



## **Spa Menu 2017**

The Anazoe Spa experience offers a full range of specialty treatments based on health and beauty practices of ancient Greece, utilizing the region's exclusive natural and revitalizing ingredients, as well as products from around the globe. Our 4,000 m<sup>2</sup> spa introduces an exotic blend of age-old treatments that have been handed down from generation to generation, harmoniously combined with the discoveries of modern science.

Treatments are performed to the accompaniment of soothing music based on ancient Greek modes and scales. The ancient Greeks believed music to be divine, capable of healing both body and soul.

The name – Anazoe – derives from the Greek word for rejuvenation and encapsulates the underlying aim of the spa, which is total revitalization of body and spirit in accordance with the ancient Greek maxim “a healthy mind in a healthy body”.

### ***Oleotherapy® Signature Treatments***

At Anazoe we have developed signature treatments that constitute a harmonious combination of ancient wisdom and modern science. The therapeutic olive-oil treatments (oleotherapy®) are based on local practices inscribed on clay tablets discovered at the nearby Palace of Nestor. Many of the therapies expand on the ideas and knowledge of Hippocrates, known in the West as the father of medicine, who described olive oil as “the great therapeutic”. Building on this ancient knowledge, treatments are totally individualized to address your personal ‘type’ and specific needs, identified through a questionnaire and private consultation. European massage techniques using select products are then combined with the appropriate mix of treatment technologies and aromatherapy, to the accompaniment of therapeutic music composed exclusively for Anazoe, to offer a total spa experience with visible results.

#### **Nestor's Baths\***

Inspired by Nestor's palace and the ancient tradition of welcoming guests at the court with a bathing ritual, Nestor's Baths constitutes a restorative water therapy-focused treatment designed to instill total well-being. Stress and tension melt away as you enjoy our aromatherapy-infused sauna, steam and inhalation circuit. A tranquil hydro massage in a customized therapeutic bath completes your ritual. **50 minutes**

#### **Messinian Salt & Honey Scrub**

This luscious honey-based scrub uses the honey of Messinia to soften your skin while lifting your spirit with a combination of healing oils and local herb essences. **50 minutes**

\*Denotes heat treatments. Not recommended for guests who have heart conditions, high blood pressure, are sensitive to heat or are pregnant.



### **Olive Leaf & Barbary Fig Scrub**

A sweet blend of prickly pear and olive leaf extracts gently polish away dead surface skin cells, followed by a nutrient-rich barbary fig balm massaged into the skin to nourish and repair. This scrub, rich in powerful antioxidants, active minerals and amino acids, stimulates new cell growth and increases firmness. **50 minutes**

### **Traditional Olive Nourishing Facial**

This refreshing and soothing facial utilizes the ingredients of lime blossom, sage and olive leaf to give skin a healthy glow. It includes a hydrating ampoule treatment to improve the quality and appearance of the skin as well as a luxurious facial massage and a hydrating hand and foot treatment. **80 minutes**

### **Healing Massage Remedy by Hippocrates**

The Healing Massage Remedy by Hippocrates is an innovative style of massage combining advanced soft-tissue therapies with techniques derived from the ancient healing art of physiotherapy. By fusing ancient therapeutic knowledge and Greek aromatherapy in a unique manner, our Healing Massage Remedy will leave you feeling invigorated and renewed. **80 minutes**

### *Anazoe Dynamics*

Choose three of these popular treatments offered at Anazoe Spa. They can be combined and administered in any order to suit your own personal needs.

- 25 minute Back, Neck, and Shoulders Massage
- 25 minute Scalp Massage
- 15 minute Post-Golf, Neck & Shoulder Massage on course
- 25 minute Relaxing Foot Massage
- 25 minute Hand & Foot Scrub
- 25 minute Consultation with our specialized physiotherapists or osteopaths
- 25 minute Head-to-Toe Hydration



## *The Healing Powers of Water*

Hippocrates, the father of medicine, was the first to detail the benefits of using sea water to cure various ailments. The Anazoe Sea Water treatments envelop guests in restorative water rituals designed to promote total well-being.

