

# *Club Marine Palace & Suites*

GRECOTEL ALL INCLUSIVE RESORT

## *Elixir Thalassospa*

### Thalassotherapy

#### **AQUA ELIXIR THALASSO POOL, HYDROMASSAGE, SAUNA & HAMAM 1DAY/8€ & 6 DAYS/40€**

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

#### **SEAWEED WRAP 30'/45€**

Mineral-rich seaweed is applied in a body wrap in a special treatment that has proved effective in aiding weight loss, toning and firming tissue, fighting stress and relieving fatigue, cellulite and easing muscular spasms.

#### **SEA MUD WRAP 30'/45€**

A full body sea mud wrap with mud from the Dead sea that helps the nourishing elements penetrate the skin. This treatment is especially effective in helping get rid of sea mud wraps improve skintone and relieve sore muscles, joints, fatigue and easing muscular spasms.

### Body & Soul Elixirs

#### **ANCIENT SPIRIT ELIXIR 1 HOUR & 20'/120€**

Slimming, reduces cellulite and 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 mask rich in elements from the Dead Sea will detoxify and tone the skin.

#### **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 regenerating 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'/80€**

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.

### **AROMA MASSAGE 30'/55€ & 50'/75€**

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.

### **"MARINE PALACE" MASSAGE 60'/85€**

Inspired by the grooming rituals of the Classical-era beauties. This treatment consists of a total body aromatherapy, head and face massage, reflexology on feet/hands/ears, and Shiatsu (trigger points).

### **PHYSIOTHERAPY- KINESITHERAPY 30'/60€ & 50'/85€**

A special treatment to restore orthopedic, muscular, neurological and chronic complaints. performed using special massaging, movement and stretching techniques.

### **LYMPHATIC MASSAGE 30'/50€ & 50'/70€**

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 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.

### **MOM-TO-BE MASSAGE 45'/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.

### **HEAD & FACE MASSAGE 30'/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.

### **CANDLE MASSAGE 50'/85€**

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.

## **Special Therapies**

(Free use of sauna/hammam)

### **LAP OF LUXURY SEA SCRUB 40'/70€**

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.

### **BACK RITUAL 60'/80€**

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.

### **BODY SLIMMING AND FIRMING 60'/90€**

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 cocktail of laminaria seaweed and the essential oils reduces the tensions and get for the body relaxation and well-being by the massage. The skin is soft, supple and moretonic. Associated with the massage, this body oil reduces the cellulite.

### **AFTER-SUN TREATMENT 30'/60€**

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.

## **Facial Treatments**

### **ESSENTIALS FACE THERAPY 50'/75€**

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'/90€**

The Age Antidote facial is a complete care ritual integrating special antiageing 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'/60€**

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'/70€**

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.

### **OIL FREE TREATMENT 60'/90€**

Treatment for oily and mixed skins. Antiseptic ingredients and lactic acid have the purpose of cleansing and nourishing the skin for spectacular glow.

## HYDRATENSE TREATMENT 60'/100€

Enhanced deep hydration treatment with Hyaluronic acid, herbal extracts, ginger and chamomile. Hyaluronic acid activates the deeper layers of the epidermis for better bonding of collagen and elastin fibers. The skin is hydrated, improves its elasticity and gains a natural and healthy look.

## OXYREVITAGE AGE TREATMENT 60'/110€

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.

## DERMOSTAMINE TREATMENT 60'/115€

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.

## MEN'S TREATMENT 60'/80€

This comprehensive treatment is adapted specifically for men's skin and involves highly concentrated marine oligo-elements. It releases tension, 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 on the face. 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

3 HOURS 200€

- 10' Body Scrub
- 20' Body mask,
- 50' Aroma Massage
- 50' Facial Treatment
- 30' manicure

### TOTAL RELAX

2 HOURS 160€

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

### MEN'S GETAWAY

3 HOURS 190€

- 20' Body Scrub
- 50' Aroma Massage
- 60' Men's Treatment
- 40' Pedicure

### 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

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

## Special Programs

### "ELIXIR" RELAX – ANTI-STRESS PROGRAMME

2 DAYS / 150€

- Day 1: 30' Body scrub, 50' Aroma massage
- Day 2: 50' Facial Treatment, 30' Manicure

4 DAYS / 380€

- Day 1: 30' Body Scrub, 30' Aroma massage
- Day 2: 60' Back Ritual, 50' Facial Treatment
- Day 3: 80' Elixir Marine Ritual
- Day 4: 30' Body Wrap, 30' Aroma massage, 20' Head & face massage

6 DAYS / 550€

- Day 1: 60' Back Ritual, 50' Facial Treatment
- Day 2: 30' Body scrub, 60' "Marine Palace" massage
- Day 3: 30' Body Wrap, 30' Aroma massage
- Day 4: 80' Elixir Marine Ritual
- Day 5: 30' Manicure, 50' Facial Treatment
- Day 6: 30' Body Wrap, 30' Aroma massage, 20' Head & face massage

