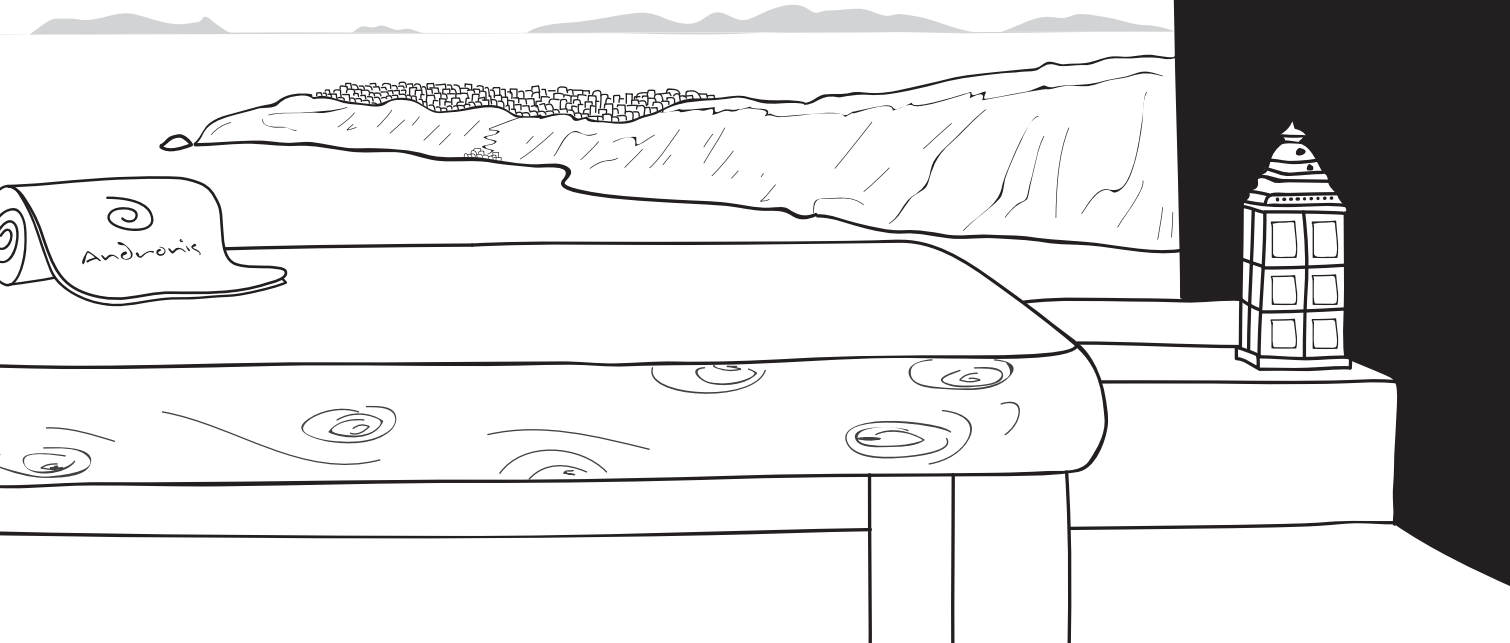
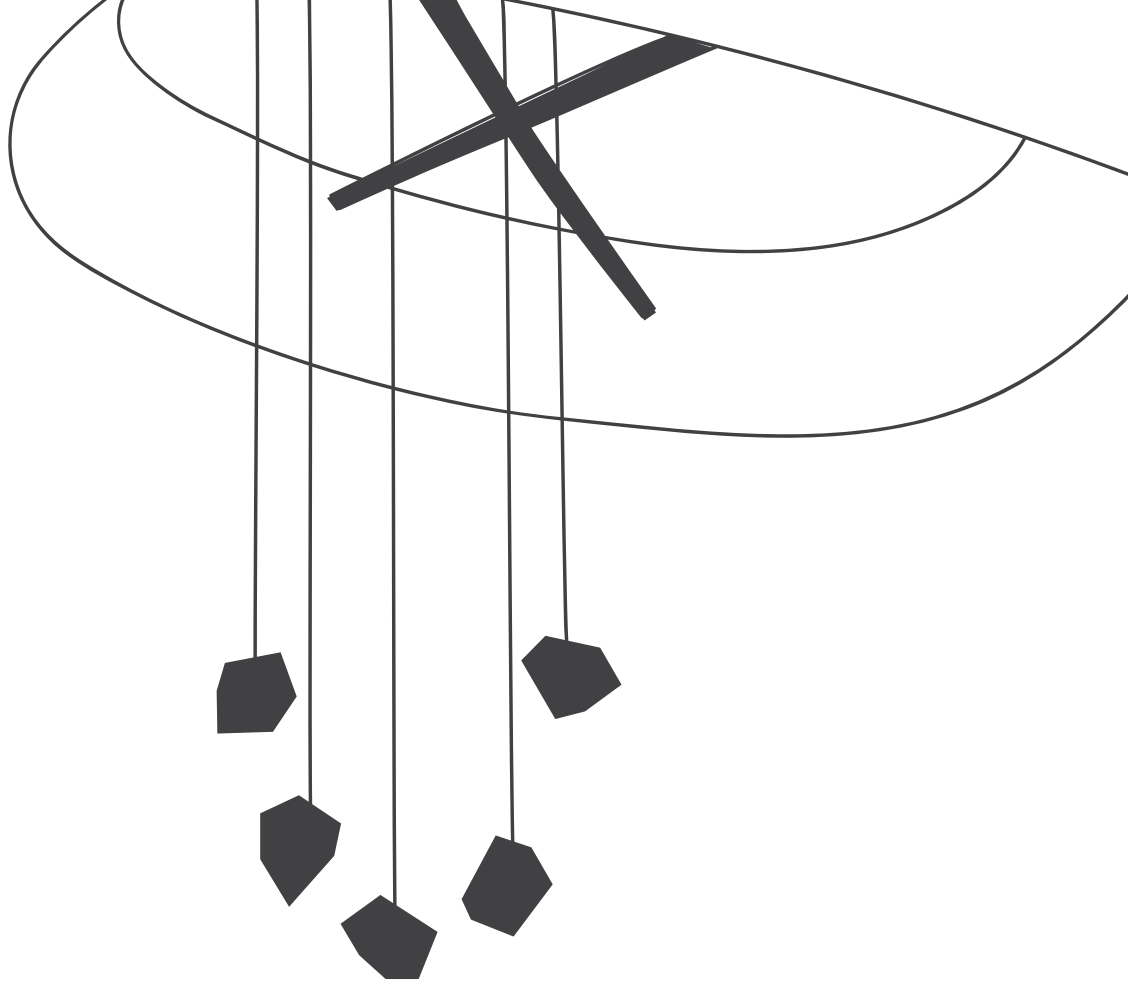


