



## Spa Menu 2024

The Anazoe Spa experience offers a full range of specialty treatments based on health and beauty practices of ancient Greece, utilizing the region's exclusive natural and revitalizing ingredients, as well as products from around the globe. Our 4,000 m<sup>2</sup> spa introduces an exotic blend of age-old treatments that have been handed down from generation to generation, harmoniously combined with the discoveries of modern science.

Treatments are performed to the accompaniment of soothing music based on ancient Greek modes and scales. The ancient Greeks believed music to be divine, capable of healing both body and soul.

The name – Anazoe – derives from the Greek word for rejuvenation and encapsulates the underlying aim of the spa, which is total revitalization of body and spirit in accordance with the ancient Greek maxim “a healthy mind in a healthy body”.

### *Oleotherapy® Signature Treatments*

At Anazoe we have developed signature treatments that constitute a harmonious combination of ancient wisdom and modern science. The therapeutic olive-oil treatments (oleotherapy®) are based on local practices inscribed on clay tablets discovered at the nearby Palace of Nestor. Many of the therapies expand on the ideas and knowledge of Hippocrates, known in the West as the father of medicine, who described olive oil as “the great therapeutic”. Building on this ancient knowledge, treatments are totally individualized to address your personal ‘type’ and specific needs, identified through a questionnaire and private consultation. European massage techniques using select products are then combined with the appropriate mix of treatment technologies and aromatherapy, to the accompaniment of therapeutic music composed exclusively for Anazoe, to offer a total spa experience with visible results.

#### **Messinian Salt & Honey Scrub**

This luscious honey-based scrub uses the honey of Messinia to soften your skin while lifting your spirit with a combination of healing oils and local herb essences. **50 minutes**

#### **Oleotherapy® Rosewood & Rosemary Scrub**

Enjoy a smoothing, hydrating and nourishing rosewood and rosemary exfoliation that will transport you to a complete state of relaxation and well-being. **50 minutes**

#### **Advanced Bio Lifting Cure Facial**

This high-performance, customizable treatment cleanses, repairs and hydrates. An intensive oleotherapy® treatment with a biodynamic lifting massage and skin diagnostics; eyebrow contouring; lymphatic stimulation massage; warm herbal compresses; peeling; deep cleansing with cupping glasses; multi-dimensional serum; bio-energetic lifting massage; intensive facial mask, and finally, individual daily skin care and stabilization. The power of nature combined with high-tech solutions for sustained impact, immediate visibility and maximum effect.

**80 minutes**



### **Traditional Olive Nourishing Facial**

This refreshing and soothing facial utilizes the ingredients of lime blossom, sage and olive leaf to give skin a healthy glow. It includes a hydrating treatment to improve the quality and appearance of the skin as well as a luxurious facial massage and a hydrating hand and foot treatment. **80 minutes**

### **Healing Massage Remedy by Hippocrates**

The Healing Massage Remedy by Hippocrates is an innovative style of massage combining advanced soft-tissue therapies with techniques derived from the ancient healing art of physiotherapy. By fusing ancient therapeutic knowledge and Greek aromatherapy in a unique manner, our Healing Massage Remedy will leave you feeling invigorated and renewed.

**80 minutes**

### ***Facials***

We have selected the finest skin care products for Anazoe Spa's custom facials. All facials include thorough skin analysis, cleansing, masque and/or therapeutic treatment, massage, moisturizing and home care regimen. Please avoid direct sun exposure immediately after your facial.

### **Skin Diagnosis – Learn your Skin's Health**

Keep your face youthful and healthy by taking care of your skin. Learn all about your skin and its needs by diagnosing its type, condition or any issue residing at the surface or hiding in deeper layers, with the use of the very latest technology in skin diagnosis and skin physiology measurements! Your final skin analysis report is presented through a series of high-resolution photos and provides a precise description of the following: skin age, pore condition, elasticity, pigmentation, moisture, skin tone and wrinkles. This detailed analysis enables us to formulate and implement targeted and customized treatment plans. **30 minutes**

### **JetPeel™ - High Tech Cosmetics**

Contact-free, needle-free and highly effective with fast and excellent results! JetPeel™ is a multifunctional procedure that involves a series of cosmetic treatments with beneficial effects that include lymph drainage, massage, deep cleansing, exfoliation, pH management and hydroporation. Used for acne, age spots, anti-aging, rings under the eyes, couperose, wrinkles, improved appearance for tired, pallid skin, skin smoothing and tightening.

