



Elixir Thalassotherapy Center

Thalassotherapy

**AQUA ELIXIR THALASSO ROUND,
HYDROMASSAGE, SAUNA & STEAM BATH 1 DAY/50
€ - 4 DAYS/150€**

Pamper yourself with this relaxing package of treatments in a cus-tomized sequence that features water cannons, jetstreamed water massage, and bubble seats for an effective combination of fullbody relaxation and help with problem areas. Improved skin tone and cir-culation are just two of the rejuvenating effects of thalassotherapy. The thalassotherapy program is effective for reducing stress, com-bating insomnia, relieving mental fatigue, and easing muscular and joint pain

SEA MUD WRAP 30'/45€

A full body wrap with sea mud that helps the nourishing elements penetrate the skin. Sea mud wraps improve skin tone and relieve sore muscles and joints.

SEAWEED WRAP 30'/45€

Mineral-rich seaweed is applied in a body wrap in a special treatment that has been proved to be effective in aiding weight loss, toning and firming tissue and fighting stress. This treatment is especially effec-tive in helping get rid of cellulite.

Body & Soul Elixirs

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

GOLDEN BODY TREATMENT 1 HR & 20'/ 150€

Dazzling as it is, gold is a mineral with proven anti-inflammatory properties; it helps to repair and strengthen the skin. This treatment involves an invigorating exfoliation with a golden sugar scrub and a soothing massage with a fragrant oil enriched with gold particles. Guaranteed to leave the body soothed, hydrated and radiant.

ANCIENT SPIRIT ELIXIR 1 HOUR & 20'/125€

Slimming, reduces cellulite and enhances metabolism. A light body scrub exfoliates and prepares the skin for the Special lymphatic mas-sage that follows and tones the lymph circulation. Aplying a mask rich in elements from the Dead Sea will detoxify and tone the skin.

ELIXIR OF LOVE 1 HOUR & 20'/135€

A treatment of total relaxation that revitalizes, moisturizes and recon-ditions the skin. The scrub with apricot grains followed by the natural mineral argile Rhassoul deeply detoxifies the skin and prepares it for a totally relaxing massage with a combination of the essential oils rose and jasmine.

ELIXIR MARINE RITUAL 1 HOUR & 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.

Signature Treatments

Inspired by the grooming rituals of Ancient Greece and the land's mythical nature we are proud to present an amazing series of treatments. Immerse yourself in the spirit of our setting using extracts and essential oils recovered by the lush flora and local ingredients.

ANCIENT GREEK MASSAGE 60'/150€

A holistic treatment that combines practices from the Asclephs of Ancient Greece through the experience of millennia, reaching today's modern practices and reviving this particular kind of massage. It is based on the methods of Hippocrates, the father of medicine. It starts with movements, pressures and oscillations on dry skin. Then with the use of powder, applied on the back area, with the help of a special horse hair brush, the blood circulation on the back and the muscular strengthening is enhanced. This is followed by intensive massage with plastic suction cups with pure almond oil treated in the traditional way of cold crushing, combined with essential oils of herbs from the Greek land. With Stlegida, an ancient tool used to date, the toxins will be extinguished and the lymph will be activated. Strong but not painful treatment taken from the distant past of ancient Greeks, tailored to the needs of today.

Massages & Therapies

ELIXIR AROMA MASSAGE 50'/90€

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

OLYMPIA MASSAGE 60'/95€

This treatment, inspired by the grooming rituals of the Classical-era beauties, consists of a total fullbody 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 favorite 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 body treatment with essential oils and aromatic plant extracts. A silky touch which combines essential oils and special relaxing movements. The small molecules of the essential oils are absorbed immediately by the body and contribute to a feeling of well-being and revitalization.

LYMPHATIC MASSAGE 30'/55€ - 50'/75€

This face and body treatment activates the lymph glands to flush out liquids, thus making the muscle tissue firmer. Ideal for combating cellulite and stimulating your body systems.

MOM-TO-BE MASSAGE 50'/80€

Indulge in a caring touch which is in complete harmony with the very special period of your pregnancy. Mom To Be massage relieves the stressed zones and at the same time strengthens the blood circulation and enhances the lymph flow of the body. The specialized, soft and caring handling of this technique offer a safe treatment that embraces your needs as well as your baby's.

