



POSEIDON SPA
THE SPA AT ST. NICOLAS BAY RESORT HOTEL & VILLAS

Located next to the Club House Breakfast Terrace

Hours of Operation

10:00 – 20:00 Daily

All our treatments are performed exclusively with Elemis Products

Step into the temple of touch and aroma...where time is left at the door and a new journey begins a sensory space for men and women...

Escape from the pressures of everyday life and transport yourself to a more tranquil world.

Step back in time to rituals of ancient understanding...discover an exotic blend of therapies from around the world... Bali, Tibet, Polynesia, Japan, Morocco and Thailand; discover a pathway to inner peace, reflection, restoration and enlightenment...no clocks, no stress, no urgency... re-discover your senses... rest your mind... and breathe freely.

WELCOME TO THE WORLD OF ELEMIS SPA-THERAPY

Gym

We offer a variety of gym equipment for maintaining your fitness level with exercise, weights and stretching.

Please contact the Poseidon Spa
or call 333 from 10:00 – 20:00 to book your appointment.





POSEIDON SPA
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Recommendations & Spa Etiquette

The Poseidon Spa is a full service facility available to all resort guests.

A private locker, bathrobe, towels and slippers are provided. In consideration of other guests, we ask that all cellular phones be turned off while at the Spa. In addition, the Spa is a non-smoking facility.

Spa Appearance

Please remove all jewellery and clothing, leaving on your undergarments. If your treatment involves water therapy, you are required to wear a swimsuit. For some treatments you will be provided with disposable undergarments by your therapist. Please make sure that your valuables are kept in your locker. The management cannot be held responsible for the loss of any personal possessions.

During your Treatment

Please let your therapist know if you are comfortable or uncomfortable, too warm or too cold, or if the pressure is too light or too firm. Our goal is to make you feel the ultimate experience of well-being and relaxation. There is no pressure to talk during the treatment; this is entirely up to you. If you have any questions or would like to talk, certainly do so. The therapist will take their cues from you. If you are quiet, they will be too.

Appointments

Advance reservations are recommended. Please call extension 333 from your room or ask the operator to connect you. Name and contact information are required at the time of booking to guarantee your reservation.

Check-In

We suggest that you arrive at least 15 minutes prior to your first appointment. Before your treatment you will be required to complete a lifestyle program questionnaire. In consideration for all Spa guests and therapists, late arrivals on pre-booked appointments will not receive an extension of scheduled treatments and the full value of your treatment will be applied.



For your Safety

If you have a particular physical condition or injury, please explain it to your therapist before the treatment start in order to have more therapeutic results during your treatment. The Spa Services are appropriate to guests of 14 years and older.

Cancellation Policy

Cancellations must be received at least 4 hours prior to appointment time for a single treatment or 24 hours advance notice for rituals. Without notification you will be charged for the scheduled service.

POSEIDON SPA THE SPA AT ST. NICOLAS BAY RESORT HOTEL & VILLAS

The Ultimate experience awaits you at the Poseidon Spa.
Dedicated to peace, tranquillity and harmony, our Spa pampers you with a heavenly array of treatments: restoring mind, body and spirit in the most beautiful surroundings.

Facial Treatments

Elemis Taster Facial – Rejuvenating Mini Facial

Give your skin an instant boost with our Rejuvenating Mini Facial.

Prescribed to your skin's needs, this facial is excellent before a

Make-up or special occasion, to leave your skin glowing.

25 min.

€ 40

ELEMIS SKIN SPECIFIC FACIALS

The perfect skin maintenance facials, combining exceptional skin conditioning plant actives with unique Eastern massage techniques to deeply cleanse the face, whilst renewing radiance and treating the skin.

Elemis Fruit Active Glow - for dull lifeless skin

For a powerful skin exchange, this facial will bring back the glow

to tired, dull and lifeless complexions. Skin is deeply cleansed

and stimulated by specialist Eastern massage techniques whilst

powerful skin conditioning actives nourish and renew vital radiance.

55 min.

