



EVEXIA

SPA



## *ευεξία (Evexia) means “well-being” in Greek*

The indigenous concept of EVEXIA invites you to live wholeheartedly in the spirit of health and wellbeing whereby your energy feeds your purpose so that happiness fills your life.

Evexia inspires you to achieve your dreams without great effort and gives you the strength to embrace life's twists and turns.

At **Andronis' Evexia Spa** we approach you as the unique individual that you are, offering you our philosophy of holistic wellbeing so that you rediscover your best self and, most importantly, live in harmony with you!

With the powerful energy of volcanic, sun-drenched Santorini, combined with our culture of 'xenia' – where we welcome you as our friend – we wish you an unparalleled experience here with us.



# The Three Essences

by **Andronis**

We source our essences from an organic farm in Crete, where the soul of the plants – the petals, roots and leaves - are distilled into essential oils of high healing vibration that have a tangible effect on your physical body, your state of mind and your spiritual wellbeing.

## ● Energy

EUCALYPTUS | BASIL | PEPPERMINT

Ease aching muscles, clear your mind, renew your spirit

## ● Rest & Calm

ROSEMARY | LAVENDER | LEMONGRASS

Harmonize your emotions, calm your mood, restore your inner peace

## ● Balance

ORANGE | GERANIUM | SANDALWOOD

Find your joy, feed your passion, love yourself

# Evexia Rituals

Experience Evexia wellbeing from top to toe in a delicious sequence of treatments designed to disconnect you from here and transport you to ... who knows where. Our rituals are properly holistic journeys through your senses, using our own Essences by Andronis.

## ENERGY ⌚ 2h ⌚ 300€ ⌚ 585€

A powerful series of reviving treatments, using our invigorating blend of scents, to cleanse your body and boost your energy system leaving you with an easy sense of freedom and fluidity.

**ANDRONIS FOOT RITUAL | HEAD TO TOE SCRUB | HOLISTIC FULL BODY MASSAGE | TEA RITUAL**

## REST & CALM ⌚ 2h ⌚ 350€ ⌚ 680€

A meditative journey through five treatments that transports you into deep relaxation leading you to reconnect with the inner peace that lives within us all. This is your ritual of ultimate rest.

**ANDRONIS FOOT RITUAL | MEDITERRANEAN ROSEMARY LAVENDER SCRUB | ESSENTIAL HEAD & SCALP RELEASE  
BE LIFTED FACE MASSAGE | BACK TO HEALTH MASSAGE | TEA RITUAL**

## BALANCE ⌚ 2h ⌚ 330€ ⌚ 650€

A selection of treatments that focus on muscular release and conscious breath to bring you back to balance, both physically and emotionally. This ritual results in an overall sense of harmony.

**ANDRONIS FOOT RITUAL | MYOFASCIAL RELEASE | ESSENTIAL HEAD & SCALP MASSAGE | TEA RITUAL**

# Signature Treatments

Choose one or create your own combination of our Signature Treatments below, either just for you, or together in our treatment rooms for couples.

Let your intuition guide your choice.

## HOLISTIC FULL BODY MASSAGE\*

This therapeutic, Swedish massage comes with soft to medium pressure and a free-flowing style intuitively led by your therapist. Choose this treatment to balance your overall wellbeing.

🕒 60min. ○ 165€

🕒 90min. ○ 225€

## ESSENTIAL HEAD & SCALP RELEASE\*

This relaxing massage for your scalp, head and neck releases tension in these areas. Soft, gentle, stretching movements and a nurturing blend of oils takes you into a deep meditative state.

🕒 30min. Add On ○ 95€

## HEAD TO TOE SCRUB

This full body scrub, which blends essential oils with mineral salts, leaves your skin smooth and hydrated. It can be booked as a single treatment, though we recommend it as perfect preparation for a massage.

🕒 45min. ○ 120€

🕒 30min. Add On ○ 95€

## THE COMPLETE COCOON

This body mask, with clay for detoxifying or aloe vera for cooling, is the ultimate skin food. It can be booked as a single treatment, though we recommend it as perfect preparation for a massage.

🕒 45min. ○ 120€

🕒 30min. Add On ○ 95€



# Andronis Holistic Ritual

*Holism, from holos ὅλος • (ólos) “all, whole, entire”*

**We've created a Holistic Ritual to elevate your energy to a whole new level.**

Start your ritual in our exclusively-designed Kneipp Walk, a hot and cold reflexology pathway that awakens your senses and helps you detox and release stagnant energy, thanks to temperature changes and pressure points at your feet.

Next, you receive a feet and leg wrapping, drenched in essential oils that boost your metabolism and refresh your lymphatic flow, while we massage your scalp to release mental and physical tension. You continue with a mineral-rich seaweed mask, which we apply to your legs, as you unwind further to the sound of our Koshi chime whose crystalline notes lift your vibration and carry away your thoughts.