### **Heat Experience Area\***

Enjoy our Heat Experience area that offers a Sauna, a Rasul, a Herbal Steam Bath, a Brine Light Steam Bath, Ice-Grotto room, Golden Rain Shower, Dousing Bucket, Scottish Shower, Bi-Thermal Shower and Mist Shower for a unique revitalization ritual. **Unlimited use for one day**

### **High Density Salt-Water Pool & Thalassotherapy Pools\***

Discover the benefits of our High Density Salt-Water pool and our two Thalassotherapy warm pools with hydrotherapy jets to stimulate and tone tired aching muscles. The high concentration of salt in the water of various temperatures helps to deeply nourish the skin, alleviate dry skin conditions, and promote a healthy, hydrated complexion. **75 minutes**

### **Herbal Bath\***

An ancient remedy still used today for therapeutic purposes, the herbal bath uses a potent aromatic solution from a blend of *Sideritis* (mountain tea) to induce relaxation, *Syzygium aromaticum* (cloves) to soothe aching muscles and joints, *Salvia officinalis* (sage) to stimulate the senses and *Anthemis nobilis* (chamomile) to calm the body. Please wear a swimsuit. **25 minutes**

### **Thalasso Bath\***

A purifying seawater bath combining fresh dried seaweed and seawater crystals. Designed for overall health maintenance or for the weary traveler, this treatment is rich in vital minerals that nourish skin, stimulate circulation and provide antioxidant benefits. Please wear a swimsuit. **25 minutes**

### **'Oxos' Hot Bath\***

Oxos is ancient Greek for vinegar. It is known that Hippocrates used vinegar for medicinal purposes. Soak in our hot apple cider vinegar bath, eliminating toxins from your body. Salt crystals are also used for maximum detoxification. For optimum results, this bath is recommended twice weekly. Please wear a swimsuit. **25 minutes**

### **Ombros\***

The powerful effects of aromatherapy combined with our gentle seawater massage technique increase circulation and relieve sore muscles. Guided by a therapist and based on your personal needs, select one of our signature oils during the massage. **25 minutes**

\*Denotes heat treatments. Not recommended for guests who have heart conditions, high blood pressure, are sensitive to heat or are pregnant.



### **Stimulating Jet Shower**

During this treatment, pure seawater is directed in specific pressurized sequences over your body to stimulate the lymphatic system and remove toxins. **10 minutes**

### **Thalassotherapy Floating Pool**

Floatation therapy involves lying in a pool of warm salt water. Float weightless in the healing waters of the sea, as the warmth completely relaxes the physical system. **50 minutes**

### *Anazoe Trilogy Ideas*

Unique to Anazoe Spa, 'Trilogy Ideas' encourages a spa lifestyle with a combination of three treatments. This traditional European treatment concept helps remineralize, nourish and balance the body. Each Trilogy includes take-home products to continue the benefits of these therapeutic treatments.

### **Oleotherapy® Trilogy\***

Based on the centuries-old Greek tradition of using olive oil, water and light massage therapy, this treatment has a detoxifying and thoroughly relaxing effect. The Oleotherapy® Trilogy begins with an olive oil-based body wrap followed by a tranquil hydro massage in a bath enriched with beneficial local herbs. The experience culminates with a massage using a soothing, nourishing crème mixed with our signature detoxifying oil. Please wear a swimsuit. **80 minutes**

### **Herbal Trilogy\***

Utilizing a variety of popular herbs to relax and then revitalize, this Trilogy begins with an herbal bath followed by a soothing clay-stamp body scrub to cleanse the skin and calm the spirit. A full-body massage with lavender oil completes this experience, leaving one feeling totally revitalized. Please wear a swimsuit. **80 minutes**

### **Sea Trilogy\***

Immersing guests in the rejuvenating powers of the sea, this Trilogy washes away stress while nourishing the body with a natural algae wrap rich in antioxidants and other beneficial nutrients. The wrap is followed by a luxurious hydro massage in a seawater bath of algae and sea salts, culminating with an algae oil massage. Please wear a swimsuit. **80 minutes**

\*Denotes heat treatments. Not recommended for guests who have heart conditions, high blood pressure, are sensitive to heat or are pregnant.



