

YDOR SPA

A HEALTHY MIND IN A HEALTHY BODY

SPA MENU



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INTRO

Amidst the timeless landscapes of the Aegean, where ancient wisdom intertwines with modern luxury, **YDOR SPA** at **KOIA Resort** emerges as a sanctuary of renewal. Here, in the birthplace of Hippocratic medicine, wellness is not just an indulgence — it is a way of life.

Rooted in the teachings of **Hippocrates** and inspired by the rich healing traditions of Greece, **YDOR SPA** harnesses the power of medicinal herbs, hydrotherapy, and holistic rituals to restore balance and vitality. A synergy of tradition and innovation, this philosophy aligns seamlessly with **Ariadne Athens**, the first Greek luxury spa brand, where cutting-edge biocosmetic science meets the purity of Mediterranean botanicals.

From signature treatments infused with myrtle, saffron, and mastic, to transformative skincare powered by active botanicals, every ritual embodies the essence of Greek wellness—timeless, immersive, and profoundly rejuvenating.

This union is more than a luxury wellness offering—it is a return to the roots of true well-being. A tribute to the ancient belief that beauty is health, and health is balance. Together, we invite you to experience the rebirth of Greek wellness—refined by science, perfected by time.

THE HEALING POWER OF HIPPOCRATIC BOTANICALS

Inspired by the wisdom of **Hippocratic medicine**, we embrace the therapeutic essence of Greek botanicals in every treatment, carefully selecting each herb to harmonize body, mind, and spirit. Rooted in ancient traditions, our rituals restore balance and vitality, offering a holistic journey of renewal.

1. Eucalyptus (*Eucalyptus globulus*)

Known for its decongestant and antibacterial properties, eucalyptus supports respiratory health while relieving muscular tension. It is used as an infusion to aid detoxification and breathing, as a massage oil to soothe muscle discomfort and enhance circulation, and in aromatherapy, where its invigorating scent promotes clear airways and revitalization.

2. Sage (*Salvia officinalis*)

A symbol of wisdom and longevity, sage is packed with antioxidants and detoxifying properties that awaken both mind and body. Enjoyed as a herbal tea, it enhances memory and combats fatigue, while a bath infusion stimulates circulation and promotes deep purification. Used in massage oils, it encourages relaxation and supports overall vitality.

3. Rosemary (*Rosmarinus officinalis*)

A natural stimulant that invigorates circulation, enhances concentration, and soothes muscle tension. Used in aromatherapy, it refreshes the mind and promotes mental clarity, while as a massage oil, it alleviates stiffness and muscular fatigue. In herbal infusions, it supports digestion and restores inner balance.

4. Bay Laurel (*Laurus nobilis*)

Long revered for its purifying and restorative properties, bay laurel promotes relaxation while rejuvenating the body and mind. As a massage oil, it invigorates muscles and alleviates tension, while a herbal infusion soothes anxiety and fatigue. A therapeutic bath with bay leaves provides deep stress relief, grounding the senses in a moment of tranquility.

5. Spearmint (*Mentha spicata*)

A refreshing and soothing botanical that supports digestion and revitalizes the senses. Enjoyed as a herbal tea, it aids digestion and soothes the stomach, while in steam inhalation, its cooling effect enhances focus and mental clarity. When infused into a foot soak, it relieves fatigue and promotes deep relaxation.

6. Chamomile (*Matricaria chamomilla*)

Celebrated for its calming and anti-inflammatory properties, chamomile is a powerful remedy for both the body and mind. Consumed as a soothing infusion, it promotes relaxation and restful sleep, while warm compresses help relieve skin irritations. In aromatherapy, its gentle essence provides relief from congestion and encourages deep relaxation.



7. Lavender (*Lavandula angustifolia*)

Synonymous with tranquility and well-being, lavender is known for its ability to reduce stress and improve sleep. As a massage oil, it melts away tension and induces deep relaxation, while in aromatherapy, its floral notes calm the mind and ease anxiety. A lavender-infused bath offers a full-body reset, restoring balance and inner peace.