KALLOS

SPA MENU





IF YOU FOLLOW OTHERS
YOU LOSE YOURSELF

Be Authentic

OUR **CONCEPT**

OUR **WELLNESS CONCEPT**

OUR **CONSULTATIONS**

OUR **TREATMENTS**

OUR **TEA BAR**

OUR CONCEPT

Kallos Spa fuses modern techniques with ancient traditions, attaining deeper levels of emotional, mental and physical balance.

We aim to increase your deep relaxation, relieve your nervous system, balance the effect of sleep disturbances which is the major contributor of stress and mental fatigue.

The energy of Santorini Island is tangible and powerful, we channel this higher energy through the connection with the environment using local herbs and oils that this beautiful land has always offered us.

A realm of organic, natural healing, a space tailored to restoring your vitality, reduce stress and increase positive energy.

Andronis Wellness provides the tools for you to experience a transformation by creating new memory while revisiting and releasing energy and emotional blockages.

Our highly trained therapists are bringing the gift of healing, nourishment and the purest intentions to make your experience at Kallos Spa unforgettable and unique. We care about the Wellbeing of Planet Earth and Your Wellbeing as we recognize we are all connected. For this reason our choice of ILA Organic products, herbal tinctures and flower remedies is free from chemical fertilisers, Vegan friendly and are never tested on animals. This is our assurance.