## *Massage Practices*

Used through the ages to improve general health, massage is an integral part of your spa experience. The many benefits of massage include stress reduction, increased circulation, shortened recovery time from sports injuries and a general sense of well-being.

### **Anazoe Classic Massage**

This gentle, relaxing full-body massage is a spa classic. Therapists adapt their technique to suit your personal needs while increasing circulation, relieving muscle tension and promoting relaxation. **50 or 80 minutes**

### **Aromatherapy Candle Massage Remedy**

Effective combination of relaxing tissue practices, a range of motion techniques utilizing Anazoe essential oils to work the central nervous system and indirectly relax muscles. The Anazoe aromatherapy essential oil blends are personalized to your special needs. **50 or 80 minutes**

### **Melisseus, the Spirit of Honey**

Heat and honey are good for the skin and support the body's energy balance. The Honey Concept combines the power of heat with activating and balancing massage techniques. The application of gentle heat promotes circulation and relaxes muscles, which in turn helps loosen stubborn knots during massage. An amazing multi-faceted treatment, the results of which include a special experience for the senses. **50 or 80 minutes**

### **Deep Tissue Massage**

A therapeutic, firm massage which focuses on specific areas to relieve tension. Using various strokes and deep pressure, muscle tension is released and flexibility restored. Recommended after golf, tennis or a strenuous workout. May include assisted stretching. **50 or 80 minutes**

### **Couple's Massage**

Enjoy an Anazoe Classic, Aromatherapy Candle or Deep Tissue Massage side-by-side in our beautifully-appointed double rooms. **50 or 80 minutes**

### **Golfer's Body Preparation**

The complex technique of golf presents a specific challenge for a golfer's body. This balanced, individually prescribed treatment is the perfect preparation for a round of golf and ideal for post-game relaxation and revitalization. The treatment incorporates the most modern therapeutic methods, including three Kinesio tapings, full body massages and neural stretches. It enhances body balance, improves the golf swing and also involves stretching exercises.

**50 or 80 minutes**

### **Maternity Massage**

After the first trimester, enjoy a massage at this special time when your body needs its own nurturing. This massage uses a specially designed body support system. Special attention is given to the mother's comfort and stage of pregnancy. **50 minutes**



### **Lymph Drainage Face Massage**

A very relaxing form of massage that gently unclogs certain lymph nodes and stimulates natural lymph movement. Using the pads of the fingers to lightly manipulate the fluid under the skin down pathways leading to large lymph nodes on the face, neck and chest – depending on treatment duration – this technique helps drain excess fluid and waste protein.

**25 or 50 minutes**

### **Lymph Drainage Body Massage**

A gentle massage designed to improve the natural circulation of lymph through the body. Lymph drainage uses a specific amount of pressure and rhythmic circular movements to stimulate lymph flow. **50 minutes**

### **Reflexology**

The art of massaging specific pressure points on the hands, ears and feet which correspond to different parts of the body. By stimulating hand, ear and foot pressure points, the body is able to find its own energy paths. **25 or 50 minutes**

### **Anti-Cellulite Massage, Detoxifying & Cupping**

Combining the benefits of cupping and lymphatic movement, this massage is ideal for body sculpting and cellulite reduction! Small silicon cups are used to help flush toxins and combat adipose nodules that accumulate in specific areas of the body. These areas are manipulated to increase blood flow and oxygen delivery to cells, restoring tissue and stimulating the lymphatic system. **50 minutes**

### **Cupping Therapy\***

Cupping is considered to be one of the oldest natural healing therapies. Hippocrates used cupping for internal disease and muscular problems. This ancient therapy causes local congestion by using vessels placed on the skin to create a vacuum, which then draws up the underlying tissue by means of heat or suction. The use of cups in this manner creates blood stasis that facilitates localized healing. This treatment can also be combined with most massages for a unique therapeutic experience. **25 minutes**

### **'Monolithos' Holism\***

Devised by ancient Greeks centuries ago, this therapy uses the monolith combined with our specialty blended grape oil. The monolith is smoothed over each muscle, relaxing the body and soothing the spirit. **50 or 80 minutes**

\*Denotes heat treatments. Not recommended for guests who have heart conditions, high blood pressure, are sensitive to heat or are pregnant.