### SUPER – SLIM PROGRAMME

2 DAYS / 205€

- Day 1: 80' Ancient Spirit Elixir
- Day 2: 30' Body Wrap, 30' Lymph massage, 20' Face Lymph massage

3 DAYS / 275€

- Day 1: 80' Ancient Spirit Elixir
- Day 2: 30' Body Wrap, 30' Lymph massage, 20' Face Lymph massage
- Day 3: 60' Body Slimming and Firming

6 DAYS / 550€

- Day 1: 80' Ancient Spirit Elixir
- Day 2: 30' Body Wrap, 30' Lymph massage, 20' Face Lymph massage
- Day 3: 60' Body Slimming and Firming
- Day 4: 80' Ancient Spirit Elixir
- Day 5: 60' Body Slimming and Firming
- Day 6: 80' Ancient Spirit Elixir, 30' Manicure

**OPENING HOURS: DAILY EXCEPT SUNDAY 10:30 - 19:00 HRS**

You may contact the elixir thalasso spa directly on 7902 or via the reception.

# Elixir Thalasso Spa Guidelines

## ΠΡΟΕΤΟΙΜΑΣΙΑ

- Παρακαλούμε να βρίσκεστε στο ραντεβού 15 λεπτά νωρίτερα.
- Στους πελάτες παρέχονται ρόμπες, πετσέτες και παντόφλες.
- Παρακαλούμε πριν τη θεραπεία να αφαιρείτε 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 Elixir Thalasso Spa, σε παιδιά κάτω των 18 ετών χωρίς την συγκατάθεση και την συνοδεία κηδεμόνα.

## ΠΑΡΑΚΑΛΟΥΜΕ ΣΗΜΕΙΩΣΤΕ

- Τα κινητά τηλέφωνα δεν επιτρέπονται στους χώρους του Elixir Thalasso Spa, 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 Thalasso Spa απαγορεύεται. Σας ευχαριστούμε που δεν καπνίζετε

## PREPARATION

- Please arrive 15 minutes before your treatment.
- 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 Elixir Thalasso Spa unless accompanied and with the consent of an adult.

## KINDLY NOTE

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

## VORBEREITUNG

- Bitte kommen Sie spätestens 15 vor Behandlungsbeginn zum Empfang.
- 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, damit 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, sich rechtzeitig abzumelden, falls Sie die Behandlung ausfallen lassen müssen. 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 Beauty Spa, 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 Beauty Spa 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 Beauty Spa nicht gestattet.

## ПОДГОТОВКА

- 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.

## ΠΡΟЦΕΔΥΡΕΣ

- 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.

## ΟΠΟΖΔΑΝΙΕ Ι ΑΝΝΥΛΙΑΧΙΑ

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

Не разрешается вход в Elixir Thalasso Spa детей в возрасте до 18 лет без сопровождения взрослых.

## ΠΟЖАЛУЙСТА, ОБРАТИТЕ ВНИМАНИЕ

- На территории Спа - центра Elixir Thalasso Spa пользование мобильными телефонами не разрешается. Это время заботы о вашем теле и духе!
- Курение на территории Elixir Thalasso Spa запрещено.

## PRÉPARATION

- Veuillez arriver 15 minutes avant votre rendez-vous.
- Au spa vous allez trouver : peignoirs, serviettes et espadrilles de piscine.
- Priez d'enlever tous vos bijoux et vêtements et garder vos sous-vêtements. Sous-vêtements jetables vous serez fournis pour certains traitements.
- La gestion de l'établissement ne pourra être tenu responsable des éventuelles pertes de biens personnels.

## TRAITEMENT

- Lors de traitement veuillez informer le thérapeute si vous êtes confortable, si la température vous plait ou si la pression est adéquate. Votre confort et bien-être est notre priorité primordiale.
- Veuillez informer le thérapeute si vous souffrez d'une maladie afin d'ajuster le traitement et le rendre plus efficace.
- Votre thérapeute sera ravi de répondre à toute question liée aux traitements.

## CONDITIONS D'ANNULATION 4 HEURES EN AVANCE

pour les traitements uniques. 24 HEURES pour les rituels. Si vous n'annulez ou reportez pas votre rendez-vous, vous devrez verser le montant du service. En cas de retard vous diminuez la durée de votre traitement.

## POLITIQUE ENFANTS

Les personnes moins de 18 ans ont accès à l'Elixir Thalasso Spa avec le consentement d'un adulte ou accompagnées d'un adulte tiers.

## NOTE

- Les téléphones mobiles sont interdits à l'Elixir Thalasso Spa car c'est le moment pour relaxer et se détendre évitant le stress quotidien.
- Il est interdit de fumer à l'Elixir Thalasso Spa.