After your shower, we give you a whole-body, holistic massage so that you leave feeling 'all, whole and entire'. You'll also enjoy a delicate smoothie and sugar-free Andronis delights that we've created especially for this experience.

**EVEXIA KNEIPP WALK | REFRESHING LEG WRAP AND MASK | SCALP MASSAGE | KOSHI SOUND RITUAL  
HOLISTIC FULL BODY MASSAGE | ANDRONIS WELLNESS SMOOTHIE AND A SWEET TREAT**

⌚ 2.5h ○ 400€ ∞ 770€

## Kneipp Walk

Our signature Kneipp Walk consists of two pools, 3.5 feet deep, designed in an 'L' shape: one is cold (10-14 degrees), the other is hot (37-42 degrees). Stones of various shapes and sizes stimulate reflexology points under your feet.

This invigorating treatment boosts your circulation and clears your mind.

⌚ 30min. ○ 60€



# Massage

## MUSCULAR WELL BEING\*

This massage releases tension from the deeper layers of tissue to correct muscular imbalances, with special focus on areas that are particularly tense or have a tightness from scar tissue, so that your body feels free and fluid.

⌚ 60min. ○ 165€ ⌚ 90min. ○ 225€  
⌚ 60min. ⌚ 330€ ⌚ 90min. ⌚ 450€

## MYOFASCIAL RELEASE

Myofascial pain is caused by a stimulus, such as muscle tightness, that sets off trigger points in that area. Your therapist gently massages your myofascia – the tissue that surrounds your muscles and bones – feeling for stiff or tight areas, to encourage your body to reset itself.

⌚ 90min. ○ 235€ ⌚ 450€

## BACK TO HEALTH

This therapeutic massage focuses on areas of muscle tension in your back, neck and shoulders to encourage a fluid range of motion in these areas. A healthy spine is key to overall body alignment and the free flow of energy.

⌚ 30min. ○ 88€ ⌚ 60min. ○ 165€  
⌚ 30min. ⌚ 180€ ⌚ 60min. ⌚ 330€

## HOT STONE MASSAGE

This massage is perfect for muscle pain and stiffness because these volcanic stones hold heat and energy that help your therapist access deeper layers of tissue to stimulate the flow of blood and oxygen through your muscle fibers.

⌚ 90min. ○ 235€ ⌚ 450€

# Healing

## REMEDIAL THERAPY

This personalized treatment focuses on your body's individual needs and conditions, in which our physiotherapist combines a variety of techniques such as deep tissue, trigger point, manual and neuromuscular therapy to release chronic pain and encourage healing on a deep level.

⌚ 60min. ⌚ 180€ | ⌚ 90min. ⌚ 255€

## In combination with the KNEIPP WALK

Our physiotherapist guides you through this hydrotherapy pathway that helps to boost your circulation, increase lymphatic flow and prepare your body for Remedial Therapy.

## REMEDIAL THERAPY + KNEIPP POOLS

⌚ 60min. ⌚ 200€ | ⌚ 90min. ⌚ 275€

## CHAKRA HEALING

This two-hour treatment calms your nervous system by tuning your main chakras which are spinning wheels of energy at different points down the center of your body. This beautiful ritual starts with a full body scrub, followed by a full body massage, and culminates in an Ayurvedic technique where we gently pour warm oil onto your third eye area in the center of your forehead to bring complete union between your body, mind and spirit. We use a special blend of rose, orange blossom and jasmine essential oils that work in concert to open your heart and fill you with bliss. This treatment can be booked for one or for a couple.

⌚ 120min. ⌚ 330€ ⌚ 660€

## MOTHER TO BE

This delicate treatment combines gentle massage using rosehip-infused argan oil, which is very nourishing for the skin and so alleviates stretch marks, with Himalayan herb poultices, which are slowly massaged into your Marma points (energy points in the body, according to Indian Ayurvedic philosophy). This helps to relieve aches and pains, excess fluid and heat. On an energetic level this treatment envelops mother and baby in peace and harmony. Please let us know if you can be treated with essential oils.

⌚ 60min. ⌚ 180€

# Facial Treatments

## AGE RESTORE FACIAL

This face therapy uses a blend of ingredients, proven to nourish the skin and protect against natural signs of ageing. The products, combined with cleansing and massage techniques plus a hydrating and rejuvenating mask to stimulate the production of collagen and elastin in the skin, result in a truly rejuvenating facial.

⌚ 60min. ○ 180€

⌚ 90min. ○ 255€ with microcurrent NU FACE

## RENEW RECOVERY FACIAL

This deeply restorative face therapy uses healing extracts to restore skin cells. We use lymphatic drainage techniques, warm herbal poultices and a mask for radiant skin, all of which draw out toxins and boost collagen production. Your skin tone brightens and the appearance of fine lines and wrinkles diminishes.