€ 85

Elemis Exotic Moisture Dew – for dry skin

For skin in need of a super saturating moisture boost, this thirst

quenching facial is perfect. Following a deep-cleanse and nourishing

facial massage, the skin is fed with moisture loving actives that will

bring back that healthy, dewy look to the skin.

55 min.

€ 85



Elemis Herbal Lavender Repair – for combination and oily skin

For perfect restoration of skin balance, this facial helps to heal and repair oily, problem and congested skin. Deeply cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

55 min. € 85

New Face & Body Sensation – the perfect treatment duo

Experience the perfect Elemis treatment duo, a sensational massage combined with a prescribed booster anti-ageing facial.

Choose from the unique Re-Energizer, an “ice-cool thermal” massage to relieve stress tension and ease aching muscles, or Tranquility, a “thermal-soothing” massage to induce a deep level of relaxation and calm your mind. You will then be treated to your intensive booster anti-ageing facial, designed to smooth out wrinkles and restore youthful radiance.

- Pro-Collagen Quartz Lift Facial • Tri-Enzyme Resurfacing Facial
- Visible Brilliance Facial • Skin IQ+ Men’s Facial

55 min. € 115

ELEMIS ADVANCED PERFORMANCE FACIALS

Elemis Oxygen Skin Calm Facial – for sensitive skin

This face and eye treatment is pure soothing heaven for sensitive skins. Gentle massage techniques combined with calming actives and a restructuring Japanese Silk Mask help to rebalance delicate, fragile and sensitive skins. Reduces redness and offers immediate comfort to stressed skin. This superior treatment is further enhanced by a luxurious hand & arm massage and de-stress scalp treatment for the ultimate in advanced skin therapy.

70 min. € 110

Elemis S.O.S. Purifying Facial – for oily, problem and congested skins

This powerful purifying face and eye treatment helps to absorb excess sunburn, regulate and balance the function of the skin, whilst helping to repair scarring. Purifying massage techniques combined with the unique Japanese Sulphur Mask impregnated with Vita-C Booster Serum help to calm irritated skin and rebalance oil-rich pores, leaving a beautiful matt skin. This superior treatment is further enhanced by a luxurious hand & arm massage and de-stress scalp treatment for the ultimate in advanced skin therapy.

70 min. € 110

ELEMIS ADVANCED ANTI-AGEING FACIALS

Elemis Visible Brilliance Facial – for ageing, stressed and slackened skin

This advanced anti-ageing therapy provides the skin with cell plumping nutrition which helps to regenerate cells and provide ongoing protection against harmful free radicals. Bringing together the effects of an Amino Active Mask combined with the revolutionary pH Optimizer and Encapsulated Vitamins as an antidote for premature or accelerated ageing. Incorporating dynamic Eastern massage techniques and including an intensive eye therapy, the skin's elasticity is increased by up to 28% and moisturizing levels are increased by up to 38% after just one treatment. This superior treatment is further enhanced by a luxurious hand & arm massage and de-stress scalp treatment for the ultimate in scientific skin-therapy, the effect is one of Visible Brilliance

70 min. € 120



Elemis Pro-Collagen Marine Facial – for fine lines and wrinkles

Providing immediate results in the fight against time, this exceptional face and eye treatment helps to slow down the signs of premature ageing, Reducing the appearance of fine lines and wrinkles on the face and crows feet around the eye contour. Specialized lifting massage techniques are combined with the unique anti-ageing Japanese Silk Mask impregnated with Pro-Collagen Booster Serum. Skin will have a more youthful appearance after just 1 treatment. This superior treatment is further enhanced by a luxurious hand & arm massage and de-stress scalp treatment for the ultimate in scientific skin-therapy. 70 min. € 120

Elemis Tri-Enzyme Resurfacing Facial – for ageing, acne scarring and uneven skin tone
The new Tri-Enzyme Resurfacing Treatment offers a micro-encapsulated enzyme therapy with unprecedented results never seen before from just one facial. The precision layering of three targeted enzymes stimulates and accelerates the skin's biological exfoliation process by up to 75% after just one treatment. These advanced resurfacing techniques, safely and effectively, remove the thickening layer of the epidermis and the skin is left incredibly clean and radiant, bringing a renewed level of evenness and clarity to the complexion. In addition, skin is smoothed by up to 32% and the appearance of acne scarring, pigmentation and fine lines are visibly reduced. 70 min. € 115
Note: A patch test is recommended 30' min before the treatment or the previous day.

