



S P A M E N U

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## Our Philosophy

Welcome to a sanctuary of serenity, where self-care takes center stage. Our spa menu is a carefully crafted collection of indulgent treatments designed to rejuvenate your body, mind, and spirit. From revitalizing massages to soothing skincare rituals, each offering is a moment of bliss meticulously tailored to enhance your well-being. Step into a world of tranquility, where our expert therapists await to guide you on a journey of relaxation and renewal. Elevate your senses with our thoughtfully curated spa menu, and let the healing begin.

## BODY TREATMENTS

Indulge in the ultimate self-care experience with our exquisite body treatments. From nourishing body wraps to invigorating exfoliations, each treatment is a sensorial journey crafted to leave your skin radiant, your muscles relaxed, and your spirit uplifted. Immerse yourself in the luxurious world of our body treatments, where the pursuit of well-being becomes a personalized and transformative experience.

### Olive Scrub

25min

A real rejuvenation thanks to the aromas and textures of olive seeds, argan, grape seeds, and orange blossom water. The skin is left free of dead cells and extremely soft.

\*Bestseller

### Marine Scrub

25min

A refreshing body exfoliation with vitamins and algae extracts that nourish and soften the skin. Enriched with seaweed, marine elements, and metal salts that transfer you directly to the endless blue of the ocean. Ideal for dry and thirsty skin.

### After Sun Aloe Wrap

25min

A miraculously refreshing and hydrating wrap treatment based on Aloe Vera and Mint for deep nourishment and relaxation. Offers immediate comfort and a unique sense of coolness, and renews sensitive and irritated skin.

### Detoxifying Seaweed Wrap

25min

Maximum comfort and rest for the limbs of the body, providing them with all the hydration and nourishment they need. Improves blood circulation and relaxes the muscles.



## FACE TREATMENTS

Our spa menu beckons you into a realm of skincare indulgence, where each treatment is a carefully curated blend of relaxation and targeted rejuvenation. From hydrating facials to specialized skincare treatments, our expert aestheticians are dedicated to enhancing your natural beauty and restoring balance to your complexion. Elevate your skincare routine with our thoughtfully crafted spa menu, and let your radiant transformation unfold.

### After Sun with Aloe Vera

30min/50min

Royal Jelly, an exceptional nourishing elixir offered to us by nature, manages to work on epidermal cohesion and to restore “skin resilience”. Thus, it provides the skin with the power to be protected against external stress and to overcome it quickly. Skin is nourished and deeply revitalized.

\*Bestseller

### Purexpert Clarity

30min/50min

Universal and personalized treatment for all ages and all skin types. In record time it cleanses deeply, purifies, renews, and soothes the surface of the skin. Reveals a more uniform, luminous, and pure face.

### Deep hydration with Roses

50min

A rehydration therapy for all skin types that will nourish your face using the ingredients of extracts from wildflowers. The skin is transformed: oxygenated, hydrated, strengthened, and regenerated.

### Anti-aging Solution

50min

Exquisite anti-aging face treatment. Its stunning composition fills the wrinkles, rejuvenates, moisturizes the skin, and activates the defense and cellular regeneration mechanisms. The ritual includes a toning massage with specialized movements for a renewed and refreshed skin.



## MASSAGE COLLECTION

Embark on a journey of pure bliss and relaxation with our rejuvenating massage therapies. Our spa menu offers from soothing Aromatherapy massages to invigorating deep tissue therapy, our diverse range of massage offerings caters to your individual needs. Immerse yourself in the therapeutic touch of our experienced practitioners, and let the stresses of the day dissipate. Elevate your well-being with our massages, where every session is a pathway to serenity and renewed vitality.

### **Foot Reflex** 30min

Through a specific method of pressure at the appropriate points of the feet, the therapist restores the balance between body and spirit.

### **Back, Neck & Shoulders** 25min/45min

A massage inspired by an ancient Greek technique that provides relaxation and achieves well-being through the harmony between the mind and the spirit. A relaxing massage based on slow movements that reduce stress levels.

### **Sculpting Body** 25min/45min

Slimming and firming massage techniques achieve incredible effectiveness in reducing the volume and the appearance of cellulite, offering great results in the legs and buttocks.

### **Prenatal** 40min

Specially developed for mothers-to-be, this experience employs massage techniques to relieve tension, soothe muscles, and reduce pain caused by shifts in posture. Applying moisturizing almond oil, the skin feels hydrated, soft, and silky.



### **Aromatherapy**

50min/75min

Specially selected essential oils are combined with a rhythmic and relaxing massage technique that liberates tension, restores the senses, and offers absolute tranquility. Light to medium.