Introducing

a wellbeing menu tailored to address the main issues in modern life, incorporating Beyond Organic products, herbal tinctures and flower remedies, we have created experiences geared to balance your inner and outer mood and wellbeing

OUR WELLNESS CONCEPT

BE RESTED - THE BIG SLEEP

From digital stressors and daily pollutants, lack of sleep is one of the greatest issues we all face, affecting memory, concentration, irritability, and can have dramatic effects on weight gain, diabetes and depression. Our highly trained team members will guide you to the best range of services and products to help achieve a better night's sleep.

BE BALANCED - A HELPING HAND FOR HORMONES

Hormonal imbalances and adrenal fatigue – the 21st Century stress, can cause havoc on the nervous system, metabolic rate, and cause brain fog, at ila we help you to reduce stress, clear the mind, reduce exhaustion, help with sleep disturbances and boost a weakened immunity.

BE DESTRESSED - LIFE IN THE FAST LANE

Daily stressors are unfortunately a way of life, with 99% of the population affected by stress, manifesting itself as tiredness, headaches, irritability, anxiety, muscular aches and pains, amongst many others. Our treatments and products will help you to unwind and to relieve these symptoms.

DIGESTIVE SUPPORT

Poor digestion leaves the body and the immune system in the same predicament that poor nutrition does – a lack of nutritional factors that support immune functioning and the function of the entire body. This is because a poor functioning digestive system has lost some of the ability to turn what's consumed into a form the body can use.

OUR CONSULTATIONS

Before each service, our team of dedicated professionals will provide you a bespoke in-depth wellness consultation, in the peaceful surroundings of The Andronis Spa.

The questionnaire is non-intrusive, and enables us to better understand your lifestyle and possible, potential imbalances.

Each question is linked to the areas of potential imbalances, whether it is a lack of sleep, hormonal imbalance and high stressors – each one having a dramatic effect on the digestion and sleep, and so provides us with a clear direction of what imbalances we need to address.

Your personalised results are then linked to the services and products best suited to help you achieve a better mind and body connection.



'HAIR PROFILING' TEST

an Exclusive Treatment

A totally unique screening programme supervised by Dr.Zulia Frost provides a full wellness profile following a non- invasive bio-energy approach. With only a piece of hair and within 20 minutes, guests can have a full wellness profile to use as the basis to build a well-being programme for their stay with exact lifestyle and nutritional tips based on their stress levels and custom needs.

180€ /person

powered by



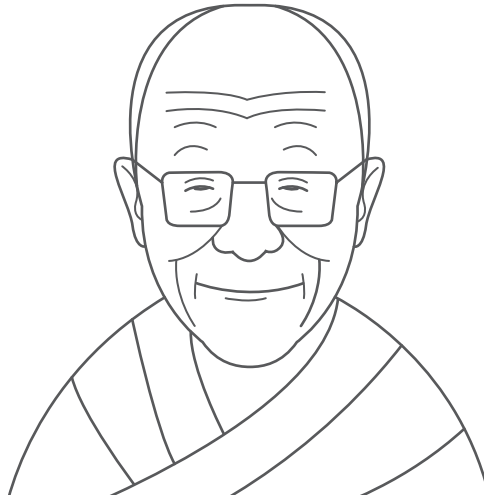
BE RESTED - THE BIG SLEEP

SLEEP IS THE BEST MEDITATION

THE DALAI LAMA

Sleep is one of the most important parts of our day, it is when our body heals itself - fights off illnesses and when our muscles, heart and vascular system repairs. Getting a good night sleep impacts every single area of our daily life.

Sleep deprivation can lead to weight gain, may increase the chance of type 2 Diabetes and memory loss, stress will become more difficult to handle; getting a good night sleep increases our mood, makes us generally happier and much less prone to depression, moodiness and anxiety.