JetPeel™ uses a highly pressurized jet of oxygen which is directed onto the area of skin to be treated. Depending on the application, dead skin cells can be gently and effectively removed, and active ingredients specially developed for the JetPeel™ technology, such as vitamins, peptides, antioxidants, or hyaluronic acid+, can be infused into the skin. Due to the high speed of up to 200 m/s (720 km/h), these serums and nutrients can penetrate deep into the skin to achieve the desired effect. The results are immediately noticeable, while the active ingredients have a long-lasting effect. A single treatment is recommended initially, after which the result achieved only needs to be maintained at regular intervals and can be boosted again as required.

### **JetPeel™ “Pure Glow”**

A unique approach using the JetPeel™ skin rejuvenation method to combat premature aging. This facial specifically addresses fine lines and wrinkles while helping to restore tired, devitalized skin. The treatment boosts circulation and is optimized by the cooling benefits of potent ingredients such as hyaluronic acid, bio-peptides and vitamins, leaving the skin smoothed, firmed and toned. **60 minutes**



### **JetPeel™ “Instant Lift”**

Restores density, boosts hydration, and fills fine lines with the active ingredient Argireline®, a hexapeptide that provides immediate lifting. An extremely effective anti-aging treatment. **60 minutes**

### **Anazoe Deep Cleansing Facial**

This purifying treatment for all skin types includes a gentle exfoliating peel to remove dull surface skin cells. It is followed by a luxurious facial massage and a deep-cleansing Anazoe masque and botanical extracts to rejuvenate and nourish the skin. A heated hand treatment completes the experience. **50 or 80 minutes**

### **Organic Aloe Vera Facial**

An antioxidant treatment that restores vitality to dry, sun-damaged skin and helps minimize signs of premature aging. Pure organic aloe vera stimulates collagen production and renews skin firmness. Suitable for normal, dry and mature skin, this treatment utilizes herbs which work to relax, detoxify and soothe facial muscles while simultaneously hydrating and cleansing the skin. The treatment includes a gentle peel and a luxurious facial massage specifically chosen according to skin type. **50 minutes**

### **Anazoe Herbal Facial**

Suited for normal, dry and mature skin, this treatment utilizes herbs which work to relax, detoxify and soothe facial muscles while simultaneously hydrating and cleansing the skin. This treatment includes a gentle peel and a luxurious facial massage specifically chosen according to skin type. **50 minutes**

### **Age Defend Facial Treatment *by Anne Semonin***

Anti-ageing, firming, toning. Redefine how the skin ages with the quintessential regenerating facial therapy. Signs of aging dissolve as essential oils and minerals are gently massaged into the skin improving tone and elasticity. Maturing skins Extracts of Mexican Wild Yam and rice provide ultimate defense against environment and maintaining a youthful radiance all the way to a cellular level. **50 minutes**

### **Soothing Skin Saviour Facial Treatment *by Anne Semonin***

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 luxurious cream mask. The generous application of the algae and kaolin clay formula smoothes and nourishes skin revealing a perfectly calm and soothed complexion. **50 minutes**

### **Enhancements**

**Collagen Veil** - A 100% pure native collagen sheet that is molded on the skin to provide optimum hydration.

**Radiant Eyes & Smooth Lips** - A healing and rejuvenating treatment for the delicate skin around the eyes and lips. Imparts moisture and nutrients while smoothing fine lines and reducing puffiness.

