



THE  
ELOUNDA  
SPA



BLUE PALACE  
ELOUNDA - CRETE



THE BEAUTY ESCAPE

# MENU OF SPA SERVICES

Welcome to the Elounda Spa at Blue Palace.

Lose yourself in a place where luxury meets with wild beauty and unrivalled island style. A place where time seems to stand still; a place where you can sense an older, truer, more timeless Greece. **This is the setting of Blue Palace, a setting of wild grandeur.**

Whether you are seeking to spend quality time with someone special or you wish to escape on your own, this oasis of serenity, directly on the beach with calming views of the blue Aegean Sea, is the ideal environment for one's physical and mental renewal. From the beautiful aromas that scent the air to the water and nature sounds, every detail sets the stage for a truly peaceful and tranquil experience.

Spa services include customized facials, couples massage, anti-ageing treatments, one-day rituals, as well as a thalassotherapy collection and beauty salon services. Visit us today and see why the Elounda Spa was voted a Favorite Wellness Travel Property in Greece in prestigious Spafinder Wellness 365 Travel Awards.



WIND'S WHISPERS

## BLUE PALACE SIGNATURE TREATMENTS

### CRETAN BLISS

**60min | 150€ / 90min | 180€ PER PERSON**

Indulge in our massage rituals, in the healing environment of our outdoor wellness olive grove.

### APHRODITE BEAUTY RITUAL

**105min | 210€**

A memorable experience combining a full body exfoliation, face & body massage with aromatic candles, and a cocooning hair mask.

### FAMILY SPA PACKAGE

**105min | 370€ FOR 2 PERSONS (PARENT & CHILD)**

Parents and their little ones can spa together at our couple suites enjoying a relaxing full body massage, a Mediterranean express facial for all skin types and a mini manicure or mini pedicure.

## COUPLES COLLECTION

### COUPLES SPA PAMPERING

**105min | 250€ PER PERSON**

Pamper yourself with an Anne Semonin's Made-to-Measure facial treatment combined with an invigorating blissful full body massage.

### COUPLES WINE INDULGENCE

**120min | 270€ PER PERSON**

A grapeseed body polish combined with a warm red grape body mad will prepare your velvet skin to receive a hypnotic head to toe nurturing massage experience. Choose a glass of grape juice or wine as the perfect ending to a wine experience like no other.

### A WELLNESS CAIQUE TRIP

Whether you are looking for an active trip or a relaxing yoga session, our spa therapists will offer you the finest wellness and spa services aboard our traditional caique.

Costs may vary depending on the service.

## ULTIMATE FACIAL COLLECTION

### **L'ELIXIR DES GLACIERS MAJESTIC - THE VIP TREATMENT**

**90min | 310€**

Bee Extracts and Triple DNA in combination with three massage protocols including sliding movements on meridians and acupuncture points inspired by the Japanese Kobido will lift, nourish, and sculpt your face and decollate area.

### **VITALITY OF THE GLACIERS - COLLAGEN MASK TREATMENT**

**75min | 210€**

A Biological Lift and Deep Hydration face treatment, based on Cellular Rejuvenation uses a patented, pure native collagen mask along with a specific face massage technique that smoothing fine lines, restoring tone, glow and suppleness.

### **SUMMITS OF THE CERVIN – ANTIWRINKLE & FIRMING**

**60min | 160 €**

In this resolutely lifting & firming treatment, Valmont shows its technical expertise as a tribute to one of the highest peaks of the Swiss Alps, with the new Anti-Wrinkle Factor range of products.

### **PURITY OF THE ALPS- DEEP CLEANSING & EXTRACTION**

**90min | 180€**

This facial is focused on deep skin cleansing and black heads extraction. Glacial Spring Water formulas hydrate and soothe the skin.

### **MADE TO MEASURE FACIAL – EXPRESS REJUVINATION**

**45min | 130€**

Luxurious yet powerful and rejuvenating facial treatment that dissolves ageing, improves tone and elasticity, while leaving the skin visibly younger and more radiant when used regularly.

### **MARINE MINERAL PURIFIER – PURIFYING & CALMING**

**60min | 160€**

This purifying treatment using Anne Semonin's peel- off mask rich in minerals and algae will reveal smooth, calm-looking skin and pores that appear more refined.