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 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.

HEAD & FACE MASSAGE 20'/50€

This relaxing massage performed 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.

For Two ♥

Surprise your partner with a signature treatment for two. Choose between our unique treatments according to your needs.

LOVE POTION 60'/160€

An absolutely sensual ritual to tantalize and delight! Succumb to the touch of romance at the Elixir Alchemy Spa and get into the mood for love. Share an unforgettable experience with your partner: on twin massage beds, enjoy a lavish aromatic body scrub, followed by natural sponge wash with essential oils. For a perfect finale indulge in

a sensual aromamassage with aphrodisiac essential oils that will free your mind, relax your body, and transport you both straight to bliss.

PASSION RITUAL, 60'/160€

The Passion Ritual for 2 combines the rejuvenating effect of fragrances with the wealth of aromatherapy and the caress of warm herbal extracts. Relax in the scent-laden atmosphere and bask in the pleasure of a warmed candle oil that nourishes the skin while a soothing massage helps the body eliminate tension. A sensory experience just for couples, which will have you 'walking on clouds'.

Special Therapies

SOMMELIER'S BODY COCOONING 60'/130€

This pampering body rejuvenation will regenerate the skin to its best. An invigorating body scrub of grape skins is followed by a nourishing and anti-ageing body wine mask while you drift away with a wonderfully soothing scalp massage... The naturally anti-oxidant benefits of this treatment will enhance body drainage, maximise hydration, plump and smooth to perfection, while nurturing your body in a cloud of well-being.

FIRMING NECK AND DECOLLETE 60'/130€

This neck and décolleté treatment hydrates, lifts and firms instantly for a smooth and taut neck and décolleté. White Truffle enzymes repair the skin and improve elasticity. Edelweiss Proteins help to tighten and lift, for a more defined jaw line. Hyaluronic acid, in two different forms, helps the skin to recover fullness and density. Lastly, a targeted massage, which draws on ancient techniques, will awake all the muscles the neck and décolleté for a stronger lift effect.

MOOR SCRUB TREATMENT 60'/ 120€

This purifying and detoxifying treatment starts with a vigorous exfoliation of that soften whole body using the sea salt, moor mud and capsaicin peptide, the skin texture and leaving it radiant. The invigorating firming body oil which follows is toning and improving skin elasticity while balancing and soothing the body and senses

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.

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.

Facial Treatments

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.

OMOROVICZA SIGNATURE FACIAL 60'/160€

Mineral-rich Moor mud detoxifies and draws out impurities for deep cleansing. The application of a fragrant mud mask follows a thorough cleansing and exfoliation using Moor mud in balm form, as well as rosemary and pineapple extracts, which treat sensitive skin and reduce pore size. A classic facial massage instantly lifts and firms the skin.

BLUE DIAMOND BRIGHTENING FACIAL 80'/190€

This firming and brightening treatment helps to revitalise dull, lack-luster skin. Blue Diamond Facial restores skin fitness, essential to the youthful behaviour of skin cells. The traditional facial massage will accelerate the oxygenation of the skin to re-energise and lift.

ILLUMINATING FACIAL 60'/140€

Designed to leave complexion rejuvenated and glowing, this facial begins with a gentle peeling, enriched with copper for an anti-oxidant collagen stimulating punch. A unique facial massage soothes the senses and accelerates micro-circulation whilst an essence rose and peony mask plumps the epidermis to reduce the appearance of fine line and wrinkles.

OLIGO SKIN PROTECT 55'/120€

Detoxifying, balancing, age preventing. The ultimate in building your skin defenses using anti-oxidants, this treatment instantly hydrates and balances, boosting oxygenation to the skin cells. Using the exclusive Anne Semonin Oligo range of products, an advanced formula combining dynamic ingredients such as algae and chlorella, ensures a clear skin, thoroughly protected from the urban environment.

SOOTHING SKIN SAVIOUR 50'/115€

Calming, hydrating, restoring. The secret to soothing even the most delicate skin lies in the exquisite blending of minerals and essential essences. Skin is prepared with gentle cleansing and exfoliation before delighting in the application of the luxurious Anne Semonin cream mask. The generous application of the algae and kaolin clay formula smoothes and nourishes skin revealing a perfectly calm and soothed complexion.

