

# Anthemus Oriental Spa

## MASSAGES

**WELLNESS MASSAGE** 40 minutes – 45,00 €  
Especially designed to provide ultimate relaxation, removes stress and relieves from muscle pain. Essential oils combined with techniques where West meets East - Our therapists welcome you into the world of Anthemus Oriental Spa.

**BACK EXPRESS MASSAGE** 30 minutes – 35,00 €  
This mini introductory back and neck massage with special pressure techniques offers well - being and relief from muscle pains and stress.

**FOOT EXPRESS MASSAGE** 30 minutes – 35,00 €  
A brief treatment that uses reflexology points and extracts of wild mint and eucalyptus oil provides relief and vigour all over the human body.

**FOOT SPA TREATMENT** 30 minutes – 35,00 €  
Complete foot treatment consists of relaxing foot scrub, foot mask and concluding in a soft and healing massage.

**HAND SPA TREATMENT** 30 minutes – 35,00 €  
Full hand treatment combining the revitalizing properties of essential oils. Includes hand scrub, hand mask ending with a calming palm massage.

**ASIAN BLEND AROMATHERAPY** 60 minutes – 55,00 €  
Aromatic and relaxing Asian Blend Aromatherapy is based on a combination of ancient techniques with essential oil, a light and gentle massage which helps the infiltration of the essential oils into the skin activating their healing attributes to revive and relax the body and mind.

**BALINESE MASSAGE** 50 minutes – 55,00 €  
Authentic, deep and relaxing massage influenced from the age long traditions of Bali. Using special pressure techniques, kneading and stretching of tensions, this exotic massage strengthens the circulation, relieves muscle pains for positive well-being.

**SPORT MASSAGE** 50 minutes – 55,00 €  
A firm massage combining lemongrass and ginger essential oils aiming in relaxation, strengthening and revitalization. It is recommended especially for people who participate in intense physical activity.

**LOTUS DEEP MASSAGE** 50 minutes – 55,00 €  
Strong and deep massage using mostly the forearm, the palm and the fingers. Effective for muscle pains, stress and pressure, this empowering massage acts pressure all over the body offering pain relief and well-being.

## BACK HOT REVIVAL

60 minutes – 75,00 €

This massage is especially designed for the back, shoulders and neck. The therapist spreads warm ginger oil and combines techniques of Balinese massage with special pressure and pull points from Royal Thai massage in combination with Thai herbal hot compress. Relieves from pains and eliminates fatigue and stress.

## FOOT REFLEXOLOGY

50 minutes – 55,00 €

Ancient treatment based on applying pressure to vital points of the sole of the foot that correspond to internal organs and systems of the body. Reflexology is used internationally as a supplemental method for targeting cases of internal diseases, stress cases, chronic fatigue syndromes and exhaustion of the musculoskeletal system.

## INDIAN HEAD MASSAGE

50 minutes – 55,00 €

An authentic Ayurveda treatment using warm 100% virgin coconut oil and applying pressure and pull on selected points on parts of the neck and scalp. Ideal for: cases of memory loss, chronic headaches, migraines and chronic stress conditions.

# LOTUS BODY TREATMENTS

## LOTUS BODY SCRUB

40 minutes – 40,00 €

Body scrub, shower, body lotion

- ✓ Herbal - ginger improves circulation, relaxes tense muscles and stimulates the central nervous system
- ✓ Cacao - Chocolate, with antioxidant properties improving brain stimulation
- ✓ Jasmine, a precious essential oil with intense essential features
- ✓ Green tea, with strong antioxidant and rejuvenating properties
- ✓ Coconut, very gentle with high moisturizing properties especially for sensitive skin

## LOTUS BODY MASK

40 minutes – 40,00 €

Body mask, shower, body lotion

- ✓ Green Tea body mask, aloe Vera, honey and chamomile cool and revitalize the skin. Green tea has strong antioxidant and rejuvenating properties
- ✓ Jasmine body mask with its essential and soothing properties
- ✓ Chocolate indulgence mask, chocolate is a natural stimulant of the nervous system and increases the level of endorphin peptides throughout the body

## LOTUS ESSENTIAL BODY TREATMENT

60 minutes – 60,00 €

Body scrub, warm compress, body mask, shower, body lotion

A full body treatment combining: body scrub, body mask and hydrating body lotion.

