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MYRTHIA

THERMAL SPA





MYRTHIA

THERMAL SPA

MENU OF SPA EXPERIENCES & THERAPIES

Discover a healing universe located at the heart of Miraggio Thermal SPA Resort, on a mineral-rich underground hot spring overlooking the magnificent Aegean Sea.

Myrthia Thermal SPA is the award-winning wellness center, combining the ancient Greek art of water-healing with the benefits of its unique local water source, creating a tailored and life-changing experience.

Holistic Spa Experience Programs

A holistic approach to living well is a way to live your life to the fullest.

Discover how the beneficial attributes of local water sources combined in one perfect rejuvenating plan, tailored to you, can offer a life-changing experience with balancing, visible, and long-lasting health results.

Thalasso Circuit Experience 60' / 50€

Recharge yourself & restore your sensations in times of mental & body fatigue.

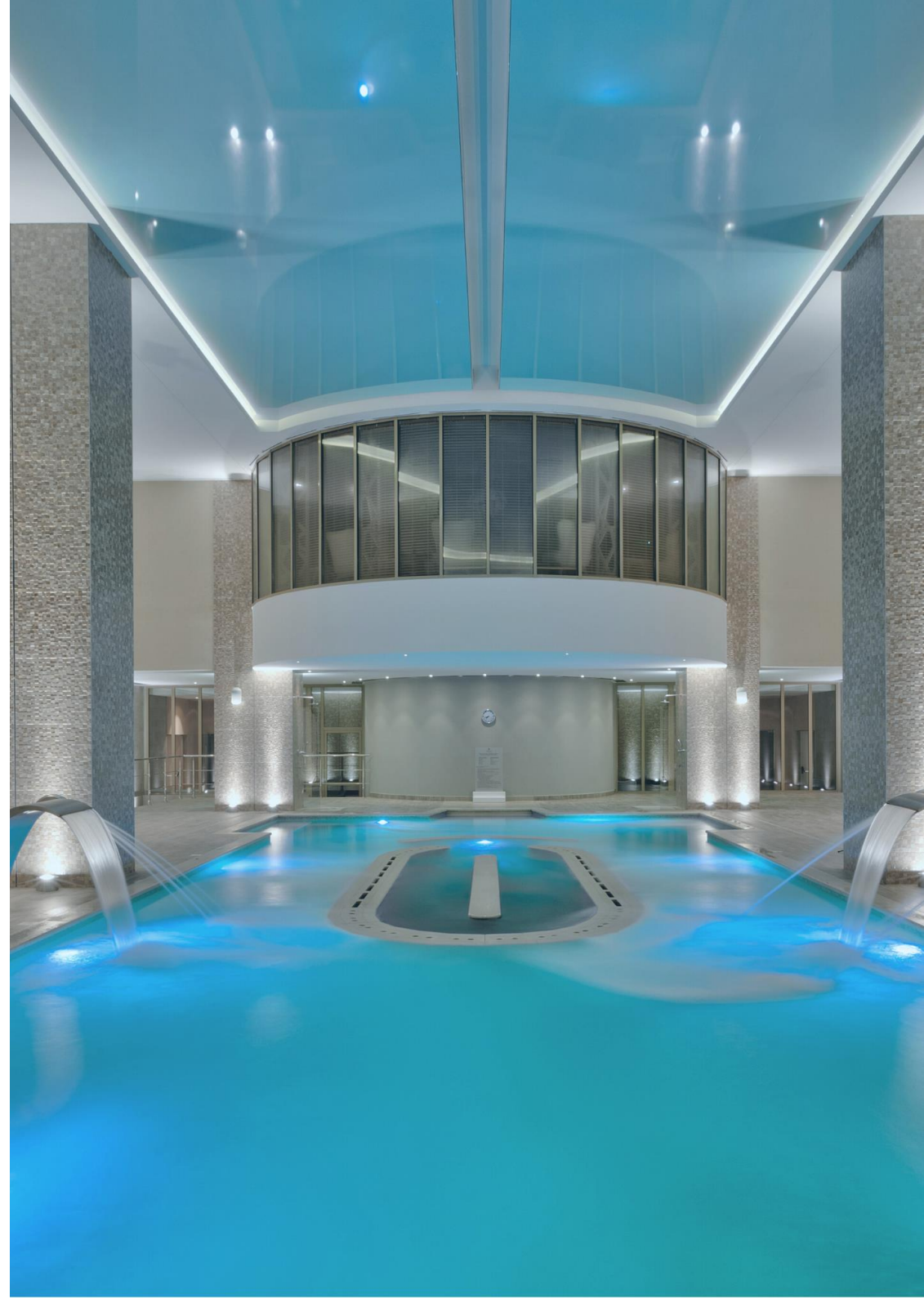
Guided use of spa facilities with an experienced instructor that includes:

