



PENINSULA  
RESORT & SPA

SPA

# The Peninsula Spa

Aims to offer high quality services in beauty and wellness treatments.

Our philosophy is to follow a holistic therapeutic approach that stimulates and rejuvenates the five senses.



# SPA

*Spa, Massage & Beauty Treatments*

## Our Spa Process

### **Choose your Treatment**

Our therapists will help you select a treatment according to your wants & needs. We are here to answer all your questions and guide you through a relaxing and enjoyable Spa experience.

### **Reserve your Treatment**

The Spa is open daily. You can reserve your appointment both at the Spa Reception and the Hotel Reception.

### **Experience your Treatment**

You are kindly requested to arrive 10 minutes prior to your appointment so as to prepare for your treatment. Upon arrival, a therapist will escort you to the changing room where you can take a shower. The Spa provides towels, underwear, and one-use slippers. If you wish to use any of the pool facilities, you are reminded to have a swimming costume with you.

### **Prolong your Treatment**

A great variety of products are available that you can purchase and use at your discretion. Our experts can assist you in choosing the correct product that will satisfy your needs.

*\* If you wish to cancel your appointment please inform us 12hrs prior to the session.*



## Spa Treatments

60min | €10 | Dry Sauna  
60min | €10 | Hamam

The use of the above Spa Treatments is offered free of charge with the use of any of the following therapies.



## Body Treatments

### **Le Chocolat Body Treatment**

55min | €50

Delicious body treatment with a chocolate fragrance, which moisturises and treats the skin. It relaxes the body and spirit, giving you resilient, healthy-looking skin with a velvety feel.

### **Body Scrub**

25min | €25

Body exfoliation, rich in moisturising and cleansing properties. The scrub contains natural coral grains, as well as pearl and oyster extracts. It cleanses the skin deeply and leaves it feeling smooth with a lasting, sensual fragrance.

### **Body Hydra Therapy**

55min | €50

A body treatment ideal for moisturising the skin. It restores the water balance of the skin and is highly recommended for people with dry and dehydrated skin. This therapy is also an excellent choice for after sun exposure. Give your skin the relief it needs and enjoy the remarkable sensation that will follow.

## Peninsula Specials

### **Detox Therapy**

55min | €55

Body treatment with detoxifying and decongesting effects. It is a great option for someone who wishes to combat cellulite and localised fat. Leave our Spa feeling healthier.

### **After Sun Care**

60min | €55

A complete after-sun body treatment. It soothes and refreshes any skin irritations or burns caused by the sun. It moisturises the skin deeply and helps a burn transition into a lasting tan. This treatment is a great option for all holidaymakers.

For Facial Treatment | + €8



## Facial Treatments

### **Purity Face**

60min | €50

A treatment adapted to your personal needs. This therapy involves unique massage techniques. It cleanses your skin deeply and recovers its lost shine. Ideal for tired, dull skin.

### **Chronos Therapy**

60min | €60

A treatment that combats and prevents the marks of time. It stimulates the production of collagen, leaving you with healthy and glossy skin. Recommended for deep moisturising and anti-aging. Leave our Spa feeling rejuvenated and fresh.

### **Total Eye Care**

30min | €25

A revitalising eye treatment that boosts and brightens the skin surrounding the eyes. If you have dark circles, puffiness or even fine lines and wrinkles, this treatment will repair the delicate skin around your eyes, making it smoother and softer. This will leave you feeling relaxed, both looking and feeling younger!

## Facial Treatments

### Express Beauty Flash

30min | €35

*Offers: hydration, firming & rejuvenation.* An express treatment for hydration & glow that provides immediate results. It is based on Cretan products and is suitable for all skin types.

### Caviar Face

55min | €50

*Offers: deep hydration, anti-aging, skin renewal & restoration of tissue cohesion.* This treatment effectively utilizes the therapeutic properties of caviar in combination with Macadamia Oil, Vitamins A, E & C. A complete facial that is ideal for those seeking a one-for-all therapy.