### **PRECIOUS PEARL ULTRA LIFT – LIFTING & ANTIAGEING**

**90min | 200€**

An age preventing and stimulating facial that increases skin's elasticity and radiance by using a unique formula of pearl powder made from pure cultured pearls rich in amino acids.

**SOURCE FOR MEN FACIAL – AGE PREVENTION**

**60min** | 130€

A facial combining a draining face massage and Valmont products that best suit men skin - specific problems, like in-grown hair or combination skin type.

**FIRM AND LIFT GENTLEMANS FACIALS – TOTAL REPAIR**

**75min** | 180€

Your skin will be treated to the plumping and firming effects of hyaluronic acid while collagen stimulating complex will refine pores and reduce wrinkles, promising a smooth and glowing skin.

**FACIAL ENHANCEMENTS**

(can be combined with any face treatment targeting skin specific concerns)

**COLLAGEN MASK**

**30min** | 100€

**EYE TREATMENT**

**30min** | 90€

**DECOLLETE BUST ENERGIZER**

**30min** | 90€

## ULTIMATE BODY COLLECTION

### NUDE BODY SCRUB

**30min** | 80€

A full body exfoliation with Anne Semonin Nude Sea Salt & White Sand Body Scrub, leaving skin smooth and hydrated.

### THE OENOTHERAPY EXPERIENCE

**60min** | 150€

An invigorating grape seed body scrub followed by a nourishing and anti-ageing red wine body mask will drift you away while enjoying a soothing scalp massage.

### PURE DETOX WRAP EXPERIENCE

**60min** | 140€

A pre-wrap scrub of sea salt infused with lemongrass and peppermint, followed by a body wrap in a cocoon of Spirulina micro-algae to stimulate toxin release and reduce inches

### A DETOX ESCAPE

**105min** | 240€

An all-in-one detox therapy that begins with a full body exfoliation, followed by a full body sculpting anti-cellulite, firming massage. Finishing off with an express Valmont Energy Facial targeting stress whilst renewing and refreshing the skin.

### MOTHER-TO-BE

**75min** | 165€

Nurture your body at this precious time with a specially designed massage and facial to treat muscle aches, reduce fluid and imbue total rejuvenation of the face and body.

## ULTIMATE MASSAGE JOURNEYS

All massage journeys can be performed in the privacy of your room with an additional charge of 40%.

### **ANTISTRESS BACK & SCALP SYNERGY**

**45min** | 90€

An antistress aromatic massage performed on the back, scalp, neck, and face, helps the oxygen circulation on the neck and head area and gives shine and strength to your hair.

### **AROMATIC ZEN THERAPY**

**60min** | 125€ / **90min** | 160€

A relaxing massage using warm aromatic oil of your choice will reconcile your body and promote a total letting go, based on the senses.

### **CRETAN MEDITERRANEAN THERAPY**

**60min** | 130€ / **90min** | 165€

A signature tension releasing technique in combination with a Mediterranean elements of Cretan fig and olive oil creates a feeling of supreme serenity and body balance.

### **ANTI-FATIGUE OIL CEREMONY**

**25min** | 65€ / **60min** | 135€ / **90min** | 170€

Therapeutic techniques in combination with your selection of aromatic oil, will release stress and tension, decrease muscle toxins, and improve blood circulation

### **INVIGORATING DEEP TISSUE MASSAGE**

**25min** | 70€ / **60min** | 140€ / **90min** | 180€

Powerful deep tissue motions, stretching techniques and a dynamic detoxifying essential oil blend, will reduce muscle aching from sports activities or daily tension.

### **ANTI-CELLULITE SLIMMING DRAINAGE**

**45min** | 95€

A draining and reshaping massage associated to a highly concentrated slimming oil is designed to reduce visible signs of cellulite, detoxify and drain the lymphatic system.

### **PEAKS OF SLIMNESS**

**60min** | 135€

A specially designed body sculpting massage and the application of "Fit & Tone" duo – the slimming serum D-Solution Booster and firming cream C-Curve Shaper – offer you the best anti-cellulite, anti-orange-peel, draining and firming action.

### **HOT STONES MASSAGE**

**70min** | 140€

Volcanic hot stones being worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with a bonus of intensely hydrated skin.