Pro-Collagen Quartz Lift Facial – Advanced anti-ageing Facial

Clinically proven to reduce wrinkles and to improve skin firmness. Protect against the signs of ageing, reducing the appearance of fine lines and wrinkles on the face and restructuring the eye contour. Specialized lifting massage techniques are combined with the 3 brand new anti-ageing products for maximum treatment efficacy. 70 min. € 120



Time for Men

Elemis Skin IQ Facial For Men

This facial is designed to recharge and energize tired skin, whilst relieving tension in the shoulder and neck area. Tailored to meet the demands of a hectic lifestyle and to combat the harsh, ageing effects of the modern environment, it accelerates skin repair and hydration, calming skin irritation and reducing sensitivity

70 min. € 120

Elemis Urban Cleanse Facial For Men

Specifically targeted to men's skin, the powerful therapeutic-Grade ingredients, deep cleanse and decongest oil rich skins, Rapidly accelerating skin repair and hydration, calming irritation And sensitivity, to leave the skin visibly clear, youthful and improved. Taking your skin on a journey of total renewal

70 min. € 110

Total Time Out

*Elemis Facial For Men
Elemis Deep Tissue Muscle Massage*

1hr 55 min. € 195

Exotic Face & Body Treatments



Elemis Exotic Lime & Ginger Salt Glow

An exotic exfoliation ritual to invigorate and bring vitality to your face and body. After light body brushing, warm oil is dripped luxuriously all over your body before our sublime Exotic Lime and Ginger Salt Glow is applied. Your skin is deeply cleansed, polished and softened to perfection, finishing with a final application of Exotic Island Flower Body balm, leaving the skin glowing and vibrant, replenished and flawless

40 min € 70

Elemis Ceremony of Sun

A rich and sensual celebration of sun!

We know the sun is good for our soul, but not necessarily for our skin, So fake it! Achieve your sun kissed Total Glow Self Tan after the most indulgent Exotic Lime & Salt Ginger Glow.

55 min. € 80

Elemis Exotic Coconut Rub & Milk Ritual Wrap

A ceremony of pure sensuality to tantalize and delight!

A traditional Balinese recipe with Coconut, Mungbean, Spices and Lavender polishes the skin, whilst the Exotic Frangipani Monoi Moisture Melt indulges your senses. Healing, comforting opulence with pure unadulterated pleasure. Milk Bath is poured over your entire body, before being cocooned in a comforting foil wrap.

55 min. € 110

Elemis Exotic Frangipani Body Nourish Wrap

From the exotic shores of Tahiti, comes Monoi Oil.

A beautiful blend of Coconut and Frangipani flowers, the Polynesian Women traditionally use this scented oil to nourish and condition their lustrous hair and bodies. With the most exotic aroma and texture imaginable, drench yourself in its moisture, cocooned in a comforting foil wrap.

55 min. € 110



Detox

Elemis Aroma Spa Ocean Wrap

The power of aromatherapy is combined with the riches of the ocean. a warm seaweed body mask containing a synergy of pure essential oils is applied to your body before you are cocooned in a comforting foil wrap. Let the active ingredients work whilst you let your thoughts drift away during a soothing face and scalp massage.

Cellufox

A synergy of cleansing Juniper and Lemon essential oils, to detoxify, decongest and stimulate your body systems.

70 min. € 125

Musclease

A warming blend of Pine and Rosemary essential oils, to ease arthritis, fatigue and muscle spasm

70 min. € 125

Body Sculpting Cellulite & Colon Therapy

Congestion caused by poor circulation, food retention and a sluggish digestive system can lead to cellulite, bloating and toxic build up. This treatment works at the deepest level to flush and cleanse all three systems of the body. Specialized Massage techniques over the hip and thigh area help to stimulate blood flow and Drain away fluid. A detoxifying Fennel and Birch peel-off body mask is then applied to help firm and smooth the skin. In addition, cleansing of the colon through abdominal Massage and reflexology helps to detoxify the body, working from the inside out.