FACIALS

A MOMENT OF CALM – ANANDA

Using ila's Glowing Radiance Collection, this divine therapy begins with an aloe vera and pomegranate cleanse and a gentle blackcurrant & honey exfoliation to the face, followed by powerful damascena rose otto and sandalwood oils to stimulate energy to skin cells. Specialised marma massage techniques restore natural luminance, whilst a green clay mask reduces inflammation. Skin glows with radiance and a sense of peace pervades the body.
60min - 140€

HIGH PERFORMANCE FACIAL WITH BLUE LED

Using ila's Beyond Organic Skin care products and advanced treatment techniques, medical grade low level 'dual wave' or 'tri-wave' light therapy is delivered to the skin in 5 variations in safe therapeutic doses. LLLT stimulates the natural cellular responses in the skin leading to vast improvement of the complexion, complete skin-rejuvenation and the improvement of problematic skin conditions. Suitable for all skin types, the 'must have' LLLT facial is widely endorsed by celebrities worldwide.
30min - 50€

MASSAGE

BEAT THE BLUES BACK - KUNDALINI

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.
60min - 180€

MYOFASCIAL RELEASE

Recommended for those needing a really strong touch. Movements of the joints partnered with light stretches will relieve tired muscles. All massage movements aim to penetrate deeper layers of the muscle tissues, offering an invigorating effect.
60min - 140€ | 90min - 180€

SLEEP EASY DEEP TISSUE – DT POTALI

This beautifully reviving body treatment draws on Ayurvedic healing traditions where heated herbal pouches - known as potli - have long been used to rejuvenate and nourish tired, stiff bodies. Filled with therapeutic, medicinal herbs which are then warmed in exquisite essential oils - pine, amber and frankincense, the potli are gently pressed in a rhythmic, fluid pattern over the whole body. Wonderfully soothing, cleansing and invigorating, this is an ideal massage for helping to alleviate pain, cramps, old injuries and stress related tension. It will uplift your mood and balance hormones. Amber, in particular helps to relax brainwaves and enhances our inner heart energy.
60min - 180€ | 90min - 220€

SCRUBS

BLISSFUL BODY

Drawing on the healing properties of Himalayan salt crystals, this heavenly body scrub nourishes both physical and emotional wellbeing – ideal for when special pampering is required. Pure essential oils of damascena rose otto, jasmine and sandalwood work directly with the sensory organs to settle the nervous system and revive stressed or neglected cells. Skin is left glowing with health and a sense of joy is restored.

30min - 60€

EXPERIENCES

DREAM EASY – DREAMTIME JOURNEY

This soporific treatment draws on pure essential oils, marma massage and chakra healing to relax the nervous system and restore the natural rhythm of sleep. Based on the knowledge that cellular repair is faster during rest, it incorporates a slow rhythmic body renewal, body treatment and soothing face therapy to promote relaxation, while jasmine, patchouli, lavender, and spikenard promote cellular rejuvenation.

120min - 250€

MY TIME FOR ME TIME

ADRENO RESTORE

Strong adrenal glands protect us from daily stresses and chronic fatigue. This strengthening therapy uses adaptogenic ingredients in a targeted scrub and abdomen wrap to keep adrenal-function at optimum levels. Naturopathic warmed adrenal packs direct the healing benefits of vetivert, pine, cedarwood, ashwagandha and pfaffia where they are needed. Deep rest then follows, courtesy of a balancing Ku Nye massage.

120min - 250€

BE BALANCED - A HELPING HAND FOR HORMONES

A HELPING HAND FOR HORMONES

This section concentrates on hormone imbalances in both males and females, usually brought on by higher than average levels of stress, poor food choices and inadequate sleep.

Common side effects of hormone imbalances are tiredness, flu symptoms, exhaustion, weakened immunity, weight gain, depression, hair loss, food cravings and sleep disturbances.

We have gathered the best therapies to help balance these side effects and help towards a healthier you.



FACIALS

RELAX & REBALANCE RENEWED RECOVERY

Using ila's Renewed Recovery Collection, this restorative face therapy draws on intensely healing rainforest extracts to rejuvenate skin cells. Lymphatic drainage techniques, 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.