- Use of the Thalassotherapy pool with warm sea water and 17 hydro jets
- Use of the Thermal Well-Life Suite with a variety of cold and hot experiences:
- Tepidarium with heated benches for body temperature preparation (35°C)
- Steam room for skin health improvement and relaxation (50°C)
- Dry Finnish (90°C-100°C) & Herbal (45°C) Sauna for detoxification
- Walking cold plunge for improved blood circulation (15°C)
- Two sensory showers with hot and cold water
- Use of the Thalasso - Infinity pool with heated sea water and hydromassage loungers
- Use of the Thermal pools with warm spring water rich in minerals and trace elements

Holistic Wellbeing Experience 120' / 100€

Enjoy the premium spa experience escaping from daily stress & indulging into a deep relaxation. Guided use of spa facilities with an experienced instructor & treatments that include:

- Use of the Thalassotherapy pool with warm sea water and 17 hydro jets
- Use of the Thermal Well-Life Suite with a variety of cold and hot experiences:
- Tepidarium with heated benches for body temperature preparation (35°C)
- Steam room for skin health improvement and relaxation (50°C)
- Dry Finnish (90°C-100°C) & Herbal (45°C) Sauna for detoxification
- Walking cold plunge for improved blood circulation (15°C)
- Two sensory showers with hot and cold water
- Use of the Thalasso - Infinity pool with heated sea water and hydromassage loungers
- Use of the Thermal pools with warm spring water rich in minerals and trace elements
- Focus massage 20', a short session massage focusing on body areas with tension
- Scalp massage 10', a short session massage focusing on the scalp
- Relax Spa Area, to enjoy a cup of aromatic herbal tea and relax after your treatments





Massage Collection

RELAXATION MESSAGES

Anti-Stress Massage 50' - 95€ | 75' - 135€ | 90' - 160€

Relaxing body massage aimed at activating blood circulation and achieving an optimal state of relaxation.

Healing Stones 50' - 100€ | 75' - 140€ | 90' - 165€

The relaxing power of manual massage is enhanced with the properties of volcanic stones that are placed in specific places of the body, releasing the accumulated energy from the chakras, while they offer a feeling of total harmony, wellbeing and serenity.

Mediterranean Candlelight 50' - 100€ | 75' - 140€

An authentic massage with golden drops of warm melted wax that melts on the whole body. Choose among lavender, olive or citron that calm the mind and hydrate the body.

Pregnancy Massage 50' - 95€

A soft pressure massage with a specific technique to aid and comfort pregnant women with back pain and heavy legs.

RENEWAL MESSAGES

Miraggio Signature Massage 50' - 110€ | 75' - 150€ | 90' - 170€

A medium pressure body massage that focuses on a combination of customized body areas that restore the flow of energy throughout the body, releasing blockages while improving wellbeing and leaving the body centered and renewed.

Feet & Legs Refreshment 30' - 65€

An alleviating legs massage combined with a specific pressure at the appropriate points of the feet that release the energy flow in the body and restore the balance between body and spirit.