### **Cocooning Scrub & Massage Ritual *by Anne Semonin***

An ultimate exfoliating experience with the amazing Nude Scrub. A luxurious blend of sea salts, white sand, pink quartz powder and aromatic oils actively sweeps away dead skin cells, leaving skin wonderfully soft, silky, detoxified and youthfully radiant. The warming elements of the Nude Scrub create a cocooning sensation and elevate the spirits. This therapy concluded with a Haute Couture full body massage to re-awaken the senses. **80 minutes**

#### **In-Room**

Experience a massage treatment in the privacy of your room. Evening treatments are available until 20:00. **50 or 80 minutes**

#### **In-Room for Couples\***

Allow our spa team to prepare everything for you! Share an exclusive and stimulating experience for the senses as you soak in our specially created baths in your own room. This will serve as the ideal prelude to a Couple's massage that will help you relax and unwind. Evening treatments are available until 20:00. **80 or 110 minutes**

#### **Seated Massage**

Chair massage that focuses on the back, shoulders, neck and arms. The back and neck completely relax while the therapist relieves muscle tension using Swedish massage techniques such as kneading and compression which don't require oil. This treatment is administered over clothes. **15 minutes**

\*In-Room Couples' Services only available in Villas and Suites.



### *Anazoe Outdoor Experience*

Outdoor spa treatments are a special, sensual luxury, which you may enjoy at our designated Spa Pavilions either by the pools or at the beach area. In the main spa building most of the treatment rooms open onto a private courtyard and our herbal garden. Be sure to experience the range of our seafront treatments which take place in an open air pavilion right at the beach, within the sound of the waves.

#### **‘Selene’ Moonlight Massage\***

Relax under the moonlight with a unique outdoor massage in our private seafront sanctuary. The massage begins at sunset and continues as the full moon slowly rises and illuminates the evening sky. Located at the Beach Spa Pavilion. **80 minutes**

#### **2017 Full Moon Schedule**

July 8 & 9, August 6 & 7, September 5 & 6.

#### **Couple’s Outdoor Massage\***

Unwind side by side in our secluded Spa Pavilions. Experience a customized massage as you create a special memory with a loved one. Located at the Beach Spa Pavilion. **50 or 80 minutes**

#### **Outdoor Anazoe Relaxation Massage\***

Begin with a relaxing Classic massage with an aromatherapy oil of your choice to either calm or energize your senses. Enjoy a full body massage as your therapist kneads away tension and improves circulation, creating an overall feeling of harmony and balance. Located either at the Pool Pavilion or the Beach Spa Pavilion. **50 or 80 minutes**

#### **Outdoor Deep Tissue Massage\***

Experience a deep tissue full body massage with firm strokes and digital pressure that perfectly address muscle tension. Located either at the Pool Pavilion or the Beach Spa Pavilion. **50 or 80 minutes**

#### **Outdoor Herbal Experience\***

This experience includes a customized full body massage located within the spa’s herbal garden. Our herbal garden with wafts of rosemary, lavender, and a variety of Messinian herbs, provides a unique treatment area under the shade of a myrtle tree. **50 or 80 minutes**

\*Outdoor Massages are offered daily from 07:00 – 20:00 and are available with advanced reservations – 24 hour notice requested. The ‘Selene’ Moonlight Massage is offered on the dates specified above from 21:00 – 00:00.





## *Facials*

We have selected the finest skin care products for Anazoe Spa's custom facials. All facials include thorough skin analysis, cleansing, masque and/or therapeutic treatment, massage, moisturizing and home care regimen. Please avoid direct sun exposure immediately after your facial.

