



*asian spa*  
city retreat

# ASIAN SPA CITY RETREAT

## SPA ETIQUETTE

Our spa professionals are on hand to assist you in choosing the right treatment(s) for your needs.

- Please arrive at least 10 minutes prior to your booking time to relax and complete our health questionnaire whilst enjoying a cup of freshly made herbal drink.
- There is no dress code at the spa, you may wear whatever you find comfortable.
- Most body treatments are normally enjoyed without clothing. Our draping practice will ensure that you don't feel uncomfortable or exposed. However if you prefer to wear underclothes please feel free to do so.

### **Asian Spa Gift Certificates**

We are delighted to offer gift certificates for you to treat a special guest to the Asian Spa Ayurvedic & City Retreat experience. Gift certificates are valid for 6 months from the date of purchase and may be purchased for spa packages, treatments or monetary value. Our reception team will be pleased to advise you.

### **Products**

The Asian Spa Ayurvedic & City Retreat offers you a wide range of beauty products by Ila, Environ and Jane Iredale as well as home fragrances and accessories by Branche D'Olive. You may either purchase these products at the spa reception, or have them shipped to you or even place an order through our E-shop.

### **Unisex treatments**

All our City Spa treatments are suitable for both men and women. Our specialized personnel will help you choose the best one for you, according to your needs.



ENVIRON® Face Treatments

**Deep pore cleansing**

**60 min - 75€**

*For all skin types*

This deep cleansing facial will help remove skin impurities, leaving a healthy glow. The use of traditional steam and extraction methods along with masks and massage will open the 'blocked' pores, remove dead cells and leave the skin feeling clean, and extra smooth, looking luminous. The frequency of the treatments needed, depends on the skin condition and type.

**Bright and Beautiful**

**50 min - 75€**

*For all skin types*

The deep hydration by ENVIRON is the key to restore skin moisture. It activates blood circulation and helps active, nutrient and anti-oxidant ingredients such as vitamins A, C, E and panthenol penetrate the skin. That way, it helps regulate your skin's natural moisture system, leaving it refreshed, bright and with a youthful glow.

**Oil Balancing**

**60 min - 85€**

*For oily skin*

The combination of excess sebum production, enlarged pores or dehydration is a condition that troubles a great deal of women. ENVIRON offers an immediate solution, using the effective combo of lactic acid and active vitamins. It regulates sebum secretion, helps shrink large pores and enhances moisture leaving the skin supple and radiant.

**Acne Solutions**

**50 min - 95€**

*For oily and acne-prone skin*

The ENVIRON method helps you get the skin you always dreamed of. One of the best ways to get rid of acne, is to combine the suitable everyday products with specialized ENVIRON face treatments. A scientifically advanced ingredient combination that effectively regulates sebum secretion and reduces inflammation and scarring. It used lactic acid, b-hydroxy, colostrum, Australian tea tree, salicylic acid and increasing, localized application of vitamin A, C & E.

### **Colostrum**

**50 to 70 min - 90€**

*For mature, sensitive or skin with scars*

A unique treatment that helps achieve a smooth, supple skin with a healthy and youthful glow. It uses lactic acid to gently remove the built-up of dead skin cells, and increase blood circulation to the face, neck and décolleté area, so that the skin be properly prepared to absorb the regenerative colostrum - a natural ingredient that enhances collagen and elastin production, smoothens fine lines and enlarged pores, leaving skin firm and supple.

### **Dynamic Anti Aging**

**50 to 70 min - 90€**

*For mature skin with discolorations*

An anti-aging treatment with active vitamin forms, that helps prevent and treat photo aged skin by reducing wrinkles and discolorations, activating fibroblasts and offering the skin an antioxidant shield.

### **Cocktail and Face Gym**

**50 min - 75€ / 75 min - 95€**

*For all skin types*

With the use of ENVIRON, according to the skin type and the specific needs of the skin, the right combination of vitamin a,c and e , colostrum gel or hyaluronic acid is being induced into the epidermis layers with the patented ENVIRON DF MACHINE. After the penetration of the active ingredients, the facial muscles are being stimulated and activated by a massage technique called the "face gym."

### **Eye Treatment**

**20 min - 35€**

*For all skin types*

With Environ we can work on the whole eyelid. It deeply nourishes and regenerates the fragile eye area and is suitable for all ages.

In conjunction with  ENVIRON® face treatments

### **Décolleté Only**

**25 min - 30€**

An ideal treatment that aims to maintain the youthfulness of the décolleté area, with the help of the unique, combinatorial Environ protocol that includes needling, Trylagen peptides, Matrixyl and retinol. Suitable for all ages.