**Scalp Massage** - Enjoy a relaxing scalp massage to ease away tension. Add on to any facial.



## *Body Treatments*

### **Organic Aloe Vera Body Wrap**

An ideal treatment to replenish, protect and preserve sun-kissed skin with a cooling wrap of aloe vera. A calming face mask is then applied to further reduce redness while you enjoy a relaxing scalp massage. **50 minutes**

### **Oleotherapy® Body Retreat\***

Oleotherapy® is well-known for its powerful hydrating properties. The therapeutic benefits of olive oil, lime blossom, sage, calendula flowers and rosemary remineralize, soothe, and rejuvenate dull skin. The wrap is applied full-body, including face application. **50 minutes**

### **‘All-Natural’ Algae Wrap\***

A slimming seaweed treatment, containing active Spirulina algae rich in antioxidants, essential vitamins, minerals and proteins to nourish and revitalize the body. The treatment includes a mild exfoliation. **80 minutes**

### **Oenotherapy Anti-Aging Body Cocooning *by Anne Semonin***

This pampering body rejuvenation will regenerate the skin to its best. An invigorating body scrub is followed by a nourishing and anti-aging body mask while you drift away with a wonderfully soothing scalp massage. The naturally anti-oxidant benefits of this treatment will enhance body drainage, maximize hydration, plump and smooth to perfection, while nurturing your body in a cloud of well-being. **80 minutes**

### **Anti-Fatigue Back Remedy *by Anne Semonin***

Tension releasing, restoring back therapy. An exceptional solution created to alleviate tension stored in the back, neck, and shoulders and reduce fatigue. The exquisite combination of the heat, minerals and oils begins with a generous application of self-heating mineral mud mask to release stiffness, strain and stress in the muscles. This is followed by a bespoke massage with blended oils just right for the guest's needs. Both energizing and relaxing, this treatment leaves the whole body with a complete sense of well-being. **50 minutes**

## *Massage Practices*

Used through the ages to improve general health, massage is an integral part of your spa experience. The many benefits of massage include stress reduction, increased circulation, shortened recovery time from sports injuries and a general sense of well-being.

### **Anazoe Classic Massage**

This gentle, relaxing full-body massage is a spa classic. Therapists adapt their technique to suit your personal needs while increasing circulation, relieving muscle tension and promoting relaxation. **50 or 80 minutes**

### **Aromatherapy Candle Massage Remedy**

Effective combination of relaxing tissue practices, a range of motion techniques utilizing Anazoe essential oils to work the central nervous system and indirectly relax muscles. The Anazoe aromatherapy essential oil blends are personalized to your special needs. **50 or 80 minutes**

\*Denotes heat treatments. Not recommended for guests who have heart conditions, high blood pressure, are sensitive to heat or are pregnant.



### **Melisseus, the Spirit of Honey**

Heat and honey are good for the skin and support the body's energy balance. The Honey Concept combines the power of heat with activating and balancing massage techniques. The application of gentle heat promotes circulation and relaxes muscles, which in turn helps loosen stubborn knots during massage. An amazing multi-faceted treatment, the results of which include a special experience for the senses. **50 or 80 minutes**

### **Couple's Massage**

Enjoy an Anazoe Classic, Aromatherapy Candle or Deep Tissue Massage side-by-side in our beautifully-appointed double rooms. **50 or 80 minutes**

### **Maternity Massage**

After the first trimester, enjoy a massage at this special time when your body needs its own nurturing. This massage uses a specially designed body support system. Special attention is given to the mother's comfort and stage of pregnancy. **50 minutes**

### **Lymph Drainage Face Massage**

A very relaxing form of massage that gently unclogs certain lymph nodes and stimulates natural lymph movement. Using the pads of the fingers to lightly manipulate the fluid under the skin down pathways leading to large lymph nodes on the face, neck and chest this technique helps drain excess fluid and waste protein. **25 minutes**

### **Lymph Drainage Body Massage**

A gentle massage designed to improve the natural circulation of lymph through the body. Lymph drainage uses a specific amount of pressure and rhythmic circular movements to stimulate lymph flow. **50 minutes**

### **Reflexology**

The art of massaging specific pressure points on the hands, ears and feet which correspond to different parts of the body. By stimulating hand, ear and foot pressure points, the body is able to find its own energy paths. **25 or 50 minutes**

### **Anti-Cellulite Massage, Detoxifying & Cupping**

Combining the benefits of cupping and lymphatic movement, this massage is ideal for body sculpting and cellulite reduction! Small silicon cups are used to help flush toxins and combat adipose nodules that accumulate in specific areas of the body. These areas are manipulated to increase blood flow and oxygen delivery to cells, restoring tissue and stimulating the lymphatic system. **50 minutes**

### **In-Room**

Experience a massage treatment in the privacy of your room. Evening treatments are available until 20:00. **50 or 80 minutes**

### **'Monolithos' Holism\***

Devised by ancient Greeks centuries ago, this therapy uses the monolith combined with our specialty blended grape oil. The monolith is smoothed over each muscle, relaxing the body and soothing the spirit. **50 minutes**

\*Denotes heat treatments. Not recommended for guests who have heart conditions, high blood pressure, are sensitive to heat or are pregnant.



