



EVEXIA  
SPA



# IF YOU FOLLOW OTHERS YOU LOSE YOURSELF

Be Authentic



OUR CONCEPT | OUR WELLNESS CONCEPT | OUR CONSULTATIONS | OUR TREATMENTS

# OUR CONCEPT

Evexia 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 Evexia 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 Beyond 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 LIFTED - THE WATER PATH**

Lack of movement in our daily life, poor nutrition and stress can affect the blood and lymphatic circulation, leaving our body tired and creating a level of inflammation. The water path improve blood and lymphatic circulation, boost the immune system and strengthen our body.

## **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.

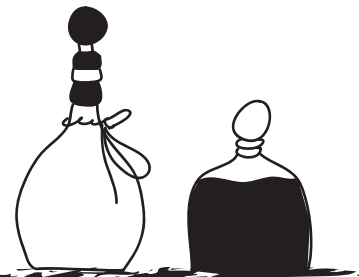
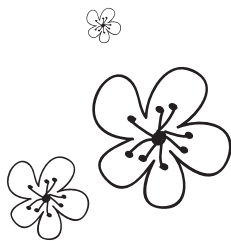
# OUR CONSULTATIONS

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 program 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€

**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€

### CBD & GOLD AGE RESTORE FACE THERAPY

This unique facial combines the powerful anti-inflammatory and anti-aging effects of CBD (Cannabinoid) with the effective techniques of 'Nerve Point Therapy' and 'Polarity Balancing'. Together, this powerful synergy releases tension and stress from the face whilst restoring balance and vitality within the face & body.  
90min - 260€

## 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 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€

### 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€ | 90min - 200€

## 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 vetiver, pine, cedarwood, ashwagandha and pfaffia where they are needed. Deep rest then follows, courtesy of a balancing Kuyoung massage.

120min - 250€

## ANDRONIS SIGNATURE EXPERIENCE

Indulge yourself in this full body experience.

Your treatment begins with a honey and Himalayan sea salt body scrub to gently exfoliate and rejuvenate your skin. Followed by a full body relaxing massage to reinvigorate your skin with the application of beneficial iced cubes of olive oil infused with essential oils of rosemary and lavender to calm your senses, that will ensure the softest, smoothest skin. Whilst you enjoy a blissful neck and shoulders massage with ILA's CBD concentrated body balm to help reduce pain and melt away any tensions, warm towels are wrapped on hands and feet for a complete nourishing experience.

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 - 200€

### 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 acupressure 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 - 240€

### CBD BODY CALM

A vital body massage that re-connects a positive flow of energy; restores balance and leaves your mind, body and spirit calm and soothed. The treatment focuses on the Solar Plexus or "Manipura" which means 'beautiful jewel' in Sanskrit and is the seat of good health and internal source of vitality. The body massage combined with the synergy of essential oils and CBD activates this internal fire thus stimulating the lymphatic and circulatory system. Toxins and fatigue are eliminated as the mind and body are restored to natural vibrant energy.

60min - 160€

### DRAINAGE MASSAGE

A lymphatic drainage massage is a unique therapy technique which specifically aims at detoxifying the body. Travelling from place to place can sometimes bring on changes to our health like feeling bloated, fatigue, lack of appetite etc.

The purpose of this massage therapy technique is to manipulate the body and encourage it to move fluids through its muscles and tissues. This causes various toxins stored in the tissues to move out. As a result, the lymph becomes healthier.

Of course, it also causes the body to have a healthier immune system and eliminates swelling as toxins are released through this massage, your skin will look revived.

A lymphatic drainage massage will boost your energy levels, help your health and leave you looking revived.

60min - 160€



## BODY WRAP

### 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€/per person

**BE LIFTED**

# IF THERE IS MAGIC IN THIS WORLD, IT IS CONTAINED IN WATER

Lorean Eiseley

Water is the essence of life on Earth and dominates the chemical composition of all organisms. Water is unique. And mysterious. Like you.

It is the only natural substance found in all three physical states (liquid, solid, and gas) Ever since the Romans, people around the world have been using the therapeutic qualities of water to cleanse, heal and relax the body.

Did you know that raising the temperature stimulates the production of white blood cells which strengthens the immune system? Hot water also encourages sweating which helps to remove toxins from the body.

Cold water is a great recharger, reduces inflammation and helps boost circulation. Experience Evexia Water Path. We created specific treatments as Icy bandages, drainage massages, kneipp hydrotherapy pool, to pamper and strengthen your body.

**Evexia Water Path is the path to the wellbeing, wellbeing is joy!**



# PRE – NATAL

## MOTHER TO BE

### NOURISHING “TENSION RELEASE” HORMONAL BALANCE

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€

## NURTURING NEW LIFE

### NOURISHING “RENEWING & RESTORING ENERGY” FOR TENSION, FATIGUE & EMOTIONAL EXHAUSTION

This treatment has an optional blissful body scrub that stimulates the lymphatic & circulation system, aiding elimination of toxins from the cells. Specialised massage & marma therapy feed the skin and senses of the often overwhelmed new mother. Emotionally balancing rose, healing sandalwood, and renewing jasmine combine to relax and revive both body and spirit. The skin is nourished, the soul nurtured, and a profound sense of inner peace pervades.