ENERGY BOOSTING MESSAGES

Deep Renewal 50' - 110€ | 75' - 150€ | 90' - 170€

A deep pressure massage, performed to break down muscle tension by reaching deeper layers of the muscles' connective tissue. Firm pressure from elbows and forearms loosen stiff muscles and release tension.

Thai Massage 75' - 150€

An invigorating massage to stimulate blood circulation, improve range of motion and restore wellbeing. Performed on special floor mattress, firm pressure and stretching techniques are used to loosen muscle tightness and joints improve flexibility, leaving the body balanced and revitalized.

Anti-Fatigue Therapy 45' - 90€

This massage truly aids to dissolve aches and reduce muscle tension of the back area of neck, back, shoulders, legs and feet. A stress relief and rejuvenating massage for body and mind.

Indian Scalp Therapy 30' - 65€

An ancient therapeutic massage that helps to relieve built-up tension around the head neck and shoulders area, improving circulation and promoting clarity.

Focus Massage 20' - 50€

A short session massage, focusing on preferred body parts with accumulated tensions such as head, shoulders, face, back and legs.



Spa Suites Rituals

For two persons

Couples Rasul Ritual 2h. 15' - 370€

60 minutes private use of Jacuzzi and steambath with self-application of black soap with Kessa glove for deep body cleansing and relaxation, followed by a full body 50 minutes Anti-Stress massage for two. The ritual ends with a 25-minute Mini facial hydration treatment by Germaine de Capuccini. The ideal ritual for couples' special moments.

- 2 glasses of red or white wine are offered along with dried fruits and nuts while you enjoy unique moments of relaxation in the Jacuzzi
- Private use of Rasul suite cabin (60min), Anti-Stress massage (50min), Mini facial (25min)

Couples Rejuvenation Suite Ritual 1h. 40' - 360€

Private use of double suite cabin including a hydro bath (30') with mineral & essential oils plus an application of thalasso wrap by Germaine de Capuccini on our Dry floating bed (30'), followed by a 50' Miraggio Signature massage for a complete rejuvenation feeling. A unique couples' experience.

- Hydro bath (25'), Thalasso wrap (25'), Miraggio Signature Massage (50')

Premium Facials by Germaine de Capuccini

Mini Facial (After Sun) 30' - 65€

A short session facial treatment to hydrate and refresh the skin. This excellent treatment uses Aloe Vera and royal jelly to improve the durability of the skin, in order to maintain its beauty and youth, provide immediate intense hydration and give vitality to dull, tired or sunburnt skin.

Hydra - Cure 50' - 85€

Intensive hydration treatment for dehydrated skin and for periods of exposure in a fairly warm climate. Both the light texture of the cream and its content of lactic acid microspheres, allow it to immediately remove sebum from the skin and be absorbed quickly without leaving oily residue on the face. At the same time, it deeply moisturizes while preventing the loss of water from the skin. It has an active formula with 100% moisturizing ingredients and hyaluronic acid in high, medium and low molecular weight, providing immediate and long-lasting hydration.

Maskne 75' - 125€

The "Maskne" facial treatment was created to heal faces which have suffered or are still suffering from excess sebum and blisters due to the daily use of masks. Deep facial cleansing is the most basic care treatment for all skin types and all ages and is the most important step before any facial treatment.

Vitamin C Power 50' - 95€

Enriched with vitamin C derivative and Japanese Ume plum extract, this treatment is the most powerful weapon against glycosylation, which causes premature aging. The skin radiates and feels smooth and refreshing.

Gua Sha Eyes & Lips 40' - 80€

Eye and lip treatment to activate collagen and elastin and increase skin circulation. Treats dark circles, puffiness and expression lines around the eyes. Suction cup and quartz stone are used during the treatment.

No More Wrinkles with Yoga 70' - 125€

Enhanced facial rejuvenation treatment that achieves smoother skin and a more relaxed expression in record time. Unprecedented benefits in reducing dynamic and static wrinkles. We achieve visible improvement of skin density thanks to facial cupping and facial yoga massage.