### **ila Impeccably Perfect Hands**

**25 min - 55€**

Release tension from the hands and restore a noticeably younger, smoother appearance with this blissful combination of scrub, rose balm marma massage and hydrating rose quartz gel mask.

### **ila Flawless Feet Treat**

**25 min - 55€**

A relaxing and energizing treat for flawless feet, comprising a lemongrass and vetivert scrub to smooth, marma massage and foot mask to stimulate, and vital energy cream to soften.

## **ilā** face treatments

### **Ila Ananda Face Therapy**

**50 min - 105€**

Ananda means 'divine bliss' in Sanskrit. This delicate relaxing treatment uses gentle techniques to open the energy centers of the face, working with the body's blissful higher energy to induce feelings of deep peace and a beautifully glowing skin. The skin benefits from increased blood circulation to skin cells, whilst having anti-inflammatory benefits and addressing hormonal balance.

### **Ila Rainforest Rejuvenation Face Therapy**

**50 min - 105€**

This deeply restorative two part face therapy uses a warm herbal compress, lymphatic drainage, Amazonian mud mask and intensely healing rainforest plant extracts to rejuvenate and regenerate facial skin cells. Skin tone is visibly lightened. Swelling, inflammation and water retention are reduced. Fine lines and wrinkles are diminished due to inhibited muscle contraction. Increased supply of blood and nutrients on a cellular level encourages toxin release and collagen production.

### **Ila Marine Flora Face Therapy**

**90 min - 135€**

A deeply cleansing and purifying facial that focuses on lymphatic drainage to improve the circulation, vitality and tone of the skin. With plankton-based bio-plasma serum and marine flora mask rich in sea lavender to boost collagen production and sea lettuce to detoxify and stimulate the lymphatic system. The skin is deeply detoxified and rehydrated, whilst tension is removed from the micro muscles of the face.

## **ila Crystal Healing Face Therapy**

**80 min - 120€**

Using the healing vibration of crystals, this experience has a calming yet uplifting effect. A garnet face scrub, rose cream & jade face mask, a divine face therapy with warmed rose quartz crystals that relax the muscles and dissolve stress lines. A deeply nourishing and sensuous experience.

## **ila** express face treats

### **Express Bliss Face Therapy**

**30 min - 55€**

This treatment uses delicate techniques to open the energy centres of the face, working with the body's blissful higher energy to induce feelings of deep peace and beautifully glowing skin. A perfect quick-fix for dehydrated and tired skin.

### **Express Rainforest Therapy**

**30 min - 60€**

The keystone of ila's Rainforest Rejuvenation range is the Amazonian Elixir, which is a holistic blend of four Amazonian plant extracts: acmella, pfaffia, marapuama and white lily. These unique bio-active raw ingredients are blended into bespoke formulations that support and encourage the skin's natural regeneration processes.

## Asian Spa massages

### **Rejuvenate**

**40 min - 60€**

A wonderful massage experience that restores and re-imbances body and soul after a long day. Lie face down and relax with a massage that targets the back side of your body, from head to toe, helping you rejuvenate and overcome fatigue.

### **Signature**

**50 min - 85€ / 80 min - 120€**

The Signature massage is a fabulous, unforgettable experience. This simply luxurious treatment starts with a Thai massage, which soothes and invigorates the body, followed by application of warm oil for a relaxing massage. The therapist will stimulate your chakras, improving your body's natural equilibrium, leaving you glowing and revitalized both inside and out.

### **Swedish**

**50 min - 75€ / 80 min - 115€**

Your therapist will use a range of gliding massage strokes, kneading and friction on the more superficial layers of muscles to stimulate blood circulation and soothe tension.

### **Warrior (Sports)**

**50 min - 85€ / 80 min - 120€**

Especially helpful for chronically tense and contracted areas such as stiff necks, lower back tightness, and sore shoulders. This treatment aims at the deeper tissue structures of the muscle and fascia. The ideal treatment for everyone that loves 'strong' massage; also suggested after intense body exercise. The therapist uses his hands, elbows and different stretching techniques.

### **Aroma**

**50 min - 80€ / 80 min - 120€**

An aroma therapeutic, full body massage to heighten the senses. Choose the fragrance that best suits your mood from one of our essential oil blends designed especially for this treatment. Massage strokes ranging from frictional to relaxing are blended seamlessly to allow the body's internal system to benefit from the properties of the oil.

## Targeted Asian Spa massages

### **Face Gym**

**50 min - 75€**

As skin ages, it loses elasticity and firmness. Our face massage concentrates on this exact problem by boosting the blood flow, nourishing the skin and adding a healthy glow. Toxins – which play havoc with skin texture – are removed and muscles are lifted to give a youthful look.