### **Swedish**

50min/75min

Unique sensory medium to firm Swedish massage, based on almond oil. More than soothing dry skin, almond oil can improve complexion and skin tone. The massage focuses on specific body parts according to your needs and preferences with accumulated tension such as the head, shoulders, face, back, and legs. Medium to firm.

### **Candlelight (lavender/citrus/olive)**

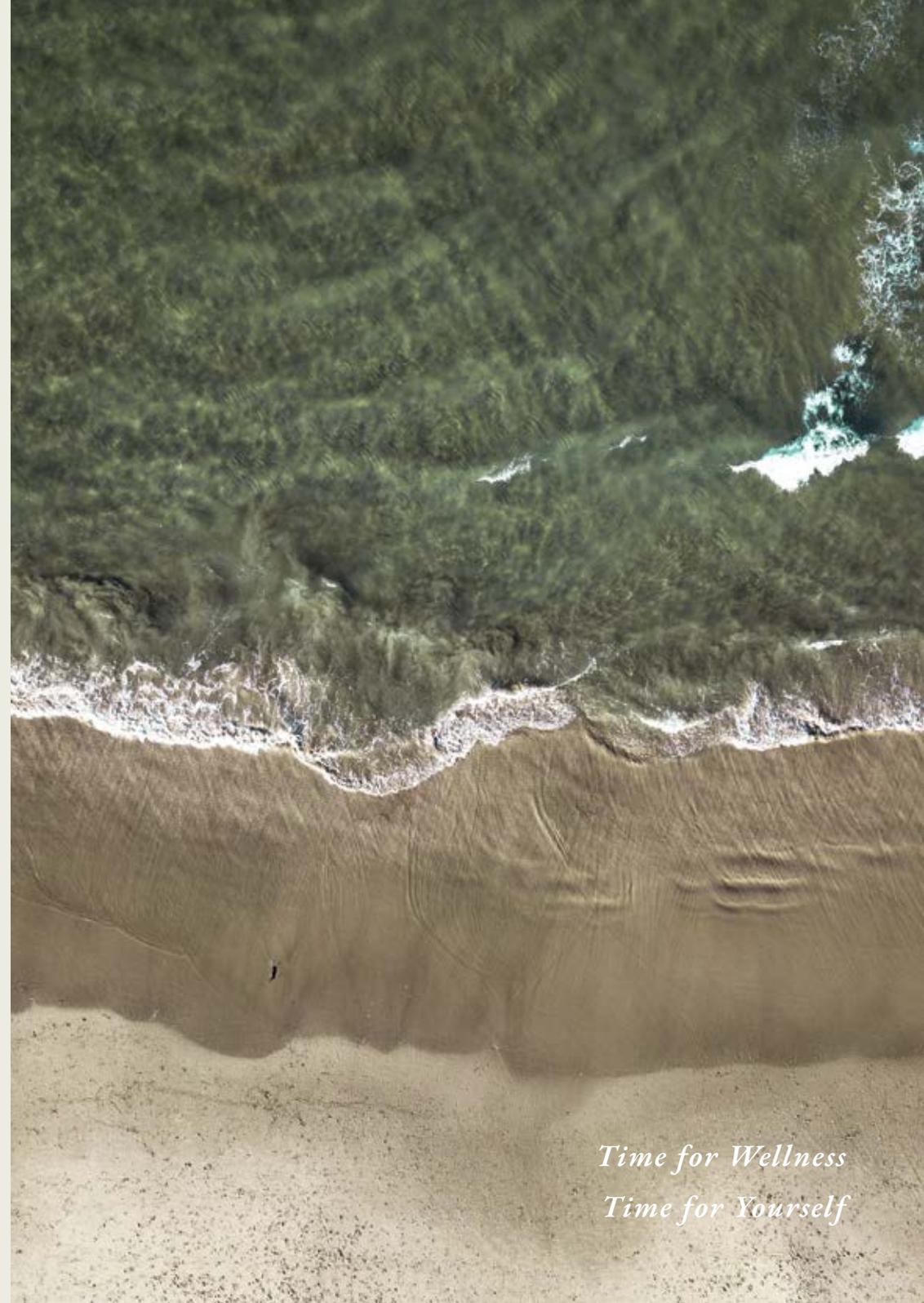
50min/75min

An unforgettable massage that nourishes and protects the skin thanks to the natural benefits of olives, citrus, or lavender. The treatment makes your skin, silkier than ever, show all its 100% Mediterranean beauty. Medium to firm  
\*Bestseller

### **Deep Tissue**

50min/75min

Deep pressure massage with specific techniques and focus on the trigger points that relieve muscle tension and stress, targeting the deeper layers of the muscles' connective tissue. Firm pressure from elbows and forearms loosens stiff muscles and joints for improved circulation. Firm to deep



*Time for Wellness  
Time for Yourself*

## SIGNATURE TREATMENTS

Our signature spa treatments are the epitome of luxury and exclusivity in the world of wellness. These unique offerings define our spa's identity, blending local influences, holistic approaches, and innovative techniques to provide an unparalleled experience. These signature treatments go beyond the ordinary, promising a journey of relaxation, rejuvenation, and holistic well-being.