Total Lift (IN)G 75' - 135€

Anti-aging facial treatment for tightening that gives the feeling of lifting. It offers volume, density, lateral and vertical lifting, improving the oval of the face. Facial features are straightened and wrinkles are less visible.

Global Anti-age On 75' - 150€

Anti-aging facial treatment based on epigenetics and awarded the IFSCC prize (considered the Nobel prize of Cosmetics) for the ingredient ZINC-GLYCINE COMPLEX. It acts against the signs of aging caused by environmental factors. Contains hyaluronic acid and collagen activators. The ritual includes a massage with a special spoon, placed on ice and a unique metal icy mask.

For Men 50' - 90€

Facial treatment for men. Restores lost energy and vitality to the skin, with firming, detoxifying and rejuvenating action.





Luxury Facials by Dr. Barbara Sturm

Signature Sturmglow 60' - €225

The Signature SturmGlow Facial combines thorough cleansing, exfoliation and extractions to leave the skin super clean and refreshed. It also includes Dr. Sturm's Signature Anti-Aging Massage; a unique combination of massage techniques which help increase blood and oxygen flow and tone and define the facial muscles for an instant, youthful-looking complexion.

THE SCIENCE | Long and short-chain Hyaluronic Acid molecules in the HYALURONIC AMPOULE are infused into the skin and provide intensive hydration at both upper and deeper skin layers. The FACE CREAM RICH boosts moisture and antioxidants help restore and soothe the skin. Special massage techniques boost circulation, enhancing the production of collagen for effective skin repair.

THE RESULTS | This facial targets key areas of concern to instantly smooth fine lines, reduce puffiness, lift and define the cheekbones and jawline and give skin a youthful glow.

Super Anti-Ageing Facial 75' - €300

The Super Anti-Aging Facial replenishes moisture reservoirs resulting in a smoother and more youthful complexion, while promoting the skin's natural barrier function and reducing the appearance of fine lines and wrinkles.

THE SCIENCE | Long and short-chain Hyaluronic Acid molecules are combined with strong antioxidants and ingredients which help to repair damaged skin and support regeneration.

THE RESULTS | This facial visibly lifts the skin around the jaw and neck while reducing fine lines and reviving stressed skin.

DR. BARBARA
STURM



Body Exfoliations

Exotic Mediterranean 30' - 50€

A deep body exfoliation that is a true enjoyment due to the aromas and textures of argan shell, olive seeds, grape seeds and orange water that will travel you to wonderful Greece. The skin is left shiny, released from dead cells and extremely soft.

Ocean Breeze 30' - 50€

A refreshing body scrub with minerals and algae extracts that nourish and soften the skin. Frees the skin of dead cells with a taste of the sea that will leave it extremely smooth, hydrated and supple.