## Massage Treatments

### Deep Tissue

50min | €60

Strong strokes release deep seated muscle tension. This technique alleviates back pain and comforts the entire body. It is ideal for those suffering from back or muscle pain.

### Body Relaxing Massage

30min | €40 *or* 50min | €55

Through effective massage techniques & the use of essential oils, blood and lymph circulation is improved and in turn toxins are removed from the body. Strained areas are relieved as the tension disperses. This massage imparts a sense of complete relaxation.

### AntiCellulite

30min | €45

A combination of lymphatic and weight loss massage. It improves the circulation, removes toxins and reduces water retention. As a result, skin becomes a lot smoother and firmer. This treatment is more effective if repeated. Look out for our summer package offers.

## Peninsula Classics

### Back, Neck & Shoulders

30min | €35

This massage is centred in the area between the scalp base and the lumbar area. It focuses on the back, neck and shoulders. Gentle techniques relieve the tension from these key areas.

### Complete Face & Scalp

25min | €30

A great choice for those looking to relax and for people who suffer from migraines and headaches. Lymphatic drainage techniques are used, which stimulate the lymphatic system, improve one's metabolism and help the body eliminate waste & toxins.

### Leg & Foot Massage

30min | €35

Massage strokes vitalize blood circulation, while offering relaxation and refreshment to tired & swollen feet.



## Special Combinations

These tailor-made packages are not only more affordable, but combine therapies that complement one another:

### Total Eye Care & Purity Face

80min | €65

### Body Scrub & Body Relaxing Massage

70min | €65

### Detox Therapy & Anticellulite Massage

80min | €80

### 'Le Chocolat' Body Care & Face and Scalp Massage

70min | €65

## Spa kids

Don't miss out on our special prices and treatments for the younger generations:

*For Children*

**Age: 4-12**

**Full-Body Massage**

30min | €25

**After-Sun Treatment**

50min | €40

*For Teens*

**Age: 13-18**

**Teen Regulating Facial**

35min | €30



## Our Greek Products

There are several products for sale at our Spa. These are local products, which feature olive oil as their main ingredient. Olive oil is a rich source of provitamin A, vitamins K and E, and other powerful antioxidants. Our top quality products, have been carefully selected and showcase all of the beneficial properties of Greek olive oil. Purchase a valuable souvenir and enjoy the lasting effects of Greek Nature.

Paraben Free  
Mineral Oil Free  
Allergen Free  
Propylene Glycol Free



## Nail Care

**Manicure** €15  
**Manicure Shellac** €25  
**Express Manicure** €8  
**Manicure for Men** €12

**Pedicure** €25  
**Pedicure Shellac** €35  
**Express Pedicure** €10  
**Pedicure for Men** €22

**Artificial Nails** €35-40  
**Nail Design** €1



You can book your appointment at either the Front Desk or directly at the Spa.

## Depilation / Wax

**Full Leg Wax** €18  
**Half Leg Wax** €12  
**Bikini Wax** €10-15  
**Arm Wax** €10

*Face*

**Lip & Chin Wax** €6  
**Eyebrow Removal** €6

*For Males*

**Chest Wax** €12-18  
**Back Wax** €12-18

## Shiatsu Treatment

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**Shiatsu\***  
60min | €70

Enjoy a therapeutic treatment, which originates from the East. An alternative healing art that involves manual pressure applied to specific points on the body in an attempt to relieve tension and pain.