- ✓ Jasmine body essential treatment
- ✓ Green tea body essential treatment
- ✓ Chocolate body essential treatment

## LOTUS ESSENTIAL MASSAGE

75 minutes – 75,00 €

Body scrub, shower, Wellness Massage

A full body indulgence combining an exfoliating smooth scrub massage and a full body invigorating Wellness Massage

- ✓ Green Tea essentials massage
- ✓ Jasmine essentials massage
- ✓ Chocolate essential massage
- ✓ Coconut essential massage



## SPA PROGRAMS AND EXOTIC RITUALS

**JASMINE RETREAT** 120 minutes – per person 100,00 € / per couple 170,00€  
**Jasmine body scrub, jasmine body mask, Asian Blend Aromatherapy massage**  
The rejuvenating treatment combining jasmine body scrub with jasmine body mask and ending with a completely relaxing and rebalancing Asian Blend Aromatherapy massage.

**GREEN TEA REVIVAL** 120 minutes – per person 110,00 € / per couple 190,00€  
**Green tea body scrub, body lotion, back and neck massage, Thalgo bio - marine facial treatment**  
A combination body treatment based on recreating the antioxidant attributes of green tea. The treatment begins with a soft spread of the green tea body scrub over the whole body, after a short rinse indulge yourself with an invigorating back and neck massage while the treatment finishes with a relaxing facial massage.

**ORIENTAL SPICY** 120 minutes – per person 110,00 € / per couple 190,00€  
**Ginger body scrub, body lotion, Oriental Foot Massage, Indian Head Massage**  
Treatment based on the healing and heating features of ginger and other spicy herbs. The session begins with a spicy ginger body scrub and continues with a soft and gentle massage with an aloe vera body lotion. The session also includes an Oriental foot massage and concludes with an ultimate relaxing Indian head treatment.

**BALINESE BOREH** 120 minutes – per person 110,00 € / per couple 190,00€  
**Herbal body scrub, Yoghurt splash, Bali Floral Oil Massage**  
Revitalizing treatment, based on II ancient traditions of Bali. The ritual begins with a refreshing herbal body exfoliation, also incorporating a yoghurt splash which hydrates and cools off the body leaving you with a unique feeling of smoothness while the session ends with an invigorating, anti-stress Balinese massage.

**SHIRODARA** 90 minutes – 100,00 €  
An exclusive Ayurveda treatment based on the mind, body and spirit. Essential oil penetrating the sixth chakra on the forehead, known also as the third eye. Simultaneously the therapist performs an especially designed relaxing and calming head and neck massage while the session ends with a relaxing foot massage. It is especially helpful for cases of insomnia, stress, headaches and anxiety disorders.

## THALGO BIO-MARINE FACIAL AND BODY TREATMENT

### FACIAL EXPRESS

30 minutes – 35,00 €

Quick facial treatment with pure marine extracts infusion depending on skin type.

Combines: facial cleansing, toning, anti-wrinkle facial and eyelid massage.

### EXOTIC FACIAL TREATMENT

60 minutes – 60,00 €

Re-balancing exotic facial treatment with pure marine extract infusion depending on skin type.

The therapist uses smooth movements to spread the healing extracts while at the same time activates blood circulation, softens wrinkles and stimulates with vitality the facial points restoring the skins balance and enhances well-being. Includes facial warm compresses, cleansing milk, toner, scrub, mask, lotion and massage cream.

### ANTI-AGEING EYE CARE

45 minutes – 45,00 €

The Thalgo Hyaluronic Eyes mask patches, plump-up and instantly fill fine lines and wrinkles.

