by using deep pressure massage – no wonder it's the favourite massage in the best spas worldwide! Deep muscle groups are massaged using fingers, fists, forearms or elbows. The result is complete rejuvenation, toning and relaxation that relieve pain, reduce stress and fight inflammation by improving posture and sleep quality.

### AROMA MASSAGE, 30'/ 60€ & 50'/85€

A complete body treatment using essential oils made from plant and herb extracts. The oils have either detoxifying, stimulating or relaxing properties chosen to suit individual needs. The aroma from the oils has a therapeutic effect, inducing a feeling of well-being.

### LYMPHATIC MASSAGE, 30'/55€ & 50'/75€

A detoxifying treatment performed specifically on legs. It activates the lymph glands to flush out liquids, thus making the muscle tissue firmer. Ideal for combatting cellulite and stimulating your body systems.

### KIDS MASSAGE 20'/45€ & 40'/75€

A unique treatment specially designed for children. Touch is a natural healing therapy. The Kids Massage is ideal for boys and girls aged 5 to 16 years. Natural hypoallergenic oil is applied with a gentle massage. The qualified therapists gently massage the muscles and joints (hands - back - legs - face - neck - scalp - hair). Regular treatments help to reduce tension and offer a sense of relaxation resulting in tranquil, restful and quality sleep. The massage stimulates the immune system, moisturizes the skin, helps in muscle and bone development and enhances movement and flexibility. Treatment for youngsters and teenagers provides a sense of relief and security, while regular use can help the child gain balance and maturity.

### CANDLE MASSAGE 50'/90€

Relax your soul and body in a warm place, gently lit by the flame of the candle. The soothing scent of creamy wax will lead you to a sensory journey. Its oils awaken your senses and deeply nourish your skin, enhancing the massage experience. Soft movements, light pressures, will enhance the elasticity and hydration of your skin.

### HEAD & FACE MASSAGE 20'/50€

This relaxing massage performed with essential oils on the pressure points of the neck, scalp, ears and face concentrates on soothing away tiredness, stress and tension. A wonderful treatment for headaches, stiff and tired muscles as well as obtaining harmony to body and mind.

### RELAX & REFLEX 30'/ 70€

Let yourself indulge in the relaxing process of reflexology on your feet, combined with the care of warm towels and peeling. A combination of pressure points and special massage techniques done on the feet and calves will stimulate the blood circulation and will also remove the tension through the nervous system giving a sense of lightness on your feet

and filling you with energy. This Asian technique is an ideal choice for those who need a complete care of the feet and calves, giving relaxation, hydration and a feeling of wellbeing.

## Special Therapies

### LAP OF LUXURY SEA SCRUB 40'/80€

This sensorial experience will wrap your whole body into softness and silkiness. Enriched with essential oils, this pleasant care begins with a complete body scrub to get rid of dead cells and smooth the skin, and will gently end with the application of a rich body milk to leave your skin luminous and velvety. Skin is renewed and more beautiful.

### BODY SLIMMING AND FIRMING 60'/100€

Complete body treatment to redraw the silhouette, reduce the appearance of cellulite, tone and give a feeling of lightness and well-being to the body. This body mask has a 'sauna' effect and acts effectively on fatty areas. The skin transforms from the first application onwards: the epidermis is firmer, smoother and softer. The movements encourage the mask to heat up, providing excellent stimulation of the metabolism. The skin is soft, supple and more tonic. Associated with the massage, this body oil reduces the cellulite.

### BACK RITUAL 60'/90€

A cleansing and relaxing ritual combination of enveloping movements and the use of a self-heating mud to relax the deep muscles and relieve joint tension. The self-heating oligo-active mud detoxifies the body and creates a profound feeling of relaxation in areas of muscle tension. Its enveloping warmth and crackling foam gives the skin a real feeling of well-being.

### AFTER-SUN TREATMENT 30'/70€

This after-sun body treatment soothes and refreshes the skin after sun exposure! A specific body wrap with hibiscus flower extract repair the skin, and a complete body moisturizing soothes the sunburn. Intensely hydrated, the skin is soft and the body is perfectly relax.

## Face Treatment

### PURE GOLD AND COLLAGEN FACIAL 75'/170€

The ultimate skin brightening treatment using the powerful properties of 24 Carat Gold and Pure Collagen. The facial begins with a plumping Pure Collagen Mask combined with a lifting and toning massage. 24 Carat Gold Leaf is applied and massaged into the skin using gentle, circular movements. The treatment ends with a spritz of Pure Collagen Spray to give a youthful glow.

