



KĀLESMA

MYKONOS

# SPA MENU

curated by

DR. BARBARA

**STURM**



MOLECULAR  
COSMETICS

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DR. BARBARA  
**STURM**

## ABOUT DR. BARBARA STURM

Dr. Barbara Sturm is a German doctor, aesthetics expert and anti-inflammatory pioneer with a background in orthopaedic research. Famous for the signature STURMGLOW™, her uniquely non-aggressive skincare approach is inspired by her training as an orthopaedic doctor and years of research into anti-inflammatory medicine. Her range of skincare and supplements are based on ingredient innovations informed by molecular science and potent natural extracts that strengthen and improve the skin, without attacking it.

Dr. Sturm also offers a new generation of cutting-edge, medically-inspired spa treatments. The results-driven, bespoke treatments all incorporate Dr. Barbara Sturm's Molecular Cosmetics skincare collection.

[DRSTURM.COM](https://drsturm.com) | [@DRBARBARASTURM](https://www.instagram.com/drbarbarasturm)



## STURMGLOW™ FACIAL

60 MIN

“This is the signature #SturmGlow facial- it incorporates techniques created in our German clinic for cleansing, exfoliating, potent hydration and firming massage, with cutting edge molecular efficacy.” — DR. BARBARA STURM

This revitalizing facial will cleanse, nourish and awaken the skin, and help restore the complexion’s natural glow. Lightreflecting pigments in GLOW DROPS leave the skin with a visible, youthful radiance and evens out the appearance of any irregularities on the complexion.

THE SCIENCE | Purslane provides rejuvenating, anti-oxidative and nutritive properties, Polygonum Bistorta Root Extract optimizes skin tone and the texture of the skin’s surface, while Wild Rose Extract refines the pores.

THE RESULTS | The treatment nourishes the skin, and helps to restore a natural and healthy-looking glow.

## ANTI-PIGMENTATION FACIAL

60 MIN

“This non-aggressive treatment is designed to brighten your skin, combat lackluster and uneven complexions, and provide a potent blend of nutritive ingredients.” — DR. BARBARA STURM

The Anti-Pigmentation Facial decreases the appearance of hyperpigmentation and gently evens skin tone, while combatting the oxidative stresses that cause



premature aging and dark spots. Hydrating ingredients also provide essential moisture and rejuvenating anti-aging benefits.

THE SCIENCE | Cress Sprouts Extract in the BRIGHTENING SERUM helps to visibly and instantly brighten the appearance of the skin and diminish the appearance of dark spots. Extracts of Magnolia and Enantia Chlorantha (African Whitewood) refine the pores, reduce sebum flow and supply intensive moisture.

THE RESULTS | Skin is left smooth and revitalized and has a luminous glow.

## ADULT ACNE FACIAL

60 MIN

“This treatment has it all ; complexion-perfecting ingredients, necessary hydration, skin barrier function protection, and antiaging compounds that fundamentally improve the appearance of the skin matrix.” — DR. BARBARA STURM.

Dr. Sturm’s Adult Acne Facial was formulated specifically for blemish-prone skin and works to directly improve the skin’s barrier and help to restore its natural balance. The active ingredient complex reduces discomfort and alleviates skin sensitivity and irritation for an instant calming effect, while addressing the signs of aging by reducing the appearance of fine lines and wrinkles.

THE SCIENCE | Zinc in the CLARIFYING COLLECTION removes excess sebum and counteracts the formation of impurities, whilst Albatrellus Ovinus Extract reduces redness, resulting in a more even skin tone.

THE RESULTS | Irritation and redness is reduced to leave the skin looking fresh, calm and clear. The skin’s natural balance is restored, leaving the complexion fresh and healthy-looking.



## SUPER ANTI-AGING FACIAL

75 MIN

“By combining the effects of my anti-oxidant infused, peptiderich SUPER ANTI-AGING SERUM with an exclusively designed re-sculpting and anti-gravity massage, this cosmetic treatment reaches deeper layers of the skin for a more youthful-looking complexion.” — DR. BARBARA STURM

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. High-performance spa technologies help to contour the facial muscles for firmer, tighter skin.

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

THE RESULTS | This facial visibly lifts the skin, supports regeneration of collagen and helps reduce fine lines and wrinkles for a youthful-looking complexion.



## ANTI-AGING BODY TREATMENT

60 MIN | 90 MIN

“I created this Anti-Aging Body Treatment to refresh and rejuvenate the body and mind. It combines essential exfoliation and hydration with light massage movements and leaves the skin soft and youthful-looking.” — DR. BARBARA STURM

A rejuvenating and relaxing spa treatment for the body. This treatment includes a gentle, all-over body exfoliation using the SUPER ANTI-AGING BODY SERUM and ANTI-AGING BODY CREAM provide intensive hydration and body firming benefits.

**THE SCIENCE |** The SUPER ANTI-AGING BODY SERUM includes a blend of Lima Bean, Brown Algae Extract and Glutathione to provide powerful anti-stretch mark and antiaging properties for healthy-looking skin. The ANTI-AGING BODY CREAM is formulated with Pure Glacier Water and Extracts of White Almond and Elderberry Blossom for intense moisture while anti-aging powerhouse Purslane soothes signs of irritation.

**THE RESULTS |** This treatment smooths, firms and rejuvenates the skin on the body for a more youthful appearance and leaves you feeling relaxed, fresh and revived.



## REVITALIZING SCALP MASSAGE

10 MIN

“My Revitalizing Scalp Massage provides deep relaxation while addressing dryness and boosting the overall scalp condition, promoting naturally beautiful, shiny hair.” — DR. BARBARA STURM

This pressure point scalp massage helps to relieve stress, reduce muscle tension and encourage blood circulation. Dr. Barbara Sturm’s SCALP SERUM soothes the appearance of irritated skin and provides intense hydration. The treatment helps to promote naturally beautiful, shiny hair.

THE SCIENCE | An ingredient obtained from the Indian Kino Tree acts as an intensive anti-aging treatment on the scalp while a combination of ATP, Algin and Papaya Extract helps to restore the scalp’s moisture balance. Dr. Sturm’s proprietary blend of low and high molecular weighted Hyaluronic Acid drenches the scalp in lasting hydration.

THE RESULTS | Your scalp will feel soothed and nourished, while your mind will be deeply relaxed.



DR. BARBARA  
**STURM**

FIRST NAME:

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SURNAME:

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LOCATION:

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SKIN TYPE AND CONCERNS

- DARK SPOTS AND HYPERPIGMENTATION
- DRY OR DEHYDRATED SKIN
- DULLNESS
- ENLARGED PORES
- FINE LINES AND WRINKLES
- LOSS OF ELASTICITY
- OILY SKIN
- REDNESS
- UNEVEN SKIN TONE AND TEXTURE

DOCTOR'S NOTE

SIGNATURE:

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DATE

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