AGE DEFEND 50'/130€

Anti-ageing, ultra firming, toning. Define the ageing process with this quintessential regenerating facial therapy. Signs of aging dissolve as essential oils and minerals are gently massaged into the skin improv-

ing tone and elasticity. Mature skins will appreciate the extracts of Mexican wild Yam root and vitamin A & E which provide the ultimate defense against environment aggressions and help maintain a youthful radiance all the way to a cellular level.

PRECIOUS PEARL ULTRA LIFT 85'/140€

Anti-ageing, regenerating, radiance enhancing
This ultimate wrinkle-fighting facial will restore the skin's lack of firmness and tone leaving your skin and face contours in top condition. This advanced treatment includes a series of comprehensive lifting and drainage massage techniques that are a real gift for those suffering from tight facial muscles and a tired complexion. The perfect remedy for mature lacklustre skin.

EXQUISITE MIRACLE EYES 45'/100€

Brightening, distressing, refreshing. An exquisite treatment specifically designed for the delicate eye area. A unique combination of contour masks and specialized lymphatic massage, ideal for reducing the signs of ageing and melting away stress. Cryotherapy ice cubes diminish puffiness and refresh the eyes. Finally, a divine application of miracle eye cream completes the total eye care experience.

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

ESCAPE PACKAGE,

3 HRS/200€
10' Body Scrub / 50' Aroma Massage
50' Facial Treatment / 50' Pedicure

TOTAL RELAX

4 HRS/270€
20' Body Scrub
20' Body Wrap
30' Body Relax Massage
20' Head Relax Massage
50' Facial Treatment
15' Eye Brow Shape
70' Manicure & Pedicure

MEN'S GETAWAY

3 HRS/210€
40' Pedicure
20' Body Scrub
50' Aroma Massage
20' Head Relax Massage
40' Facial Treatment

SALON TREATMENTS

Manicure 40'/35€
Long lasting Manicure 45'/45€
Spa Manicure 45'/50€
Pedicure 50'/50€
Long lasting Pedicure 60'/60€
Spa Pedicure 60'/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 arms 15'/25€
Eyebrow shaping 15'/10€
Back 30'/35€
Full Legs 40'/40€

Special Programs

"ELIXIR" RELAX ANTI-STRESS PROGRAMME

2 DAYS / 260€

Day 1: 20' Body Scrub, 20' Body Wrap, 30' Aroma massage
Day 2: 50' Facial Treatment, 50' Aroma massage

4 DAYS / 480€

Day 1: 20' Body Scrub, 20' Body Wrap, 40' Relax massage
Day 2: 50' Facial Treatment, 50' Aroma massage
Day 3: 60' Back Ritual, 55' Oligo skin Protect Face Therapy
Day 4: 80' Elixir of Love, 40' Manicure

6 DAYS / 680€

Day 1: 20' Body Scrub, 30' Aroma massage
Day 2: 20' Body wrap, 50' Aroma massage
Day 3: 60' Back Ritual, 55' Oligo skin Protect Face Therapy
Day 4: 80' Elixir of Love
Day 5: 80' Elixir Marine Ritual, 50' Pedicure
Day 6: 50' Facial Treatment, 40' Manicure

10 DAYS / 1.050€

Day 1: 20' Body Scrub, 30' Aroma massage
Day 2: 20' Body wrap, 50' Aroma massage
Day 3: 60' Back Ritual 55' Oligo skin Protect Face Therapy
Day 4: 20' Body Wrap, 60' Olympia massage
Day 5: 30' Aroma massage, 50' Facial Treatment
Day 6: 60' Back Ritual 60' Facial Treatment
Day 7: 80' Elixir Marine Ritual, 50' Pedicure
Day 8: 80' Marine Ritual, 20' Head & Face massage

Day 9: 80' Elixir of Love, 50' Facial Treatment
Day 10: 20' Body wrap, 30' Aroma massage, 40' Manicure

SUPER - SLIM PROGRAMME

2 DAYS / 260€

Day 1: 20' Body Scrub, 20' Body Wrap, 50' Lymph massage
Day 2: 80' Ancient Spirit Elixir

