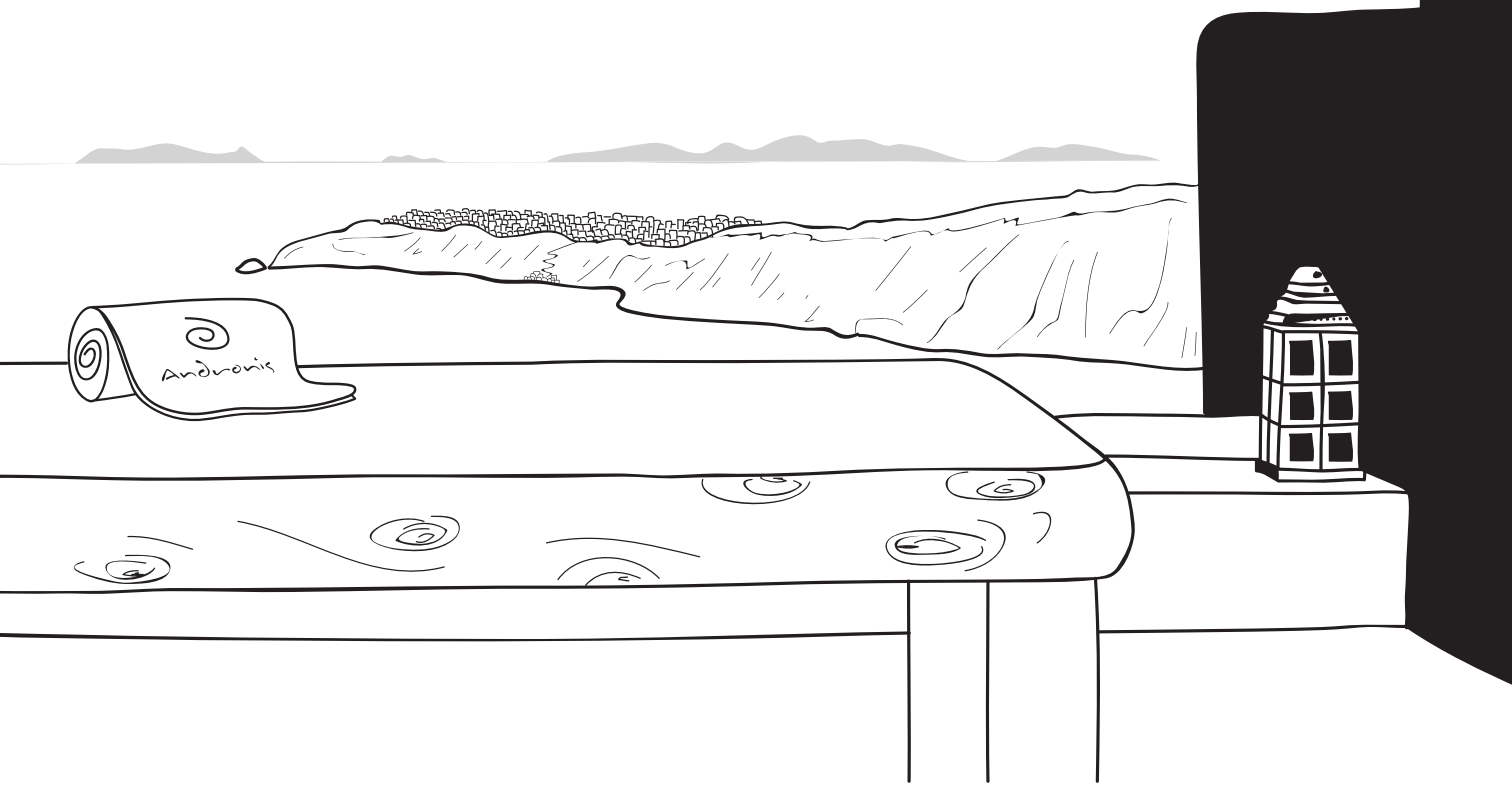




# KALLOS

SPA MENU







be Destressed



be Rested



be Balanced

Our approach is simple; we embrace you and your entire well-being as highly unique, after all, no two people are the same. By giving our guests a full range of offerings that embrace what we believe are the key pillars of wellness, it is our hope that you will alleviate stress, find peaceful rest, perfect balance, and rediscover your best self!