### **Anazoe Deep Cleansing Facial**

This purifying treatment for all skin types includes a gentle exfoliating peel to remove dull surface skin cells. It is followed by a luxurious facial massage and a deep-cleansing Anazoe masque and botanical extracts to rejuvenate and nourish the skin. A heated hand treatment completes the experience. **80 minutes**

### **Anazoe Herbal Facial**

Suited for normal, dry and mature skin, this treatment utilizes herbs which work to relax, detoxify and soothe facial muscles while simultaneously hydrating and cleansing the skin. This treatment includes a gentle peel and a luxurious facial massage specifically chosen according to skin type. **50 minutes**

### **Age Defend Facial Treatment *by Anne Semonin***

Anti-ageing, firming, toning. Redefine how the skin ages with the quintessential regenerating facial therapy. Signs of aging dissolve as essential oils and minerals are gently massaged into the skin improving tone and elasticity. Maturing skins Extracts of Mexican Wild Yam and rice provide ultimate defense against environment and maintaining a youthful radiance all the way to a cellular level. **50 minutes**

### **Soothing Skin Saviour Facial Treatment *by Anne Semonin***

Calming, hydrating, restoring. The secret to soothing even the most delicate skin lies in the exquisite blending of minerals and essential essences. Skin is prepared with gentle cleansing and exfoliation before delighting in the application of luxurious cream mask. The generous application of the algae and kaolin clay formula smoothes and nourishes skin revealing a perfectly calm and soothed complexion. **50 minutes**

### **Oligo Skin Protect Facial Treatment *by Anne Semonin***

Detoxifying, balancing, decay preventing. The ultimate in antioxidant defense, this treatment instantly hydrates and balances, boosting oxygenation to the skin cells. Using the exclusive Oligo range of products, an advanced formula combining dynamic ingredients such as algae and chlorella, ensures a clear skin, thoroughly protected from the urban environment. **50 minutes**

Select facials listed may be upgraded with the following treatments. Upgrades are performed within the 50- or 80-minute services.

### **Collagen Veil**

A 100% pure native collagen sheet that is molded on the skin to provide optimum hydration.

### **Radiant Eyes & Smooth Lips**

A healing and rejuvenating treatment for the delicate skin around the eyes and lips. Imparts moisture and nutrients while smoothing fine lines and reducing puffiness. Includes brow shaping.



## *Body Treatments*

### **Anazoe Grape Seed Scrub**

The leaves and fruit of the grape have been used medicinally in Greece since ancient times. It was believed in antiquity that they maintain youthfulness and promote rejuvenation. In this signature treatment, grape seed oil and granulated seed stones from Navarino Vineyards are swirled over the body to gently buff all skin types. The treatment is completed with the application of a delicately scented grape seed cream. A real beauty tradition that improves elasticity and softness. **50 minutes**

### **Oleotherapy® Body Retreat\***

Oleotherapy® is well-known for its powerful hydrating properties. The therapeutic benefits of olive oil, lime blossom, sage, calendula flowers and rosemary remineralize, soothe, and rejuvenate dull skin. The wrap is applied full-body, including face application. **50 minutes**

### **'All-Natural' Algae Wrap\***

A slimming seaweed treatment, containing active Spirulina algae rich in antioxidants, essential vitamins, minerals and proteins to nourish and revitalize the body. The treatment includes a mild exfoliation. **80 minutes**

### **Localized Detoxifying Skin Indulgence with Vinegar\***

The use of apple cider vinegar helps reduce cellulite while minimizing the appearance of stretchmarks. The natural minerals, vitamins and enzymes, combined with unique acids, bind to toxins and help the body eliminate them more effectively. **50 minutes**

### **Anti-Fatigue Back Remedy *by Anne Semonin***

Tension releasing, restoring back therapy. An exceptional solution created to alleviate tension stored in the back, neck, and shoulders and reduce fatigue. The exquisite combination of the heat, minerals and oils begins with a generous application of self-heating mineral mud mask to release stiffness, strain and stress in the muscles. This is followed by a bespoke massage with blended oils just right for the guest's needs. Both energizing and relaxing, this treatment leaves the whole body with a complete sense of well-being. **50 minutes**

\*Denotes heat treatments. Not recommended for guests who have heart conditions, high blood pressure, are sensitive to heat or are pregnant.