60min - 140€

HIGH PERFORMANCE FACIAL WITH GREEN LED

Using ila's Beyond Organic Skin care products and advanced treatment techniques, medical grade low level 'dual wave' or 'tri-wave' light therapy is delivered to the skin in 5 variations in safe therapeutic doses. LLLT stimulates the natural cellular responses in the skin leading to vast improvement of the complexion, complete skin-rejuvenation and the improvement of problematic skin conditions.

Suitable for all skin types, the 'must have' LLLT facial is widely endorsed by celebrities worldwide.

30min - 50€

MASSAGE

INNER PEACE

This blissfully balancing treatment feeds skin and senses, relaxing and reviving both body and spirit. Specialised 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.

60min - 140€

HOLISTIC MASSAGE

Our uniquely designed combination massage includes various techniques, such as flow acupuncture and techniques from various kinds of massages. Stress will melt away, relieving you of tension and chronic tightness while focusing on problematic areas if necessary. Revitalize your mind, body and spirit.

60min - 120€ | 90min - 160€

THAI MASSAGE

Thai massage is an ancient technique, dating back to Ancient Siam, and influenced by traditional Chinese Medicine philosophy and Indian Yoga body postures. Thai massage uses passive stretching and gentle-pressure along the body's energy lines to increase flexibility, relieve muscles, aid joint tension and balance the body's energy systems.

60min - 160€

SCRUBS

DETOXIFYING BODY SCRUB ENERGISING & DETOXIFYING BODY RENEWAL

Using the ionising properties of Himalayan Salt Crystals, this body renewal is subtly massaged into the skin resulting in rapid exfoliation and the elimination of toxins and tension. On a subtle level, it cleanses and strengthens the bio-energy fields leaving mind, body and spirits uplifted.
30min - 80€ | 60min - 140€

EXPERIENCES

MY TIME FOR ME TIME ADRENO RESTORE

Strong adrenal glands protect us from daily stresses and chronic fatigue. This strengthening therapy uses adaptogenic ingredients in a targeted scrub and abdomen wrap to keep adrenal-function at optimum levels. Naturopathic warmed adrenal packs direct the healing benefits of vetivert, pine, cedarwood, ashwagandha and pfaffia where they are needed. Deep rest then follows, courtesy of a balancing Kuy Nye massage.
120min - 250€

ANDRONIS SIGNATURE EXPERIENCE

Locally sourced Santorini Grape and Honey compliments local natural ingredients to bring you our Andronis Signature Treatments.

Grapes are anti-oxidant and help to regulate blood flow. Honey is antibacterial, gives the complexion a boost, it is naturally healing and creates a wonderful glow.

We created Andronis Signature Treatment to give you a complete and deep experience of connection with the beautiful island of Santorini and the treasure that this land offers us, natural and organic oils like germanium, grape oil, honey and thyme.
120min - 220€

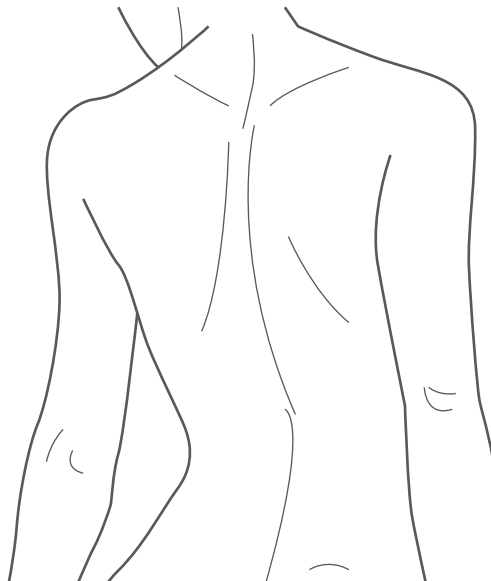
BE DESTRESSED

LIFE IN THE FAST LANE

Stress is when our body's react to harmful situations, whether they're real or perceived, when we feel emotionally or physically threatened and vulnerable, a chemical reaction occurs in your body that allows you to act in a way to prevent injury. Our bodies are designed to handle small doses of stress. But, we are not equipped to handle long-term, chronic stress without ill consequences.