Join us in celebrating the tangible and powerful energy of Santorini Island. The natural infrared radiation from the islands Hellenic Volcanic Arc creates a perfect combination of restoring Chi with Andronis' well-appointed treatments and warm hospitality.

The ancient Greek word "Kallos" means beauty, however, the meaning of "Kallos" in its ultimate dimension, is a combination of physical beauty, and the virtues of one's soul, while it echoes the emotional energy of joy. It is this reason that our spa, nestled high in the cliffs of the Caldera is focused on the union of your wellness in mind, body and spirit.

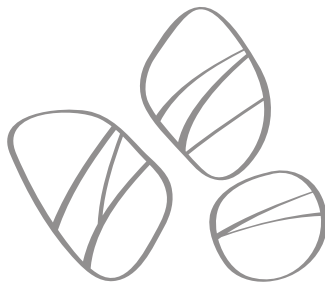
Our guest centric treatment studios, allow guests to fully unwind, slow down, luxuriate, relax and be themselves. We place our guests at the heart of our intentions.

In Greece, hospitality is not just a kindness, it is an unspoken cultural code called Xenia. Xenia preserves the order for showing generosity and courtesy to strangers in any condition. The virtue of creating a warm and welcoming environment between host and guest. Our highly trained spa and wellness team look forward to welcoming you, and sharing with you, what we hope will be an unparalleled experience.

# The Gift of Time

Time is an endless journey. In the midst of our busy lives, we want to assist in making time stand still. Enjoy a few extra moments in your treatment suite for tea, bathing, or simply create a peaceful memory of your own.

*Each additional 20 minute segment: 20€*



# Collections

Single features brought together to create an Andronis experience for everyone. Andronis collections are designed to embrace your entire being through expertly sequenced spa treatments.

All Andronis Collections are designed as a retreat from your everyday life...a decadent way to celebrate yourself, or each other



### **Be DeStressed** ⌚ 3 hours

Freedom from work, strain, and responsibility, affords us the enjoyment of relaxing. Take a break and indulge in the pleasures of this powerful series of restorative treatments designed to cleanse and boost the body's overall defense systems and leave you with a sense of freedom from everyday stressors.

Andronis Foot Ritual | Dry Skin Brushing | Be DeStressed Body Polish | Renewing the Spirit Body Cocoon & Essential Scalp Release | Holistic Full Body using ILA's CBD Body Calm | Andronis Refreshment

○ 380€    ○○ 680€

### **Be Rested** ⌚ 3 hours

Unwinding and allowing your mind and body to benefit from deep, meditative relaxation is what this collection aims to achieve. The power of Mediterranean native Rosemary and Lavender help you to connect with the inner joy that lives within us all. From head to toe, unwind - breathe - be rested

Andronis Foot Ritual | Mediterranean Rosemary Lavender Scrub | Iced Olive Oil massage, infused with native to Greece Rosemary & Lavender | Foot Rescue | Andronis Refreshment

○ 360€    ○○ 660€

### **Be Balanced** ⌚ 2.5 hours

Re-establish peace.... restore energy and harmony to your body. Combining the regenerative properties of nature's oils with the influencing power of Bergamot, this collection rebuilds what may be broken. A strong focus on muscular release and connecting with our conscious breath brings this selection of treatments into balance

Andronis Foot Ritual | Restorative Postures | Sign of Release Body massage | Be Lifted Facial Massage | Andronis Refreshment

○ 370€    ○○ 670€

*Add a Wellness Lunch to any of our Andronis Collections – please ask our spa reception team for details about wellness lunch options. All offerings are subject to a 5€ service fee percent service fee for delivery and presentation at the spa.*

# The Thoughtful Three

## by Andronis

Aromacology is a science that studies scents and their powerful effect on one's mind, mood, and well-being. Andronis' thoughtful three allows you to select which wellness pillar and its accompanied scent best suits your mood.

