

*Inspired by the power of the effective
natural organic treatments,
we promise you a sense of well-being
for your body and soul
in order to give you
a total beauty of the human psyche.*

Our aim is to rejuvenate and stimulate all five senses
in a place of tranquility and relaxation.

The following is just a glimpse into the concept
of the Andronis Private Spa Suite.

SPA ETIQUETTE

SPA OPERATING HOURS

The Mare Sanus Spa operates daily from 10:00a.m. to 09:00p.m.

COMMUNICATION IS KEY

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.

RESERVATION POLICY

For your convenience, please book treatments at least one day before in order to check the availability. If you wish to make any changes to your booking, please notify us 24 hours earlier. No show will result in a full charge.

ARRIVAL INFORMATION

Please arrive on time keeping 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. For your comfort, you are kindly requested to have a shower prior to your appointment, we will supply you with towels for your use, bathrobes as well as an under garment.

SPA ENVIRONMENT

Please respect the tranquility of the spa. Upon entering, please deactivate your mobile phone.

**Kindly note that in the price of treatments VAT is included TIP not included*



MARE
SANUS
SPA

MASSAGE

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€

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€

MOTHER TO BE

A rosehip seed and argan massage oil infused with extracts of lavender, geranium and rose replenish dry skin and support in the fight against stretch marks. Himalayan herb poultices are slowly massaged into marma points to relieve aches and pains, excess fluid and heat. Anxiety is lifted while peace and harmony surround mother and baby.

60min - 180€

HOLISTIC MASSAGE

Our uniquely designed combination massage includes various techniques, such as flow acupressure 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€

REFLEXOLOGY

Reflexology is a technique that applies gentle pressure to your feet or hands to bring about a state of relaxation and help the body's own healing process. It is thought that there are certain points on the feet and hands that correspond to the organs and glands in the body. So by pressing and massaging these points it can stimulate energy pathways in the body. If any energy pathways are blocked reflexology aims to unblock them, allowing the energy to flow freely again which aims to restore balance to the body.

50min - 100€

FACIAL THERAPIES

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 BosTri-Well® & hyaluronic extract combined with sonic wave therapy, instantly increases collagen levels and reduces cell inflammation. Skin is reprogrammed and rejuvenated.

60min - 220€

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€

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€

Private Yoga Session (upon request)

60min - 110€ per person

Yoga is an ancient art of self-development, used for thousands of years for physical health, mental well-being and spiritual fulfilment. Practice includes asanas (postures), breath awareness and breath practices so as to build good health and harmonious functioning of the whole being.

The meaning of the word yoga is to 'join' the body unites with the breath to develop tranquility of mind and spirit, creating a unified and integrated person.

Each treatment or class will be tailored according to the needs of the receiver and will be carried at your patio.

BODY RITUALS

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€

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€

ANDRONIS SIGNATURE EXPERIENCE

Locally sourced Santorini Grape and Honey compliments ila's 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 offer us, natural and organic oils like germanium, grape oil, honey and thyme.

120min - 220€

ilā

Embrace the experience.
Live the ultimate.