



asian spa

& ayurvedic retreat

THE ASIAN SPA & AYURVEDIC RETREAT AT CORFU

Spa Etiquette

Although we avoid making rules, we would like to inform you of the following:

Punctuality

Please arrive 10 minutes prior to your booking time. To gain maximum benefit from your treatment allow this extra time to relax, complete the health questionnaire and enjoy a complimentary cup of our freshly made signature drink.

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.

Mobile devices

Offline is a luxury! Please ensure that mobile phones are switched off during your visit at the spa. Our environment is one of tranquillity and relaxation. Please respect all spa guests to their right to privacy and serenity.

Communication

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

Attire / Nudity concerns

Our goal is for you to be comfortable, thus you will never be asked to change in front of any of our staff. All rooms are private and you will be alone while changing. The therapist will always knock on the door before entering the room, and if you are not ready they will not enter. During the treatment, only the area being treated will be uncovered. Our staff is highly trained in "draping," which is the careful practice of covering all parts of the body not being touched.

Payment

We accept payment by credit card or cash.

Face Essentials

100% Organic Facials

Ananda Face Therapy

For all skin types

50 min - 100€

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.

Renewed Recovery Face Therapy

For all skin types

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.



ENVIRON® *Facials*

Skin Recovery

'Thickness of skin' protocol with colostrum

For all skin types

40 min - 60€

Colostrum gel has a revitalizing and soothing effect on the skin and boosts its immune system. Additionally, it has growth factors that enhance the production and differentiation of the cells. It is ideal for thin, photo-aged skin, while it is tremendously beneficial for acneic skin, helping to heal the soreness and control the inflammation. It can be applied on the face, the neck and décolleté area.

Age Control

Antiaging tri-peptide and multi-vitamin treatment

For all skin types

45 min - 75€

Based on the innovative tri-peptide complex designed by Dr. Des Fernandes, this is the ultimate

anti-aging treatment. The peptides as well as the Vitamins A, C & E included, maximize the ability of the skin to produce collagen and elastin, instantly improving the appearance and elasticity of the epidermis. It can be applied on the face, the neck and décolleté area.

Asian Spa Facials

Deep Cleansing

For all skin types

60 to 90 min - 75€

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.

Express Facial

For all skin types

25 min - 40€

Reenergize before a night out with this quick protocol that aims to firm and brighten the skin!

Body Essentials

Full Body

Signature Massage

50 min - 65€/ 80 min - 90€

This simply luxurious treatment starts with a Thai massage, which soothes and invigorates the body, followed by the application of warm oil for a relaxing massage. Together they will improve your body's natural balance, leaving you glowing and revitalized both inside and out.

Jet Lag Massage

40 min - 55€

A wonderful recovery massage for weary travellers. Lay on your front and relax with a head to toe back massage that will help to rejuvenate and overcome tiredness after that long flight or drive.

Tailor Made Massage

50 min - 70€ / 80 min - 95€

A personalized 'freestyle' treatment, according to your specific needs, using a combination of both Western and Asian specialist techniques.

Healing Aromatic Massage

50 min - 60€ / 80 min - 85€

A scented, full body massage to heighten the senses. Choose the fragrance that best suits your mood from one of three 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.

Swedish Massage

50 min - 60€ / 80 min - 85€

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.

Sarawak (Sports massage)

50 min - 65€ / 80 min - 90€

Especially helpful for chronically tense and contracted areas such as stiff necks, low 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.

Hot Stone Ritual

80 min - 110€

Different sized volcanic basalt stones are heated in water and used by your therapist to massage you before being placed on key points of the body; transferring the earth's natural energy held in the stones for an immense feeling of wellbeing. The use of long sweeping strokes is key to this healing, full body treatment, which helps remove toxins from your muscles, relieve stress and promote deep relaxation.

Targeted Treats

Asian Spa

Back Rejuvenator Massage

25 min - 38€

An invigorating massage that not only eases tense muscles and knots in the back, but also induces a sense of relaxation. The healing properties in its almond oil base make it the ideal treatment after a long day.

Head, Neck and Shoulders Massage

25 min - 38€

This relaxing massage is for anyone who needs a speedy relief from daily stress. Focusing specifically on the head, shoulder and neck areas you will soon feel totally relaxed.

Leg Massage

25 min - 38€

Enjoy the comforting sensation of your tired legs being unburdened by caring expert hands. This massage balances the energy levels in the body, revitalizes the senses and boosts your mood.