### **BE DESTRESSED – EUCALYPTUS, BASIL, PEPPERMINT**

help ease aching muscles - clear the mind - energize and renew the spirit

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### **BE RESTED – ROSEMARY, LAVENDER, LEMONGRASS**

relax your emotions - harmonize and calm the mind - restore your inner calm

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### **BE BALANCED – BERGAMOT, GERANIUM, YLANG YLANG**

promote inner joy and passion for life - leave a renewed love for self and soul

Choose one, or create your own combination of services below and allow the art of the senses to intuitively guide your mind and body to greater relaxation and energy balance

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#### **HOLISTIC FULL BODY MASSAGE**

🕒 30, 60 or 90 min.

*Each 30-minute segment 60€*

#### **HEAD TO TOE SCRUB**

🕒 30, 60 or 90 min.

*Each 30-minute segment 45€*

#### **THE ESSENTIAL HEAD & SCALP RELEASE**

🕒 30, 60 or 90 min.

*Each 30-minute segment 60€*

#### **THE COMPLETE COCOON**

🕒 30, 60 or 90 min.

*Each 30-minute segment 45€*

*\*30 minute segments for scrub and cocoon are Add-On only.*

# The Art of Bathing

by Andronis

**Be Different, Be Unique, Be Yourself**

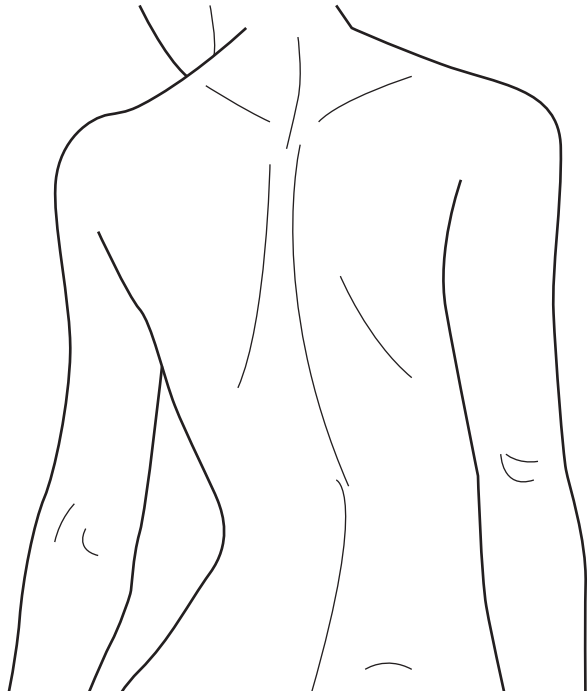
Add Bespoke bathing to any of our Collections, Massages or Thoughtful Three treatments.

Across time bathing has been a primal necessity, but the bathing techniques and practices of the Greek culture, revealing insight into managing stress and cleansing, not only the body, but also the mind through the art of bathing.

Choose a thoughtful three blend or the original water cure, using the healing powers of water, salt, and minerals.

🕒 30min.

○ 50€ ○ 90€





# Massage

CREATIONS BY ANDRONIS

## Muscular Well Being

Get serious about the physical health of your body.... If you're ignoring painful muscles, severe tension, and anxiety, as well as repetitive stress injuries, you need to restore your body's natural harmony. This massage draws focus to the release of tension from the deeper tissues to help correct muscular imbalances, including areas that have been injured or have scar tissue.... Begin your recovery process today

- 60min. - 150€
- ⊗ 60min. - 300€

## Sigh of Release

The restriction of muscle movement can impair even the simple pleasures of everyday activity. Adopted from the ancient traditional massage methodology, this powerful synergy of massage draws on physical and energetic techniques and is a holistic approach towards healing, stimulating, and encouraging the body to heal itself

- 90min. - 225€
- ⊗ 90min. - 500€

## Back To Health

The body's center of gravity begins with the spine. Body movement, posture, and our central core strength, stems from this remarkably complex structure ... the spine. The surrounding muscles, nerves, organs, and joints are all affected by the health of our back. This massage uses therapeutic massage movements to treat specific areas of muscle tension in the back, neck, and shoulders, resulting in the journey back to good health

