



KALLOS

SPA

κάλλος • (kállos) in Greek means 'beauty' and 'a beautiful person'

The indigenous concept of KALLOS celebrates the marriage of physical beauty with our soul's virtues to live wholeheartedly in a joyful energy of health and wellbeing.

At Andronis' Kallos 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

Kallos Rituals

Experience Kallos 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 RELEASE | 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€

BATHE IN ANDRONIS ESSENCES

In the bathing spirit of Greek culture, we invite you to add a bath experience to your treatment. Choose one of our Signature Andronis Essences to cleanse your body and mind.

⌚ 30min. Add On ○ 50€

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€

We invite you to take some extra time at the end of your treatment experience to enjoy some quiet time in our relaxation space. Take the pressure off your spine and swing in our hanging chairs suspended from the ceiling, while you take tea and snacks from our wellness menu.

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. ⌚ 175€ ⌚ 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€

RED LIGHT THERAPY

Red Light Therapy is an effective solution for pain relief, to reduce inflammation and to prevent or recover from injury. The infrared rays from our FlexBeam© device stimulate microcirculation in the tissue to generate a self-healing process and boost energy levels.

🕒 30min. Add On 💰 75€

MANIPURA FULL BODY

This warming treatment helps to balance and energize the Manipura – the solar plexus chakra, our center of fire and vital energy that strengthens our personal power. We focus on your body's main energy pathways with massage and lymphatic drainage techniques and apply warm herbal poultices on your abdomen to ease digestion and increase your blood and energy flow in this area.

🕒 90min. 💰 235€ 🔄 450€

KU NYE 5 ELEMENTS

This treatment is based on a Tibetan ritual to balance the Five Elements (earth, water, metal, fire and air) in your body to restore a harmonious flow of energy. We give you a full body massage with a unique blend of essential oils and follow this with hot poultices along your meridian lines and crystals along your spine. We perform Tibetan cupping, kneading and acupressure techniques to bring you overall harmony and flow.

🕒 90min. 💰 235€ 🔄 450€

Special Care

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 centre 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 centre 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€

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 RELEASE

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€

Face & Head Treatments

NATURAL EXPRESSION

This is Kallos' 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€

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€

Please contact the Spa reception spareception@andronisconcept.com for any further assistance or call us +302286036738 or as a hotel guest your direct line is 300.



VIP Treatments

at Andronis Wellness Concept

On request only

LIFESTYLE CONSULTATION

Meet our Director of Spa & Wellness for a personal Lifestyle Consultation, to make positive changes on your wellbeing. This is a bespoke approach to inspire you with healthy nutrition, exercise, and lifestyle choices. We recommend this 1:1 session at the start of your stay, so that we can create a bespoke program and support you through a transformative experience.

🕒 60min. ○ 220€

NUTRITION CONSULTATION

Our Nutrition and Wellness Consultant offers one-on-one consultations to give you the information and direction you need to achieve a healthy, well-balanced lifestyle. Specific topics include emotional eating, healthy weight loss, nutrition for exercising, grocery shopping on a budget, meal planning, incorporating a well-balanced diet into a busy schedule, how to have a more active lifestyle, and sleep recommendations.

🕒 60min. ○ 220€

CELL WELLBEING EPIGENETICS

We are born with our DNA, yet 95% of our genetic code can be improved with an overall wellbeing life-style. Our hair bulb is an epigenetics marker which means it contains information about our health that falls outside of our DNA, in other words, both internal and external environmental factors that have an impact. With just four hair bulbs, the advanced technology from Cell Wellbeing, can decipher the effects on your health from these external factors.

You receive a report with nutritional and lifestyle information and a suggested 90-day protocol addressing the following categories:

Vitamins x 16 most common
Minerals x 16 most common
Essential Fatty Acids x 6
Antioxidant x 13 groups

Amino Acids x 23
Toxins – Chemicals
Radiation

Toxic Metals; Microbiology - Bacteria
Fungus; Moulds - Spores
Parasites

Virus: Electro Smog EMF & ELF x 14 major categories, Gut and Intestinal Stressors, Circulatory Stressors; Muscle recovery Stressors; Food Intolerances and Food Additives to avoid.

🕒 60min. ○ 330€ (including a report of more than 30 pages)

Kallos Spa Facilities

- Reception with Welcome Area
- Four treatment rooms in Santorini Volcanic cave style
- Relaxation area with hanging loungers
- Sauna
- Steam bath
- Female and Male changing areas
- Gym
- Outdoor Yoga studio overlooking the Santorini Caldera
- Spa outdoor area at the pool
- Relaxing lounges

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€

How to Spa

TREATMENT

Kallos Spa treatments available: Monday – Sunday 10AM – 7PM

HYDROTHERAPY AND WET AREAS

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

WELLNESS

Kallos 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

Kallos Fitness Centre is 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 get your skin and muscles ready. 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 advanced notice, subject to space availability. We inform 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, this applies to the environment within our wet areas and relaxation areas. Your co-operation in providing a quiet environment 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

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

We reserve the right to adapt the services to our convenience without previous notice.

Please contact the Spa reception for any further assistance
spareception@andronisconcept.com or call us +302286036738 or
as a hotel guest your direct line is 300.

Sincerely,
Kallos Spa team



Imerovigli , Eparchiaki Odos Firon Oias 84700

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