8. Frankincense (*Boswellia serrata*)

Revered since antiquity for its anti-inflammatory, immune-boosting, and skin-rejuvenating properties. In aromatherapy, its grounding aroma promotes relaxation and enhances mental clarity. Used in a balm, it soothes the skin and relieves irritations, while in infusions or inhalations, it supports respiratory health and improves oxygen flow.

9. Saffron (*Crocus Oreocreticus – Cretan Saffron*)

A luxurious botanical renowned for its antidepressant, invigorating, and rejuvenating properties. As a herbal infusion, it relieves stress and enhances mood, while in facial treatments, it brightens and revitalizes the skin. Infused into massage oils, it promotes relaxation and delivers a deeply indulgent experience.

10. Chios Mastiha (*Pistacia lentiscus*)

A rare and precious botanical known for its antibacterial, digestive-supporting, and immune-boosting properties. Enjoyed as a herbal infusion, it aids digestion and soothes the stomach, while in essential oil form, it purifies the air and enhances mental clarity. As a massage oil, it detoxifies and invigorates the skin, leaving a feeling of freshness and renewal.

11. Propolis

A powerful natural remedy with antibacterial, anti-inflammatory, and immune-boosting properties, propolis protects the body and enhances skin healing. Used as a tincture or infusion, it promotes skin repair and strengthens the body's defenses, while a warm herbal tea infused with propolis supports the immune system and provides relief from infections. In aromatherapy, it purifies the air and offers respiratory protection.

12. Myrtle (*Myrtus communis*) – The Symbol of Youth & Rejuvenation

Rich in antioxidants, myrtle offers anti-inflammatory and revitalizing properties for both skin and respiratory health. When consumed as a herbal infusion, it boosts immunity and promotes longevity. Through steam inhalation, it clears the airways, refreshes the body, and elevates the spirit. As a massage oil, it tones, soothes, and contributes to youthful, radiant skin.

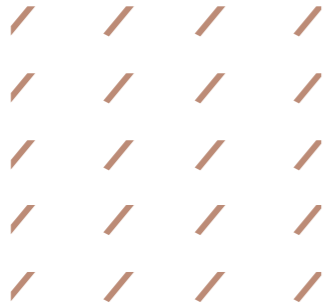
13. Damask Rose (*Rosa damascena*) – The Elixir of Beauty & Wellness

Renowned for its deeply hydrating, soothing, and rejuvenating properties, offering both anti-aging benefits and emotional balance. As a herbal infusion, it promotes relaxation, supports digestion, and has a mild detoxifying effect. In steam inhalation, it relieves stress, uplifts the mood, and enhances a sense of harmony. Applied as rose water, it hydrates, soothes, and restores radiance to the skin, making it a timeless symbol of beauty and well-being.

WELLNESS RITUALS

At the heart of our wellness philosophy lies a commitment to creating personalized experiences as unique as you are.

Our signature rituals go beyond traditional treatments, offering a holistic journey to restore balance, rejuvenate the body, and nourish the mind. With deep respect for the healing power of nature and the wisdom of Hippocratic medicine, we guide you towards a renewed sense of well-being and harmony.



HIPPOCRATIC ELIXIR

An ancient greek healing ritual for rejuvenation

Drawing from the healing legacy of Hippocrates, we have meticulously revived his wisdom, transforming ancient practices into a luxurious spa ritual. Rooted in the belief that nature provides the ultimate remedies, this treatment reawakens the timeless power of medicinal herbs, organic extracts, and holistic touch. The journey begins with an exfoliation of olive and rose, inspired by the purifying rituals of ancient Greece. A restorative body mask, infused with organic honey and healing botanicals, deeply nourishes and rejuvenates the skin. The ritual reaches its pinnacle with a therapeutic massage using warm herbal pouches steeped in **clary sage**, **rosemary**, and **laurel**—sacred plants once used to soothe, strengthen, and restore balance. Ideal for those who feel stressed, overworked, or in need of rejuvenation, this treatment provides a complete mind-body renewal. Expect to feel deeply relaxed, centered, and balanced, with your skin nourished and your spirit restored.