**Please book this at least one day in advance.**

# SPA

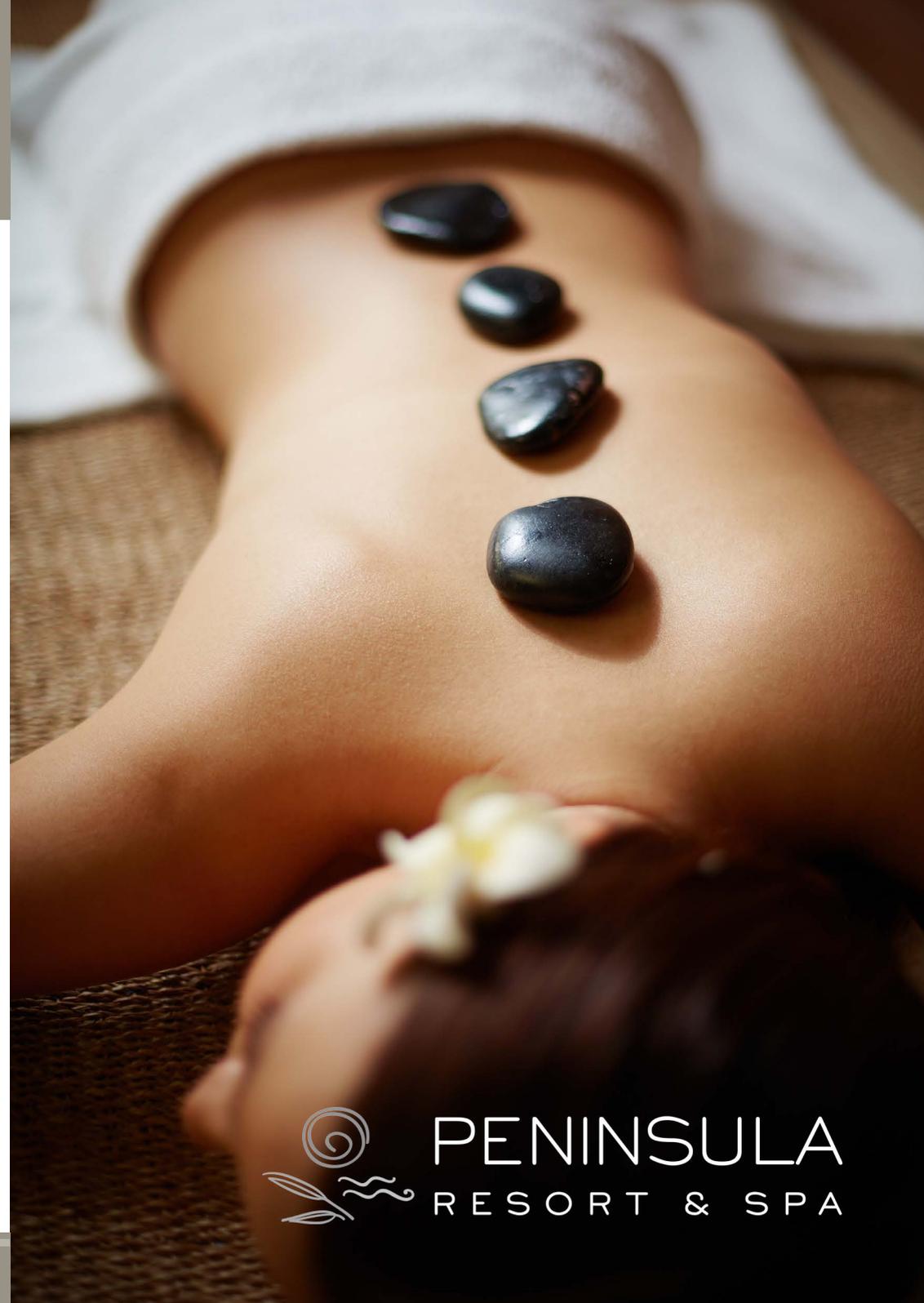
## *Spa, Massage & Beauty Treatments*



- Find the opportunity to relax and truly escape at the Peninsula Spa.
- Join us in our world of beauty, relaxation and recreation. Boost your mind, body & soul.
- **Keep an eye out for special offers that may be available during the period of your stay.**



Thank you for choosing  
the Peninsula Spa.





PENINSULA

R E S O R T & S P A

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