



EVEXIA  
SPA



## *ευεξία (Evexía) 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 Mare Sanus 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   ⌚ 330€   ⌚ 650€

**Andronis Foot Ritual | Head to Toe Body Scrub | Holistic Full Body Massage| Tea Ritual**

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.

## REST & CALM

⌚ 2h   ⌚ 350€   ⌚ 680€

**Andronis Foot Ritual | Mediterranean Rosemary Lavender Scrub | Essential Head & Scalp Release  
Be Lifted Face Massage| Back, Neck & Shoulder Massage | Tea Ritual**

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.

## BALANCE

⌚ 2h   ⌚ 330€   ⌚ 650€

**Andronis Foot Ritual | Whole Body Massage with passive stretching | Scalp Release |Tea Ritual**

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 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€

## Back, Neck & Shoulder Massage

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. ○ 95€

🕒 45min. ○ 150€

## Enhance Your Experience with these Add-Ons

### 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€

### 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 ○ 75€





# Andronis Holistic Ritual

*ευεξία (Evexía) means 'well-being' in Greek*

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 refreshment with a cooling gel, drenched in essential oils that boost your metabolism and to invigorate 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 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 SPECIAL TREAT**

⌚ 120min. ⌚ 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. ⌚ 65€



# ESPA

Guided by 30 years of experience in delivering deeply sensorial and personalized treatments, ESPA is chosen as a wellness partner of the most prestigious spas around the world today

Their leading Aromatherapists and biochemists expertly craft every product and treatment, combining the wisdom from natural and effective therapies with the scientific power of the purest natural ingredients.

Through a holistic approach, nurture and nourish your whole wellbeing, bringing harmony and balance to your mind, body and spirit.

Our ESPA range of products and treatments have been carefully selected to create a memorable spa experience. Your personalized journey of well-being will be formulated to combine the therapeutic benefits of highly professional products, with modern techniques.

Enter a world of exquisite beauty and indulge yourself in the abundance of relaxing, restorative and rejuvenating treatments.



# ESPA Facial Treatments

Reveal skin that glows each day with natural health and beauty.

By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalized, results-focused facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting - skin looks clear, radiant and inner calm is blissfully restored



# Espa Inner Beauty Facial

⌚ 60min.   ⌚ 180€

**SKIN ANALYSIS WITH SKIN VISION™ LAMP | TRIPLE CLEANSE | EXFOLIATION AND EXTRACTION (if required)  
FACIAL MASSAGE | PERSONALISED MASK | SCALP MASSAGE**

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

# Espa Intense Regenerating Facial

featuring NuFace Device

⌚ 90min.   ⌚ 265€

**SKIN ANALYSIS WITH SKIN VISION™ LAMP | TRIPLE CLEANSE | EXFOLIATION & EXTRACTION (IF REQUIRED)  
AGE-DEFYING FACIAL MASSAGE | MASK | NUFACE | SCALP MASSAGE**

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Use of NuFace technology microcurrents to lift and firm the skin. The perfect non-invasive treatment for immediately visible results.

# Espa Express Facial

⌚ 30min.   ⌚ 95€

**DOUBLE CLEANSE | EXFOLIATION | PERSONALISED MASK | SCALP MASSAGE**

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

# Espa Eye Lift

with Cyroglobes

⌚ 30min.   ⌚ 85€

**CLEANSE | EXFOLIATION TO FACE AND EYE CONTOUR | EYE CONTOUR MASSAGE | FIRMING EYE MASK**

Smooth, firm and hydrate with this instantly revitalising eye treatment. Targeted massage with proven Tri-Active™ formulas relaxes the mind while smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

A close-up, warm-toned photograph of a person lying face down on a massage table. Their hair is tied in a bun. A therapist's arm is visible, applying pressure to the person's back. The background is softly blurred, showing green foliage.

# ESPA Massage

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed, and you emerge energized with renewed focus and lasting positivity.



## Espa Inner Calm Massage

⌚ 60min ⌚ 175€ | ⌚ 90min. ⌚ 250€

**BREATHWORK | FULL BODY AROMATHERAPY MASSAGE | SCALP MASSAGE WITH ROSE QUARTZ CRYSTALS**

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalized to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energize, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced and inner calm beautifully restored.

## Espa Hot Stone Massage

⌚ 60min. ⌚ 185€ | ⌚ 90 min. ⌚ 265€

**FULL BODY AROMATHERAPY MASSAGE WITH HOT STONES | SCALP MASSAGE**

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

## Espa Deep Muscle Massage

⌚ 60min. ⌚ 175€ | ⌚ 90min. ⌚ 250€

**TARGETED MASSAGE, WITH OR WITHOUT HOT STONES, FOCUSING ON AREAS OF CONCERN | SCALP MASSAGE**

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialized massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energized.

## Espa Muscle Reviver

⌚ 45in. ⌚ 150€

**BACK MASSAGE | FACIAL MASSAGE | SCALP MASSAGE**

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energized, and a positive mindset is restored.



## ESPA Body Treatments

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed, and you emerge energized with renewed focus and lasting positivity.

## Espa Pre Natal Relax & Restore

⌚ 60min ⌚ 175€ | ⌚ 90min. ⌚ 250€

**BACK EXFOLIATION (IF REQUIRED) | FOCUSSED BODY MASSAGE | SCALP MASSAGE**

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

## Espa Body Wrap

⌚ 60min ⌚ 165€

**SKIN BRUSH | BODY EXFOLIATION | ALGAE OR MUD WRAP | SCALP MASSAGE**

Purify your body or deeply replenish your skin with this personalized body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

## Espa Salt & Oil Scrub

⌚ 30min. ⌚ 95€

**SKIN BRUSH | SALT & OIL FULL BODY EXFOLIATION**

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.