### **ASIATIC MASSAGE**

**50min** | 120€

A mixture of Thai and Shiatsu is performed on the floor over comfortable clothes. A tension releasing technique where the therapist stretches and uses pressure on specific parts of your body, using their hands, elbows, knees and legs.

### **4 HANDS ROYAL MASSAGE**

**50min** | 190€

Enjoy the experienced and synchronized hands of two therapists, together with carefully chosen massage oils. Allow yourself to completely slow down and discover this memorable state of deep relaxation.

### **PEACEFUL PREGNANCY MASSAGE**

**60min** | 130€

This nurturing massage is performed on lateral position from the third month. We use techniques which will help to relieve tension and bring balance & wellness for the mother-to-be.

### **MASSAGE ENHANCEMENTS**

(can be combined with any massage targeting body specific concerns)

### **PRESUN MEDITERRANIAN BODY SCRUB**

**20min** | 45€

### **AFTERSUN DEEP MOISTURE BODY WRAP**

**20min** | 45€

## THE YOUNG TRAVELLER'S COLLECTION

This selection of treatments is inspired by children. Available from age 5 and up.

### PRINCESS GLOW

**25min | 70€**

The perfect treatment to sparkle like a star!  
Refreshing & reviving the skin with natural products: cleanser, hydrating mask, moisturizer and sunscreen.

### MY MINI MANI OR MINI PEDI

**25min | 25€**

Finger nails trimmed and shaped, cuticles cared for. Top it off with polish of your choice.

### SUN KISSED SKIN

**25min | 50€**

A fantastic & intense lavender body wrap providing hydration for our little friends.

### DREAMY MASSAGE

**25min | 60€**

A top to toe massage experience with the use of pure natural oil mixture will give your children the chance to slow down and let their bodies really rest.

### TIME WITH MOM AND DAD

**50min | 185€**

Parents can enjoy a relaxing nourishing massage together with their little ones in our couples' suite.

### KIDS' YOGA

Yoga for Kids is about exploring and learning in a fun, safe and playful way. Parents can also participate and enjoy a family memorable experience together.

**Kids Group Classes 15€ per child**  
**Parent & Child Personal Session 95€**

### KIDS' FITNESS

It is a strength and conditioning program that is specifically designed for kids and teenagers and helps them develop a lifelong love of fitness delivered in a fun and enjoyable way.

**Kids Group Classes 15€ per child**  
**Parent & Child Personal Session 95€**



## FITNESS CLASSES

Make your stay in Blue Palace a journey to Well-being. Join our daily fitness activities and book your private sessions while enjoying the unparalleled setting of our beachfront resort. Enjoy a Sunrise Yoga session at the beach, join a refreshing Aqua group fitness class or use our fully equipped Fitness Club. Combine your wellness activities with the fresh juices and healthy cuisine options that we have prepared for you.

**YOGA** (Hatha, Vinyasa & Flow)

**PILATES** (Mat & Fitballs)

**TABATA**

**CRETAN DANCES**

**STEP WORKOUT**

**TOTAL BODY WORKOUT**

**CROSS TRAINING**

**STRENGTH TRAINING**

**RUNNING**

**SWIMMING LESSONS**

### PRICELIST

#### SCHEDULED CLASSES

Daily Group Classes

**60min** | 15€ per person

Group classes Yoga

**60min** | 25€ per person

#### UPON REQUEST

Personal training

**60min** | 60€ / **5hrs** | 255€

Couple's training

**60min** | 95€ / **5hrs** | 430€

All activities are offered in Private, Couple or Mini Group options. Please contact the spa reception or concierge for our daily group classes' schedule.

