



*asian spa*  
resort

# ASIAN SPA AT EVEREDEN HOTEL, ANAVYSSOS

## 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. Your late arrival may result in a reduction of your treatment time, as a courtesy to the next scheduled guest. 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 all mobile devices are switched off during your visit at the spa. Our environment is one of tranquility and relaxation. Please respect the relaxation and serenity of the spa guests.

### **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, cash or room charge.

### **Cancellation Policy**

You will be charged 50% of the treatment(s) cost if the appointment is cancelled less than 6 hours before the treatment(s) time. If you fail to give us a cancellation notice, a 100% of the services booked will be charged. Should you like to contact us during non-working hours, please do by emailing us on: [info@asianspa.gr](mailto:info@asianspa.gr)

### **In Room Service**

Prices are the treatment cost plus 50%. After a busy day why not treat yourself to the ultimate in relaxation? Most of our fabulous massages can be enjoyed in the privacy of your own room or suite. We all deserve an occasional indulgence, so let this be yours. Allow us to help you unwind and destress in the comfort of your personal surroundings.

# Asian Spa Massages

## **EverEden Signature Massage**

**50 min - 80€ / 80 min - 110€**

An unforgettable experience, it is our signature massage. 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. Together they will improve your body's natural balance, leaving you glowing and revitalized both inside and out.

## **Classical Swedish**

**50 min - 70€ / 80 min - 100€**

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

## **Jet lag Massage**

**40 min - 58€**

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

## **Avocado Relaxing Massage**

**50 min - 70€ / 80 min - 100€**

With a delicate and pleasant fragrance this full body massage nourishes the skin after sun exposure, leaving it soft, supple and deeply hydrated. It contains a rich complex of minerals, avocado oil, chamomile, olive oil and Vitamins A & E.

## **Aromatherapy Massage**

**50 min - 70€ / 80 min - 100€**

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.

## **Deep Muscle Ease Massage (Sports)**

**50 min - 80€ / 80 min - 110€**

Especially helpful for chronically tense and contracted areas such as stiff necks, low back tightness and sore shoulders; the therapist uses not only their hands, but also their elbows to perform this massage, and also employs stretching techniques. This deep tissue massage, whilst great at any time, is particularly beneficial after exercise of a session in the gym.

### **Hot Stone Ritual**

**80 min - 115€**

Differing 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 are the key to this healing, full body treatment, which helps remove toxins from your muscles, relieve stress and promote deep relaxation.

## Asian Spa Targeted Treats

### **Head, neck and shoulders**

**25 min - 45€**

A relaxing massage for anyone who suffers with stiffness in the neck and shoulders after prolonged computer use, or is seeking speedy relief from daily stress. Focusing specifically on the head, shoulder and neck areas you will soon feel relaxed, revived and ready to go.

### **Back Rejuvenator**

**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.

### **Leg Massage**

**25 min - 45€**

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.

## Asian Spa Face Essentials

### **Skin Purifying Deep cleansing**

*For all skin types*

**60 to 90 min - 75€**

This deep cleansing facial will help rid the skin of impurities, leaving it with a healthy glow. The use of traditional steam and extraction methods along with masks and massage will leave the skin feeling clean, smooth and looking luminous.

### **Hydration Burst**

*For dry and dehydrated skin*

**50 min - 65€**

Ageing can delay to a great extent when we are consistent with our skin and eye hydration. This deeply

nourishing facial contains avocado oil that comes with an abundance of vitamins and nutrients that are extremely beneficial for the skin. An effective way of helping our skin look clean, smooth and luminous.

### **Mattifying Facial**

*For oily and problematic skin*

**50 min - 70€**

A skin repairing and purifying treatment that softens pore clogging congestion. Not only blemishes are diminished but overall skin quality, tone and smoothness are enhanced.

### **Sun Cooler Facial**

*For sun exposed skin*

**50 min - 75€**

This treatment has been specifically designed to moisturize and protect sun- exposed skin including the eye area. Through the cooling and deeply hydrating properties of the aloe vera gel, it prevents skin damage due to burns, helps detoxify and improves the overall texture.

### **Express Facial**

*For all skin types*

**25 min - 45€**

This revitalising and refreshing facial stimulates the facial muscles leaving you feeling renewed and pampered. Perfect before a night out, it also makes an ideal gift for those well behaved teenagers!

## The Asian Spa Scrub Bar

### **Fabulous and Fruity**

**25 min - 40€**

Luscious apricot, olive leaf and almond blossom are the basis of this rich and luxurious scrub. This soothing combination offers the ultimate regeneration of dry or dehydrated skin, leaving it feeling soft and looking shiny.

### **“Sweet” Olive Oil scrub**

**25 min - 40€**

Using wonderful Kalamata 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.

**TIP:** *“Combine a body scrub with any body treatment for deep skin hydration and glow!”*

# Asian Spa Wrap & Mask

## **Asian Spa Seaweed Wrap**

**25 min - 45€**

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.

## **Asian Spa Aloe Vera Mask**

**25 min - 50€**

Based on the pure aloe vera extracts, this rich in vitamins and minerals mask has the unique ability to rejuvenate, replace dead skin cells and make the skin more fresh and sparkling!