Key Elements: Welcome Touch, Face & Body Scrub, Hydrating Body Mask, Face Massage, Full Body Massage with Warm Herbal Pouches, Final Skincare.

120 min / 195€



BOTANICAL DETOX VOYAGE

An invigorating journey to renew, purify, and revitalize

Inspired by the body's natural ability to heal and the wisdom of Hippocratic botanicals, this invigorating treatment enhances your detoxification systems, starting with a soothing sauna session infused with Greek eucalyptus leaves to stimulate circulation and relax muscles. Steam infusions with local herbs deepen the rejuvenating effects, while a detoxifying body mask enriched with mountain tea, sage, and mint purifies and hydrates your skin. The ritual concludes with a targeted massage using antioxidant-rich oil infused with **dittany**, **saffron**, **rosemary**, and **green tea**, leaving your skin firm, youthful, and radiant.

Perfect for those feeling sluggish, stressed, or in need of rejuvenation, this treatment will leave you deeply relaxed, balanced, and glowing, with firmer, nourished skin and a restored sense of well-being.

Key Elements: Welcome Touch, Body Scrub, Body Mask, Detoxing Massage, Final Body Gel.

105 min / 160€

WINE HARVEST

A ritual for spa connoisseurs

Inspired by the vineyards of Greece, this exhilarating experience of relaxation and wellness, releases and calms, both body and mind. A lush deliverance of **olive kernels**, **red grape** and **rose petals** indulge the skin in a soft body scrub, while proprietary antioxidants and vitamins are comprised in the nutritious mask that follows. Sparkling notes of **bergamot** and a mask of sun-soothing **yogurt** and **honey** are applied to immerse the skin in a bath of freshness and hydration. An enveloping aromatherapy massage with a warm candle grants total relaxation, completing this ultimate sensation. The alluring ritual ends with a refreshing glass of wine that brings a euphoric feeling, while also stimulating your senses.

Key Elements: Welcome Touch, Body Scrub, Body Mask, Body Massage, Glass of Wine.

90 min / 150€

LOVE AFFAIR

Honeymooners' experience

Reconnect and indulge together in this unique couple's ritual, inspired by the sacred cocoa ceremonies of ancient cultures. Begin with an invigorating mocha sugar crystal body scrub, followed by a rich body mask made from liquid chocolate extracts to deeply nourish and envelop you in a captivating aroma. Relax as warm candle wax melts into liquid oil, delivering a velvety massage that soothes and rejuvenates. The experience concludes with a hydrating facial using raw **honey** and **apricot** extracts, leaving your skin soft, radiant, and glowing. This luxurious journey will leave you both feeling deeply relaxed, nourished, and in perfect harmony.

Key Elements: Body scrub, Candle massage, Final Body Cream.

75 min / 140€

ΥΔΩΡ SPA COUPLES EXPERIENCES



A Bespoke Wellness Journey for Two.

A unique experience of deep relaxation for couples, with tailor-made options and treatment combinations based on your individual needs.

Your journey begins with a relaxing **Hippocratic session** in the Steam Bath or Sauna, allowing your body to unwind, your muscles to relax, and your mind to let go of stress.

STARTING MASSAGE OPTIONS

| | |
|---------------------------------|---------------|
| Physis Aromatherapy Massage | 60 min €100 |
| | 90 min €140 |
| Greek Touch Deep Tissue Massage | 60 min €120 |
| | 90 min €160 |

ENHANCE YOUR EXPERIENCE WITH AN ADD-ON TREATMENT

| | |
|--|--------------|
| Mini Facial Treatment | 30 min €40 |
| Eye Care Treatment | 20 min €30 |
| Full Body Scrub | 20 min €30 |
| Head Massage | 20 min €30 |
| Hand & Foot Massage | 20 min €30 |
| Sun Care Protection for Face Body & Hair | 20 min €20 |

- The above prices are per person.
- Add-ons can be combined with all our treatments, but cannot be used without a basic one.