Lava & Bamboo 30' - 60€

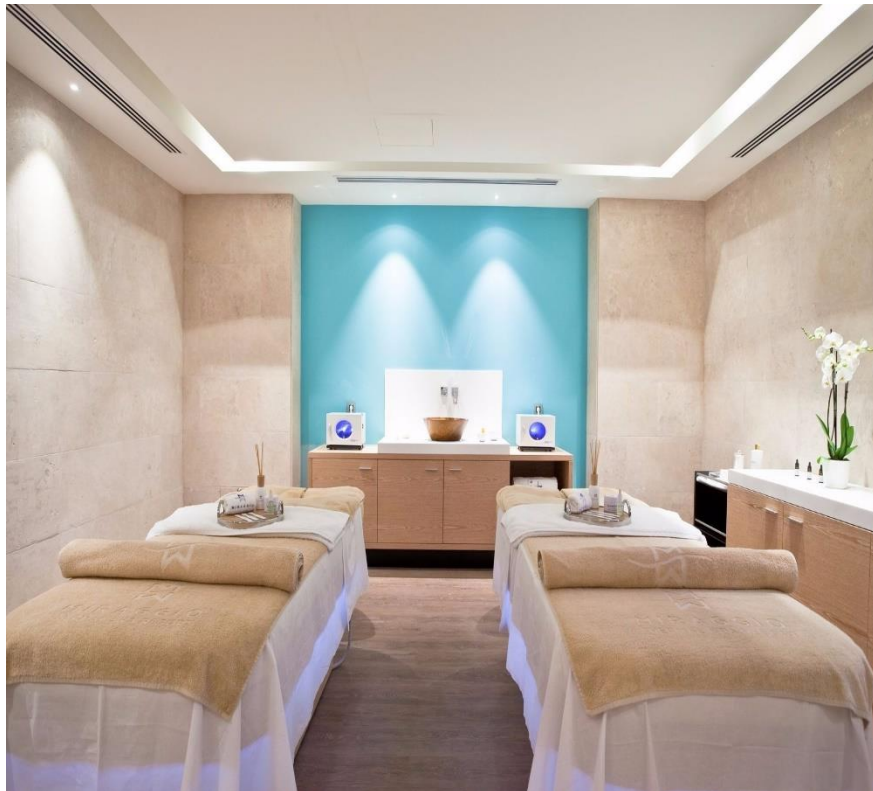
This explosive body treatment invites you to enjoy a fresh exfoliation with particles of bamboo, argan, olive and orange. Afterwards Jeju volcanic water, rich in hyaluronic acid, anti-ageing, moisturizing and antioxidant elements is applied on the body.



GERMAINE DE CAPUCCINI

Body Treatments

These body treatments offer the healing touch of Myrthia Thermal Spa therapists with a unique way of relaxation, rejuvenation and rehabilitation.



Body Deep Hydration with Karite Butter 50' - 95€

An enjoyable body exfoliation ritual followed by massage movements with Karite Butter, giving the skin-deep hydration and softness beyond any comparison. (Spa Exfoliating, Karite Body Lotion)

Orange Blossom 50' - 100€

Exfoliation with papaya seeds & a wrapping with vitamin C. Vitamin C is combined perfectly with honeycomb. This exfoliation melts in your body and makes it extremely soft thanks to the successive action of the exclusive microparticle of orange peel and papaya seeds. The body wrapping offers an extremely soft texture thanks to the papaya seeds. The anti-aging and moisturizing body mask offer extra shine and velvety texture.

Slim Mission 75' - 130€

Special slimming treatment with AHA based on Lipo-Drone technology. Helps tighten buttocks and thighs. This is a fresh, light and very moisturizing liposculpture treatment that aims to improve retention by improving the silhouette. (AHA peeling, Marine Body Mud, Massage and Cellulite with Algae Body Cream)

Cellu Programme Anti-Cellulite Treatment 60' - 110€

A professional treatment with more than twenty active ingredients that work together to reduce adipose tissue, combat the orange peel line and re-tighten the skin. A new two-stage aesthetic approach, the compositions of which have been rigorously studied and worked on each of the phases of cellulite formation. It focuses first on changing the microcirculation and fluid retention then on fat deposits. (Mask, Massage with special tools)

LipoStock Slim Treatment with Kephaslim 60' - 100€

Special treatment of local fat with Kephaslim biomolecules, which accelerate the burning of fat that is difficult to remove. Reduces fluid retention and improves skin appearance. The treatment includes a toning exfoliation followed by a firming body mask and a specialized massage to maintain the firmness of the skin after pregnancy or weight loss. Activates the connective tissue and improves the synthesis of collagen and elastin of the skin resulting in tightening and sculpting of the body.