### ESSENTIALS FACE THERAPY 50'/100€

This delightful break in daily life offers a moisturizing and soothing facial to fight pollution negative effects and urban stress. Thanks to its exclusive anti-pollution complex Urban Advance (Shea butter, sweet probiotic, mint endorphin), this care will provide you with a privileged moment to bring real comfort to your skin, leaving it fresh and radiant. Perfect to discover Sampar and enjoy a relaxing pleasant time for all skin types.

### AGE ANTIDOTE 60'/110€

The Age Antidote facial is a complete care ritual integrating special anti-ageing ingredients such as Bio-peptides to help resurface the skin, Hyaluronic Acid to plump and hydrate the skin or Adenosine to get an immediate lifting effect. This specific anti-ageing care is ideal to fight against all age signs: wrinkles and fine lines, radiance loss, discomfort, tonicity and firmness loss. A real cocooning care to get rid of age signs the smoothest way.

### PURE PERFECTION 30'/70€

This purifying treatment is recommended for combination to oily skin or skin prone to blemishes that is shiny and often meets blackheads, dilated pores and imperfections problems or that needs a post acneic treatment. As a result, the skin is fresh and purified from the inside, pores are tightened and the complexion is mattified. Indulge your skin with this healthy facial care for a radiant pure skin.

### BRIGHT & LIGHT 50'/85€

Give to your skin the brightening holidays result! Dull and lackluster view will be replaced by radiant luminosity. Get a uniform skin with highlighted moisture effects.

### DERMOSTAMINE TREATMENT 60'/125€

A Face treatment for those worried about age signs. It fights surface and deep wrinkles, helps to regenerate and regenerate skin cells through plant liposomes.

### OXYREVITAGE AGE TREATMENT 60'/120€

Anti-wrinkle treatment for dry, tired and dehydrated skins. The proper combination of active retinol and vitamin C releases oxygen. The epidermis is rebuilt, bright, vigorous and protected from photoaging. An ideal treatment for the summer months.

### MEN'S TREATMENT 60'/80€

This comprehensive treatment is adapted specifically for men's skin and

involves highly concentrated marine oligo-elements. It removes traces of fatigue and strengthens the natural radiance of the skin. This cream mask combines white clay and seaweed to purify and absorb impurities while taking care of sensitive and delicate skins. The epidermis is rebalanced, and the complexion is radiant and glowing once again. Aimed at sensitive and fragile complexions, this mask soothes and rebalances the skin. In order to quickly reduce any discomfort, this pleasantly cool mask contains seawater which prevents inflammation and soothes sensitive skin. Foam gives the skin a real feeling of well-being.

## Special Packages

### BRIDAL

3 HRS/250€

- 10' Body Scrub
- 20' Body Mask
- 50' Aroma Massage
- 50' Facial Treatment
- 30' Manicure

### TOTAL RELAX

2,5 HRS/270€

- 10' Body Scrub
- 20' Body Wrap
- 30' Aroma Massage
- 20' Head & Face Massage
- 50' Facial Treatment
- 15' Eye Brow Shape

### MEN'S GETAWAY

3 HRS/210€

- 20' Body Scrub
- 50' Aroma Massage
- 50' Facial Treatment

## Salon Treatments

### SALON TREATMENTS

Manicure	30'/35€
Long Lasting Manicure	40'/45€
Pedicure	45'/50€
Long Lasting Pedicure	50'/60€
Color Change	15€
Long Lasting Color Change	25€
Long Lasting Remover	10€

### WAXING TREATMENTS

Upper lip	10'/20€
Legs & Bikini & Underarms	60'/65€
Legs & Bikini	45'/50€
Lower Legs	20'/30€
Underarms or Bikini, or Lower Arm	15'/25€
Eye brow shaping	15'/10€
Back	30'/35€
Full Legs	40'/40€

**OPENING HOURS: DAILY LOW SEASON: 09:00 - 18:30 HIGH SEASON: 09:00 - 21:00**

You may contact the Wellness Center directly on ext. 7317 or reception (32). We hope you enjoy your interlude of pampering and relaxation

# Mykonos Blu Spa Guidelines

## PREPARATION

- Please arrive 15 minutes before your treatment. Before your treatment, you will be asked to complete a lifestyle questionnaire.
- You will be provided with a bathrobe, towels and slippers.
- Please remove all jewellery and clothing, leaving on your undergarments. For some treatments you will be provided with disposable undergarments by your therapist.
- The management will not be held responsible for the loss of any personal items.