FACIALS

Unveil your skin's true beauty with our expertly designed facials, tailored to meet the unique needs of your complexion. Using premium ingredients and advanced techniques, each treatment is crafted to cleanse, rejuvenate, and restore your skin's natural glow. From deep hydration to anti-aging solutions, our facials offer a bespoke experience that leaves your skin feeling refreshed, revitalized, and radiant. Indulge in a moment of pure luxury, where every touch enhances your skin's vitality and your sense of well-being.

MELI

Vital hydration and nutrition

A highly rejuvenating and ultimately hydrating experience dedicated to the richness of local flavors and aromas, such as **sage**, **honey** and other nourishing elements that instantly restore your skin's hydration levels. Feel your skin soft and supple with an immediately healthy and radiant appearance. Allow yourself to experience the soothing effect of **rosewater** intertwining with the thirst-quenching aromas of **lemon**, while your skin indulges in the unique moisturizing benefits of our precious honey mask. Soothing **apricot** oil envelops skin with anti-ageing benefits, while the final skincare routine ensures that the moisturizing aspects are maintained thereafter.

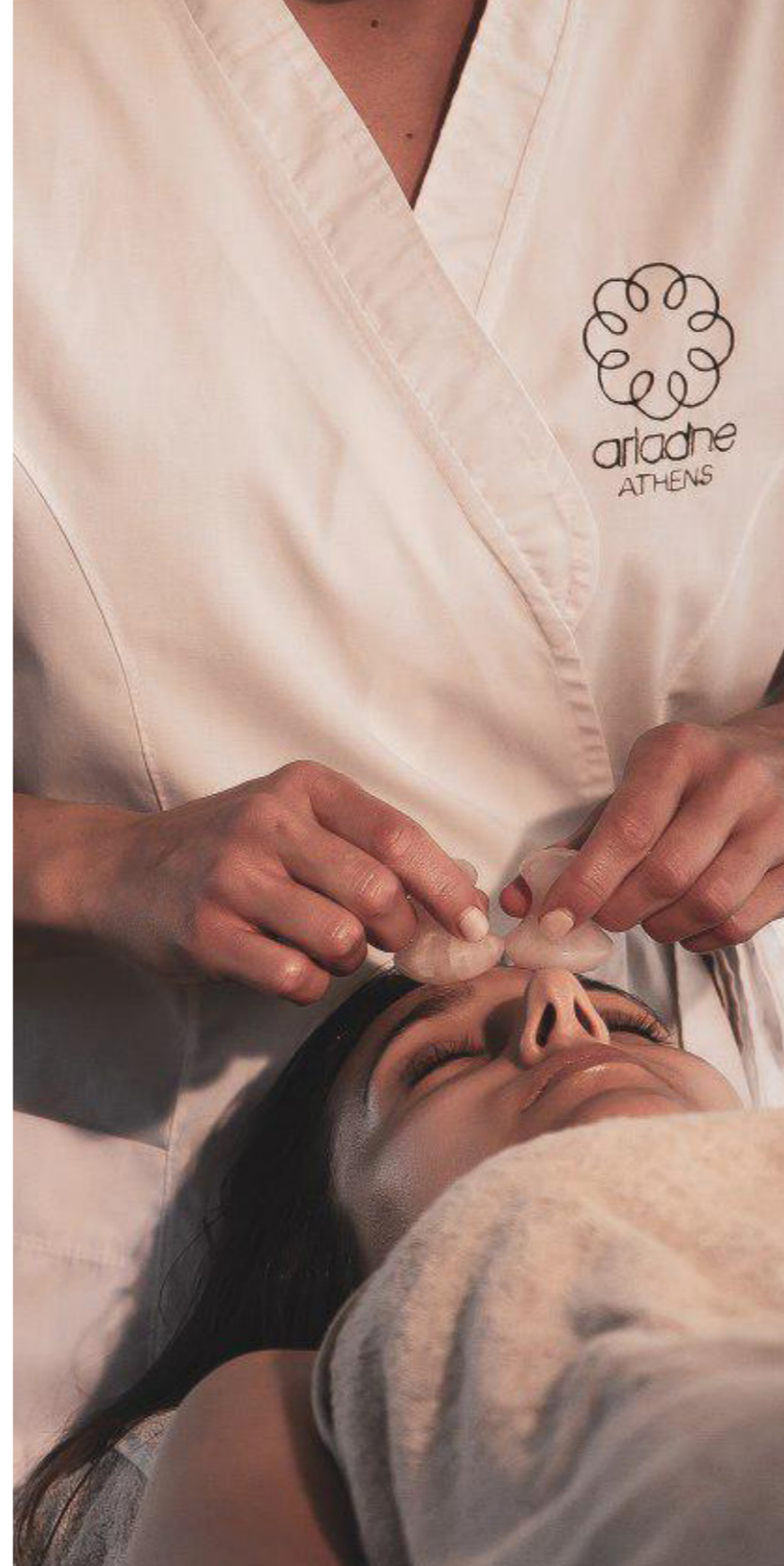
60 min / 100€

NEMA

The next dimension in facial sculpting

Experience a revolutionary facial that bridges the gap between the physical and digital world, mimicking the effects of microcurrent devices for a non-invasive "facelift." Powered by our patented Nema Sculpt Complex™ from **myrtle**, this treatment deeply targets the root causes of aging, enhancing skin elasticity and reducing sagging by activating longevity proteins. The facial works on multiple dimensions, providing immediate and lasting results by reshaping facial contours, including the cheeks, under eyes, neck, and chest, for a natural, youthful appearance. With the help of natural volumizing and plumping ingredients, along with expert manual techniques, your skin is sculpted, lifted, and plumped, offering medical-grade results. Wrinkles and expression lines are smoothed, skin is hydrated, rejuvenated, and the overall texture is enhanced, leaving you with a smoother, firmer, and revitalized complexion.

60 min / 140€



ANAPLISIS

Billion-level regenerating facial

