

KĀLESMA SPA

YOUR BODY TEMENOS

SIGNATURE WELLNESS RITUALS & SPA THERAPIES

A SACRED JOURNEY OF WELL-BEING

Welcome to Kalesma Spa, a serene temenos for your body and soul, infused with the sacred energy of Delos. Gracing this sanctuary spa, the eternal currents of the Aegean carry whispers of ancient knowledge of well-being, elevating contemporary wellness into a transformative, spiritual journey bathed in mystical Delian light.

Each treatment is purposed to guide to renewal, by restoring balance and vitality through essential therapies designed around the primal elements of heat, water, and light. Inspired by and following the natural rhythm of the island, every ritual is at once a reminder of the purifying power of Delos, and a manifestation of deep contemporary wellness knowledge. From Dr. Barbara Sturm’s science-backed skincare to massage, wellness and energy treatments, and from moments of stillness in the hammam to private yoga sessions or workouts followed by a cold plunge, all Kalesma Spa rituals are embodiments of a sacred well-being experience.



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 is 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.



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STURMGLOW™ FACIAL

60', 225€

This revitalizing facial will cleanse, nourish and awaken the skin, and help restore the complexion's natural glow. Light-reflecting pigments in GLOW DROPS leave the skin with a visible, youthful radiance and even 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.

"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



ANTI-PIGMENTATION FACIAL

60', 225€

The Anti-Pigmentation Facial decreases the appearance of hyperpigmentation and gently evens skin tone, while combating 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 White-wood) refine the pores, reduce sebum flow and supply intensive moisture.

THE RESULTS

Skin is left smooth and revitalized and has a luminous glow.

"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

ADULT ACNE FACIAL

60', 225€

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.

"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



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SUPER ANTI-AGING FACIAL

75', 300€

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.



“By combining the effects of my anti-oxidant-infused, peptide-rich 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

YOUR BODY TEMENOS



ANTI-AGING BODY TREATMENT

60', 180€ / 90', 240€

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, which 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.

“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



REVITALIZING SCALP MASSAGE

10', 35€

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.

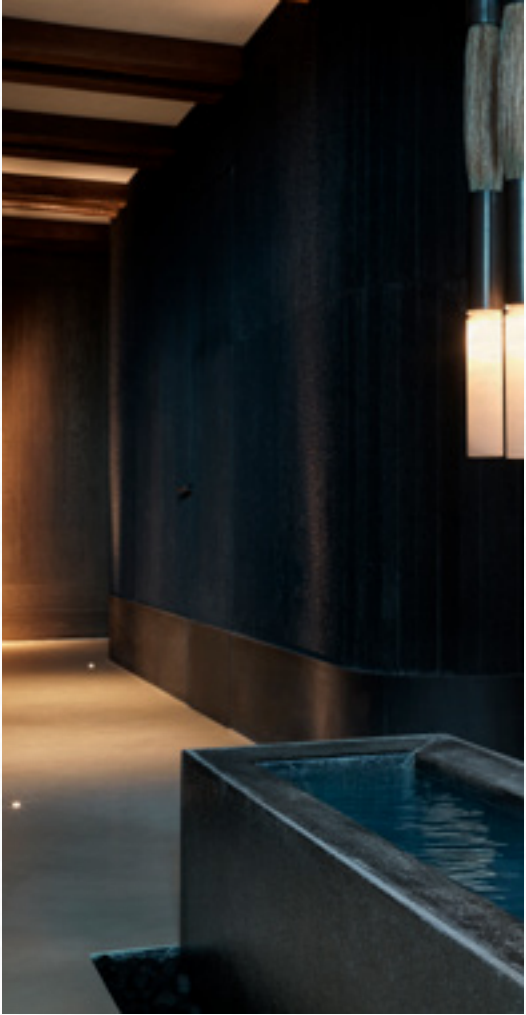
THE RESULTS

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

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

SIGNATURE MESSAGES & BODY TREATMENTS

Mykonos-inspired and incorporating the sacred Greek healing heritage, this is a collection of massages and therapies designed to relax, energize and restore. Trust our highly skilled therapists to melt away tension through deep pressure techniques.



DETOX MESSAGE RITUAL

30', 80€ / 60', 150€ / 90', 210€

This detoxifying massage restores balance to the body and clarity to the mind. Focusing on lymphatic drainage techniques, it stimulates lymph nodes and vessels to enhance circulation and encourage the natural flow of lymph. A nourishing blend of olive, sesame, and almond oils is used to enrich the massage, combined with pure essential oils from the Greek land — dittany, cistus, juniper, grapefruit, rosemary, mint, and lemon.

BENEFITS

This massage helps eliminate toxins, supports lymphatic drainage, reduces swelling, and eases muscle tension and spasms.



BALANCING MASSAGE RITUAL 30', 80€ / 60', 150€ / 90', 210€

This blissful massage ritual is ideal for those feeling physically or emotionally exhausted. Rhythmic techniques gently release muscular tension, inviting a deep sense of restoration and renewal.

Throughout the ritual, a blend of olive, sesame, and almond oils supports fluid movement, while a synergy of therapeutic essential oils — rosemary, spearmint, dittany, lavender, sage, eucalyptus, and lemon — offers both relaxation and balance, drawing on the healing wisdom of Greek botanicals.

BENEFITS

This massage relieves exhaustion, stress, and chronic fatigue while restoring emotional balance and revitalizing the body's energy.

RELAXING MASSAGE RITUAL 30', 80€ / 60', 150€ / 90', 210€

This deeply relaxing massage calms the mind and eases physical stress. Gentle, flowing techniques across the body, combined with a soothing head massage, encourage a sense of emotional release and support restful sleep.