## *Hand & Foot Care*

Enjoy the Messinian lifestyle with well-groomed hands and feet. Our natural manicures and pedicures include nail and cuticle conditioning, nail shaping and polish application. Most of our nail services are designed for natural nails. Please advise when making your reservation if you have acrylic or gel nails.

### **Manicures**

<b>Citrus Manicure</b>	<b>30 minutes</b>
<b>French Manicure</b>	<b>30 minutes</b>
<b>Oleotherapy® Manicure</b> (including hydrating treatment, Anazoe moisturizer & manicure)	<b>50 minutes</b>
<b>Shellac Manicure</b>	<b>40 minutes</b>
<b>Polish Change – hands or feet</b>	<b>10 minutes</b>
<b>French Polish Change – hands or feet</b>	<b>10 minutes</b>

### **Pedicures**

<b>Citrus-Mint Pedicure</b> (stimulating and refreshing, excellent for tired feet)	<b>60 minutes</b>
<b>Chamomile-Clove Pedicure</b> (detox & relaxing, soothes sore muscles & joints)	<b>60 minutes</b>
<b>Oleotherapy® Pedicure</b> (Including hydrating treatment, Anazoe moisturizer & pedicure)	<b>80 minutes</b>
<b>Shellac Pedicure</b>	<b>80 minutes</b>

## *Oleotherapy® Waxing*

Lip, Brow or Chin

Underarm

Half Leg or Arm

Full Leg

Bikini Line

Brazilian

Back or Chest



### *Cosmetic Application*

The perfect complement to any facial treatment. Our skin specialists bridge the gap between appearance and wellness to reveal the natural beauty that is healthy for your skin. After studying the shape and proportion of your face and features, our make-up artists will create the perfect look for any occasion.

Make-up Application	30 minutes
Make-up Instruction	30 minutes
Bridal Make-up	60 minutes

### *The Gentleman's Spa*

Anazoe Spa offers a wide array of treatments specially designed for men. Offering deep relaxation and renewal, our male services include massages, body treatments, facials, manicures and pedicures.

#### **Men's Trilogy\***

Discover the therapeutic benefits of sea minerals, eucalyptus herbal mix and deep massage techniques. This revitalizing treatment involves a eucalyptus and olive leaf ritual bath, a full body scrub to refine and soften skin and a part body, deep tissue massage to relax muscles. Please wear a swimsuit. **80 minutes**

#### **Gentleman's Facial**

A deep cleansing, therapeutic facial designed specifically for the special skin care needs of men, including sensitivity and razor burn. Relaxes the skin as it refines pores. Includes a luxurious facial massage and deep-cleansing masque. **50 minutes**

<b>Gentleman's Manicure</b>	<b>25 minutes</b>
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<b>Gentleman's Pedicure</b>	<b>50 minutes</b>
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### *Anazoe Babies, Kids & Teens*

Offer your kids the healthful benefits of oleotherapy® with these therapies specially designed just for them! A parent or guardian must accompany children for the duration of their visit. Children over the age of 6 are welcome in the spa but must be accompanied by a parent or guardian for the duration of their visit. However, children under the age of 12 are not allowed to use the private lounge areas, wet areas, fitness room or pool. Since Anazoe Spa is committed to providing a safe environment for everyone, minors (17 and under) who receive closed door treatments must have a parent or guardian in the room for the duration of the service.