Revitalize your skin with the Anaplasia treatment, an advanced rejuvenation facial that works at a cellular level to repair and regenerate. Powered by cutting-edge exosome technology and the healing properties of **alkanna tinctoria** and **mastic**, this luxurious facial accelerates skin renewal, replenishes hydration, and reduces fine lines. It restores balance to stressed skin, alleviating cortisol's effects while improving the skin barrier. The treatment enhances elasticity, evens out tone, and refines texture, leaving your skin plump, smooth, and glowing. Ideal for combating aging signs and revitalizing fatigued skin, the result is a complexion that is recharged, youthful, and renewed. Your skin is recharged. Your skin is reformed. Your skin is reborn.

60 min / 110€

RHODON

Pro-aging glass skin facial

Experience the ultimate anti-aging treatment for a flawless, luminous glass skin effect. This rejuvenating facial targets dullness, dryness, wrinkles, and sagging, leaving skin visibly firmer, tighter, and lifted. The Serifos mask, infused with **lavender** and moonstone extracts, restores elasticity and vitality, while a second mask rich in flavonoids and vitamin C enhances microcirculation and protects from free radicals. Rose Quartz Crystals are used in a soothing facial massage to minimize fine lines, while **evening primrose** and **frankincense** promote skin rejuvenation and youthful firmness. The result: smooth, radiant, and revitalized skin with a visibly youthful glow.

75 min / 130€

BODY TREATMENTS

Discover a world of indulgence with our exclusive body treatments, designed to nourish, restore, and enhance your skin's natural radiance. Each treatment combines luxurious techniques with the finest natural ingredients, offering you a holistic experience that rejuvenates both body and mind. Let our expertly crafted rituals transport you to a state of deep relaxation and renewal, leaving you with smooth, glowing skin and a sense of complete tranquility.



SOFT SENSATION BODY SCRUB

An invigorating, full body exfoliation and body care treatment, lush in captivating aromas of jasmine, gardenia and coconut. Delicate white sugar crystals softly remove dead skin cells, while promoting circulation throughout the body. Completing the rejuvenation with a moisturizing body butter, the skin regains its elasticity and smoothness while obtaining a velvet touch with a fresh, radiant, healthy look!

Key Elements: Choice of Full Body Exfoliation and Skin Nourishing Body Lotion.