NOTE- If breastfeeding, an alternative pregnancy scrub and massage oil is advised.

60min - 180€

## BEAUTY

### Nail Pampering

Manicure

30min - 35€

Shellac Manicure

50min - 55€

Spa Manicure

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

50min - 50€

Pedicure

40min - 50€

Shellac Pedicure

50min - 65€

Spa Pedicure

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

60min - 60€

HAIR DRESSER SERVICES CAN BE BOOK AT  
Kallos Spa at ANDRONIS CONCEPT



# 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, sauna, tropical rain shower, 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.

**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.

## **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.

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

## 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 - 130€

## 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 - 130€

## PRIVATE YOGA

### POSTURAL ALIGNMENT THERAPEUTICS

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

60min - 110€

## YIN RESTORATIVE YOGA

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

60min - 110€

## PRENATAL YOGA

Our Prenatal Yoga Program is an opportunity for expecting mothers to come together in a supportive, nurturing environment and engage with the inspired teachings and mindful movement of Yoga. Classes incorporate restorative slow flow sequences, safe postures with emphasis on pelvic floor strength and structural alignment, nourishing breathing exercises for relaxation, birth preparation and meditation practices for connection with self and baby.

60min - 90€

# 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.

# COMPLIMENTARY FACILITIES

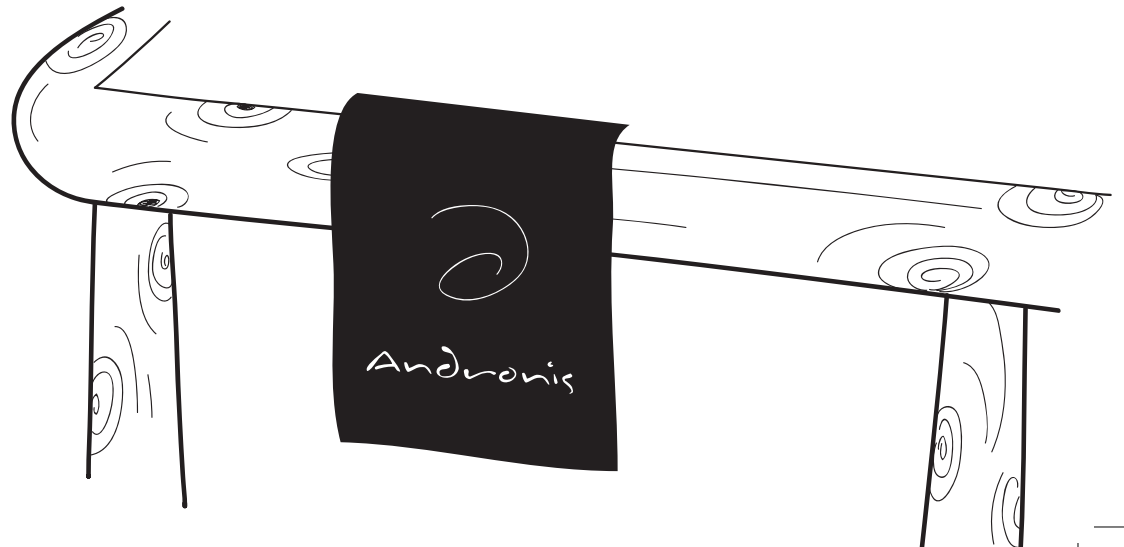
Dear Guest feel free to make use of the following  
Spa facilities on a complementary basis

## SAUNA

You can find the Sauna in the Gym area. It is a dry Sauna set at the temperature of 65-70 degrees Celsius. Ideal for detoxing and muscle pain relief.

## STEAM ROOM

Located in the treatrooms area it is a wet aromatic Steam Room set at the comfortable temperature of 45 degrees Celsius, perfect for pre and post relaxation, as well respiratorysystem relief







A stylized, minimalist landscape illustration. The top half shows a range of mountains in shades of gray against a white background. Below the mountains is a body of water, also in shades of gray. On the right side, there are dark, jagged, black shapes that resemble rocks or a cliffside. The overall style is clean and modern.

# Andronis

Arcadia

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# 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



## THE WATER PATH

Following consultation at our spa, the cycle will start with:

Application of a clay mask which makes it efficient in absorbing excess water from the skin, the pressure of a clay wrap compacts the layers of tissue, resulting in toned skin and temporary loss of inches.

This will be followed by the application of cold bandages with curative property, which will produce a toning effect on vascular walls, thanks to the phytoactive properties of the plants.

Walks on the Kneipp pool and natural foot reflexology will help to stimulate the vessel-specific energy points and return circulation. – while our special herbal tea will help your body to drain and detox your body from inside out.

A deep lymph-drainage massage, which will provide immediate relief, improving your blood and lymphatic circulation. The first benefit will be a reduction in that unpleasant swollen, heavy sensation.

120min - 330€



## LEGS THERAPY

### KNEIPP POOL

A special medicated hot/cold water path to stimulate blood circulation.

50min - 50€