### **Champi massage**

**25 min - 45€**

Champi is a very popular type of head massage that has been practiced in India for centuries. Its deep penetrating technique releases muscular tension from the head, neck and shoulders. Head massage is said to promote hair growth, and maintain the gloss and shine of hair.

### **Back Reviver**

**25 min - 45€**

*An invigorating massage that eases tense muscles and knots in the back and relieves them from tension. It focuses on the waist area and is considered ideal after intense exercise and distress caused due to bad body posture.*

### **Foot Massage**

**25 min - 45€**

This treatment focuses on the legs (calves and feet). The perfect answer to the tension that accumulates in the calf, soul and thigh area. This massage balances the energy levels in the body, revitalizes the senses and boosts your mood.

### ***Detox and body sculpture***

#### **Articular unblocking & lymph stimulation**

**80 min - 120€**

The lymphatic system, which operates in collaboration with the vascular system, collects the accumulated fluid, which is then filtered to remove the toxins. In order for that to happen, the lymph must 'travel' around the body through the muscular movements, so that the 'pumping' process begins. Many people suffer from swelling and water retention. The particular massage technique is ideal to offer relief from these symptoms or to act preventively.

#### **Cellulite Attack**

**50 min - 100€**

Painless and extremely effective protocol that fights cellulite and localized fat. Thanks to the innovative Ionzyme DF Machine technology, it acts on the deeper layers, targeting the problem at its 'root'. Suitable for all ages and seasons.

## Targeted **ilā** massages

### **ila Scalp and Head Reviver**

**25 min - 55€**

Combining scrub, mask and acupressure, this invigorating and restorative treatment relieves tension in the head and neck whilst nourishing the hair and hair follicles with vital minerals and oils.

*\* Due to the green clay mask, this treatment is not suitable for those with blonde or bleached hair.*

## **Ila Back and Shoulder Recovery**

**25 min - 55€**

Using a unique blend of jasmine, patchouli and cardamom, this Tibetan-style massage combines gentle cupping and kneading to stimulate the flow of energy along the spine and strengthen the nervous system.

## Fertility/Hormonal imbalances

### **Ila Fertility body treatment**

**120 min - 200€**

This heavenly experience uses flowing lymphatic massage, marma therapy and kidney packs to awaken the feminine spirit and rejuvenate the kidneys and reproductive energies. Herbs renowned for supporting women's emotional wellbeing combine with a body renewal, soothing massage, kidney packs and uplifting oils of rose damascene and sandalwood to nurture the feminine spirit and life-giving energy.

### **Hormonal Imbalances**

**80 min - 170€**

Hormones, such as oestrogens and insulin are chemical 'messengers', which affect many aspects of our health. Hormonal imbalances can occur at any age, with stress playing a key role in affecting their balance. Natural remedies are a perfect way to restore it without side effects! Some of these unique, healing plants are Ashwagandha, Maca and Suma, all targeting to a gradual healing.

## **ilā** body scrubs

### **Ila Instantly Detoxifying Scrub**

**25 min - 50€**

This energizing full body scrub targets cellulite, stress and exhaustion. Drawing on the ionizing properties of Himalayan Salt Crystals, it stimulates circulation and toxin elimination, uplifting mind, body and spirit.

### **Ila Instantly Blissful Scrub**

**25 min - 50€**

Using the healing properties of Himalayan Salt Crystals, this soothing all-over scrub restores and relaxes the nervous system, leaving the skin glowing and the body infused with a sense of enhanced wellbeing.

## In conjunction with body treatments

### **ila Vitality Pack**

**30 min – 55€**

Targeting the liver, this specialized wrap incorporates liquorice, holy basil, shilajit, juniper, sandalwood, cedar wood and rose, affirmed and activated by warm and cool packs to help increase the body's vital energy.

### **ila Hormone Pack**

**30 min – 55€**

Targeting the kidneys, this specialized wrap combines rose, sandalwood, pfaffia, rhodiola and shatavari with warm and cool packs to help regulate fertility hormones and support healthy kidney function.

### **Adreno Exhaustion Pack**

**30 min - 55€**

Targeting the adrenal glands, this specialized wrap combines strengthening vetivert, sandalwood, and shilajit with warm and cool kidney packs to bring relief from adrenal exhaustion, hormone imbalances, menopause and anxiety.



### **ila Prana Vitality Massage**

**60 min – 125€**

This revitalising full body massage helps release toxins, reduce fatigue and restore physical and mental strength. Invigorating massage & marma therapy with energy-enhancing essential oils of juniper berry, geranium, lemongrass and patchouli leave mind, body and spirit sparkling with vitality.