60 min. € 115



Massage

Make the most of the different massage techniques we offer and ask from our qualified therapists for a consultation that will help you choose the most beneficial massage for your own individual needs.

ELEMIS DEEP TISSUE MUSCLE MASSAGE

Focusing to relieve specific stress and muscle tension, this deep rhythmic pressure massage gives the whole body a vigorous workout. Combined with specially blended massage oils, this treatment can be tailor made to suit your individual needs.

Stress – a - Way

Soothe and relax with a 'de-stress' blend of Lavender, Chamomile, Melissa, Geranium and Bergamot Essential Oils

55 min. € 100

Spirit Reviver

Uplift, detoxify and renew your zest for life with the 'Cellutox' Blend of Lemon, Lime, Peppermint and Grapefruit Essential Oils

55 min. € 100

Muscle Melt

Ease away tired, aching muscles with the 'Musclease' blend of Warming Rosemary, Juniper, Thyme, Birch & Chamomile Essential oils. Excellent for the rheumatic or sport related pain.

55 min. € 100

Chakra Balancing

Bring your body and emotions into total equilibrium with the Chakra balancing blend of Ylang Ylang and Geranium, or the exotic essence of Frangipani to seal in moisture.

55 min. € 100

Elemis Deep Tissue Back Massage

Focusing primarily on the back, shoulders and neck area, this mini-massage will help begin to relieve tension, stress and aching muscles. Can be combined with Elemis facials as a pre-facial relaxer!

25 min. € 60

Elemis Couples Massage

Enjoy the delights of 1 h 45 min. together with:
Hammam for two for 15 minutes.

Deep Tissue Body Massage as 2 Therapists treat you both to this decadent experience for 1 hour followed by Anti-Ageing Facial for 30 min.

Per person 1 hour 45 min. € 155



Elemis Rituals

Absolute Spa Ritual

Elemis Deep Tissue Muscle Massage
Elemis Advanced Facial

1hr 55min. € 195

Deep Cleansing Ritual

Elemis Exotic Lime & Ginger Salt Glow
Elemis Cellutox Aromaspa Ocean Wrap
Elemis Skin Specific Facial

2hrs25min. € 230

Tahitian Smoothe & Soothe

Elemis Exotic Lime & Ginger Salt Glow
Elemis Exotic Frangipani Wrap

1hr25min. € 155

Tropical Delight

Elemis Exotic Coconut Rub & Milk Ritual Wrap
Exotic Hand Ritual
Exotic Sole Delight Foot Treatment

1hr55min. € 165

Ultimate Detox Ritual

Hammam
Elemis Fennel Cleansing Cellulite & Colon Therapy
Elemis Skin Specific Facial

2hrs40min. € 220

Voyage of the Senses

Elemis Exotic Frangipani Wrap
Indian Head Massage
Elemis Advanced Performance Facial

2hrs40min. € 265

Sensory Earth

Hot Stones Massage
Elemis Advanced Performance Facial

2hrs25min. € 200



Elemis Day Packages

Day of Escape

Elemis Exotic Lime & Ginger Salt Glow		
Elemis Deep Tissue Massage		
Elemis Spa St. Nicolas Bay Light Lunch		
Elemis Advanced Performance Facial	3 hrs	€ 280

Day of Purity

Hammam		
Elemis Fennel Cleansing Cellulite & Colon Therapy		
Elemis Spa St. Nicolas Bay Light Lunch		
Indian Head Massage		
Elemis Skin Specific Facial	3hrs30min.	€ 310

Day of Tranquility

Elemis Exotic Coconut Rub & Milk Ritual Wrap		
Sole Delight Foot Treatment		
Exotic Hand Ritual		
Elemis Spa St. Nicolas Bay Light Lunch		
Hammam		
Hot Stones Massage	4hrs30min.	€ 350