Heavy Legs Therapy 50' - 80€

Refreshing massage for tired feet with special movements to relieve the limbs. Drainage massage and cryo-relax application to enhance blood circulation and venous flow. This treatment fights heavy feet, provides immediate relief as well as a feeling of constant freshness. (Marine Wrap, Cryo-Relax)

After Sun for Body 40' - 75€

After a wonderful day under the sun, enjoy this soothing treatment that also fights the signs of stress and fatigue with the power of Aloe Vera. Through a specific method of pressure on the appropriate points of the feet, the therapist restores the balance between body and mind. Almond oil helps in overall muscle relaxation. (Essence of the Mediterranean Wrap)

Hydro Bath Rituals

Hydro Bath with Lavender Collection 75' - 130€

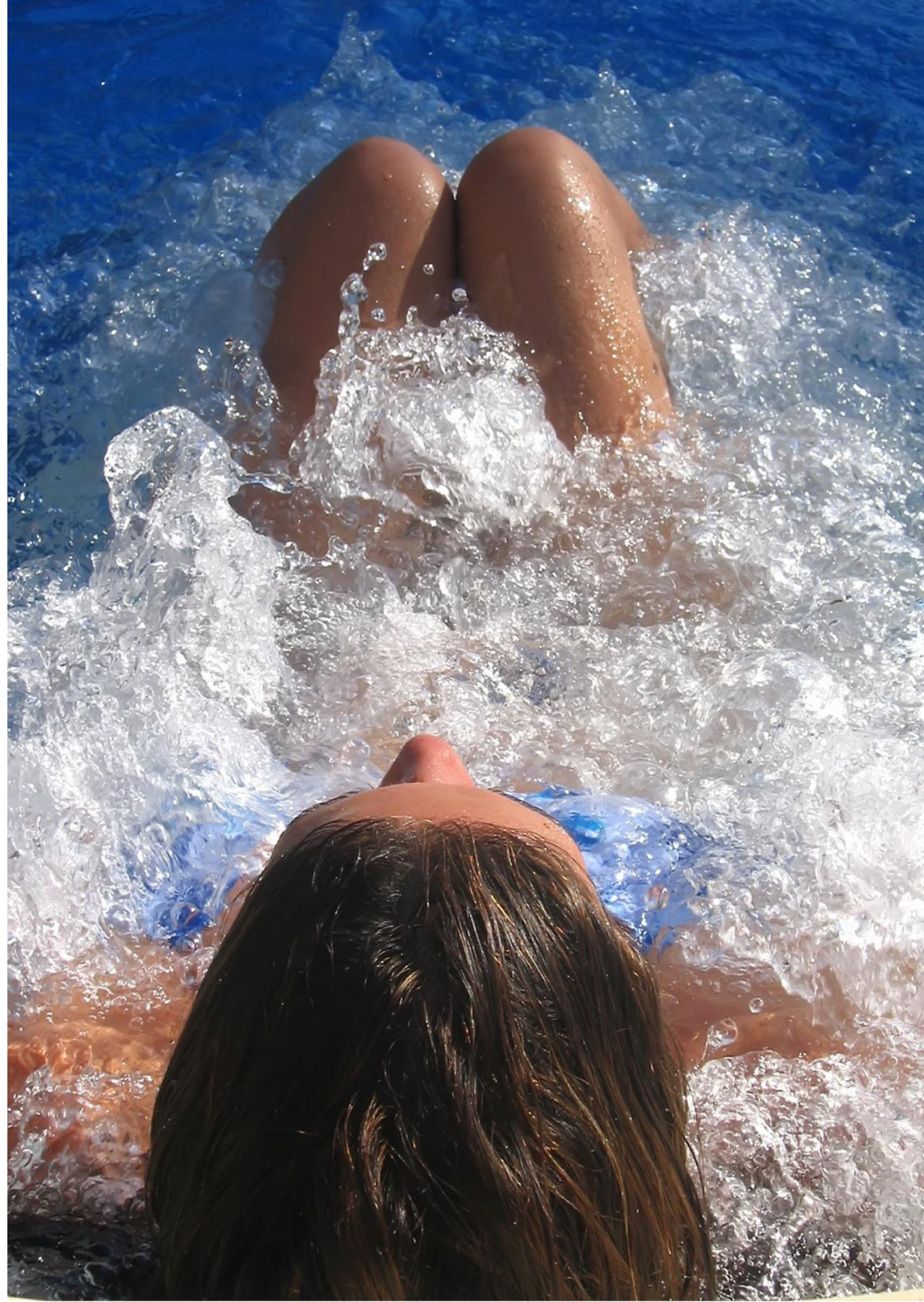
Discover the right balance in your everyday endeavours, to achieve perfect harmony between the body, mind, and soul. Lavender bath is formulated with Lavender and Cajeput essential oils, Vanilla, Calendula extract and Orange Blossom aromatic water. This perfect combination alleviates stress and mitigates the feeling of tiredness. The unique experience is completed with the application of exfoliation, wrap and oil Lavender which have sedative, antiseptic, antibacterial and analgesic benefits. The amazing aroma of Lavender transports you immediately to another dimension filled with peace and serenity.