Stress can manifest itself in many ways, without us actually knowing we are stressed, some common warning signs are feelings of low self-worth, insomnia, low energy, headaches, digestive issues, feelings of loneliness, frustration, constant worrying and low libido.

We have put a list of therapies together to address these early signs of stress and the effects it has on the body.



FACIALS

GOLD CELLULAR FACIAL

Using ila's Gold Cellular Age Restore Collection, this powerful treatment encompasses a blend of the world's most undiscovered ingredients that have been proven to work with the skin to heal and protect from the many natural signs of ageing. Three types of naturally occurring gold and the rarest of Frankincense from the Gardens of Ethiopia, are delivered into the skin using cleansing & healing massage techniques. ila's unique BosTriWell® & hyaluronic extract combined with sonic wave therapy, instantly increases collagen levels and reduces cell inflammation. Skin is reprogrammed and rejuvenated.

60min - 220€

MUSCULAR VIGOUR & VITALITY

This healing therapy uses ancient organic Tibetan oil (Sea Buckthorn Seed Oil) - containing a rare Omega 7 - to strengthen cell walls, regenerate skin, improve circulation and balance core energy. A rosehip and honey scrub prepares skin for the sea buckthorn elixir; deep lymphatic drainage and acupuncture with hot poultices maximises penetration, followed by a harmonising lavender and honey mask.

60min - 120€

HIGH PERFORMANCE FACIAL WITH RED LED

Using ila's Beyond Organic Skin care products and advanced treatment techniques, medical grade low level 'dual wave' or 'tri-wave' light therapy is delivered to the skin in 5 variations in safe therapeutic doses. LLLT stimulates the natural cellular responses in the skin leading to vast improvement of the complexion, complete skin-rejuvenation and the improvement of problematic skin conditions. Suitable for all skin types, the 'must have' LLLT facial is widely endorsed by celebrities worldwide.

30min - 50€

MASSAGE

FOUR HANDS MASSAGE

Indulge in the ultimate massage experience by having two therapists simultaneously massaging you. The entire body is treated not once, but twice by two of our experienced therapists. You will be able to reach a very deep level of relaxation and stress will simply flow away.

60min - 180€

INNER PEACE

This blissfully balancing treatment feeds skin and senses, relaxing and reviving both body and spirit. Specialised 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.

60min - 160€

DEEP POTALI MASSAGE

This beautifully reviving body treatment draws on Ayurvedic healing traditions where heated herbal pouches - known as potli - have long been used to rejuvenate and nourish tired, stiff bodies. Filled with therapeutic, medicinal herbs which are then warmed in exquisite essential oils - pine, amber and frankincense, the potli are gently pressed in a rhythmic, fluid pattern over the whole body. Wonderfully soothing, cleansing and invigorating, this is an ideal massage for helping to alleviate pain, cramps, old injuries and stress related tension. It will uplift your mood and balance hormones. Amber, in particular helps to relax brainwaves and enhances our inner heart energy.

60min - 180€ | 90min - 220€

SCRUBS

ROSE & ALOE WRAP

This full body experience refreshes and replenishes sun-damaged or overheated skin by reducing bodily heat. A soothing mist of Rose hydrolat, a cooling massage with Body Cream for Glowing Radiance and rose quartz crystals calm and soothe sunburn or sensitivity. A rose and aloe vera gel wrap is gently applied over sensitive skin, whilst rose quartz crystals, placed upon facial meridians, restore balance and strength.

60min - 120€

EXPERIENCES

KU NYE 5 ELEMENTS RITUAL

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.

90min - 200€

COUPLES CONNECT

Designed for couples to experience together, this sensual ritual helps calm the nervous system and promote reconnection on a physical, emotional and spiritual level. Focusing on the heart, sacral and crown chakras, it draws on the strength of three exquisite oils – rose (the flower of love), orange blossom (the flower of bliss) and jasmine (the flower of uniting love). Chakra healing and the pouring of warm oil over the third eye encourage a beautiful union of body, mind and soul.

