



## KALESMA WELLNESS MENU

A sensory wellness journey through Greek local herbs and oils to a deeply relaxing, detoxifying, and balancing pathways brought to restore and reset. These pathways promoting personalization through the collection of a specified oil, while hydrating and plumping the skin to reveal a healthy, radiant complexion.

Developed to promote inner beauty and healing, restores the body and mind to a state of harmony.

It is recommended for all skin types and moods.

Active natural ingredients promoting inner healing process and brings self-care and restoration, an answer to the Mykonos Lifestyle.

If you are feeling or experiencing:

- Stressed
- Anxious
- Unable to switch off
- Jet lag
- Insomnia
- Back pain
- Low energy

Choose one of the following massage rituals. Consult our wellness therapists to personalize your treatment.

### **Detox Massage Ritual    30 / 60 / 90 minutes        80 / 150 / 210 Euros**

A detoxifying massage that restores harmony to the body and clears the mind. By concentrating on lymphatic drainage techniques, it manipulates lymph nodes and lymphatic vessels to increase their activity and promote the flow of lymph. We utilize a combination of olive oil, sesame oil and almond oil to enhance application and a blend of pure natural essential from the land of Greece: dictamos, cyst, juniper, grapefruit, rosemary, mint, and lemon.

Benefits: removes toxins and detoxifying the body, aids lymphatic drainage, reducing swelling, eases muscle spasms.

**Relaxing Massage Ritual 30 / 60 / 90 minutes 80 / 150 / 210 Euros**

A deeply relaxing massage that brings calmness in your mind and eases the stress levels of your body by implementing relaxing massage techniques to the whole body and a head massage we promote a feeling of "let it go" to reduce tiredness and improve sleep. We utilize a combination of olive oil, sesame oil and almond oil to enhance application and a blend of pure natural essential from the land of Greece: jasmine, rose, sandalwood, Ylang Ylang, lavender, chamomile, bergamot.

Benefits: eases muscular tension, removes headaches, balancing vital energy.

**Balancing Massage Ritual 30 / 60 / 90 minutes 80 / 150 / 210 Euros**

A blissful massage ritual ideal for people who feel physically or emotionally exhausted. The use of rhythmic massage techniques eases muscular tension, imbuing a sense of complete restoration. We utilize a combination of olive oil, sesame oil and almond oil to enhance application and a blend of pure natural essential from the land of Greece: rosemary, diosmus, dictamos, lavender, sage, eucalyptus, lemon.

Benefits: relieves exhaustion, stress, and chronic fatigues, balances the energy body and emotions.

**AM Body Treatment**

**30 minutes 80 Euros**

Start your day with a nice scrub to remove dead cells from your skin and prepare your skin for a beautiful sunbath. You can choose either the Carob Scrub, a body scrub with Cretan carob syrup, dittany oil, gardenia, and carob seed 100% natural or the Pomegranate Scrub with a gel texture made from aloe gel, olive oil, pomegranate oil and pomegranate seeds.

**PM Body Treatment**

**30 minutes 80 Euros**

Time to restore your skin and body from an exposure day at the sun and the lifestyle of Mykonos and prepare yourself for the night shift.

You can choose either the SOMA organic body serum with aloe, aladania extract and amber, that deeply moisturizes and protects the skin thanks to their rich antioxidant action. Tightens the skin and gives a unique refreshing feeling. Contains 100% organic & natural ingredients.

Or you can choose the HELIOS organic after sun cooling body lotion with organic aloe, bitter almond, and Verbena. It moisturizes and nourishes the skin in depth preventing and treating irritation from solar radiation. Organic, refreshing, light texture body lotion that spreads easily on the body after sunbathing.

We highly recommend adding a nice massage treatment to prepare you to soak up the day or to have a shiny night out.

**ADD-ON AMPLIFIER**

**Led Mask**

**15 / 30 minutes**

**45 / 90 Euros**

Targeted light therapy to promote cellular healing and collagen production.

## **KALESMA RITUALS**

### **Ritual of Kalesma**

**150 minutes**

**400Euros**

A great combination of a nourishing body scrub,a relaxing massage ritual to ease your muscular tension and balance your energy followed by a targeted and tailored to your needs Dr.Sturms facial,very known for her anti-inflammatory philosophy and her non-surgical anti-aging skin treatments

### **AM Detox Ritual**

**90 minutes**

**200 Euros**

Start your day with an uplifting scrub to exfoliate and nourish your skin, followed by our detox massage ritual to enhance your body system and rejuvenate your senses.

### **PM Harmonious Ritual**

**90 minutes**

**200Euros**

The best way to end your day is by giving your body a therapeutic ,emotion-balancing and stress relief massage ritual combined with a nourishing full of hydration body treatment to sooth your skin.

## **Spa Etiquette**

### **Operating hours/Appointments**

The Fitness Centre is open from 7am to 10pm daily. Please contact a front office assistant for access at any time outside of these hours. The spa operates from 10am to 8pm daily with the last booking at 7pm. Out of hours spa appointments are subject to availability and with an additional charge. Please dial extension ..... to make a reservation. We highly recommend booking your treatment in advance to get your preferred time and service.

### **Special Considerations**

Most treatments can be adapted to accommodate pregnancy or injury. If you are pregnant we will guide you through suitable treatments; massages are modified for expectant mothers following the first trimester (12 weeks). Please contact us with queries and advise of any medical or health concerns.

### **Treatment Preparation**

We recommend that you arrive 15 minutes prior to your scheduled treatment time, allowing time to complete your holistic health assessment. We provide you with a bath robe, towel, slippers and underwear disposal.

### **Spa Environment**

Please refrain from smoking and turn your mobile phone off or to a silent setting while in or around the spa.

### **Cancellation Policy**

We understand that schedules change and we will do our best to accommodate your needs. Since your spa time is reserved especially for you, we kindly ask you to give a minimum of 4 hours cancellation notice so someone else may enjoy that time. Cancellations made within 4 hours will be subject to the full charge of the treatment booked.

### **Age Policy**

Children under the age of 13 are not permitted to receive spa treatments. For the ages of 13-16 a parent or guardian must accompany the child in the treatment room for the entire treatment and a waiver must be signed.

### **In room treatments**

Please note that our spa offers some of the treatments in the comfort of your room.

### **Valuables**

Please leave your valuables in the safe provided in your room.

### **Pricing**

All prices are in Euros and are inclusive of applicable tax.