⌚ 60min. ○ 165€

⌚ 90min. ○ 225€ with microcurrent NU FACE

## EYE INDULGENCE

This gentle yet powerful treatment, concentrating around your eyes, stimulates your Marma points (the body's energy points, according to Indian Ayurvedic philosophy) in this area. We include some eye exercises and a hydrating mask to relieve tension, reduce dark circles and restore radiance to your skin.

⌚ 30min. Add On ○ 75€

## NATURAL EXPRESSION

This is Evexia's signature express facial to reveal your healthy glow. After cleansing we apply a peeling to freshen your skin and follow with a flowing facial massage to bring bloom to your complexion. We finish with sun protection cream.

⌚ 45min. ○ 125€

# Beautiful Hands & Feet

## FEET & LEGS RESCUE

This massage applies pressure to certain points in your feet and legs which trigger an upward flow of energy through your whole body. This is an ideal treatment to ease tension and boost circulation, especially after a long flight and in hot weather.

🕒 45min. ○ 125 €

## FOOT RITUAL

This ritual is a treat for your feet. We use an energizing scrub to smooth your skin, a Marma point (energy points in the body, according to Indian Ayurveda) to stimulate your circulation and a healing balm to make your feet feel soft and nurtured.

🕒 30min. Add On ○ 65 €

## RENEWED HANDS - MANICURE

Our Evexia signature manicure is a ritual of care and beauty for your hands and arms.

🕒 90min. ○ 125€

Add Shellac ○ 25€

## RENEWED FEET - PEDICURE

Our Evexia signature pedicure is a nurturing makeover for your feet and your lower legs.

🕒 90min. ○ 125€

Add Shellac ○ 25€

*\*Additional Beauty services on request.*

# Evexia Spa Facilities

- Reception with Welcome Area
- Five treatment rooms with Mediterranean gardens and sea views
- Beauty studio for Manicure and Pedicure
- Kneipp Walk
- Outdoor relaxation area with views over the Aegean sea
- Two outdoor treatment pavilions
- Sauna
- Steam bath
- Female and Male changing areas
- Gym
- Yoga studio
- Mediterranean Spa Garden
- Relaxing lounges with sunset view

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**The use of the facilities is complimentary for hotel guests.**

Complimentary use of facilities for external guests with a 60-minute treatment booking.  
Pre-Payment required.

**Use of facilities only 70€**

**[spareception@andronisarcadia.com](mailto:spareception@andronisarcadia.com)**

**In house guests please call EXT 250**

**+30 2286 027392**

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# How to Spa

## **TREATMENTS**

Evexia Spa Treatments: available Monday – Sunday, 10AM – 7PM

## **HYDROTHERAPY AND WET AREAS**

Evexia Spa Pools and Wet Areas, including male and female changing rooms available:  
Monday – Sunday, 10AM – 7PM

## **HOURS OF WELLNESS**

Evexia yoga studio and wellness sessions: available Monday – Sunday at scheduled times. Please see our Wellness Activity Menu for individual offerings, private sessions, and group participation activities.

## **FITNESS CENTRE**

Evexia Fitness centre: open Monday – Sunday, 8AM – 8PM. If you wish to use the facilities outside of these hours, please contact the 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. You are welcome to use our Sauna and Steam bath prior treatment, which is the perfect start to wind down and prepare your skin and muscles. Please inform us prior to your visit to switch on, due to sustainable reasons they are not in use the whole day.

Please respect our therapists and our other guests by keeping to 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 advanced notice, subject to space availability. We inform you that 100% of total services will be charged for less notice or no shows.

# How to Spa

## **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. Your cooperation is greatly appreciated.

## **SPA ATTIRE**

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

## **AGE LIMITATION**

Evexia 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 Evexia Spa facilities and your ability to experience some Evexia Spa services. At the time of booking please notify the spa if you have any medical conditions so that we may best serve you.

## **\*IN VILLA TREATMENTS**

All marked \*treatments are available in Villas, upon minimum 24 h upfront booking and will be a 50% surcharge on the treatment price. Maximum of two people can be accommodated. We allow in-villa treatments where we can guarantee the service quality.

We retain the right to adapt the services to our convenience without previous notice. Please contact the Spa reception for any further assistance: [spareception@andronisarcadia.com](mailto:spareception@andronisarcadia.com) or call us from you room with the extension 250.

Sincerely,  
**Evexia Spa team**





84702, Oia, Santorini - Greece, T: (+30) 22860.71.928 - 71.475 - 27.392  
info@andronisarcadia.com | concierge@andronis.com