#### **Anazoe Mother & Daughter Package**

There is no better place than the Spa for the little one to spend a special day with mommy! Side-by-side massage, pampering face treatment, followed by her favorite color on fingers and toes. **80 minutes**

#### **Anazoe Father & Son Package**

A set of delightful Spa experiences! Spend some precious relaxation and bonding time together by enjoying a light-to-medium pressure massage. Your relaxing journey will conclude with a hand and foot treatment or a mini facial. **80 minutes**

#### **Anazoe Baby Massage**

Research shows that with regular touch, babies cry less and sleep better. This massage can play a key role in circulation, digestion and growth. In addition, it can ease the symptoms of colds, colic and teething. **25 minutes**

#### **Oleotherapy® Kid's Massage**

This light massage is a great introduction to massage for any young person. Therapists providing massage are gender specific. **25 or 50 minutes**

#### **Oleotherapy® Kid's Facial**

An enjoyable and enlightening primer for a lifetime of healthy skin. This facial includes a thorough cleansing and toning of the skin, a gentle mask and a facial massage. **25 minutes**

#### **Oleotherapy® Teen Facial**

Deep cleansing, toning, steam, mask, extractions and a facial massage all in one! Designed to accommodate all skin types. **50 minutes**

#### **Kid's Foot Therapy**

A citrus and honey version of our Oleotherapy® Pedicure. First, we soak the feet in a citrus and honey bath, then we trim nails and apply the Anazoe oleotherapy® moisturizer. The final touch is an application of polish. **25 minutes**

#### **Kid's Hand Therapy**

A citrus and honey version of our Oleotherapy® Manicure. First, we soak the hands in a citrus and honey bath, then we trim nails and apply the Anazoe oleotherapy® moisturizer. The final touch is an application of polish. **25 minutes**



## *Spa Packages*

Our multi-day spa programs are designed to address specific lifestyle needs, from detoxification and rejuvenation to romantic pampering for two. Programs can also be tailored to individual needs.

### *Anazoe Detoxify – Five or Seven Days*

A program designed to eliminate harmful toxins from the system and help clear the buildup of stress that we all encounter due to the hectic demands of daily life. Detox is the essential first step in establishing a pattern of well-being and vitality, a pattern that should become a way of life.

#### **Day 1:**

Analytical Jets Session in the Thalassotherapy Pools – 50 minutes  
All Natural Algae Wrap with Marine Body Scrub – 80 minutes

#### **Day 2:**

Analytical Jets Session in the Thalassotherapy Pools – 50 minutes  
Healing Massage Remedy by Hippocrates – 80 minutes

#### **Day 3:**

Analytical Jets Session in the Thalassotherapy Pools – 50 minutes  
Messinian Salt & Honey Exfoliation – 50 minutes

#### **Day 4:**

Analytical Jets Session in the Thalassotherapy Pools – 50 minutes  
“Oxos” Hot Bath – 25 minutes

#### **Day 5:**

Analytical Jets Session in the Thalassotherapy Pools – 50 minutes  
Aromatherapy Candle Massage Remedy – 80 minutes

#### **Day 6:**

All Natural Algae Wrap with Marine Body Scrub – 80 minutes  
Purity/Deep Cleansing Facial – 80 minutes

#### **Day 7:**

Analytical Jets Session in the Thalassotherapy Pools – 50 minutes  
“Oxos” Hot Bath – 25 minutes

### *Anazoe Anti-Cellulite – Five or Seven Days*

This targeted cellulite-busting program combines deep massage and lymphatic drainage techniques with detoxifying wraps to contour, sculpt and tone problem areas.

#### **Day 1:**

Analytical Jets Session in the Thalassotherapy Pools – 50 minutes  
All Natural Algae Body Wrap – 50 minutes

#### **Day 2:**

Analytical Jets Session in the Thalassotherapy Pools – 50 minutes  
Anti-Cellulite Massage – 50 minutes



**Day 3:**

Analytical Jets Session in the Thalassotherapy Pools – 50 minutes  
Sea Trilogy – 80 minutes

**Day 4:**

Analytical Jets Session in the Thalassotherapy Pools – 50 minutes  
Anti-Cellulite Massage – 50 minutes

**Day 5:**

Analytical Jets Session in the Thalassotherapy Pools – 50 minutes  
All Natural Algae Wrap – 50 minutes

**Day 6:**

Analytical Jets Session in the Thalassotherapy Pools – 50 minutes  
Anti-Cellulite Massage – 50 minutes

**Day 7:**

Analytical Jets Session in the Thalassotherapy Pools – 50 minutes  
Localized Detoxifying Skin Indulgence with Vinegar – 50 minutes

*Best of Anazoe Spa – Three, Five or Seven Days*

Experience the best of everything Anazoe Spa has to offer, with this incredible customized package! Substitute our selection with your own choice of treatments (same type and duration) from the Anazoe Spa Menu.