**TIP:** "Seek for the Aloe Vera Mask if you stayed a bit more under the sun, to calm and hydrate your sun-burnt skin".

## **ilā** Rituals

*"ila is named after the Hindu Goddess of Truth and the Sanskrit word for Earth. It is about nurturing on a very deep level, delivering warmth and inclusivity, and creating an atmosphere of peace and serenity."*

## **Ila Prana Vitality Massage**

*Energy Boosting, Detoxifying, Positive Mood Enhancer, For low energy & sluggish circulation*

**60 min - 125€**

This revitalizing 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 Inner Peace Body Treatment**

*Deep Relaxation, Nurturing, For anxiety, restlessness & post pregnancy*

**60 min - 125€**

This blissful balancing treatment feeds skin and senses, relaxing and reviving both body and spirit. Specialized massage & marma therapy with emotionally balancing rose, healing sandalwood, and renewing jasmine, combine in this wonderful massage. The skin is nourished, the soul nurtured, and a profound sense of inner peace pervades.

## **Ila Ku Nye Treatment**

*Rejuvenating, Therapeutic medicine, Time honoured techniques, For dry skin, deep fatigue & recovery*

**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.

## ilā Facials

### **Ila Ananda Face Therapy**

*Nourishing, Hydrating, Rejuvenating, For stressed & exhausted skin*

**60 min - 115€**

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

### **Ila Renewed Recovery Face Therapy**

*Calming, Anti-inflammatory, Renewing, For hormone imbalance, City living & jetlag*

**60 min - 120€**

Using ila's Renewed Recovery Collection, this restorative face therapy draws on intensely healing rainforest extracts to rejuvenate skin cells. Lymphatic drainage technique, warm herbal poultices and an Amazonian mud mask, encourage toxin release, reduce water retention, increase blood supply and boost collagen production. Skin tone is brightened, and muscle contraction is inhibited, softening fine lines and wrinkles.

### **Ila Marine Flora face Therapy**

*Skin detox, Tension Release, Nutrient dense, For dry & congested skin*

**90 min - 140€**

This stimulating face treatment unites nutrient rich marine flora & sea lettuce with lymphatic drainage and warm herbal poultices, to encourage rapid relief for dehydrated skin. Deep nerve point therapy removes waste build up, whilst a bio-plasma & sea lavender mask encourage collagen production. Skin is purified; vitality and tone improved; and tension is eased from micro muscles.

## ilā Express Face Treats

### **Express Bliss Face Therapy**

*A perfect quick fix for dehydrated and tired skin*

**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 Renewed Recovery Face Therapy**

*A perfect quick fix for mature, Sun-damaged or problematic skin*

**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.

**TIP:** *"Ila's Express face treats are a perfect quick fix for your skin! Ideally paired with any core body treatment."*

## **ilā Scrubs**

### **Ila Instantly Detoxifying Scrub**

*Toning, Illuminates skin, Cleansing, For exhaustion & combating cellulite*

**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**

*Nourishing, Illuminates skin, Restorative, For depletion and fatigue*

**25 min - 55€**

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

**TIP:** *"Ila's body scrubs are rich in Himalayan salt and argan oil – among other amazing ingredients. They leave your skin glowing and the body infused with enhanced wellbeing!"*

## **ilā Wraps**

### **Ila Express Rose and Aloe Sun Cooler**

*Anti-Inflammatory, Repairing, Soothing, For sunburnt, dehydrated & damaged skin*

**30 min - 50€**

This delicate treatment refreshes and replenishes sun-damaged or overheated skin by reducing bodily heat. After a soothing mist of rose hydrolat, a cooling massage with Body Cream for Glowing Radiance calms and soothes sunburn or sensitivity. A rose and aloe vera gel is gently applied over sensitive skin.

**TIP:** *"Feel your sunburnt skin soothed and instantly hydrated with ila's Express Rose and Aloe Sun Cooler wrap!"*

# ilā Hand and Feet Delights

## **ila Impeccably Perfect Hands**

**30 min - 52€**

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 - 52€**

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.

**TIP:** *"Ideal to combine with any facial treatment or manicure/pedicure."*

## Asian Spa Rituals

*A delightful option for anyone who wishes to unwind and recharge...*

### ***For Individuals***

#### **Body & Soul Relief**

**100 min – 150€**

Get away from the mundane and indulge in pure pleasure with this sumptuous selection. Starting with a "Sweet" Olive body scrub, a full back massage follows to help induce a state of deep relaxation and soothe aching muscles, before finishing off with a pampering Express Facial. All in all, this perfect ensemble will leave you feeling glowing with health.

### ***For "One plus One"***

#### **Spa - time for Two**

**110 min - 280€ (for two people)**

This fabulous treatment is an ideal spa treat for two! Give the chance to yourself and your "plus one" to experience ultimate relaxation through the hands of our experienced therapists. Starting off with a fantastic body scrub treatment to cleanse and exfoliate, unwind with the relaxing properties of our EverEden signature massage. You will soon feel soothed, invigorated and rebalanced.

## Luxury waxing

*Waxing treatments are concluded with an application of a light, moisturizing balm for soothed and luxuriously smooth, soft skin.*

**Full leg**  
**40€**

**Full arm**  
**35€**

**Bikini**  
**35€**

**Eyebrow shape/wax**  
**18€**

**Half leg**  
**30€**

**Half arm**  
**25€**

**Brazilian**  
**45€**

**Lip**  
**15€**

Please ask our receptionist for full details on our waxing services.

***As your ultimate relaxation is our mission, please ask our spa reception on available offers or treatment packages.***

### **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.*



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