120min - 280€

DIGESTIVE SUPPORT

Known as the first brain, our stomach and digestive system plays a vital role in how our body functions; and is heavily affected by stress, medication, smoking and alcohol, ageing, hereditary functional problems, food allergies and by the food we eat.

Poor digestion can do more than give you a stomach ache or gas because digestion is the mechanism that makes your body work...a clog in the works may be only the tip of the iceberg.

Chronic fatigue, premature aging, arthritis, poor skin and hair quality, toxicity, allergies, and many other ailments can all result from faulty digestion. Below are the treatments we have chosen to help aid increase digestion.

MASSAGE

MANIPURA FULL BODY MASSAGE

This warming treatment helps balance and energise the Manipura - the solar plexus (naval) chakra - the centre of fire and sun energy that ignites our health and vitality. Meaning 'beautiful, shining jewel' in Sanskrit, the Manipura massage uses marma therapy, lymphatic drainage and warm herbal poultices on the abdomen to relieve digestive blockages, increase blood and lymph flow, and stimulate inner vibrancy. Treatment ritual- Express mini body scrub, 15 min core full body massage, marma therapy, focus on abdominal area, warm herbal poultices.

60min - 180€ | 90min - 220€

YOGA IS THE JOURNEY OF THE SELF THROUGH THE SELF TO THE SELF

THE BHAGAVAD GITA

BENEFITS OF YOGA

Builds strength

Increases flexibility and muscle tone

Brings mind focus

Encourages physical and mental balance

Develops proper body alignment

Reduces stress

Encourages a sense of calm and peace

Increases lung capacity for better breathing



HATA YOGA

Hatha Yoga is the most widely practiced form of yoga in the world. Hatha Yoga uses postures (asana) and conscious breathing (Pranayama) in combination with mental focus to develop awareness, strength and flexibility, and relaxation. Through proper alignment and mindful actions of the body, Hatha Yoga brings balance, strength, and a sense of well-being to the practitioner.

90min - 160€

VINYASA FLOW

A very dynamic yoga where movement and asana are synchronized with breathing exercises and with bandhas. The benefits of a Vinyasa Class are both mental and physical. Physically, sweat releases toxins and re-energizes the body. Mentally, the synchronized breathing relaxes the chatter of the mind and helps to release blockage and body stiffness.

90min - 160€

PRIVATE YOGA

POSTURAL ALIGNMENT THERAPEUTICS

Originally, yoga was taught by one teacher directly to one student. The teacher will guide you through the practise focusing in your body limitation (injury, back or neck pain..) the teacher will provide a personalized program of stretching exercise and asana for your practise.

60min - 140€

AERIAL YOGA

Aerial yoga is a practice performed with the use of an elastic silky hammock. Swinging creates a sense of freedom and lightness. Aerial reverse poses give a smooth decompression to the spine, as the body weighs down gently down by the force of gravity.

The session starts with some breathing exercises and a short meditation practice, which is followed by a series of smooth relieving poses and one reverse decompressing pose.

Finally, you may lie inside the silky hammock and enjoy a flying-Thai massage session.

60min - 140€

YIN RESTORATIVE YOGA

Yin Restorative Yoga calm the mind and the nervous system. The posture are held for long time without any muscular effort. It s a beautiful slow and peaceful class that will improve your flexibility by working passively on you deep tissue and fascia.

60min - 120€

HAIR & NAILS

Hair Pampering

Men haircut and styling
35€

Women haircut and styling
70€

Blow-dry
40€

Styling with iron
60€

Chignon
80€

Wedding styling
300€

Nail Pampering

Manicure
30min - 35€

Spa Manicure
50min - 50€

A selection of luxurious manicure styles & colors using peeling and masque with essential oils for smooth skin

Pedicure
40min - 50€

Spa Pedicure
60min - 60€

Caring treatment for a chic appearance of your feet. Exfoliation and masque with natural extracts and essential oils for deep hydration.

RETAIL

ILA

At ila we pride ourselves on being a skin and heart nurturing company that is actively 'Redefining Beauty' – supporting the age old adage that beauty is much more than just skin deep, it is a quality within. It is a feeling.