**Day 1:**

Analytical Jets Session in the Thalassotherapy Pools – 50 minutes  
Healing Massage Remedy by Hippocrates - 80 minutes

**Day 2:**

Analytical Jets Session in the Thalassotherapy Pools – 50 minutes  
Choice of Spa Trilogy – 80 minutes

**Day 3:**

Analytical Jets Session in the Thalassotherapy Pools – 50 minutes  
Reflexology – 50 minutes

**Day 4:**

Analytical Jets Session in the Thalassotherapy Pools – 50 minutes  
Melisseus, the Spirit of Honey Massage – 50 minutes

**Day 5:**

Analytical Jets Session in the Thalassotherapy Pools – 50 minutes  
Monolithos Holism Massage – 80 minutes

**Day 6:**

Analytical Jets Session in the Thalassotherapy Pools – 50 minutes  
Oleotherapy Spa Pedicure & Citrus Manicure – 90 minutes

**Day 7:**

Analytical Jets Session in the Thalassotherapy Pools – 50 minutes  
Traditional Olive Nourishing Facial – 80 minutes



### *Mother Care – Three or Five Days*

A combination of relaxing treatments that have being specially devised for expectant or nursing mothers.

**Day 1:**

Messinian Salt & Honey Scrub - **50 minutes**

**Day 2:**

Pre/Post Natal Massage – **50 minutes**

**Day 3:**

Foot Treatment – **25 minutes**

Traditional Olive Nourishing Facial – **80 minutes**

**Day 4:**

Body Toner – **50 minutes**

**Day 5:**

Pre/Post Natal Massage – **50 minutes**

### *Wellness & Exercise*

Choose to exercise within the Anazoe facilities and continue with our schedule of programs and classes. All Anazoe massage, body and skin care treatments include the use of the heat experience facilities on the day of your service.

### *Spa Recommendations & Spa Etiquette*

Anazoe is a full-service spa facility. A robe, towel and slippers are provided, in addition to grooming and shower amenities. Guests are advised to bring a bathing suit to take full advantage of the facilities. Before visiting the spa, we recommend that you leave any valuables in a safety deposit box at the hotel reception. Out of consideration for other guests, we ask that cell phones be turned off while at the spa.

### *During your Stay*

We have a wonderful selection of nutritional juices for guests to enjoy after their treatments. Smoking is not permitted in the spa's indoor facilities at any time. The use of video and still cameras is strictly forbidden. The spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

### *Appointments & Check In*

Guests are advised to arrive at least 30 minutes prior to their first appointment to allow themselves ample time to check in, change, and enjoy the spa's extensive facilities. Showering is also essential before any treatment, not least because the beneficial oils are best absorbed through clean skin. Out of consideration for all spa guests, late arrivals will not be given an extension of scheduled treatment times and the full cost of the treatment will be charged.





### *Personal Consultation*

Before each treatment, guests are asked by our specialists to mention anything which they consider to be of special importance with regard to the booked treatment. Thus, the valuable treatment time can be ideally coordinated to suit the specific needs and priorities of each guest. During the treatment, please don't hesitate to communicate any feeling of unpleasantness or discomfort. Good communication is the key to a perfect treatment!

### *Payment*

All treatments will be charged to your room and will appear on the room account at the time of departure from the resort. Guests are welcome to pay by credit card or cash if preferred.

### *Cancellation Policy*

As a courtesy to other guests and our therapists, any cancellations must be made at least 24 hours prior to appointment time. Appointments cancelled with less than 24 hours' notice will be billed 50% of the treatment cost. No shows or appointments cancelled with less than five hours' notice will be billed 100% of the treatment cost.

### *Age Requirement*

The spa is appropriate for guests 17 years and older. Guests under 17 years of age must be accompanied by a parent or legal guardian in order to receive treatments.