The nourishing blend of olive, sesame, and almond oils paired with the calming essential oils of jasmine, rose, lavender, chamomile, bergamot, ylang ylang, and sandalwood brings deep relaxation, emotional release, and a lasting sense of inner peace.

BENEFITS

This massage relieves muscular tension, soothes headaches, and restores balance to the body's vital energy.

ADD-ON AMPLIFIER 15', 45€ / 30', 90€

LED MASK

Targeted light therapy to promote cellular healing and collagen production.

ENERGY TREATMENTS

Step into a realm of rhythm, and elemental connection. Guided by breath and sound, our energy treatments are immersive journeys designed to awaken, align, and restore. From meditations at sea near sacred Delos to open-air sessions with Tibetan bowls, gongs, and handpans, each ritual offers a moment of profound stillness. Whether hiking toward the horizon or drifting across luminous waters, these experiences reconnect you with the essence of presence.



HARMONIC RESET

SOUND BATHING

Unwind in the privacy of your suite with a personalised sound healing session with Tibetan singing bowls. This deeply calming practice helps release tension, ease jet lag, and restore inner balance — revitalising both body and mind. Let sound vibrations guide you into a meditative state of clarity, stillness, and quiet reconnection.

150€ for one guest
100€ per additional guest
and up to 3 in total

60'



SUN RITUAL HIKE	3 hours
HIKING + ACTIVE SOUND BATHING	500€ for 2 guests
Embark on a mindful walk from Houlakia lake to the lighthouse of Mykonos, the highest point in the Cyclades. At a breathtaking look-out over the Aegean, Tinos, and sacred De-los, pause for a guided meditation enhanced by the soothing vibrations of Tibetan singing bowls. Offered at sunrise or sunset, this jour-ney blends movement, stillness, and awe, invit-ing you to ground, breathe, and reconnect.	100€ per additional guest and up to 6 in total
	Price includes transfer + energy treats.
SACRED SOUND JOURNEY	4 hours
GONG MEDITATION ON BOARD	1900€ for 2 guests
Sail to the open waters between Delos and Rhenia, an ancient energy gateway revered for millennia. Here, surrounded by luminous blue, experience a powerful gong medita-tion where sound merges with the rhythm of the sea, the wind, and the silence of the horizon. As vibrations ripple through body and water, this rare journey becomes more than relaxation — it's deep release, energetic alignment, and a moment of transcendence.	300€ per additional guest and up to 6 in total
	Price includes boat trip + lunch.
SEA OF SOUNDS	4 hours
HANDPAN & TIBETAN BOWLS ON BOARD	1900€ for 2 guests
Set out for a meditative voyage across the Aegean. Aboard your chosen boat, two sound practitioners guide you through a layered session combining the gentle res-onance of Tibetan bowls with the melodic pulse of the handpan. Anchored near the sacred waters of Delos, this immersive expe-rience weaves sound, breath, and movement into a journey of harmony unfolding moment by moment, and remembered long after.	300€ per additional guest and up to 6 in total
	Price includes boat trip + lunch.
AEGEAN ASANAS	price upon request
YOGA SESSIONS	
Whether in the privacy of your suite or be-neath the open Mykonian sky, yoga at Kales-ma is an invitation to return to yourself. Flow through sun salutations on your terrace or move gently through asanas under the warmth of the Aegean light. Each session is designed to ground the body, calm the mind, and restore a quiet sense of balance, always tailored to your rhythm.	



FITNESS SESSIONS

Boost energy and strength with private movement sessions tailored to your goals. Guided by a personal trainer and held in the Kalesma Spa fitness area, each workout is shaped around your pace, needs, and rhythm — whether for endurance, mobility, or mindful movement.

price upon request

YOUR BODY TEMENOS

WELL-BEING FACILITIES

Featuring Your Body Temenos:

- Hammam, KLAFS sauna and cold plunge by Brass Monkey for a rejuvenating heat and water experience.
- Two private treatment rooms to host your private sessions, equipped with Gharieni Spa treatment beds, heated mattresses, and private showers.
- Fitness and movement area with state-of-the-art equipment by Technogym, for energizing workouts.
- Glow Bar
- Changing Area

SPA ETIQUETTE

HOURS OF OPERATION

The Fitness Centre is open 24/7. The Spa operates from 10am to 8pm daily with the last booking at 7pm. Please contact a front office assistant for access at any time outside of these hours.

APPOINTMENTS

We highly recommend booking your treatment in advance to get your preferred time and service. Make your reservation via spa@kalesmamykonos.com. Appointments out of spa hours of operation are subject to availability.

IN-ROOM TREATMENTS

Please note that our spa offers some of the treatments in the comfort of your room with an additional charge of 10%.

SPECIAL CONSIDERATIONS

Kindly inform us of any medical conditions or health concerns prior to your appointment. Certain treatments may be unsuitable during pregnancy. Should you be expecting, kindly inform us when booking, so we can guide you in selecting the most appropriate and soothing options for this special time.

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 bathrobe, 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.

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.

CANCELLATION POLICY

We kindly request a 24-hour notice for any changes or cancellations to your appointment to ensure a seamless experience for all. Should you need to alter or cancel your reservation within this timeframe, please be aware of the following charges:

- 50% of the treatment fee for cancellations made between 12 and 24 hours prior to your appointment.
- 100% of the treatment fee for no-shows or cancellations made within 12 hours of the appointment.

VALUABLES

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

PRICING

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

Contact our Spa Reception to book your ritual or treatment, or make your reservation via spa@kalesmamykonos.com

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