



### Spa Entrance

Includes the use of steam room, Vichy shower, footbaths, experience shower, relax area and access to our refreshment bar - 10 €

### Signature treatments by Sparkling Spa

Scalp massage 20min -25€

Scalp massage that releases tension and is ideal for those suffering from migraines and headaches. It also makes a perfect add-on to any of our treatments

Back and neck massage 30min -58€

Back and Neck Massage, a mini deep tissue relaxing massage for the back and neck, performed to give your body immediate relief from pain and stress

Swedish Massage 55min -85€

Classic relaxing massage for immediate relieve of pain and tension. This massage is performed with Cretan almond oil, catering to those with special needs and requiring as simply relaxing treatment

### Sparkling Mom 1h 15min -120€

A unique therapy for all pregnant women who is in need of that little extra pampering touch for body and mind. A back and leg massage that will revitalize the body, relax tensions and minimize the problem with swollen feet. Combined with a calming scalp massage this treatment is perfect to obtain a harmonic balance and good energy. Please note that this treatment is performed only after the first stage of pregnancy (at least 3 months pregnant)

### Relaxing Leg and Foot Massage 30min -58€

Draining, toning and circulation improving massage of the legs and feet, inspired from the traditions of Ayurveda. Performed with products based on Cretan herbs, your legs and feet will feel lighter and ready for those long beach walks again

Add –on treatments

### Scalp Massage 20min -25€

## Signature Massages and Face Rituals by Cinq Mondes

### Ayurveda Massage 60min -90€

Based on the ancient Indian tradition of Ayurveda, this deep tissue hot oil massage will relieve muscle pains, relax and revitalize the body. Due to its special combination of slow and fast massage techniques this massage rebalances the body's energy flow

### Balinese Massage 60min -90€

Inspired from Bali, Indonesia this relaxing massage is perfect for anyone suffering from stiffness and lack of energy. Deep with smooth moves in combination with gentle stretching techniques from the famous Thai massage makes it a unique experience

### Oriental Massage 60min -90€

Traditional massage techniques from North Africa with a relaxing slow rhythm that will relieve you from everyday stress, suitable for those seeking a relaxing moment

### Face Rituals -Fleurs de Bali 30min -65€

Classical facial treatment based on tropical flowers traditionally used in Bali, for a deep cleansed and radiant skin

## Valmont Face-Excellence Treatments

### Intense Hydration of the Bisses 50min -99€

If your skin feels tight, fine lines are showing, and the surface is rough to the touch, our Ritual is the perfect solution. Built on our signature ripple DNA and enriched with hyaluronic acid and other moisturizing ingredients, this treatment hydrates the epidermis, leaving your skin smoother, radiant, and plump-looking.

### Lifting and Wrinkles 50min -99€

If your skin looks tired with an intense loss of volume, this treatment program is designed to relieve stress in the areas of your face showing superficial or more pronounced wrinkles for a smoothing and lifting effect

Eye Collagen Lift 50min -99€

Thanks to the specific Eye Regenerating Collagen mask this eye treatment works against dark circles, puffiness, fine lines and wrinkles on the sensitive eye area. Excellent combination of drainage, acupressure and firming massage

### Body Treatments

Sage of Athena – Sculpting Slimming Treatment 60min -45€

This treatment combines deep tissue massage and lymphatic techniques, targeting cellulite with the use of Cretan Sage essential oil, known for its Anti-Cellulite properties

Gentle Restore (Sunburn treatment) 70min -95€

This cooling treatment soothes, reduces the appearance of redness and helps the skin to heal and restore. Enjoy this combination of treatments for body and face, healing and calming effects with anti-inflammatory ingredients aloe vera, chamomile and calendula

Body Exfoliation by Cinq Mondes 30min -60€

Deeply exfoliating, sea salt scrub that moisturizes the skin and warms the muscles with its powerful fragrance of Cinnamon and Nutmeg essential oils. The unique fragrances by Cinq Mondes add the aromatherapy benefits to this experience and alleviate stress and anxiety that helps the body to unwind.

## Couples Retreat (Available upon request)

Any type of our full body massages in the double treatments' room.

Aromatic Scrub with Spices followed by our Swedish Massage 90' -190€