



POSEIDONION

Grand Hotel

EST. 1914



asian spa
resort



THE ASIAN SPA RESORT AT POSEIDONION GRAND HOTEL

SPA ETIQUETTE

Our spa professionals are on hand to assist you in selecting 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
- 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.

Our mission is to deliver spa experiences that are both unique and memorable. Asian Spa Group's therapists take guests on exhilarating sensory journeys through many forms of holistic healing. Our body and facial care treatments are delivered with serene and reassuring professionalism, allowing you to experience a feeling of immense well being in body, mind and spirit.

ila Facials

ila's philosophy is encapsulated in the maxim in two words: Beyond Organic. ila's hand blended products, contain a rare level of organic purity which is achieved by sourcing the finest ingredients directly from local producers, who cultivate and harvest the raw ingredients in harmony with nature.

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 - 110€

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 Sun Cooler Face Therapy

50 min - 105€

This facial experience cools and replenishes skin that has been overexposed to the sun by reducing inflammation and nourishing it. Rose quartz placed upon the meridians on your face creates an electromagnetic frequency which will effectively interact with the human bio-energy field, restoring balance, strengthening the skin, promoting good health and correcting imbalances that sun burn causes to our skin.

After a soothing marma point and Rose quartz massage, a Rose and Aloe Vera gel mask is gently applied to the face while you are treated to a relaxing hand, arm and shoulder massage with ila's Rose Body Cream for Glowing Radiance.

Massages

Royal Poseidonion Massage

50 min – 100€ / 80 min – 145€ / 110 min – 190€

The Poseidonion 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.

Aloe Vera Massage

50 min – 90€ / 80 min – 135€

With the use of the soothing and skin anti-aging aloe vera cream, this massage stimulates blood circulation and relaxes tense muscles by employing a range of gliding, friction and kneading massage strokes on the superficial muscle layers. The result is a relaxing treatment, perfect for you to relax and unwind.

Sports Massage

50 min – 95€ / 80 min – 140€ / 110 min – 180€

Sports massage is not exclusively for athletes, it will benefit anyone who takes exercise. Concentrating on muscle flexibility and improving blood circulation, it helps repair damage after injury and is also effective in preventing mishaps. Whether your idea of exercise is a rigorous gym workout, a round of golf or a gentle swim, this treatment will help you achieve your goal of getting, or staying, fit and healthy.

Traditional Greek Massage

50 min – 100€ / 80 min – 145€

Through this purely Greek massage, you will experience a combination of vigorous and gentle massage strokes with the use of traditional Greek olive oil. During this amazing treatment, your body receives a lot of activity, energy and a tremendous relief from stress, while your skin is deeply hydrated and nourished.

Traditional Thai Massage

50 min – 105€ / 80 min – 145€

Traditional Thai Massage is a unique and powerful 'art', a truly wonderful experience for both the giver and the receiver. In a unique way, this massage blends elements of acupressure, Yoga, reflexology, physiotherapy, meditation, energy healing, chiropractic and Ayurveda. By freeing the flow of vital energy in the body, Thai Massage can improve posture, breathing, flexibility, digestion and circulation.

Ayurvedic Massage

Ayurveda

Ayurveda, which means science of life in Sanskrit, is an ancient Indian system of holistic medicine based on three body types or 'Doshas'. Before your first treatment your dosha will be determined in order to select the oils that will suit you best. Using the finest Ayurvedic oils and herbs from India, the therapies are prescribed to refresh the mind, detoxify the body and restore the natural balance of the energies within, leaving you completely rejuvenated. Our Ayurvedic treatments are provided exclusively by fully trained and qualified Indian therapists.

*A sauna session is recommended after the treatment.

Vata-Lymphatic Massage

65 min – 130€

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

Pitta-Relaxing Massage

65 min – 130€

The Pitta-type persons have a tendency towards 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 calm down if cool and relaxed. This treatment will help soothe the skin and relax both mind and soul by using neelabringadhi Ayurvedic oil for the head and balaswagandhadhi thailam for the body.

Kapha-Rejuvenator Massage

65 min – 130€

The kapha-type person may suffer from dull, possibly oily skin, has the 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 bhringamalakadhi thailam for the head and kottamchukkadhi thailam for the body.