40 min / 80€

DELOS PEARLS

Multi-sensory head & body experience

Immerse yourself in the captivating allure of Délos with this luxurious body ritual. Beginning with an ancient Greek technique, the experience features a dry-brush exfoliation with a natural horsehair brush, refining the skin, boosting circulation, and preparing you for the indulgent steps ahead. Surrender to a deeply restorative anti-stress massage with the Délos Oil, infused with our signature fragrance. This opulent oil melts away tension, enveloping your body in a radiant, fragrant glow. The ritual also includes a soothing scalp massage and hair brushing with a natural resin comb, enhancing relaxation for the ultimate experience. Celebrating beauty and femininity, this ritual brings out the inner goddess in every woman, leaving you revitalized, pampered, and glowing like the brilliance of the Aegean.

Key Elements: Welcome Touch, Body Dry Brushing, Full Body Massage, Scalp Massage, Final Body Care with Shimmering.

90 min / 140€

UNDER THE SUN

After-sun treatment

The ultimate after-sun care for your skin! This treatment embodies the ideal refreshing properties of drops of sea water and the calming benefits of yogurt, skillfully combined to help restore skin's moisture.

This fully restorative and rejuvenating face and body treatment helps to deeply hydrate sun exposed skin and eliminate irritation. The application of a fresh cooling mask with sun drenched pomegranates and pure aloe vera extracts replenishes the skin's lipids and provides high moisture and smoothness. Inflammation and skin-irritation are minimized, offering a unique sense of relief after sun exposure.

Key Elements: Face Treatment, Body Wrap and Nourishing Body Lotion, Neck & Head Massage.

60 min / 100€

MASSAGES

Immerse yourself in our carefully curated selection of luxury massages, each designed to target the unique stresses and challenges of daily life. With a variety of specialized treatments to choose from, allow yourself to be enveloped in a truly mythical experience, where relaxation and rejuvenation combine for an unforgettable journey of pure euphoria.



PHYSIS AROMATHERAPY

Aromatic relaxing massage

Physis-Greek nature has gifted us with natural elements such as herbs, seeds and spices that are rich in vitamins, antioxidants and soothing properties. A selection of oils featured by these herbs and seeds are designed to cover every individual need. Let us help you choose the ideal one for you and allow yourself to travel in the Greek fields, on a summer's day. Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension. This harmonizing experience is a simple and effective way to let go of tensions, improve health, balance emotions, increase calmness and relaxation.

Key Elements: Full-body Relaxation Massage, with a choice of native aromatic oils.

60 min - 90 min / 100€ - 140€

GREEK TOUCH DEEP TISSUE

Muscle release massage

A profound, tailor-made massage designed to release muscle tension, enhance circulation, and restore balance to both body and mind. Expert hands work deep into areas of soreness, using intensive techniques to eliminate built-up toxins and promote lasting relief. Elevating this experience, a bespoke blend of herbs and essential oils is crafted according to your needs. Inspired by ancient healing wisdom, **rosemary, sage, cedar**, and olive oil work in harmony to ease muscular fatigue, reduce inflammation, and encourage deep tissue recovery.

Key Elements: Full-body Sport Massage.

60 min - 90 min / 120€ - 160€

MELTING SENSATION CANDLE MASSAGE

(De-Stress /Empowering /Relaxing / Recharging)

Indulge your senses in a mystifying massage ritual that will entice your body and mind. Lay back and unwind while the heated solid waxes slowly turn into liquid oil, releasing their intoxicating aromas. Feel the delicately scented warm drops touch your skin, and envelop your whole body in a velvet textured massage that will satisfy even the most demanding massage recipient. Succumb, as the warm oil deeply penetrates the skin's surface, releasing its unique beneficial properties, and its sensuous fragrance seduces the mind. A unique experience of aromatherapy, relaxation & rejuvenation that promotes bliss, balance and well-being.

Key Elements: Full-body Massage with warm, Natural Candle Wax.