- 30min. - 60€ | 60min. - 120€
- ⊗ 30min. - 120€ | 60min. - 240€

## Buddha's Massage

A Buddhist physician, over 2500 years ago brought us the traditions of Thai massage. This mat-based style of bodywork is performed on the floor as the therapist moves the client into a variety of stretches designed to increase blood flow and range of motion

- 90min. - 225€

Add ILA's CBD Body Calming Balm to any Andronis massage creation: 15€



# Massage

CREATIONS BY ILA

## Manipura Full Body

This warming treatment helps balance and energize the Manipura – the solar plexus chakra – the centre of fire and sun energy that ignites our health and vitality. This 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

- 90min. - 180€
- ⊙ 90min. - 360€

## Ku Nye 5 Elements

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 stabilize 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. - 225€
- ⊙ 90min. - 450€

## 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. - 600€

## 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. - 120€



# Your Best Foot Forward

## Flawless Feet

A relaxing and energizing treat for flawless feet, comprising and energizing scrub to smooth, marma massage and foot mask to stimulate, and vital energy cream to soften  
○ 30min. - 45€

## Foot Rescue

In times of stress, injury, or illness the body is in a state of “imbalance”. The vital energy pathways become blocked, preventing the body from functioning effectively. Massage, with pressure to restorative points in the feet assist to ease tension, increase circulation, and bring balance and energy to the body’s natural equilibrium and natural flow  
○ 60min. - 90€

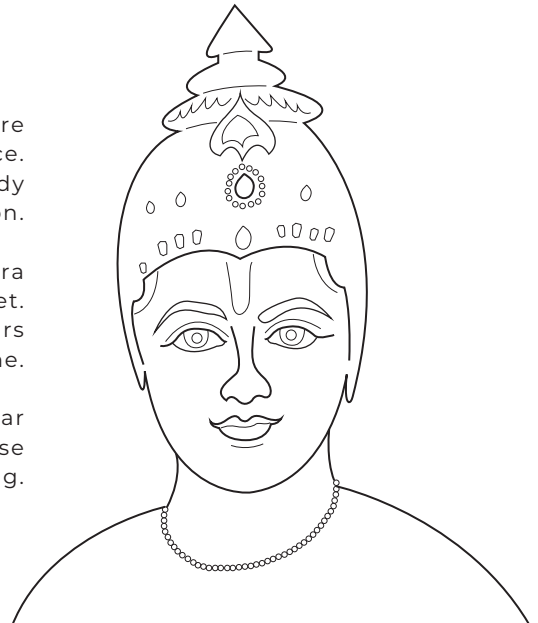
## The Cave Escape

Our signature Cave pool, and cool water cascade creates the perfect environment to begin your escape. The ancient Greeks were great believers in the therapeutic powers of water and the art of bathing. At 1.2 metres deep, and 31 degrees, a guided plunge into our cave and basin, sets the environment for this revitalizing experience. Cryo-therapy wraps and clay mask infusions for lower extremities prepare you for our very own Foot Rescue massage  
○ 120min. - 320€  
⊕ 120min. - 640€

All Andronis “Best Foot Forward” treatments at Kallos spa are performed in the comfort our restorative relaxation space. Ergonomically shaped lounges are designed to ease the body into a blissful reclined position.

Why not come early for your treatment or take some extra time at the end of your experience and enjoy peace & quiet. Take rest in our relaxation space. Our suspension chairs envelop you, rock you, and take pressure off your spine.

The gentle rocking and swaying helps engage your vestibular system, your sense of balance. Engage in the motion, lose yourself in the swing.



# Remedial Conditioning

BY ANDRONIS

These therapies use a clinical approach; with each treatment being guided by the theory of anatomy and physiology. Drawing upon a variety of advanced soft tissue, myo-fascial and stretching techniques, this area of wellness targets mobility, flexibility, and pain. Our aim is to support high intensity training, injury prevention, along with physical and emotional well-being.

Treatments are unique to each guest, because its all about you and your specific needs. Our physiotherapists take extra care in each consultation, ensuring a trusted and nurturing environment is achieved. You can relax with confidence, knowing our team is committed to delivering your restorative experience.