Kalari Ayurvedic Massage

50 min – 120€ / 80 min – 170€

Kalari Ayurvedic Massage is originated from northern Kerala, India, widely used as a scientific system to strengthen a warrior physically and mentally in order to face any kind of difficulties. This massage with herbal oils is applied according to a person's body structure and nerve points in order to enhance mind-strength, joy, physical capability, health and flexibility of muscles by stimulating nerves and nerve points with herbal oils.

*For this massage we will provide you with a pair of Thai pants and a T-shirt

ila Massages

ila Prana Vitality Massage

75 min – 140€

Prana is the life force energy which fills us with vitality, positivity and joy. Prana flows upwards – the focus of this treatment is to encourage and strengthen this flow with massage techniques, marma therapy and vitality-enhancing essential oils. We use Juniper Berry, Geranium, Lemon Grass, Lavender and Patchouli in this treatment. Due to the fact that the essential oils of Juniper berry and Lemon Grass are ripened by the sun, they are filled with high levels of prana. Himalayan Salt Poultices infused with Lavender and Marigold are used in this treatment - particularly on the stomach - to relax and deeply energise the Solar Plexus.

Suggested additional treatments for all massages

Aloe Vera Face Wrap

25 min – 35€

This one-of-a-kind wrap soothes, invigorates, nourishes and hydrates in depth your skin. Moreover, it is ideal to treat sunburn, acne and aging.

Magnetic Face Wrap

25 min – 35€

This amazing mask - with unique magnetic properties - enriched with pure oils, plant extracts and vitamins, infuses active ingredients directly to the skin. A mineral magnetic stone is then run over your face, magnetizing and gently removing the iron powder in the mask and drawing the toxins directly from deep skin layers.

Scrubs

Mojito Scrub

25 min – 55€

Sugar crystals, locally sourced peppermint and Kalamatian olive oil are combined together to create an invigorating scrub that cleanses and revitalizes tired skin.

Coconut Scrub

25 min – 55€

Luscious coconut body butter is the basis of this rich and luxurious scrub. Combined with olive oil and Dead Sea mineral, it offers the ultimate regeneration of dry and dehydrated skin, leaving it feel soft and looking shiny.

ila Scrubs

ila Instantly Detoxifying Scrub

25 min – 55€

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

ila Instantly Blissful Scrub

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.

Wraps

Cucumber Cooling Wrap

25 min – 55€

The perfect treatment for sunburnt skin! A cooling, freshly prepared mix of cucumber that grows so abundant in the gardens of Greece, natural yoghurt and essential oils, it will soothe and help draw the redness from skin that has seen a little too much sunshine.

Aloe Vera Wrap

25 min – 55€

Based on the pure aloe vera extracts from the famous Poseidonion Hotel's gardens, this rich in vitamins and minerals wrap has the unique ability to rejuvenate, replace the dead skin cells and make the skin more fresh and sparkling!

Orchid Wrap

25 min – 55€

Using wild orchid and almond milk as its basic ingredients, this amazing wrap leaves your skin feeling fresh and silky soft, giving it suppleness and healthy glow. An Orchid wrap is an effective way of reducing cellulite and can also help firm, tone and improve elasticity.

ila Packs

ila Vitality Pack

30 min – 55€

Targeting the liver, this specialised 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 specialised 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.

Targeted Treatments

Indian Head Massage (Champi)

25 min - 55€

This ancient Indian head massage uses Ayurvedic techniques to release muscular tension from the head, neck and shoulders. It also promotes strong and healthy hair growth.

Head, Neck, Shoulders

25 min - 50€

This relaxing massage is for anyone who needs 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 Rejuvenation

25 min - 50€

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 sesame oil base make it the ideal treatment after a long day.

Cellulite Reduction

25 min - 55€

A body shaping treatment that improves skin tone and firmness by using mineral rich essential oils and trace elements. Enjoyed as a course of treatments, skin will become visibly improved and cellulite smoothed away.

Face Massage

25 min - 45€

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.

Mini Facial

25 min - 50€

This revitalizing and refreshing mini facial stimulates the facial muscles leaving you feeling renewed and pampered.

ila Targeted Treatments

ila Eye Indulgence

25 min - 55€

Focusing on the often-ignored eye region, this gentle yet powerful treatment uses marma point stimulation, eye exercises and a hydrating mask to relieve tension, reduce dark circles and restore radiance and sparkle.