## BEAUTY SALON SERVICES

### MANICURE

|                      |     |
|----------------------|-----|
| Soft gel manicure    | 60€ |
| Soft gel removal     | 25€ |
| Manicure             | 50€ |
| Spa manicure         | 60€ |
| Organic Manicure     | 70€ |
| Gentleman's manicure | 35€ |
| File & Polish        | 25€ |

### PEDICURE

|                      |     |
|----------------------|-----|
| Soft gel pedicure    | 80€ |
| Pedicure             | 60€ |
| Spa pedicure         | 70€ |
| Organic Pedicure     | 80€ |
| Gentleman's pedicure | 55€ |
| File & Polish Feet   | 25€ |

### WAXING

|                   |     |
|-------------------|-----|
| Lip, brow or chin | 20€ |
| Leg or arm        | 50€ |
| Underarm          | 25€ |
| Back or chest     | 50€ |
| Bikini line       | 35€ |
| Eye brow shaping  | 20€ |

### MAKE UP SERVICES

|                   |     |
|-------------------|-----|
| Eye Brow Tinting  | 50€ |
| Eyelashes Tinting | 50€ |
| Day Make Up       |     |
| Evening Make Up   |     |
| Bridal Make Up    |     |

## HAIR SALON SERVICES

|                        |           |
|------------------------|-----------|
| Wash & conditioner     | 20€       |
| Children's haircut     | 25€       |
| Men's haircut          | 35€       |
| Women's haircut        | 40€       |
| Blow dry & styling     | from 45€  |
| Evening Styling & Updo | from 60€  |
| Bridal styling         | from 100€ |
| Coloring roots         | from 100€ |
| Full head coloring     | from 130€ |
| Highlights             | from 150€ |
| Balayage               | from 170€ |

## SALON SIGNATURE RITUALS BY KÉRASTASE

### CHRONOLOGISTE REGENERATION – TOTAL REPAIR

80€

Chronologiste works like a miraculous elixir to purify and revive lifeless hair using signature mimetic caviar. The scalp is soothed, hair feels toned, strengthened and repaired, locks are silky and glowing with volume.

### ELIXIR ULTIME – SUBLIME SHINE

60€

This ritual uses the Elixir Ultime Oil to create a series of blends tailored to your hair leaving them softened and infused with natural shine.

### SPÉCIFIQUE – SCALP CARE

40€

Advanced scalp knowledge turned it into spa-inspired salon protocols, creating this caring series designed to target 3 major scalp concerns.

Choose between the following as the best for your needs:

