

PERIVOLAS
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PERIVOLAS
SPA



Luxury Aromatherapy Ritual

SPIRITUAL AND BODY BALANCING TREATMENT

Take a moment to let go of the daily stress and find your inner balance. This mindful treatment uses the delicate **Ritual of Dao® Body Scrub** with Chinese Bamboo, to exfoliate and relieve fatigue. The mesmerizing scent of White Lotus, a symbol of purity and spiritual growth, will help you achieve the perfect harmony between your Yin and Yang.

Clean and smooth skin will allow better absorption of the valuable essential oils used in the **Aromatherapy Massage** that follows. Experience this ancient art of combining the sense of smell with touch, to effectively reduce stress and increase energy. The treatment becomes complete with a **Facial Massage**, which improves circulation, tones facial muscles and induces relaxation.



Sunshine State of Mind

PAMPERING PRE-TANNING RITUAL

A body in balance brings a sense of relaxation and vitality. A **body scrub** with sea salt and pure coconut oil, rich in minerals and trace elements, will exfoliate and rejuvenate your skin, leaving you ready for a long-lasting and even tan. The choice of specific essential oils for the **full body holistic massage** that follows has revitalizing and soothing effects to the body, mind and nervous system. This pampering experience concludes with a natural **facial lifting massage** with hazelnut and macadamia oil that maintains your skin's elasticity and also intensifies its tanning ability.

Sundown Pampering

MOISTURIZING AFTER-SUN TREATMENT PACKAGE

Immerse yourself in the delights of an intensely moisturizing treatment. A gentle **full body massage** with marble stones, aloe vera and avocado oil is guaranteed to soothe and re-moisturize your skin. The green clay and aloe vera **body mask** that follows provides the perfect moisture boost and helps you cool down naturally, while nourishing your skin with vitamin E. The combination of a **hydrating facial treatment** with aloe and natural yoghurt and the application of small **marble stones** to acupressure points on the face is the finishing touch of this relaxing "after sun" treatment.



Glow Enhancer

REJUVENATING AND ENERGIZING RITUAL

A tropical journey that combines an aromatic ritual and a highly **therapeutic massage** with hot stones. Soothing strokes will provide comforting warmth to invigorate the body's flow of energy for deep relaxation, while warm oils will help deeply nourish your skin and restore your natural balance. A **body wrap** of your choice follows, which moisturizes and softens the skin. In the end a relaxing gentle face massage and a **Natural Anti-Ageing Skincare** treatment will rejuvenate your skin and restore its glow. This combination treatment improves the texture of the skin and offers spiritual wellbeing.

Holistic

This is a treatment of the whole body in which aspects of eastern and western techniques are integrated. The use of long strokes and stimulation of pressure points encourages the muscles to relax, dissolving tension. The choice of specific essential oils can add revitalizing and soothing effects to the body, mind and nervous system. A body in balance brings a sense of relaxation and vitality.

Holistic Therapy

The combination of eastern and western techniques allows the body's natural healing abilities to come forth and balance the entire body as a whole. Complemented by a detoxifying body scrub of your choice, it will soothe and nourish your skin, as well as your body.

Mother Earth

This full body massage involves the use of warm oil and heated basalt stones glided on the body in ways that relieve stiff muscles and promote a deep sense of well being. Rhythmic techniques allow the stones to release their healing energies deep into the muscles dispelling any stress. As the heat relaxes your muscles the tension melts away and you feel yourself embraced by Mother Earth.

Legs and Feet

A deeply relaxing and highly stimulating massage for better circulation that soothes your legs and feet. It's a good boost for your whole body to be carried well. Utilizing reflexology and massage techniques, this treatment concentrates on the reflex points of the feet, which correspond to structures and organs of the body, reducing stress and tension, and restoring the natural flow of energy.

Back, Neck and Shoulders

Tension in your back, neck and shoulders simply melts away after a long and stressful day with this classic massage. Concentrated on the back, neck and shoulder area, essential oils of lavender, rosemary and clove are used to release tension and help soothe tight muscles. Pressure to the muscles increases oxygen flow in the blood and helps release toxins, soothing from stiffness and aches.