### **Idolo's Summer Breeze**

90min

This Signature treatment begins with a full body exfoliation rich in minerals, followed by a refreshing after-sun body wrap to improve well-being. The treatment is then completed with an after-sun facial treatment with royal jelly and aloe vera which provides the skin with the power to be protected against external stress and to overcome it quickly. Skin is nourished and deeply revitalized.

### **Idolo's Greek Scent**

120min

Using simple, natural formulations a base of Greek olive oil is combined with aromatic essential oils and olive pits. The wildflower facial, olive body scrub, and candle massage work to nourish and hydrate the skin, while the warmth of the oils and the therapist's gentle, intuitive strokes immerse you in optimal relaxation.



## ADD-ON

### in any treatment with 20% Off

#### Eyes & Lips

25min/45min

A fast, effective solution that works instantly on the lines and wrinkles of the eye contour. This eye and lip treatment offers a rejuvenated look and smoother skin.

In 45min we add a suction cup, quartz stone, and yoga massage that are used to perform eye massage to enhance the results.

#### Scalp Massage

20min/40min

A delightful head massage formulated with five original oils that revitalize sensitive & and irritated hair, and relieve headaches and migraines, offering the desired comfort.

The treatment helps a good sleep.

## WET AREA

Welcome to our inviting wet area, a sanctuary of water-inspired serenity. Dive into a world of relaxation as you explore our wet facilities, meticulously designed to envelop you in tranquility. The gentle embrace of moisture and warmth creates an atmosphere where stress dissolves, and rejuvenation takes center stage. Immerse yourself in the calming ambiance, letting the soothing sounds of water transport you to a state of bliss. Our wet area is more than a space; it's a revitalizing experience that washes away the cares of the day. Indulge in the therapeutic benefits, and let the journey to relaxation begin.



*Selfcare is Healthcare*

# How to spa with us

## Reservations

Please contact the spa reception to book an appointment. We recommend making a reservation to guarantee your preferred treatment and time.

## Cancellation policy

We understand that plans can change, and we will do our best to accommodate your needs. However, as all spa time is under reservation, should you need to cancel or change your booking kindly inform our team 24 hours before your time slot with no charge. Otherwise, cancellations made between 12-4 hours before the treatment(s) time will result in you being charged 50% of the treatment(s) cost, and cancellations made between 4 hours - the non-show will result in you being charged 100%.

## Before your arrival

As many spa treatments serve to improve blood circulation through the application of special body pressure techniques, we advise against eating a heavy meal before your treatment. However, a light snack is appropriate. Alcohol is forbidden before any spa treatment. We recommend that you do not bring your valuables into the treatment room. The spa bears no responsibility for the loss of any personal belongings. Please wear a bathing suit for treatments including water.

## Upon your arrival

Kindly arrive at least 15 minutes before your appointment. Delayed arrival will reduce the available time for your treatment. It will therefore reduce its effectiveness and your pleasure. This is your moment, and we want you to enjoy the experience to the fullest. Please let us know about any preferences you have regarding room temperature, pressure, and music. Your care is our highest priority.

## During your stay

The spa is dedicated to maintaining an environment of peace and tranquility. Please help us by respecting our atmosphere of privacy and quiet by putting your mobile phone on flight mode during your spa stay. Smoking, alcohol, and eating at the spa are prohibited.

## Gift cards

Gift vouchers are available for any treatment, combination of treatments or home care products and are an ideal gift for someone you love and want to show some care for. Gift vouchers are non-refundable and must be presented during treatment or purchase.

### Payment

Payment is completed before your treatment at the spa reception and all credit cards are accepted.

## Pregnancy

In our catalog, you will find specially formulated treatments for women during pregnancy and for those who are nursing. Please allow the spa team to guide you, helping you choose which treatment is the most suitable during this special time.

## Health questions

Please inform us at the time of booking of any medical condition or special needs. This will allow the spa team to guide you in selecting the right treatments. Before any treatment, our staff will ask you to fill in a consultation form. We fully comply with the EU's general data protection regulation.

## Age requirements

The spa is suitable for guests over 18 years of age. Children under the age of 16 must be accompanied by the parent.

*Restore your Balance*

*Renew your Energy*



[www.idolospa.com](http://www.idolospa.com)