Hydro Bath with Aqua Essential 50' - 90€

It is the basic treatment for any thalassotherapy program. The hydromassage with Germaine de Capuccini Aqua essential oil in powder form with strong anti-ageing properties, helps to regenerate skin cells, soften and smoothen hard, dry and chapped skin. This great treatment rejuvenates skin and drives away stress, anxiety and depression, regaining the joy of life. After the use of the water bath, a body exfoliation is followed with algae extract and Aloe Vera application with massage movements.

Hydro Bath with Vitality Essential 50' - 90€

Antioxidant bath with Vitality Essential. The citrus and mandarin that characterize this powder helps tremendously to detoxify the body in record time. After using the bath, there is an exfoliation with papaya seeds and then vitamin C mask application with massage movements. The skin remains smooth and radiant immediately after the Vitality Essential Bath.



Luxury Rituals by Germaine de Capuccini

Phytocare Premium 60' - 100€

Luxurious ritual for body care. The ritual begins with an organic antioxidant oil from the African Baobab tree which is applied to the body and then followed by exfoliation with the release of natural sea crystal salt to remove dead cells. The treatment is completed with moisturizing and toning body lotion, which deeply nourishes the skin. (Baobab Oil, Salt from Mallorca, Body Emulsifying Serum)

Spa Gold Therapy 60' - 110€

Wrapping and body massage with gold. The treatment is based on the beneficial properties of gold. It is an innovative and completely natural treatment, which restores premature aging and enhances the natural reconstruction of the skin. It is easily absorbed by the skin, rejuvenating the body. It has detoxifying and antioxidant action, enhances skin elasticity and stimulates blood circulation. With the help of a therapeutic massage, skin regeneration and lymphatic drainage is enhanced, while at the same time a unique feeling of well-being and relaxation is created. (Gold Wrap, Gold Star Nectar)

The Magic of the Silk Route 60' - 115€

Sublime therapy that begins with the application of the soothing "silk" wrap and exclusive massage movements. With an extraordinary velvety feel, it provides deep nourishment and leaves skin soft and hydrated. Offers a divine enjoyment of the senses that is hard to forget. At the end of the treatment, you will enjoy a mini facial treatment according to your needs.



Kids Menu

Children under 12 years of age are welcomed for an introduction into spa treatments.



Miss Miraggio Massage 25' - 45€

A relaxing massage with a gentle fragrance, for every little princess.

Junior Massage 25' - 45€

A relaxing massage for every little hero.

Mommy/Daddy & Me massage 25' - 85€

Adventurous side by side relaxing massage with mum or dad or for kids together.

Mini Me Facial Treatment 25' - 40€

A short facial to teach children the benefits of deep-cleansing skin.