60 min / 110€

HIPPOCRATIC MASSAGE JOURNEY

Inspired by the warm-up techniques of ancient Greek athletes. The treatment begins with a revitalizing body scrub using **natural clay** powder and a bristle brush. This exfoliation process removes dead skin cells while simultaneously warming up the muscles, preparing them to receive the ultimate beneficial massage. The full-body muscle tension massage that follows enhances muscle flexibility, alleviates cramps, and provides deep relaxation for both body and mind. A holistic treatment that rejuvenates, restores, and strengthens.

Key Elements: Full-body scrub with White Clay Powder and Bristle Brush, 40' Full-Body Massage.

70 min - 130€

HOT STONE REJUVENATING MASSAGE

Experience deep relaxation and muscle relief with our Hot Stone Massage Therapy, inspired by Hippocratic healing. Smooth, heated stones are placed on key energy points, allowing warmth to penetrate deep into the muscles, melting away tension and easing stiffness. The combination of heat and skilled massage promotes enhanced blood circulation and stimulates the body's natural detoxification processes. Infused with aromatic Greek botanicals like **lavender** and **rosemary**, this ritual leaves you feeling rejuvenated, balanced, and deeply at peace. Perfect for relieving muscle discomfort and stress, while boosting circulation and metabolism.

Key Elements: Full-body Massage with Hot Volcanic Stone.

75 min - 150€

HEAD & BACK MASSAGE

A sensational voyage that marries the ancient wisdom of Ayurvedic rituals with the lavish, aromatic herbal zest of Greece. This invigorating yet utterly relaxing head massage, infused with the calming essence of **lavender**, the bright notes of **rosemary**, and the soothing touch of **tea tree**, is beautifully complemented by the delicate, healing scent of **laurel** oil, setting the stage for an intoxicating journey. The experience is completed with a silk-like body butter, rich in floral notes, creating the perfect balance for a deeply de-stressing and rejuvenating escape.

Key Elements: Back shoulder and head massage with organic oils and pure essential oils.

45 min / 90€

BOOK YOUR
APPOINTMENT



QUICK AND EASY BOOKING
SCAN TO RESERVE YOUR SPOT!



PACKAGES

KOIA COUPLE'S DAY

380 euro for the couple

Escape into a world of tranquility with your significant other in our exclusive spa retreat. Begin with the Detox Hammam Serail Mud Chamber, where purifying masks rejuvenate your face, body, and hair. Unwind with a soothing Head & Back Massage, melting away tension and preparing you for the ultimate indulgence—the Wine Harvest Ritual—a luxurious, antioxidant-rich experience that nourishes the skin and awakens the senses. Conclude your journey with a glass of fine wine, the perfect toast to an unforgettable shared moment of relaxation and connection.

Detox Hammam Serail Mud Chamber 30'
Head & Back Massage 45'
Wine Harvest Ritual 90'

KOIA'S RELAXING BREEZE

650 euro for the couple

Immerse yourself in a luxurious three-day spa retreat designed to rejuvenate and restore. Begin with a Soft Sensation Body Scrub, followed by Meli – Vital Hydration & Nutrition, a deeply nourishing treatment for radiant skin. On the second day, detoxify in the Hammam Serail Mud Chamber, then unwind with our Melting Sensation Candle Massage, before experiencing another round of the hydrating Meli ritual. Your journey culminates with Nema – The Next Dimension in Facial Sculpting, an advanced treatment for firm, sculpted skin, followed by a Hot Stone Rejuvenating Massage to melt away tension.

1st DAY
Soft Sensation Body Scrub 30'
Meli – Vital Hydration & Nutrition 60'

2nd DAY
Detox Hammam Serail Mud Chamber 30'
Melting Sensation Candle Massage 60'
Meli – Vital Hydration & Nutrition 60'

3rd DAY
Nema - The Next Dimension in Facial Sculpting 60'
Hot stone rejuvenating massage 75'

THE HEALING PATH OF IPPOCRATES

A 3, 4 or 5-day holistic retreat inspired by Hippocratic wisdom and Greek botanical rituals.

Follow a step-by-step healing journey designed to purify the body, balance the mind, and restore inner clarity. Through curated therapies, thermal rituals, and herbal treatments, each day builds upon the last — guiding you from detoxification to deep renewal. By the end of your path, you feel not only recharged, but fully reconnected with yourself, nature, and the essence of well-being.