Elemis Hands & Feet

Sole Delight Pedicure	€ 60
Simple Pedicure & French Nail Paint	€ 45
Simple Pedicure & Nail Paint	€ 35
Exotic Manicure Ritual	€ 50
Tidy & French Nail Paint Manicure	€ 35
Tidy & Nail Paint Manicure	€ 25

Poseidon Relaxation Package

Includes 15' min. use of Sauna, Steambath & Jet Shower plus relaxation at the indoor fresh water pool. Package is available by pre-booked appointment only and at a supplement of € 5 per person.



Poseidon Additional Treatments

Half Leg Wax	€ 25
Full Leg Wax	€ 40
Arm Wax	€ 20
Under Arm Wax	€ 15
Bikini Line Wax	€ 18
Eye Brow Wax	€ 15
Lip & Chin Wax	€ 15
Back Wax	From € 20
Chest Wax	From € 25
Eye Brow Reshape	€ 25

Poseidon Massage

Aromatherapy Massage

A complete body treatment using essential oils made from Plant and Herb extracts. The oils have either detoxifying, stimulating or relaxing properties chosen to suit individual needs. The aroma from the oils Has a therapeutic effect, inducing a feeling of well being

70 min. € 110

Indian Head Massage

Indian Head Massage has been practiced for over 4000 years. Based on Argyurveda, meaning "Science of Life", the therapist will Firstly assess your unique physical, mental and spiritual traits or 'Dosha' and blend specific carrier and essential oils. This is used to massage and relieve tension from your shoulders, neck, head and face. The treatment is concluded with oiling the hair, a traditional Indian practice to balance your hair, scalp, body and mind

40 min. € 75

Hot Stones Massage

Volcanic stones which were blown into the ocean thousands of years ago are used for this massage. The constant movement of the waves has gently tumbled and smoothed the sharp edges of the stones. Energy from the volcano (fire), combined with the ocean waves (water), gives these stones a nice balance of energy in ways that bring about relief to sore and stiff muscles, releasing tension to bring about tranquility and a more balanced flow of energy.

70 min. € 125

Stress Relieving Body Massage

This massage concentrates on soothing away tiredness, stress and alleviating tension, inducing relaxation to the body and mind.

55 min. € 80

Stress Relieving Back Massage

Concentrating on the back, neck and shoulders, the masseur will help to relieve stress and tension from your muscles

25 min. € 50

Stress Relieving Legs Massage

Concentrating on the legs, the masseur will help to relieve Stress from your muscles.

25 min. € 50



Thai Massage

Thai Massage is an extraordinary method of aligning the energies of the body, and originates from the time of the Buddha. Like most Asian methods, it is a technique used to give mankind an experience of the total body. It is similar to acupressure and shiatsu combined with stretches and lyogic Asanas. Concerning the treatment, Ancient Massage is a floor massage. The fully dressed client lies on a pad or light mattress. An ingenious system of movements gives relaxation and new energy.

60 min. € 100

Four Hands Body Massage

Exciting experience as 2 Therapists treat you both to a Stress-relieving body massage

35 min. € 90

Poseidon Reflexology

Originating in the East around 5000 years ago, reflexology works on the principle that all our organs are represented in our feet. By working on these points with acupressure, the therapist can help to rebalance the system and obtain harmony to body and mind.

45 min. € 55

Poseidon Fitness Program – Personal Training

Yoga

Combination of Astanga, Vinyasa and Hatha Yoga

60 min. € 60

Pilates

Matwork with Theraband, Fitball & Ring

60 min. € 60

Yogilates

Combination of Yoga & Pilates

60 min. € 60

Aqua Gymnastic

60 min. € 60

Special Training

Circulate Training, Matwork Training, Body Pump, Aerobic

60 min. € 60

Training for Special Conditions

Injuries, Recovery after Injuries, Handicap

60 min. € 60

Stretching

60 min. € 60

Swimming

For Adults & Children

60 min. € 50

Poseidon Spa in the Privacy of your own Room or Suite

Treat yourself to a sensory Spa experience in the absolute privacy of your own Room or Suite Terrace, with various Massage Techniques suited to your own personal needs.