Hands and Feet Care

Manicure (nails care, polish, hands cream massage) 45€

Pedicure (toes nails & feet care, polish, foot cream massage) 55€

Spa Manicure (nails care, peeling, hands mask & massage, polish) 55€

Spa Pedicure (toes nails & feet care, peeling, foot mask & massage, polish) 70€

Shellac Manicure (nails care, Shellac polish, hands cream massage) 60€

Shellac Pedicure (toes nails & feet care, Shellac polish, foot cream massage) 70€

Spa Shellac Manicure (nails care, Shellac polish, peeling, hands mask & massage) 70€

Spa Shellac Pedicure (toes nails & feet care, Shellac polish, peeling, foot mask & massage) 80€

Shellac Removal 15€

Nail Polish (file & polish) 20€

Shellac Nail Polish (file & shellac polish) 35€

Men's Manicure (nails care, peeling, hands massage) 40€

Men's Pedicure (toes nails & feet care, peeling foot massage) 55€

Men's Spa Manicure (nails care, peeling, hands mask & massage) 50€

Men's Spa Pedicure (toes nails & feet care, peeling, foot mask & massage) 65€

Kids Manicure (nails neatened, hand massage and nail polish) 25€

Kids Pedicure (nails neatened, foot massage and nail polish) 25€

*French polish + 7€





Waxing

Full Leg Wax 50' - 45€

Half Leg Wax 25' - 35€

Full Arm Wax 25' - 35€

Half Arm Wax 15' - 25€

Under Arm Wax 10' - 20€

Chest Wax 25' - 35€

Back Wax 50' - 50€

Bikini Line Wax 15' - 25€

Brazilian 20' - 35€

Hollywood 25' - 40€

Upper Lip Wax 5' - 15€

Eyebrow care

Eyebrow Removal 20' - 15€

Eyebrow Shape 30' - 25€

How to spa with us

Spa Environment:

Miraggio Thermal Spa is an adult sanctuary. Guests must be 16 years of age or older.

Hours of Operation:

Spa Facilities: 10:00 a.m. - 19:00 p.m.

Appointments Available: 10:00 a.m. - 20:00 p.m., last appointment at 19:00 p.m. Fitness Centre: 08:00 a.m. to 20:00 p.m.

Appointments:

For spa enquiries or reservations please call 333 or +30 23744 40000. We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

Contact:

Internal number: 333/334

External number: +30 2374440000

Email: spa@miraggio.gr



Hygiene protocol Covid-19:

Our goal is your complete relaxation during your visit and your immersion in the Spa Experience. For this reason, we have taken additional measures to protect our guests prior to arrival.

We ask the following:

For the safety of our guests and staff, if you or a family member has experienced any of the following symptoms: cough, fever, shortness of breath, sore throat, headache in the last 7 days, please contact the Spa before arrival appointment or use of the premises to obtain more information.

As a reminder, if you or a family member has recovered from any of these symptoms in the last 14 days, we recommend that you inform the Spa prior to arrival.

Cancellation Policy:

We understand that schedules change and we will do our best to accommodate your needs. Since your Spa time is reserved especially for you, we kindly ask you to give a 4 hour-notice cancellation on individual treatments and 24hour-notice on spa packages. Cancellations made within the above hours will be subject to the full charge of the treatment or packages booked.

Spa Arrival:

We recommend that you arrive 45 minutes prior to your first scheduled appointment. This will allow you to enhance your spa experience with the use of water source & Thermal Well-Life Suite facilities and will also afford you the opportunity to relax before your treatment. Please let us know of any preferences regarding room temperature, pressure and music volume. Your care is our highest priority. Please leave jewelry and valuables in your room safe or the hotel safe.

During your stay:

The Spa must keep an environment of calm and relaxation. Help us respect the atmosphere of privacy and quiet. Please put your mobile phones in flight mode during your stay at the Spa. Smoking, alcohol and eating at the Spa are prohibited.

Pregnancy:

In our menu you will find specially designed treatments for women during pregnancy, as well as for those who are going through the period of breastfeeding. Please allow the Spa team to guide you in choosing the treatment that suits you.

Health questions:

Let us know at the time of booking about any medical condition that concerns you. The same goes for people with disabilities. This will allow our people to guide you in choosing your treatments. Before starting the selected treatment, our staff will ask you to fill in your medical history. We fully comply with the EU regulation on GDPR.



MIRAGGIO

THERMAL SPA RESORT

★★★★★