4 DAYS / 480€

Day 1: 20' Body Scrub, 20' Body Wrap, 50' Lymph massage
Day 2: 80' Ancient Spirit Elixir
Day 3: 80' Elixir Marine Ritual
Day 4: 60' Body Slimming and Firming

6 DAYS / 680€

Day 1: 20' Body Scrub, 20' Body Wrap, 50' Lymph massage
Day 2: 80' Ancient Spirit Elixir
Day 3: 80' Elixir Marine Ritual
Day 4: 60' Body Slimming and Firming
Day 5: 20' Body Wrap, 50' Lymph massage
Day 6: 60' Body Slimming and Firming

10 DAYS / 1.150€

Day 1: 20' Body Scrub, 20' Body Wrap, 50' Lymph massage
Day 2: 80' Ancient Spirit Elixir
Day 3: 80' Elixir Marine Ritual
Day 4: 60' Body Slimming and Firming
Day 5: 20' Body Wrap, 50' Lymph massage
Day 6: 60' Body Slimming and Firming
Day 7: 20' Body Wrap, 50' Lymph massage
Day 8: 80' Ancient Spirit Elixir
Day 9: 80' Elixir Marine Ritual
Day 10: 60' Body Slimming and Firming

OPENING HOURS: DAILY 10:00 - 18:30 HRS

You may contact the Elixir Thalassotherapy Center| directly on 8700 or via the reception.

Ayurveda

“The Mantra for Health & Happiness”

Welcome to a journey of self realization...

A whole new dimension of Spa opens up as we learn to touch and communicate with you in a manner that honors your uniqueness and body type. The spa-experience then becomes a context where your true nature can blossom and unfold. Inevitably, this is what each one of us seeks. Our wide range of luxurious face and body treatments are customize product selection and treatment for your body nature. Ayurveda is a science dealing not only with treatment of some diseases but is a complete way of life. This system of science stress on the prevention of body ailments in addition to curing them. This tradition of natural healing system has been a part of culture and daily life in India since the Indus valley civilization (BC. 3000). It is the most natural way to refresh you, eliminate all toxic imbalances from the body, and regain resistance and good health. Ayurveda is based on the universal principles and is a living, growing body of knowledge, which promotes positive health, natural beauty and long life. It concentrates on the mental, physical and also spiritual harmony of an individual creature as a whole and also of the universe. This is the only system, which removes the ailment from the root cause.

We offer something more than just a good treatment...

We present a journey of self discovery...

Body Massages & Treatments

Abhyangam 60'/75€

This is the basic Ayurveda massage. Experts massage lukewarm Ayurvedic oil on the head and body. Enhances proper blood circulation and relaxes mind.

Uzhichil 60'/90€

This is done by applying pressure on the vital points (marma), muscles. The masseur applies pressure with the fingers, thumb or palm at certain points having high concentration of life energy. This massage is superb for overworked, tired, stressed muscles to help stretch the body and alleviate fatigue.

Elakkizhi 75'/130€

One of the most relaxing and refreshing massages that you can enjoy. This is a massage with warm roasted leaf bags after 40 minutes of basic massage from head to toe with Ayurvedic oils. This is very good for relieving spasm and stiffness of muscles, lubricating the joints, strengthen the spinal muscles and relieves joint pain especially backache. Enhances peripheral blood circulation, cleanses the channels of circulation and expels toxins through the sweat.

Navarakkizhi 75'/160€

Massage with Ayurvedic oils for the whole body is done in the first phase of this treatment. This is followed by massage with warm rice

(medicinal rice, Navara) bags dipped in milk and a herbal decoction. Oil massage follows as the next phase. This massage nourishes tissues, softens the skin, enhances complexion, strengthens body muscles, cures the stiffness of the joints, and improves digestive power.

Sirodhara 75'/115€

This is a unique massage of Kerala in which a steady stream of medicated oil is poured on the forehead in a peculiar pattern. This is done after 30 minutes of basic massage for whole body. It is mainly done for relaxing the mind. Very effective for mental relaxation, sleep disturbance, head ache, hair problems and skin diseases.