Whilst much of the beauty industry prides itself on constantly striving for polished perfection or hooking itself to the latest trend, at ila we walk a very different path. We are not about critical self-improvement or the search for eternal youth. We don't believe in living as extroverts, nor do we believe that women should hide in the shadows.

ila is about sharing, with women around the world, the ability to self-care, love and honour the individual essence within each one of us, loving who we are in all our completeness, so that each one of us can shine. What could be more beautiful than that? To be luminously ourselves. To enjoy a harmony between mind, body and spirit.

To live in a state of grace.

At ila, we pledge to care sensitively for your energy levels and soul body, as well as for your skin. We believe society needs to re-remember what 'beauty' truly means, and we hope our products provide a path for you to remember too.

L'ORÉAL

Our experience with hair salons goes back to the 80s and so does our collaboration with this premium brand of hair products a great variety of which can be found in the Kallos Spa. Our experienced personnel will assist you in selecting the right product for your hair type.

SPA ETIQUETTE

SPA PREPPING

is an important part of your experience.

This will relax your mind and prepare your body to receive the therapeutic benefits of your ritual.

We recommend that you arrive at least 30 minutes prior to your scheduled appointment time in order that you may relax and enjoy our luxurious facility which offers a steam bath, Cave pool, infinity pool and waterfalls.

A QUICK SHOWER

just before your treatment ritual is recommended.

This will ensure your skin is fresh and clean ready to absorb the nourishing ingredients of the products that will be applied to your skin during your treatment.

Feel free to use our facilities to shower.

SPA ETIQUETTE

UNLESS THE RITUAL

description requires special clothing, it is customary to arrive as you are. We will supply you with towels for your use while in the wet areas, as well as a robe for you to wear while resting in our Spa lounge.

During your treatment ritual, an under garment will be given to you for use.

Although you have filled out our health questionnaire, prior to beginning your treatment, feel free to discuss with your therapist any areas you would like her to focus on, or to be avoided. We invite you to let the therapist know if you feel any discomfort during your treatment ritual.

Communication is the key to ensuring your spa experience is unforgettable.

Keep in mind bodywork and massage is similar to the effects of exercise in that toxins are freed from the lymphatic system and lactic acid is released from the muscles which may cause some soreness for a day or two after your visit.

CLOSE YOUR EYES...BREATH DEEP... FREE YOURSELF.

Indulge your Body, relax your Mind, ignite your Spirit.

SPA POLICY

The following information is provided for you in order to ensure the perfect Spa experience

Mobile Phones To respect the natural and peaceful environment, the use of cellular phones and other communication devices are prohibited within spa premises. Should you need to have them with you, we kindly ask that you make sure your cellular devices are switched off prior to entering the locker rooms and treatment areas.

Noise Levels

Noise levels should be kept to a minimum at all times, especially when passing the treatment rooms. The Spa is a non-smoking environment. We thank you for your cooperation and understanding.

We request that all valuables remain stored in your suite whilst you are at the Spa. The Spa will not be responsible for lost, stolen or misplaced items. All Spa treatments and facility prices are subject to change without notice. Our Spa guest service agents will assist you with any inquiries you may have at the time of your reservation.

RESERVATIONS

We encourage our guests to schedule their appointments in advance to ensure that the preferred treatment and time or therapist is available. Same day bookings and walk-in appointments are always welcome, based on our availability. To schedule your appointment(s), please contact us directly at ext. 300 from your room or contact our front desk.

CANCELLATION POLICY

We value your business and appreciate your attention now to our cancellation policy. Please respect our therapists and our other guests by keeping your appointments. Because your appointments are guaranteed reservations we kindly request that you advise us a minimum of 6 hours prior to your appointment for cancellation or rescheduling requests. No show will result in a full charge.

Please keep in mind that arriving late for your appointment may require us to shorten the length of the treatment, so as not to inconvenience other guests, with full charges applied. We regret that late arrivals will not receive extension of scheduled appointments.



Andronis Concept
WELLNESS RESORT

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