## TREATMENT

- During treatments, please let your therapist know if you're comfortable or uncomfortable, too warm or too cold, or if the pressure is too light or too firm. Your comfort and care is our greatest concern and priority.
- If you have a particular injury or physical condition, please inform the therapist who can suggest appropriate adjustments to the treatment for your comfort and to enhance the treatment's effectiveness.
- If you have any questions, your therapist will gladly answer them.

## CANCELLATION

We request a minimum of 4 hours' cancellation notice for a single treatment or 24 hours' advance notice for rituals. If you fail to cancel or reschedule your appointment, you will be charged for the scheduled service. Being late for your appointment may shorten the length of your treatment.

## CHILDREN'S POLICY

Persons aged under 18 years are not allowed in the Wellness Center unless accompanied and with the consent of an adult.

## KINDLY NOTE

- Mobile phones are not permitted in Wellness Center. This is the time for your body and mind to release the worries and stress of the day.
- Smoking is not permitted in Wellness Center.

## VORBEREITUNG

- Bitte kommen Sie spätestens 15 vor Behandlungsbeginn zum Empfang. Zuvor werden Sie gebeten, einen persönlichen Fragebogen auszufüllen
- Sie werden mit einem Bademantel, Handtüchern, und Hausschuhen versorgt
- Entfernen Sie bitte, bis auf Ihre Unterwäsche, alle Schmuckstücke und Kleidung. Für einige Behandlungen werden Sie von Ihrem Therapeuten mit Einwegunterbekleidung versorgt.
- Wertsachen sollten in Ihrem Safe aufbewahrt werden. Das Management kann für den Verlust von Gegenständen keine Haftung übernehmen

## BEHANDLUNGEN

- Sagen Sie Ihrem Therapeuten bitte Bescheid, ob Sie die Behandlung als angenehm oder unangenehm empfinden, wenn es Ihnen zu warm oder zu kalt ist oder der Druck zu leicht oder zu fest wirkt. Ihre Wohlbefinden steht im Mittelpunkt und hat immer Vorrang.
- Informieren Sie den Therapeuten über eventuelle Verletzungen oder physische Beeinträchtigungen, so dass die Behandlung entsprechend angepasst und die Wirksamkeit erhöht werden kann
- Sie haben Fragen? Der Therapeut steht Ihnen gerne Rede und Antwort

## STORNIERUNG

Wir bitten Sie für den Fall, dass Sie die Behandlung ausfallen lassen möchten, sich rechtzeitig zu melden. Die Abmeldefrist beträgt bei Einzelbehandlungen vier Stunden, bei Programmen 24 Stunden. Wenn Sie Ihre Behandlung nicht rechtzeitig annullieren oder einen Ersatztermin vereinbaren, müssen wir Ihnen die Behandlung in Rechnung stellen. Sollten Sie zu spät zu Ihrem Behandlungstermin kommen, wird dies die Dauer der Behandlung verkürzen

## ALTERSBESCHRÄNKUNG

Eintritt im Wellness Center, für Kinder unter 18 Jahre alt, ist ohne Zustimmung nicht gestattet und müssen von einem Erwachsenen begleitet sein.

## BITTE BEACHTEN SIE

- Mobiltelefone sind im Wellness Center nicht gestattet. Dies ist die Zeit für Ihren Körper und Geist, um die Sorgen und den Stress des Tages los zu lassen.
- Rauchen ist im Wellness Center nicht gestattet.

## ΠΡΟΕΤΟΙΜΑΣΙΑ

- Παρακαλούμε να βρισκόστε στο ραντεβού 15 λεπτά νωρίτερα, για την υποδοχή, την αλλαγή ρούχων και τη συμπλήρωση του προσωπικού σας ερωτηματολογίου.
- Στους πελάτες παρέχονται ρόμπες, πετσέτες και παντόφλες.
- Παρακαλούμε πριν τη θεραπεία να αφαιρέσετε τα κοσμήματα και τα ρούχα σας εκτός από τα εσώρουχα. Για κάποιες από τις θεραπείες θα προμηθεύσετε εσώρουχα μιας χρήσης.
- Δεν φέρουμε καμία ευθύνη για αντικείμενα που τυχόν χάσετε.