Udvarthanam 75'/105€

Massage with special herbal powder after 40 minutes of oil massage. This is done like a scrub for exfoliation; break cellulite; deplete the fat, strengthens the muscles. Removes impurities, dead skin cells and stimulate circulation. This prepares the body for further treatments.

Spine Care 60'/100€

Spine massage starts with an application of warm herbal poultice after anointing oil. Luke warm oil is allowed to stay on the low back / upper back or neck for 30 minutes in a dam made with dough. This therapy relieves occupational tension buildups, stiffness, spasm, pains and aches. This is very effective for sciatic pains and spondylosis.

Signature Massages

Anti Voyage Fatigue 90'/200€

This massage is designed to relieve the stress and strain due to long journeys. This is helpful to relieve the muscle pains and aches, swelling on the feet, headache, sleep disturbance, constipation and other discomforts of jetlag.

Scrub N' Trim 90'/200€

This massage is designed for reducing weight. This includes an herbal powder scrub after an exotic and vaso-dilating massage with warm herbal bags in oil / decoction. Repeated sessions help in over weight.

Head & Face Treatments

Nasya & Dhooma 40€

Three to ten drops of herbal juice or medicated oil are applied through nose. This is followed with application of medicated steam for few seconds. This treatment is highly effective for certain kinds of headaches, sinusitis, facial paralysis, mental disorders, neck problems, allergic respiratory diseases etc.

Herbal Face & Head Massage 30'/50€

There is not usually time for a full face and head massage as part of a full-body massage. You might like to try it on its own or in combination with a neck and shoulder massage.

Ayurvedic Facial 60'/100€

Let the ancient tradition of Ayurveda calm your mind, as we cleanse and balance skin. This utterly relaxing facial will soothe your senses, while treating skin with a blend of essential oils. This includes an Ayurvedic cleansing, steaming, face massage and face pack. Various oils/creams and face packs are used according to the skin type.

Ayurveda Kaajal 20€

Ayurveda recommend daily use of a natural kaajal and collyrium for the health and beauty of eyes. This includes putting herbal eye drops in the eyes and an eye wash with herbal water. Reduces puffiness and disperse congestion.

Express Treatments

Scalp Massage 15'/25€

A gloriously relaxing yet invigorating experience. Let our therapist iron out the stress and strains of life as she massages the scalp - one of the main tension holding sites of the body with or without Ayurveda oils in the traditional Indian style.

Neck & Shoulder Massage 15'/25€

For many people, the neck and shoulders are common areas of soreness and tension. Working at a desk or a computer all day helps to create such problems. This massage with or without herbal oil relieves your tension build ups.

Ayurvedic Neck & Shoulder Care 25'/50€

In this treatment fresh herbs are cooked in ayurvedic oils and packed into bags, which are applied over the neck and shoulder after hand massage. This relieves the spasm and stiffness of neck, shoulder and

upper back muscles. This is very effective for cervical spondylosis.

Legs & Feet Massage 15'/25€

Our legs and feet frequently get ignored and small twinges and discomforts often go unheeded. Massage provides the means to ease these tensions and revitalize this weight-bearing part of the body. Feel the joy of pampering in the soles of your feet and the very tips of your fingers with exotic rituals.

Ayurvedic Leg Massage 25'/50€

In this treatment fresh herbs are cooked in ayurvedic oils and packed into bags, which are applied over the legs and feet after the traditional hand massage. This relieves spasm, stiffness, muscle cramps, sciatic pain, and knee & ankle pain. This massage improves lymphatic and blood circulation and effective on swollen feet.

Various Treatment Packages

For 1 To 28 Days

Ayurveda Refreshment Program 1 Day 215€

Elakkizhi - 75 minutes (In the morning)

Ayurveda Herbal Tea Sirodhara - 75 minutes (In the evening)

Ayurveda Refreshment Program 3 Days / 445€

This includes the combination of traditional massages; Herbal Soothe, Tranquility, Body Revive along with time tested herbal teas for the total refreshment of body and mind.

Body Slimming 5 Days / 880€

From the perspective of Ayurveda, losing weight is not about starving or suppressing the appetite. It is about balancing your fat metabolism. You don't have to starve yourself or exercise until you drop. Balance is the key and with a therapy which is tailor made to suit your constitution. Treatments include body massage by special herbal powders and internal herbal medicine. There can be a possible weight reduction of around 2-3 kilos in 1 week.