1st Day – Cleanse & Awaken

Healing Goal: *Physical purification and mental grounding.*

- **Detox Sauna & Herbal Steam with eucalyptus.**
- **Botanical Detox Voyage** – 90'

A purifying ritual combining herbal steam, detoxifying mask and a circulation - boosting massage with antioxidant-infused oil.

Herbal Tea of the Day: *Sage, Eucalyptus & Mastiha (Purification Blend).*

Complimentary Experience: *Natural Clay Body Scrub or Foam Care Exfoliation – 20'.*

2nd Day – Restore & Nourish

Healing Goal: *Deep skin hydration and emotional balance.*

- **Hippocratic Elixir Ritual** – 120' *A full-body ritual inspired by ancient Greek healing practices with warm herbal pouches.*
- **Herbal Tea of the Day:** *Chamomile, Bay Laurel & Lavender (Calm Blend).*
- **Complimentary Experience:** *Pure Touch Mini Facial – 20'.*

3rd Day – Strengthen & Stimulate

Healing Goal: *Muscle tone, circulation and inner energy.*

- **Hippocratic Massage Journey** – 70' *An energizing ritual inspired by ancient Greek warm-up techniques.*
- **Sauna with Botanical Bundles** - *Traditional herbal bundles of eucalyptus.*
- **Herbal Tea of the Day:** *Rosemary, Spearmint & Myrtle (Vitality Blend).*
- **Complimentary Experience:** *Reflex Activation Shots – 15'.*

4th Day – Relax & Surrender

Healing Goal: *Emotional release and deep relaxation.*

- **Guided Breathing and Aromatherapy Ritual** - *A gentle invitation to reconnect with breath and inner space.*
- **Melting Sensation Candle Massage** – 60' *A luxurious full-body massage using warm aromatic candle wax, inviting you to surrender fully to stillness and calm.*
- **Herbal Tea of the Day:** *Lavender, Chamomile & Mint (Soothing Blend).*
- **Complimentary Experience:** *Scalp massage – 20'.*

5th Day – Integrate & Radiate

Healing Goal: *Completion, glow and inner clarity.*

- **Physis Aromatherapy Massage** – 60' *A deeply nurturing aromatherapy ritual that brings the body and mind into final alignment.*
- **Herbal Tea of the Day:** *Saffron & Rose (Radiance Blend).*
- **Complimentary Experience:** *Mini Facial Treatment – 20'.*
- **Farewell Herbal Tea Ceremony & Take-Home Blend** - *A personal moment of reflection with your chosen herbal infusion.*

Indicative Pricing (with options for single or couple sessions)

3 Days: 450€ / 800€
4 Days: 560€ / 1000€
5 Days: 670€ / 1200€

HAIR & NAIL SALON

Upon Request a day before

Washing & Conditioning

10 min | 20€

Hair mask add-on: 10 min | 10€

Cut & blow

Women's 35€

Men's 25€

Color & Highlights

Toner 30€

Half head highlights 80€

Full head highlights 100€

Ballayage 100€

Blow & Dry

Short-Medium 30€

Long 35€

Styling 10-20€

Bridal

Hairstyling 150€

Make up 100€

Make Up

Minimal Make up 40€

Luxury Make up
including eyelashes 60€

Mani - Pedi quick

mani quick 20 min | 30€

pedi quick 30 min | 50€

Spa Semi-permanent manicure

50 min | 80€

Spa Semi-permanent pedicure

60 min | 100€

French or Nail design 10 min | 20€

Semi-permanent or removal 2.0min | 20€

FACILITIES

Heated sea view (free of charge)

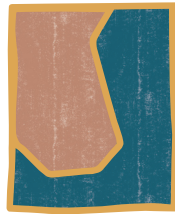
Relaxing Pool Area (free of charge)

Private cabin 1-6 persons including sauna

& steam bath, private relaxing area with Salt Wall - 90min.

Minimum charge 1-2 persons 70€ - extra persons 30€ each.





KOIA

ALL-SUITE WELLBEING RESORT

www.koiaresort.com