**Dandruff elimination | Scalp sensitivity relief | Hair loss prevention | Oily scalp detoxification**

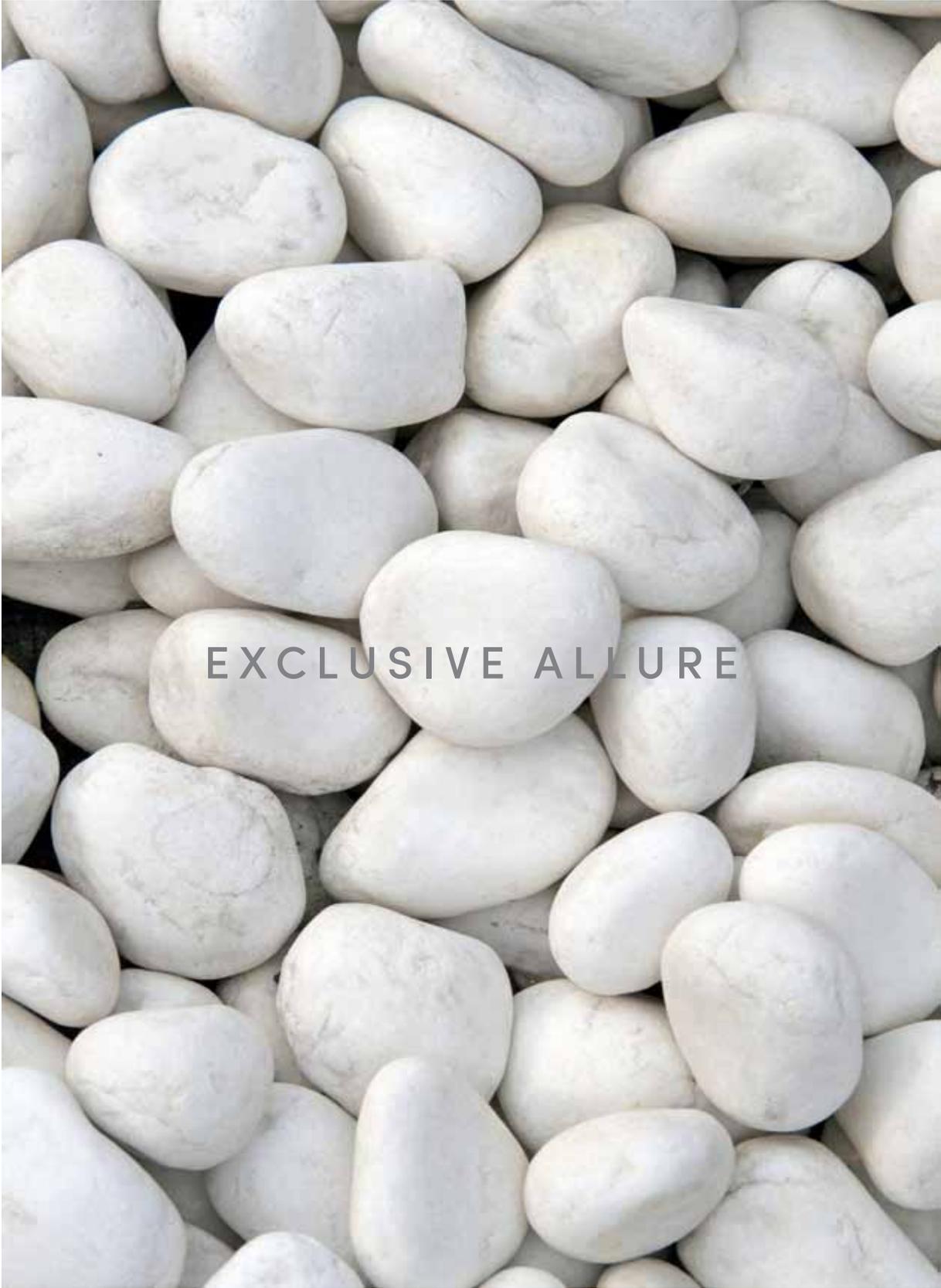
## **SPA PACKAGES**

### **THE ELOUNDA SPA WELLNESS EXPERIENCE**

Create your personalized wellness experiences with 15% discount, choosing at least six spa treatments and | or personal training services. The discount applies on the total regular price of the spa treatments and personal training sessions.

### **A SIGNATURE TIMELESS RETREAT**

We can create your own memorable timeless experience. Whether you wish to enjoy a spa day or a complete retreat, consult our Spa Expert to create a personalized experience made to measure your need.



EXCLUSIVE ALLURE

## **TERMS & CONDITIONS**

### **OPENING HOURS**

Spa Treatments 11:00 - 20:00  
Spa Fitness Centre 07:00 - 20:00 upon reservation

### **ARRIVAL TIME**

Your therapist will be expecting you 15 minutes before the scheduled treatment time, in order to fill out the lifestyle & consultation questionnaire and start your treatment on time. Late arrival might affect the duration of your treatment without any entitlement to a refund.

### **APPOINTMENTS**

Reservations are recommended. The guest's name and contact information are required at the time of booking to guarantee your reservation.