To book your appointment, please dial 333 or visit the Poseidon Spa Reception.

Stress – a – Way by Elemis

Soothe and relax with a 'de-stress' blend of Lavender, Chamomile, Melissa, Geranium and Bergamot Essential Oils

55 min. € 150

Spirit Reviver by Elemis

Uplift, detoxify and renew your zest for life with the 'Cellutox' Blend of Lemon, Lime, Peppermint and Grapefruit Essential Oils

55 min. € 150

Muscle Melt by Elemis

Ease away tired, aching muscles with the 'Musclease' blend of Warming Rosemary, Juniper, Thyme, Birch & Chamomile Essential oils. Excellent for the rheumatic or sport related pain.

55 min. € 150

Poseidon Aromatherapy Massage

A complete body treatment using essential oils made from Plant and Herb extracts. The oils have either detoxifying, stimulating or relaxing properties chosen to suit individual needs. The aroma from the oils Has a therapeutic effect, inducing a feeling of well being

70 min. € 160

Poseidon Indian Head Massage

Indian Head Massage has been practiced for over 4000 years. Based on Aryurveda, meaning "Science of Life", the therapist will Firstly assess your unique physical, mental and spiritual traits or 'Dosha' and blend specific carrier and essential oils. This is used to massage and relieve tension from your shoulders, neck, head and face. The treatment is concluded with oiling the hair, a traditional Indian practice to balance your hair, scalp, body and mind

40 min. € 100



POSEIDON SPA WELLNESS PACKAGES 2010

1) Alter Ego Sensation

a) Poseidon Aromatherapy Massage

A complete body treatment using essential oils made from Plant and Herb Extracts. The oils have either detoxifying, stimulating or relaxing capabilities chosen to suite individual needs. The aroma from the oils has a therapeutic effect, inducing a feeling of wellbeing.

b) Poseidon Reflexology

Originating in the East around 5000 years ago, Reflexology works on the principle that all our organs are represented in our feet. By working on these points with acupressure, the therapist can help to rebalance the system and obtain harmony to body and mind.

c) Poseidon Elemis Taster Facial

Give your skin an instant boost with our Rejuvenating Mini Facial. Prescribed to your skin's needs, this facial is excellent to leave your skin glowing.

Duration: ± 2 hours. Rack Rate €210,00 per person.

2) Spiritual East Journey

a) Poseidon Elemis Exotic Lime & Ginger Salt Glow

An exotic exfoliation ritual to invigorate and bring vitality to your face and body. After light body brushing, warm oil is dripped luxuriously all over your body before our sublime Exotic Lime and Ginger Salt Glow is applied. Your skin is deeply cleansed, polished and softened to perfection, finishing with a final application of Exotic Island Flower Body Balm leaving the skin glowing and vibrant, replenished and flawless.

b) Poseidon Indian Head Massage

Indian Head Massage has been practiced for over 4000 years. Based on Aryurveda, meaning "Science of Life", the therapist will firstly assess your unique physical, mental and spiritual traits or 'Dosha' and blend specific carrier and essential oils. This is used to massage and relieve tension from your shoulders, neck, head and face. The treatment is concluded with oiling the hair, a traditional Indian practice to balance your hair, scalp, body and mind.

c) Poseidon Stress Relieving Leg Massage

Concentrating on the legs, the masseur will help to relieve stress from your muscles.

Duration: ± 2 hours. Rack Rate €210,00 per person.



3) Total Soothing Exotic Moments

a) Poseidon Elemis Exotic Body Nourish Wrap

From the exotic shores of Tahiti comes Monoi Oil. A beautiful blend of Coconut and Frangipani Flowers, the Polynesian Women traditionally use this scented oil to nourish and condition their lustrous hair and bodies. With the most exotic aroma and texture imaginable, drench yourself in its moisture cocooned in a comforting foil wrap.

b) Poseidon Elemis Exotic Hand Ritual

An exotic ritual to invigorate and revitalize the hands. Exfoliation, mask and massage for the circulation brings deeply nourishing, smoothing and cleansing results to your hands.

c) Poseidon Elemis Exotic Sole Delight Foot Ritual

A ceremony of pure sensuality to tantalize and delight! Be ready to accept the gentle touch of the velvet products and the smoothing moves that will rejuvenate your feet. A vitality procedure with exfoliation, mask, massage and deeply moisturizing products.