## **MANUAL THERAPY**

The use of skilled hand movements to restore your range of motion, alleviate pain, and promote healing, so you can enjoy your vacation time

30min. - 60€

60min. - 120€

## **THE FLEXBEAM APPROACH**

FlexBeam is a therapeutic device that uses red and infrared light to stimulate your body's natural self-healing process by boosting energy and improving microcirculation. Relieve, Repair and Recover!

60min. - 120€

## **INTERX FEEDBACK**

Using gentle pulse stimulation, and a unique feedback system, this device modulates electrical stimulus in response to your skin's resistance, achieving both, pain relief and speeding up natural healing, getting you back to your best self sooner rather than later!

30min. - 60€

# Loving Your Hair

BY ANDRONIS

## Cuts and Styling

Women: 80€

Men: 40€

## Blow Dry

40€

## Styling with Iron

60€

## Chignon

Simple: 80€

Complex: 90-120€

## Wedding Styles

300€

# Loving Your Scalp

BY ILA

## Scalp and Head Reviver

Combine 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 mineral and oils.

*Note: Due to the green clay mask, those with blonde or bleached hair will substitute ILA mask for Kerastase hair treatment*

o 30min. - 45€



# How to Spa

## **HOURS OF TREATMENT**

Andronis Spa treatments are available: Monday – Sunday 10AM – 7PM

## **HOURS OF HYDROTHERAPY AND WET AREAS**

Andronis Spa Pools and Wet Areas, including change rooms are available: Monday – Sunday 8AM – 8PM

## **HOURS OF WELLNESS**

Andronis Yoga studios, and wellness sessions are available Monday – Sunday at scheduled times. Please see our Wellness Menu for individual offerings, private sessions, and group participation activities. This includes our self-guided journeys.

## **HOURS OF HAIR STUDIO**

Andronis Hair Studio is open: Monday – Sunday 10AM – 6PM

## **HOURS OF FITNESS CENTRE**

Andronis Fitness Centre is open: Monday – Sunday 8AM – 8PM. If you wish to use the facilities outside of these hours, please contact hotel front desk.

## **PRE-ARRIVAL INFORMATION**

Enhance your wellness experience by arriving at least 15 minutes before your scheduled appointment. This will allow us to properly welcome you and ensure you've chosen the treatments best suited for you.

Please respect our therapists and our other guests by keeping your appointments or following our cancellation policy. In consideration of other guests, we cannot extend service times for those arriving late. Late arrivals will be subject to a time reduction from the scheduled treatment or a rescheduling of your services.

## **CANCELLATION POLICY**

If you cannot make your appointment or need to re-schedule, we require a minimum of eight (8) hours advance notice, subject to space availability. We regret that 100% charge of total services will be charged if notice is not given. Unfortunately, no shows will also result in a full charge of your service.

## **SPA ENVIRONMENT**

We strive to provide you with the most relaxing and tranquil environment, so we respectfully request that you refrain from using your cell phones and other communication devices within the spa premises, this applies to the environment within our wet areas, and fitness facility as well. Your cooperation in providing a quiet environment is greatly appreciated.

## **SPA ATTIRE**

We will provide a robe and slippers, and, depending upon your treatment selection, you are welcome to wear undergarments during treatment. All treatments practice the utmost care of discretion and professionalism.

## **AGE LIMITATION**

Andronis welcomes guests aged 16 years and older to enjoy our facilities and Spa treatments. Parents and guardians are welcome to invite those over the age of 6 and under 16 to join them to share in a Spa experience in one of our "rooms for two".

## **SPA CONSIDERATIONS**

In accordance with International Spa Industry Standards, certain medical conditions may prohibit use of some of the Andronis Spa facilities and your ability to experience some Andronis Spa services. At the time of booking please notify the spa if you have any medical conditions so that we may best serve you.





Andronis Concept  
WELLNESS RESORT

Imerovigli , Eparchiaki Odos Firon Oias 84700  
T: (+30) 228 60 36 737 - 39 | F: (+30) 228 60 36 727 | info@andronisconcept.com | concierge@andronis.com