# ESPA for men

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.



## Espa Deep Cleansing Facial

⌚ 60min ⌚ 180€

**SKIN ANALYSIS WITH SKIN VISION™ LAMP | TRIPLE CLEANSE – EXFOLIATION  
FACIAL MASSAGE | PERSONALIZED MASK | SCALP MASSAGE**

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

## Espa Deep Muscle Massage

⌚ 60min. ⌚ 175€ | ⌚ 90min ⌚ 250€

**TARGETED MASSAGE, WITH OR WITHOUT HOT STONES, FOCUSING ON AREAS OF CONCERN  
SCALP MASSAGE**

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

## Espa Strength & Resilience Massage

⌚ 90min. ⌚ 250€

**YOGIC STRETCHING | REFLEX ZONE FOOT MASSAGE | BACK MASSAGE  
SINUS RELEASE | SCALP MASSAGE**

Transform mind & body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage. Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost your energy levels and support your immune system. You emerge stronger and more resilient, ready to face life's unexpected journeys.







**F E D U A**

## Beautiful Hands & Feet

Fedua is the leading nail varnish of a new generation, combining the ethics of an environmentally friendly formula with the vibrant colors of Milan fashion.

Several years of research have led to a technological innovation that allows for a significant reduction in chemical substances, without compromising quality: the durability, gloss and shine of the colors are as exceptional as ever. Packed in a nail box!

The exclusive FEDUA formula - up to 90% of which is of natural origin based maintains the vitality of nails by respecting their natural regenerative cycle thanks to the vegan formula studied for the nail varnishes.

## MANICURE

Our Signature manicure is a ritual of care and beauty for your hands and nails. It is a beauty treatment for the hands, including filing, shaping, and polishing the nails, as well as softening the skin and treating the cuticles.

A caring hand massage is closing this special treat for your hands!

🕒 45min.    💰 88€

## PEDICURE

Our Signature pedicure is a ritual of care and replenishment for your feet. It is a beauty treatment for the feet, including filing and shaping the nails, as well as softening the skin on your heels and your sole. An invigorating feet massage is

closing this special treat for your feet and lower legs area!

🕒 45min.    💰 88€

## COMPLETE CARE FOR HANDS AND FEET

This express Mani- and Pedicure is the perfect holiday care to be sure that you will feel good! Hands and feet are treated for shaping the nails, the cuticles and your feet receive a warming foot bath, including exfoliation and a massage.

Choose your preferred nail polish as an extra.

🕒 60min.    💰 125€

## SPA MANICURE

Give your hands a well-deserved luxury. The nails are shaped, and your cuticles are treated, whilst your hands are gently exfoliated up to the elbow. Followed by a cocooning Jelly Golden protocol, enriched by unique ingredients such as white truffle and saffron, that will turn a beauty service into an unforgettable experience. During this treat enjoy a relaxing shoulder massage. The finishing touch is a polish for your nails, and if desired a nail polish of choice as an extra.

🕒 60min.    💰 125€

## SPA PEDICURE

Give your feet a well-deserved luxury. The nails are shaped, and your cuticles are treated, whilst your feet are gently exfoliated up to the knee. Followed by a cocooning Jelly Golden protocol, enriched by unique ingredients such as white truffle and saffron, that will turn a beauty service into an unforgettable experience. During this treat enjoy a relaxing shoulder massage. The finishing touch is a polish for your nails, and if desired a nail polish of choice as an extra.

⌚ 60min.   ○ 125€

## GENTLEMANS MANICURE

The gentleman's manicure is designed to shape the nails, care for cuticles and soothe the skin with an indulgent massage tailored to male skin. The treatment is completed with a nail buff & shine for a natural finish.

⌚ 30min.   ○ 66€

## GENTLEMANS PEDICURE

Packed with botanical ingredients this essential pedicure is a must-have treatment to keep your feet soft and hydrated. Includes soak, scrub, cuticle care and massage followed with a nail buff to keep feet in tip-top condition, with a natural nail finish.

⌚ 45min.   ○ 88€

## NAIL POLISH APPLICATION

⌚ 15min.   ○ 15€

## SEMIPERMANENT NAIL POLISH APPLICATION

⌚ 30min.   ○ 45€

## SEMIPERMANENT NAIL POLISH REMOVAL

⌚ 30min.   ○ 35€

# Evexia Spa Facilities

Reception with Welcome Area\*

Five treatment rooms with Mediterranean gardens and sea views

Outdoor treatment relaxation area with views over the Aegean sea

Beauty studio for Manicure and Pedicure

Kneipp Walk

Sauna\*

Steam bath\*

Female and Male changing areas\*

Gym\*

Yoga studio\*

Mediterranean Spa Garden

Outdoor treatment pavilion with private pool

Relaxing lounges with sunset view

***The access to 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 85 EUR

***spareception@andronisarcadia.com***

***+30 2286 027392***

# How to Spa

## **HOURS OF TREATMENT**

Evexia Spa Treatments: Monday – Sunday, 10AM – 7PM (Summer opening times 10 AM - 8 PM)

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

Evexia Spa Pools and Wet Areas, including change rooms:

Monday – Sunday, 10AM – 7PM (Summer opening times 10 AM - 8 PM)

## **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.

## **HOURS OF 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 10 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. If you want to do so, please advise us before and calculate the appropriate time. 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.

## **SPA ENVIRONMENT**

We strive to provide you with the most relaxing and tranquil environment, so we respectfully request that you use your cell phone and other communication devices in silent mode 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. Disposable spa underwear is offered. We practice the utmost discretion and professionalism during your treatment.

## **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**

Certain 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** or call us from you room with the extension 250.

Sincerely,

**Evexia Spa team**







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