Duration: ± 2 hours. Rack Rate €210,00 per person.

4) Time for Two - Couples Delight

a) Poseidon Elemis Deep Tissue Body Massage

Enjoy the delights of an hour together as two therapists treat you both to this decadent experience. Combined with specially blended Massage Oils, this deep rhythmic pressure massage gives the whole body a vigorous workout.

b) Poseidon Elemis Antiageing Visible Brilliance

- for ageing, stressed and slackened skin.

This advanced anti-ageing therapy provides the skin with cell plumping nutrition which helps to regenerate cells and provide ongoing protection against harmful free radicals. Bringing together the effects of an Amino Active Mask combined with the revolutionary pH Optimizer and Encapsulated Vitamins as an antidote for premature or accelerated ageing. Incorporating dynamic Eastern massage techniques and including an intensive eye therapy, the skin's elasticity is increased by up to 28% and moisturizing levels are increased by up to 38% after just one treatment. This superior treatment is further entranced by a luxurious Hand & Arm massage and De-stress Scalp Treatment for the ultimate in scientific skin-therapy, the effect is one of Visible Brilliance.

Duration: ± 2 hours. Rack Rate €210,00 per person.



POSEIDON SPA SIGNATURE TREATMENTS

1) Oriental

a) POSEIDON HOT STONES BODY MASSAGE

Volcanic Stones which were blown into the ocean thousands of years ago are used for this massage. The constant movement of the waves has gently tumbled and smoothed the sharp edges of the stones. Energy from the volcano (fire), combined with the ocean waves (water) gives these stones a nice balance of energy in ways that bring about relief to sore and stiff muscles, releasing tension to bring about tranquillity and a more balanced flow of energy.

b) POSEIDON ORIENTAL SCALP & FEET MASSAGE

When you feel the touch of the East at your feet and scalp you keep your body balanced...you reblock your side energetic parts, you let the energy flow... The techniques from Reflexology, Hawaiian, Thai, Ayurvedic and Balinese Massage are seducing you in the world of harmony and balance of body and mind.

Duration: ± 2 hours. Rack Rate €215,00 per person.

2) Greek Spirit

a) POSEIDON REJUVENATE SEAWEED WRAP

The treasure of the sea brings to your body cleansing, soothing and rejuvenating results. After the seaweed wrapping you will be cocooned with nourishing oil and cream. An energetic treatment with the touch of the ocean...

b) POSEIDON SPIRITUAL FACE & BODY MASSAGE

This massage will give you the absolute relaxing sensation. With the Essential Herbs Oil of Greek Lavender or Chamomile and with the smooth free style full body moves you will travel in the world of tranquillity away from the stress. This treatment is further enhanced by a scalp massage.

Duration: ± 2 hours. Rack Rate €215,00 per person.



3) Poseidon Massage with Beeswax Ointment

FOR MUSCLE PAINS

A full body vigorous and deep massage with free style moves combined with the therapeutic “Beeswax” Cream, focusing to release from muscle tension. Ideal for stiff muscles caused from hours of sitting as well as muscle pains caused from sports training. The relaxing Essential Oils of Thyme, Mint and Eucalyptus will help to relieve pain and tension from muscles.

Duration: ± 1 hour. Rack Rate €110,00 per person.

4) Poseidon Aromacellutox

DETOX

A Detoxify Body Treatment with “drainage” moves against the toxins of the body and the cellulite. The Essential Oil from Herb Extracts and “Detox” Products are combined with a very relaxing and therapeutic way inducing a complete body treatment.

Duration: ± 1 hour. Rack Rate €110,00 per person.