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.

ila Rituals

ila Kundalini Back Treatment - includes rose facial massage

50 min – 100€ / 75 min – 130€

A gentle, nurturing treatment that uses chakra and sound healing to activate and channel the Kundalini – the dormant energy at the base of the spine – realigning the body's rhythm and restoring a balanced state. Ideal for emotionally exhausted souls, this soothing treatment has a profoundly restorative effect on the sympathetic and parasympathetic nervous systems. The body is brought back to a state of awareness and balance. Physical and mental tension is lifted and built-up emotion and anxiety are released.

ila Manipura Full Body Treatment

80 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.

Bio Rhythms

120 min - 185€

This powerful treatment aims to restore the body's natural biorhythms. An ionizing energy scrub and mud

wrap charge and renew the bio-magnetic energy field, while a head and face marma massage soothes. The treatment ends with a Kundalini back massage to balance the nervous system and chakras. The results are a full body cleanse and detox, aiding the removal of waste and toxins. The skin is re-energized and appears softer. The nervous system is restored. Great for travelers suffering from jet lag.

ila Ku Nye Treatment

90 min – 145€

A Tibetan body treatment to balance the five elements and to restore a harmonious flow of energy and vitality. A blend of five essential oils chosen to balance the five elements combines beautifully with Tibetan techniques of cupping, kneading and acupressure with hot poultices and stones. This thorough treatment encourages deep physical and mental tension to be released from the tips of the toes to the crown of the head encouraging a healthy flow of energy. It works on the 5 sensory organs aiming to bring them back to a state of balance whilst also re-balancing over/under stimulated glands and organs.

ila Dream Time Journey Ritual

Facial 60 min – 105€, Massage 80 min – 150€

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

120 min – 185€

ila's exquisite chakra wellbeing range is tailored to each recipient. Based around seven blends of chakra-balancing essential oils, each bespoke treatment 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. This bespoke treatment is the most holistic experience tailored to the needs of each individual soul. It works on the muscles, lymph and nervous system as a whole.

ila Couple Connect

100 min (for two people) – 340€

This fabulous choice of treatments is designed for two. In adjacent treatment rooms start with a luxurious Cocoa scrub to cleanse and exfoliate. Once your skin is rejuvenated, share the relaxing properties of our Poseidonian signature massage to soothe and invigorate, helping your body to rebalance. A refreshing Refine facial completes this selection of treatments and will ensure you glow with health and happiness. Complimentary fresh juices are included.

For men

ila Revitalizing Facial

75 min – 115€

A healing and purifying facial created for men to restore vitality and radiance. The facial begins with a Black-currant and Honey scrub and is followed by a deeply relaxing marma massage with Vetivert and Rose oil. The facial is completed with a purifying Seaweed and Bio-Plasma mask.

ila Energizing & Detoxifying Body Renewal Scrub

50 min – 100€

This detoxifying scrub stimulates the lymphatic and circulatory system, aiding rapid elimination of toxins from the cells. The scrub works on two levels. On the physical level, it exfoliates the skin by removing dead cells and ensuring a brighter tone and texture. On a more subtle level, the scrub cleanses the astral body and strengthens the bio-energy field with more light. The treatment is completed with a relaxing application of ila's Body Cream for Vital Energy.

ila Men's Massage

50 min – 105€

This treatment is to encourage and strengthen the flow of energy within, with massage techniques, marma therapy and vitality-enhancing essential oils - Juniper Berry, Geranium, Lemon Grass, Lavender, Patchouli. Due to the fact that the sun slowly ripens Juniper berry and Lemon Grass, filling them with high levels of prana – the life force energy which fills us with vitality, positivity and joy – , it is these essential oils that are most important and potent.

Waxing

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

Full leg	50€	Half leg	30€
Full arm	40€	Half arm	25€
Brazilian	45€	Bikini line	25€

In Room Service

Most of our luxurious massages can be enjoyed in the privacy of your own room or suite.

Prices: treatment cost plus 50%

TERMS & CONDITIONS

Although we hate making rules, and try to avoid any musts during your visit to the Spa, we have to inform you of the following:

- Please ensure that mobile phones are switched off during your visit at the Spa.
- Smoking is not permitted at our premises.
- Our Spa environment is one of tranquillity and relaxation. Please respect all Spa guests to their right to privacy and serenity.
- 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.
- Please leave your jewellery and valuables in your room or safety deposit box
- You will be charged 50% of the treatment(s) cost if the appointment is cancelled less than 6 hours before treatment(s) start time.
- 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. Alternatively we can charge treatment costs to your room.
- Children under the age of 16 may only use the spa pool if supervised by an adult.

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