Anti Cellulite Massage

25 min - 45€

A highly effective body shaping treatment that stimulates the blood and lymph circulation, clears out the toxic fatty deposits and minimizes the 'orange peel' look. Enjoyed as a course of 10 treatments, results will be more visible, with cellulite being smoothed away.

ila 100% *organic*

ila Impeccably Perfect Hands

30 min - 50€

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

30 min - 50€

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.

Ayurvedic Massages

Ayurvedic body treatments, except Champi and Kativasti, include a steam session after the massage.

Champi

25 min - 40€

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.

Vata - Lymphatic Massage

65 min - 90€

The Vata-type person often experiences dry skin, anxiety and suffers discomfort in cold weather. Vata-type people need warmth, hydration, comfort and healing. This warming, skin nourishing massage helps to balance the skin and mind, using ancient Indian herbal oils such as Dhanwantharam and Ksheerabala.

Pitta - Relaxing massage

65 min - 90€

The Pitta-type person has a tendency toward sensitive skin; they can be easily agitated and are often adversely affected by hot weather. Their mind and body tend to be over-active but they will feel calmer if cool and relaxed. This treatment will help soothe the skin and relax both mind and soul, using neelabringadhi Ayurvedic oil for the head and balaswagandhadhithailam for the body.

Kapha - Rejuvenator massage

65 min - 90€

The kapha-type person may suffer with dull, possibly oily skin, has a tendency to put on weight easily and may be negatively affected by cold damp weather. Kapha-type people need purification and stimulation to improve the circulation of the body. This treatment incorporates detoxifying Ayurvedic herbs such as bhringamalakadhithailam for the head and kottamchukkadhithailam for the body.

Kativasti

40 min - 60€

The waist area of the body is called 'Kati', and 'vasti' in this case implies a container. Kativasti is an effective treatment for katisula, the term used for lower backache, stiffness or pain felt down the back. Warm herbal oil is applied and then retained on the lower back by a traditional technique using black gram dough. This is followed by a back massage that eases accumulated stress and strengthens the muscles.

Sirodhara

65 min - 90€ / 90 min - 120€

'Sira' means head and 'dhara' means continuous flow of a liquid. During this treatment medicated oil is poured in a steady stream on the forehead, stimulating the third eye, while receiving a gentle massage on the forehead. Sirodhara rejuvenates and revitalizes the body and mind. This therapy relieves stress and strain related problems, slows the aging process, improves memory and is known to have a curative effect for paralysis and other neurological malfunctions. Sirodhara ultimately strengthens the physical constitution of the individual.

Scrubs

Sugar Scrub

25 min - 38€

Using wonderful Kalamatian olive oil and unrefined sugar as the key ingredients, this body scrub is a successful recipe for exfoliating and hydrating the skin. The result is a healthy shine that looks good and feels great.

Instantly Detoxifying Scrub (ila 100% organic)

25 min - 45€

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.

Instantly Blissful Scrub (ila 100% organic)

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.

Wraps

Asian Spa Seaweed Wrap

25 min - 40€

The minerals found in seaweed are the essential ingredients of this cleansing wrap. Their absorption helps to break down fatty deposits, encouraging toned, healthy looking skin. Great for cellulite reduction, this mask will also help firm and improve elasticity after pregnancy or weight loss.

Aloe Vera Cooling Wrap

25 min - 45€

The perfect treatment for sun burnt skin! This mix of refreshing aloe vera gel and yoghurt will help draw the redness from the skin that has seen a 'little' too much sunshine.

Hands and Feet

Express Hands - File and polish

10€

Manicure

15€

Shellac Manicure

30€

Removal of Shellac/Artificial Nails

8€ - 14€

Express Feet - File and polish

13€

Pedicure

25€

Shellac Pedicure

35€

Luxury Waxing

The treatment is concluded with a light massage and moisturizing balm, resulting in soothed and luxuriously smooth, soft skin.

Half leg
20€

Half arm
15€

Bikini line
20€

Lip
10€

Eyebrow shape/wax
10€

Full leg
30€

Full arm
20€

Brazilian
30€

Chin
10€

Under arm
15€

For men

Back
30€

Chest & abdomen
30€

 **100% Organic Spa Rituals**

ila Kundalini Back Treatment

50 min - 95€ / 80 min - 120€ (includes rose facial massage)

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 Prana Vitality Massage

60 min - 110€

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.

Ku Nye Treatment

90 min - 130€

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.



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at Corfu**

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