Wrinkles become smoother and your eyes become visibly more fresh and youthful.

### HYDRA SOURCE FACIAL TREATMENT

60 minutes – 60,00 €

A professional treatment that repairs the hydration levels of dehydrated skin and deeply replenishes, leaving your skin soft and silky.

### PURE COLLAGEN FACIAL TREATMENT

75 minutes – 75,00 €

The power of pure Marine Collagen and Palmaria Palmata algae has been developed to produce results from the very first treatment. Skin is left soft, radiant and even wrinkles are visibly reduced.

### HYALURONIC SMOOTH & FILL FACIAL TREATMENT

75 minutes – 75,00 €

Containing a high concentration of Marine Hyaluronic Acid for high-precision filling action. A real rejuvenating force, it helps diminish the appearance of fine lines and fills in stubborn wrinkles.

### SILICIUM SUPER LIFT FACIAL TREATMENT

75 minutes – 75,00 €

For women with marked wrinkles and reduced firmness of the facial contours and neck looking for an intensive high-concentration treatment.

### MEN'S HYDRA OCEAN TREATMENT

60 minutes – 75,00 €

Especially designed for stressed male skin it combines marine active ingredients with relaxing facial massage movements. An Energizing and balanced treatment that removes the appearance of tiredness.

### INTEGRATIVE SLIMMING – HIGH PRECISION SHAPING TREATMENT

60 minutes – 75,00 €

An anti-cellulite and slimming therapy, restructuring and firming treatment with the highest quality marine ingredients and the experience of Thalgo. It helps diminish the appearance of localized unwanted curves and lastingly refines the figure.



## ANTHEMUS ORIENTAL SPA POLICY

### SPA OPERATING HOURS

The Spa operates daily from 08:30 until 18:00.

Anthemus Oriental Spa Lobby Reception tel. 0030 23750 722001 extension 860

e-mail: spa@anthemusea.gr

### SPA BOOKING APPOINTMENTS

Anthemus Oriental Spa is always welcoming with walk-ins accepted upon availability. To secure your requested spa time and treatments, we recommend you book an appointment in advance. If you will be attending the spa with a voucher, it is a good idea to mention it before treatment, so that the Spa can advise you of any policy that may affect its use.

### SPA ARRIVALS

To maximize your experience, please check in 15 minutes prior to your scheduled appointment time. This allows time for a personalized consultation and time for relaxation. We regret that late arrivals may not receive the full benefit of services provided.

### SPA CANCELLATION

In order to provide our guests with earliest possible appointment times, we require a 48-hour cancellation notice for all multiple service packages booked, and a 24-hour cancellation notice for all other services. Any cancellation less than 24 hours will be charged 50% of the full service charge. No shows will be charged 100% of the full service charge. However, we understand that emergency situations do arise and we will accommodate You in best way we can.

### SPA POLICY – IMPORTANT INFORMATION

All customers of Anthemus Oriental Spa will sign in upon arrival at Spa Reception.

If you have any medical problems or receive any kind of medication, please consult your physician (prior to making your booking) if you are allowed to take a part in any of our treatments. We reserve the right to refuse treatments if we feel it is not in the best interest of the guest.

For the comfort and peace of all our guest's food consumption, smoking, alcohol and cell phones are not allowed in any of the Spa area. Customers under the influence of alcohol will not be permitted.

Children under the age of 16 (sixteen) are not allowed to use any of our services including gym equipment. International standard EN ISO 9001:2015 from 17th of July 2018.

Shirts must be worn at all times while using the gym equipment.

Anthemus Oriental Spa is not responsible for any loss or damaged valuables.

Lotus Oriental Spa and Anthemus Sea Beach Hotel and Spa bear no responsibility in the event of a health problem or accident.

*Anthemus Oriental Spa reserves the right to change the Spa rules, services, prices and the opening hours.*