### **Cocooning Scrub & Massage Ritual** *by Anne Semonin*

An ultimate exfoliating experience with the amazing Nude Scrub. A luxurious blend of sea salts, white sand, pink quartz powder and aromatic oils actively sweeps away dead skin cells, leaving skin wonderfully soft, silky, detoxified and youthfully radiant. The warming elements of the Nude Scrub create a cocooning sensation and elevate the spirits. This therapy concluded with an Haute Couture full body massage to re-awaken the senses. **80 minutes**

### **Enhancements**

**Back, Neck & Shoulders Massage** – A 25-minute targeted massage for neck, back, and shoulders. This is not a full body massage.

**Scalp Massage** - Enjoy a relaxing scalp massage to ease away tension. Add on to any massage. **25 minutes**

### **Physiotherapy Treatments**

Our team of experienced physiotherapists supports you with professional and individual supervision and consultation to improve your wellbeing. Our physio treatments are intense and highly beneficial to your health. Enjoy a greater range of motion as your physiotherapist works on targeted areas of concern. These carefully formulated treatments will enhance your performance and body stability.

### **Golfer's Body Preparation**

The complex technique of golf presents a specific challenge for a golfer's body. This balanced, individually prescribed treatment is the perfect preparation for a round of golf and ideal for post-game relaxation and revitalization. The treatment incorporates the most modern therapeutic methods, including three Kinesio tapings, full body massages and neural stretches. It enhances body balance, improves the golf swing and also involves stretching exercises. **50 or 80 minutes**

### **Physio - Deep Tissue Massage**

A therapeutic, firm massage which focuses on specific areas to relieve tension. Using various strokes and deep pressure, muscle tension is released, and flexibility restored. Recommended after golf, tennis or a strenuous workout. May include assisted stretching. **50 or 80 minutes**

### **Physio – Myofascial Release Massage**

A safe and very effective hands-on technique that involves applying gentle sustained pressure into the myofascial connective tissue restrictions to eliminate pain and restore motion. This special method will increase mobility with intense depth effect and ensure your muscular system is treated according to your needs. **50 minutes**

### **Craniosacral**

A gentle, light-touch technique that eliminates muscle and energy blockages within the craniosacral system. The practitioner makes use of subtle palpitations and applies gentle pressure at specific points of the cranium and sacrum to enhance the body's natural healing capabilities. Please wear loose-fitting clothing. **50 minutes**

### **Physio – Percussion Massage**

Ideal for soothing sore muscles after intense workouts. The use of specialized equipment such as a massage gun makes it possible to target specific muscle tissue in order to increase blood flow for faster recovery, assist in pain relief and improve range of motion. **50 minutes**



### **Physio – Power Break**

Enhance your body treatment with an additional 25 minutes of targeted massage for neck, back and shoulder. This is not a full body massage. **25 minutes**

### ***Hand & Foot Care***

Enjoy the Messinian lifestyle with well-groomed hands and feet. Most of our nail services are designed for natural nails. Please advise when making your reservation if you have acrylics or gel.

#### **Manicures**

<b>Citrus Manicure</b>	<b>30 minutes</b>
<b>Shellac Manicure</b>	<b>40 minutes</b>
<b>No Polish Manicure</b>	<b>25 minutes</b>

#### **Pedicures**

<b>Citrus-Mint Pedicure</b> (stimulating and refreshing, excellent for tired feet)	<b>60 minutes</b>
<b>Shellac Pedicure</b>	<b>70 minutes</b>
<b>No Polish Pedicure</b>	<b>50 minutes</b>

### ***Oleotherapy® Waxing***

Lip, Brow or Chin

Brow Shaping

Underarm

Half Leg or Arm

Full Leg

Bikini Line

Brazilian

Back or Chest

### ***Cosmetic Application***

The perfect complement to any facial treatment. Our skin specialists bridge the gap between appearance and wellness to reveal the natural beauty that is healthy for your skin. After studying the shape and proportion of your face and features, our make-up artists will create the perfect look for any occasion.