### **PRICELIST**

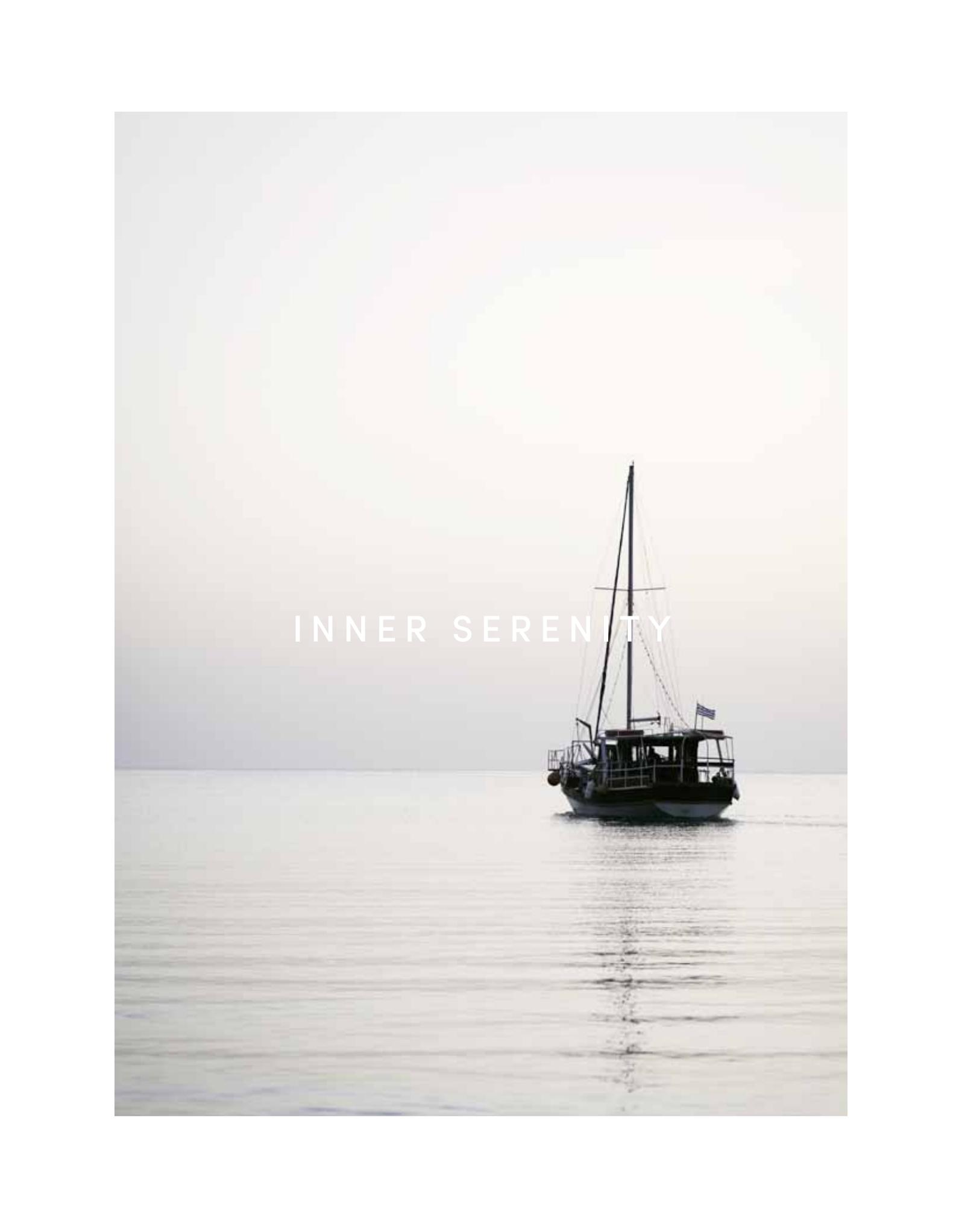
The Elounda Spa reserves the right to modify its price or services without prior notice.

## **SPA RESERVATIONS**

Telephone: +30 28410 65660  
Hotel guests call direct for enquiries on 7600 or 7606

## **CANCELLATION POLICY**

Kindly note that cancellations must be received at least 6 hours before the scheduled treatment or service. Failure to cancel on time will incur a charge of 50% of the booked treatment.

A photograph of a sailboat on the water at sunset. The sun is a large, bright, glowing orb in the upper center of the frame, casting a soft, golden light across the sky and water. The sailboat is positioned in the lower right quadrant, moving away from the viewer. The text "INNER SERENITY" is overlaid in the center of the image in a white, sans-serif font.

INNER SERENITY

## SPA ETIQUETTE

Please feel free to request either a male or female therapist for your treatment at the time of bookings. However, we would like to note that all our therapists are professionally trained and will offer you the highest standard of service with continuous consideration for your comfort level.

Underwear should be worn in the treatment room and during treatments. For some treatments, your therapist will provide disposable undergarments. The appropriate towel draping will be used always.

Your comfort and wellbeing is our top priority, during treatments, please let your therapist know if you are not entirely comfortable, so he | she can adjust your position, room temperature and the pressure of his | her hand strokes.

If you have an injury or physical condition, make sure your therapist is aware of it, so he/she can suggest suitable adjustments that will make the treatments more comfortable without compromising the wonderful effects and benefits.

If you are pregnant, please inform the spa staff before booking your treatment. Specific treatments for pregnant women can be enjoyed after the first trimester. Our therapists would be happy to advise you.

We recommend leaving your mobile phone outside the treatment area to avoid distraction and experience complete relaxation.

Your comments and your experience at our Spa is always welcome, please fill out the comment cards at the Spa Reception.





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