



MARE

SPA



*σαόω (saóō) means 'safe and sound' in Ancient Greek*

This perfectly describes our discretely hidden spa within the heart of Santorini's Caldera wall.

At Andronis' Mare Sanus boutique hideaway 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

# 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€

## 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 €

# Massage

## DEEP TISSUE MASSAGE\*

Deep tissue massage relieves severe tension in the deeper muscle layers, connective tissue or fascia. This is a very physical treatment, perfect if you feel knots and strain.

⌚ 60min. ○ 180€

⌚ 90min. ○ 240€

## 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 fibres.

⌚ 90min. ○ 235€ ⌚ 450€

## BAMBOO MASSAGE

In this full body treatment, we massage you with bamboo sticks, which present the energy of well-being, longevity, and a sense of positivity. It's a deep and strong technique, using long symphonic movements, to release pain and stiffness in your muscles, while also instilling deep relaxation afterwards.

⌚ 90min. ○ 240€

# Healing

## JAPANESE ENERGY TREATMENT

In this treatment, we place warm moxa herbs over your body's energy points. The warmth together with the therapeutic actives in these herbs spread a healing energy throughout your body, leaving you feeling balanced yet invigorated all over.

⌚ 60min. ○ 180€

⌚ 90min. ○ 250€

## ENERGY HEALER

This energy healing session combines herbal blends and essential oils that we apply all over your body to open your energy channels. This treatment is particularly blissful if you're feeling anxious and overwhelmed. It harmonizes your spirit.

⌚ 60min. ○ 180€

⌚ 90min. ○ 250€

# Facial Treatments

## NATURAL EXPRESSION

This is Mare Sanus' 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€

## BE LIFTED FACE MASSAGE

This facial massage brings you radiance and glow as your muscles are pumped with oxygen and the lymphatic flow is increased.

⌚ 30min. Add on or single treatment ○ 85€



# How to Spa

## **TREATMENTS**

Mare Sanus Spa treatments available: Monday – Sunday 10AM – 7PM

**WELLNESS ACTIVITIES, YOGA and a GYM are available at EVEXIA Spa, which is our sister property at ANDRONIS ARCADIA. Please ask the front desk for further information.**

## **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 advanced notice, subject to space availability. We inform that 100% of total services will be charged for less notice or no shows.

## **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 cooperation in providing a quiet environment is greatly appreciated.

# How to Spa

## **SPA ATTIRE**

We will provide a robe and slippers, amenities, 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**

Mare 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 Mare Sanus Spa facilities and your ability to experience some Amare Sanus 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 booking upfront and will be a 50 % surcharge on the treatment price. Maximum of two people can be accommodated.

We allow us the confirmation only in Villas, where we can guarantee the service quality.

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

Please contact the Spa reception for any further assistance  
**[spa.reception@andronis-suites.com](mailto:spa.reception@andronis-suites.com)** or contact our front desk.

Sincerely,

**Mare Sanus Spa team**





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