Make-up Application	<b>30 minutes</b>
Bridal Make-up	<b>60 minutes</b>





### *Anazoe Kids & Teens*

Offer your kids and teens the healthful benefits of oleotherapy® with these therapies specially designed just for them! A parent or guardian must accompany children for the duration of their visit. Children and teenagers over the age of 6 are welcome in the spa but must be accompanied by a parent or guardian for the duration of their visit. However, children and teenagers under the age of 14 are not allowed to use the private lounge areas, wet areas, fitness rooms or pools. Since Anazoe Spa is committed to providing a safe environment for everyone, minors (under 18 years old) who receive closed door treatments must have a parent or guardian in the room for the duration of the service.

#### **Anazoe Mother & Daughter Package**

There is no better place than the Spa for the little one to spend a special day with mommy! Side-by-side massage, pampering face treatment, followed by her favorite color on fingers and toes. **80 minutes**

#### **Anazoe Father & Son Package**

A set of delightful Spa experiences! Spend some precious relaxation and bonding time together by enjoying a light-to-medium pressure massage. Your relaxing journey will conclude with a hand and foot treatment or a mini facial. **80 minutes**

#### **Oleotherapy® Kid's Massage**

This light massage is a great introduction to massage for any young person. Therapists providing massage are gender specific. **25 or 50 minutes**

#### **Oleotherapy® Kid's Facial**

An enjoyable and enlightening primer for a lifetime of healthy skin. This facial includes a thorough cleansing and toning of the skin, a gentle mask and a facial massage. **25 minutes**

#### **Oleotherapy® Teen Facial**

Deep cleansing, toning, steam, mask, extractions and a facial massage all in one! Designed to accommodate all skin types. **50 minutes**

#### **Kid's Foot Therapy**

A citrus and honey version of our Oleotherapy® Pedicure. First, we soften the feet with a citrus and honey massage, then we trim nails and apply the Anazoe oleotherapy® moisturizer. The final touch is an application of polish. **25 minutes**

#### **Kid's Hand Therapy**

A citrus and honey version of our Oleotherapy® Manicure. First, we soften the hands with a citrus and honey massage, then we trim nails and apply the Anazoe oleotherapy® moisturizer. The final touch is an application of polish. **25 minutes**

### *Spa Recommendations & Spa Etiquette*

Anazoe is a full-service spa facility. A robe, towel and slippers are provided, in addition to grooming and shower amenities. Before visiting the spa, we recommend that you leave any valuables in a safety deposit box at the hotel reception. Out of consideration for other guests, we ask that cell phones be turned off while at the spa.





### *During your Stay*

Smoking is not permitted in the spa's indoor facilities at any time. The use of video and still cameras is strictly forbidden. The spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

### *Appointments & Check In*

Guests are advised to arrive at least 15 minutes prior to their first appointment to allow themselves ample time to check in, change, and enjoy the spa's extensive facilities. Showering is also essential before any treatment, not least because the beneficial oils are best absorbed through clean skin. Out of consideration for all spa guests, late arrivals will not be given an extension of scheduled treatment times, and the full cost of the treatment will be charged.

### *Personal Consultation*

Before each treatment, guests are asked by our specialists to mention anything which they consider to be of special importance regarding the booked treatment. Thus, the valuable treatment time can be ideally coordinated to suit the specific needs and priorities of each guest. During the treatment, please don't hesitate to communicate any feeling of unpleasantness or discomfort. Good communication is the key to a perfect treatment!

### *Payment*

All treatments will be charged to your room and will appear on the room account at the time of departure from the resort. Guests are welcome to pay by credit card or cash if preferred.

### *Cancellation Policy*

As a courtesy to other guests and our therapists, any cancellations must be made at least 24 hours prior to appointment time. Appointments cancelled with less than 24 hours' notice will be billed 50% of the treatment cost. No shows or appointments cancelled with less than five hours' notice will be billed 100% of the treatment cost.

### *Age Requirement*

The spa is appropriate for guests 18 years and older. Guests under 18 years of age must be accompanied by a parent or legal guardian in order to receive treatments.