Jetlag Relief

A soothing massage designed to help you rebalance and adjust to the new time zone. An invigorating head and back massage with therapeutic essential oils will help overcome the tension correlated with lengthy travel. Long massage strokes on the legs and stimulation of reflex points on the feet will improve circulation, while the scents of cypress and menthol invigorate your senses and leave you with a renewed spirit.

Sweet Velvet

PAMPERING WRAP

This therapy is ideal pampering for dry sun-kissed skin and for deep mental relaxation. The shea butter and chocolate mask will boost the elasticity and firmness of your skin. This sweet treatment improves the texture of the skin; helps maintain a healthy suntan and offers spiritual wellbeing. The treatment becomes complete with a relaxing head massage with leave-in conditioner that protects and rejuvenates hair.

Body & Soul Detox

REMINERALIZING WRAP

The combination of green clay and pure virgin olive oil, enriched with the appropriate essential oils selected according to your needs, will deeply moisturize and nourish your skin and lead you to the ultimate relaxation, inner harmony and balance. The treatment is completed with a gentle foot massage to help decongestion of the body.

Exotic Journey

REPLENISHING SCRUB

An exotic journey that will stimulate your senses and give relaxation and a summer glow to your body. Through an exfoliating massage with brown sugar, coconut and a blend of exotic essential oils your skin will be nurtured to its natural radiance.

Mediterranean Wind

REJUVENATING SCRUB

This herbal scrub with herbal sea salt from Crete and olive oil, rich in minerals, antioxidants and trace elements, will remove dead cells from your skin. Simple yet powerful, it will give your skin it the rejuvenation it needs, as well as a silky soft touch.

Pure Detox

DETOXIFYING SCRUB

An exfoliating body treatment with green clay, pink clay and grape seed powder will help your skin eliminate city toxins. Enriched with Colza oil, rich in vitamin E, and detoxifying essential oils, this treatment is the ultimate body cleanse and a perfect start to your holiday.

All body wraps can be combined with any exfoliating treatment from the above selection.

Natural Facial Lifting Massage

This treatment of three phases is an innovative technique used to restore the muscle functions of the face. Tension of the facial tissue and muscle is addressed in phase one, followed by stimulation of the connective tissue in phase two, which helps activate collagen production and reduce wrinkles. In the third phase, through soft pulling and stretching movements the energy points of the face are activated, resulting in detoxification and rejuvenation of the skin.



Apivita Anti-Ageing Skincare

This anti-ageing skincare treatment begins with a youth-restoring cleansing of the face to clear away makeup, sunscreen and even remnant pollution particles. A gentle exfoliation with apricot seeds and jojoba lifts remaining dead cells from the face, and prepares the pores for maximum absorption of moisture and vital nutrients. Following, the application of a natural face mask, selected based on individual needs, repairs the skin and thoroughly moisturizes it. The white lily serum applied afterwards, restores youthful vitality and radiance of your skin. Finally, a moisturizing complex with SPF 30, will provide your skin with prolonged protection and a vibrant feeling of freshness.





Massage is a healing art requiring a soothing and skillful touch. It can be a profound, as well as a pleasurable experience and encourages a deep sense of relaxation and well-being that allows the body to begin healing itself.

To benefit the most from your sessions, we suggest the following:

BEFORE YOUR TREATMENT

- In order not to rush, we recommend that you arrive 15 minutes before your scheduled appointment to relax and enjoy a complimentary herbal tea.
- A discussion with your therapist can help to get acquainted with him/her and decide between different types of treatment depending on your needs.
- A refreshing shower or a few minutes in the sauna before your session can help you relax more.
- It is better to eat at least one hour before your treatment.

AFTER YOUR TREATMENT

- Drink water! This enables the toxins to be flushed from the system.
- We recommend that you refrain from drinking alcohol prior to your appointment and limit your consumption in the hours to follow.

SPA RESERVATIONS

- To schedule a session please contact the spa therapist or the reception (dial 0).
- Selected treatments are also available in the comfort of your suite. We appreciate six hours notice when booking in-room treatments. Please note that these treatments carry a 50% service charge.
- Out of consideration for all spa guests, late arrivals will not be given an extension of scheduled treatment times and the full cost of the treatment will be charged.
- As a courtesy to other guests and our therapist, any cancellations with less than 12 hours' notice will incur a 50% cancellation fee.