### **ila Kundalini Back Treatment** (includes rose facial massage)

**50 min – 105€ / 75 min – 135€**

Ideal for emotionally exhausted souls, this nurturing treatment has an extraordinary restorative effect on the sympathetic and parasympathetic nervous systems. Ancient marma therapy and warm herbal poultices are massaged into the back of the body, whilst sound healing and chakra balancing lift away your tension. Energy is released from the base of the spine, negativity is dissolved and the body is brought back to a state of balance.

### **ila Manipura Full Body Treatment**

**90 min – 140€**

Manipura means 'beautiful, shining jewel' in Sanskrit. It refers to the solar plexus (naval) chakra – the centre of fire and sun energy that ignites our health and vitality. This treatment uses marma massage, lymphatic drainage and Himalayan herb poultices to stimulate and balance this vitality. The body's digestion is regulated and there is a deep detoxification of the body's blockages. Blood and lymph flow is increased.

### **ila Ku Nye Treatment**

**90 min – 145€**

This Tibetan body treatment balances the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils work together to stabilise the five sensory organs. Tibetan cupping, kneading and acupressure techniques help release physical and mental tension. Warm crystals and poultices bring harmony from the tips of the toes, to the crown of the head.

### **ila Dreamtime Ritual**

**90 min - 150€**

Reclaim peaceful sleep and joyful dreams. This complete body experience commences with a soothing body scrub to release toxins trapped within the body. A full body massage built around the power of mantras, designed to calm the nervous system, balance the chakras and restore the body's magnetic field.

### **ila Dreamtime Journey**

**120 min - 195€**

This soporific treatment draws on pure essential oils, marma massage and chakra healing to deeply relax the nervous system and restore the natural rhythm of sleep. Based on the knowledge that cellular growth and repair are faster during sleep, Dream Time incorporates a slow rhythmic body renewal, back and body treatment and soothing facial to promote the deepest relaxation, while ingredients renowned for cellular rejuvenation – such as fresh royal jelly and orange blossom – do their work.

### **ila Chakra Wellbeing Ritual**

**120 min - 190€**

As exquisite as it is holistic, this bespoke treatment – tailored to the needs of each individual – works on the muscles, lymph and nervous system as a whole. Based around seven blends of chakra-balancing essential oils, each unique ritual involves deep relaxation of the nervous system, sensuous lymphatic

drainage, subtle healing of the chakras and the pouring of warm oil over the third eye to restore and relax every sense.

## Babies and teens

### **Baby Massage / Children’s massage**

**40 min - 55€ / 25 min - 35€**

*Suitable for ages 1-13*

Massage is an ideal way to restore balance even to babies and children. The relaxing properties of this treatment bring tranquility and peace. They may also help improving Attention Deficient Disorder symptoms.

### **Teen Screen Facial**

**25 min - 45€**

*Suitable for ages 14-18*

ENVIRON always suggests solutions to prevent and regulate sebum hypersecretion for teens, that start to notice the first changes on their young skin. The acne treatment protocol can be applied during adolescence, whilst may still prevent its early appearance.

## Waxing

<b>Full leg</b>	<b>35€</b>	<b>Half leg</b>	<b>25€</b>
<b>Full arm</b>	<b>25€</b>	<b>Half arm</b>	<b>18€</b>
<b>Bikini</b>	<b>30€</b>	<b>Brazilian</b>	<b>55€</b>
<b>Upper lip/chin</b>	<b>20€</b>	<b>Eyebrow shape/wax</b>	<b>15€</b>

Please ask reception for any additional waxing services.

# TERMS & CONDITIONS

Although we try to avoid any 'must do's' during your visit at the Spa, we have to inform you of the following:

- Offline is a luxury! Please ensure that electronic devices are switched off during your visit at the Spa.
- Smoking is not permitted at our premises.
- In case a booking is made by one person for 2 or more persons at the same time, a 50% prepayment of the total treatment package value will be needed.
- You will be charged 50% of the treatment(s) cost if the appointment is cancelled less than 6 hours before treatment(s) start time. Should you like to contact us during non-working hours, please do by emailing us on: [info@asianspa.gr](mailto:info@asianspa.gr)
- Please be sure to advise us if you are, or think you may be pregnant. Also be sure to let us know if you have any allergies or pre-existing medical conditions so that we may be certain to take these into account when suggesting appropriate treatments.
- In order to ensure guests are not kept waiting, treatments must finish at the allotted time. If you arrive late you may find your treatment time has to be reduced. If no guest is expected immediately after your booking, you will be able to enjoy the full duration of your treatment.
- We accept payment by credit card or cash.
- If you are at all concerned or unsure of the correct 'etiquette' during a visit please ask at reception, we will be happy to advise.



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