Stress & strain relief program 5 Days / 880€

An effective and prominent treatment for the release of day-to-day strain and stress. It calms your mood, brings relaxation of the body and mind, It slows down the pace.

Ayurvedic Treatments

For Children

Kaumara Abhyangam 30'/50€

A special body massage which restores the moisture to the skin, soothes the nerves, strengthens the bones and nourishes the tissues.

Anna Lapa 45'/80€

A rejuvenation technique that causes the entire body to perspire by using medicated rice cooked in herbal decoction and milk and applied all over the body with gentle oil massage. This clears the obstruction in the channels of the body, improves blood circulation, removes wastes from the body, improves complexion, strengthens digestion and restores vigor. It makes the entire body strong, sturdy and well developed. It helps to sharpen the senses.

Elixir Thalassotherapy Center 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.

RELAXATION AREA

We recommend using our relaxation room after your treatment in order to enjoy refreshing juices or a variety of herbal teas. Our professional therapists are at your disposal for any further wish you might have.

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 Elixir Thalassotherapy Center, unless accompanied and with the consent of an adult.

KINDLY NOTE

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

RUHERAUM

Wir empfehlen Ihnen, nach der Behandlung unseren Ruheraum aufzusuchen und unsere erfrischenden Säfte oder die Vielfalt unserer Kräutertees zu genießen. Unsere professionellen Therapeuten stehen Ihnen gerne für weitere Wünsche zur Verfügung.

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 Elixir Thalassotherapy 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 Elixir Thalassotherapy 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 Elixir Thalassotherapy Center, nicht gestattet.

ΠΡΟΕΤΟΙΜΑΣΙΑ

- Παρακαλούμε να βρίσκεστε στο ραντεβού 15 λεπτά νωρίτερα, για την υποδοχή, την αλλαγή ρούχων και τη συμπλήρωση του προσωπικού σας ερωτηματολογίου.
- Στους πελάτες παρέχονται ρόμπες, πετοέτες και παντόφλες.

- Παρακαλούμε πριν τη θεραπεία να αφαιρέτε τα κοσμήματα και τα ρούχα σας εκτός από τα εσώρουχα. Για κάποιες από τις θεραπείες θα προμηθεύσετε εσώρουχα μας 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.

ΧΩΡΟΣ ΧΑΛΑΡΩΣΗΣ

Σας συνιστούμε να χρησιμοποιήσετε το χώρο χαλάρωσης μετά τη θεραπεία σας, να απολαύσετε δροσιστικούς χυμούς ή μια ποικιλία τσαγιών με βότανα. Οι Θεραπευτές μας είναι στη διάθεσή σας για οτιδήποτε επιθυμείτε.

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 Elixir Thalassotherapy Center, σε παιδιά κάτω των 18 ετών χωρίς την συγκατάθεση και την συνοδεία κηδεμόνα.

ΠΑΡΑΚΑΛΟΥΜΕ

ΣΗΜΕΙΩΣΤΕ

- Τα κινητά τηλέφωνα δεν επιτρέπονται στους χώρους του Elixir Thalassotherapy 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 Elixir Thalassotherapy Center, απαγορεύεται. Σας ευχαριστούμε που δεν καπνίζετε!

ΠΟΔΓΟΤΟΒΚΑ

- Παρακαλούμε, 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 несет ответственности за утерю ваших личных вещей.

ΠΡΟЦΕΔΟΥΡΥ

- Во время процедур, 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.

ΣΑΛΟΝ ΔΙΑ ΟΤΔΥΧΑ

Рекомендуем Вам после процедуры насладиться освежающим соком или одним из травяных чаев в салоне для отдыха. Наши профессиональные терапевты всегда к Вашим услугам. Вы можете обратиться к ним в любое время.

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 Спа центр Эликсир только с разрешения опекуна и только в сопровождении взрослых.

ΠΟЖАЛУЙСТА, ОБРАТИТЕ ВНИМАНИЕ

- На территории Спа - центра Elixir Thalassotherapy Center мобильными телефонами не разрешается. Это – время заботы о вашем теле и духе!
- Курение на территории Elixir Thalassotherapy Center.