## ΘΕΡΑΠΕΙΕΣ

- Κατά τη διάρκεια της θεραπείας παρακαλούμε ενημερώστε τους θεραπευτές μας για το αν αισθάνεστε άνετα ή όχι και αν η θερμοκρασία δωματίου σας ικανοποιεί. Το να αισθάνεστε άνετα είναι το κυριότερο μέλημά μας.
- Ενημερώστε τους θεραπευτές μας για τυχόν εκδορές, τραυματισμούς ή πόνους σε συγκεκριμένα σημεία του σώματός σας. Έτσι η αντιμετώπιση θα είναι η πρόποσα βάσει των δικών σας αναγκών.
- Αν έχετε ερωτήσεις ή απορίες οι θεραπευτές μας με χαρά θα σας τις λύσουν.

## ΑΚΥΡΩΣΕΙΣ

Σε περίπτωση ακύρωσης κάποιας συγκεκριμένης θεραπείας, πρέπει να μας ενημερώνετε τουλάχιστον 4 ώρες νωρίτερα από το ραντεβού σας, ενώ στα πακέτα θεραπειών 24 ώρες νωρίτερα. Χωρίς έγκαιρη προειδοποίηση θα επιβαρυνθείτε για το συγκεκριμένο ραντεβού. Σε περίπτωση που καθυστερήσετε αυτό ίσως μειώσει το χρόνο που θα έχετε στη διάθεσή σας για τη θεραπεία.

## ΚΑΝΟΝΙΣΜΟΣ ΓΙΑ ΠΑΙΔΙΑ

Απαγορεύεται η είσοδος στο Wellness Center, σε παιδιά κάτω των 18 ετών χωρίς την συγκατάθεση και την συνοδεία κηδεμόνα.

## ΠΑΡΑΚΑΛΟΥΜΕ ΣΗΜΕΙΩΣΤΕ

- Τα κινητά τηλέφωνα δεν επιτρέπονται στους χώρους του Wellness Center, άλλωστε μην ξεχνάτε πως ήρθατε να χαρίσετε στον εαυτό σας στιγμές χαλάρωσης στο σώμα και στο πνεύμα σας.
- Σας υπενθυμίζουμε ότι το κάπνισμα στο Wellness Center απαγορεύεται. Σας ευχαριστούμε που δεν καπνίζετε!

## ΠΟΔΓΟΤΟΒΚΑ

- Пожалуйста, приходите за 15 минут до начала вашей процедуры. Перед процедурой, пожалуйста, заполните предлагаемую анкету.
- В спа-центре вам предоставляются: купальный халат, полотенца, и шлепанцы.
- Пожалуйста, снимите все драгоценности и украшения, а также одежду до нижнего белья. Для некоторых процедур терапевт вам предоставит специальное нижнее белье.
- Администрация центра не несёт ответственности за утерю ваших личных вещей.

## ΠΡΟЦЕДУРЫ

- Во время процедуры, пожалуйста, не стесняйтесь сообщить врачу, о тех или иных удобствах или неудобствах, слишком холодной или горячей воде, низком или высоком давлении воды. наш главный приоритет - забота о вас и вашем комфорте!
- Если у вас имеется специфическая рана или физический недостаток, пожалуйста, не стесняйтесь сообщить об этом врачу, который предложит соответствующие условия для прохождения вами процедуры и повышения её эффективности.
- Ваш врач с удовольствием ответит на все ваши вопросы.

## ΟΠΟΖΔΑΝΙΕ Ι ΑΝΝΥΛΙΑЦΙΑ

Убедительно просим вас уведомить нас об отмене посещения не менее чем за 4 часа до начала процедуры или за сутки до посещения специальной программы. При более поздней аннуляции мы вынуждены выставить в счет полную стоимость аннулированных процедур. Если вы опоздали на процедуру, то время ее проведения соответственно сокращается.

## ΔΕΤΙ

Дети в возрасте до 18 лет могут посещать центр Wellness Center только с разрешения опекуна и только в сопровождении взрослых.

## ΠΟЖАЛУЙСТА, ОБРАТИТЕ ВНИМАНИЕ

- На территории спа - центра Wellness Center пользование мобильных телефонами не разрешается. Это - время заботы о вашем теле и духе!
- Курение на территории Wellness Center запрещено.