

BLUE SPA  
Menu





# A BIG WELCOME TO BLUE SPA

## OUR MISSION

---

- To treat each person as an individual.
- To provide a place of tranquility and silence, a place free from distractions; Where the only focus is you.
- To inspire. To offer.



# BLUE SPA TREATMENTS AND PRODUCTS

Welcome to a peaceful, tranquil sanctuary. At our BLUE spa, we have created a space to renew your strength and inner sense of wellbeing. Select from the finest natural treatments for the face and body. Let us care for you, body, mind and spirit. Our Spa has been created through the inspiration of Hippocrates' philosophy, Greek nature and the power of aromatherapy. We offer a series of holistic, natural and effective treatments that combine only the finest APIVITA products along with innovative treatments and special massage techniques that promise to inspire both the body and soul's wellbeing. Our spa is known as a place of tranquility and relaxation. Inside its protected environment our holistic therapeutic approach rejuvenates and stimulates the five senses. Treatments can be continued at home with the appropriate APIVITA products.

An unforgettable experience in an environment that is both eco-sensitive and exquisite.

- Individually tailored treatments.
- Unique spa rituals.
- Unforgettable experiences.
- Spa Boutique with a big range of Apivita products in our spa area.



**APIVITA**  
NATURAL PRODUCTS

# FACE TREATMENTS

## MEDITERRANEAN SKIN FOOD

50 minutes \_ 75 €

This treatment is based on the unique Mediterranean diet. The body requires a variety of daily nutrients and vitamins to maintain optimal health.

Similarly, our skin needs a variety of elements to retain its beauty and natural glow.

This unique treatment offers a "nutritious menu" to a complete treatment for every skin type:

Cleanses and detoxifies with clay

Regulates oiliness with propolis

Hydrates with aloe

Provides deep hydration with cucumber

Moisturizes and nourishes with honey

Nourishes and regenerates with carrot

Revitalizes with orange & vitamins

Rejuvenates and provides radiance with pomegranate

Eye relaxing treatment reduces dark circles and eye puffiness with ginkgo biloba

Eye mask supports anti-wrinkle and firming properties with grape

## EXPRESS MEDITERRANEAN SKIN FOOD

30 minutes \_ 50 €

Even if you have only a little time, you can still enjoy the immediate results of an express therapy. Combine them with a body therapy or a massage.

---

# EXCLUSIVE FACE TREATMENTS

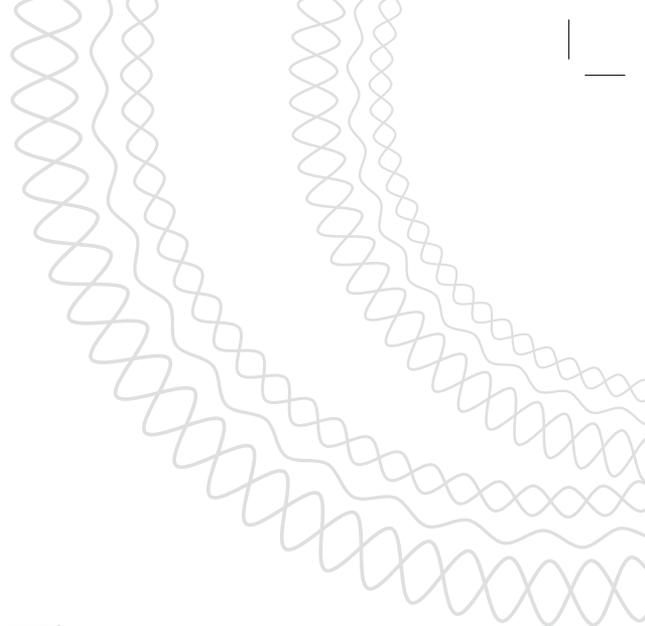
For those with more demanding skin, APIVITA has created exclusive treatments for the face, which combine rich ingredients and special massage techniques to offer wellbeing and immediate results.

## DEEP FACE DETOX

### DETOXIFYING TREATMENT WITH CLAY AND OLIVE GRAINS

60 minutes \_ 85 €

Specialized face treatment for skin in need of deep cleansing. The treatment utilizes the beneficial detoxifying qualities of clay that help the skin to purify. Feel the rejuvenation offered by the exclusive lymphatic massage of APIVITA, to help soften facial expression lines. The moisturizing mask that follows is rich in active plant ingredients to re-balance moisture levels after the clay mask. Ideal for all skin types.



## ● WINE ELIXIR

ANTI-AGING FACE TREATMENT WITH RED WINE & BEESWAX

70 minutes \_ 95 €

---

This anti-aging treatment utilizes the powerful antioxidant properties of red wine and lupin. Resveratrol, the powerful anti-aging red wine extract, naturally stimulates the production of collagen to reduce even the deepest wrinkles while lupin improves skin's elasticity and restores the contours of the face. APIVITA's "acupressure diffusion" technique helps the active ingredients penetrate into the deepest layers of the skin to maximize their efficacy. Treat yourself to a natural "lifting" experience that will give you immediate and visible results!

## ● QUEEN BEE FACE

FACE REJUVENATION AND FIRMING WITH ROYAL JELLY & HONEY

80 minutes \_ 120 €

---

A "Royal Treatment" based on the beneficial properties of royal jelly and honey to restore and firm the skin. Royal jelly -an elixir of life and youth that is rich in fatty acids, proteins, carbohydrates, vitamins and trace elements- nourishes, regenerates, rejuvenates and restores skin vitality, while honey moisturizes and softens. The essential oil of myrrh, known for its regenerative properties, strengthens the action of the treatment, while uplifting and stimulating the senses. The unique face massage activates selected energy points (acupressure points) and helps the regeneration and restoration of the skin.

## ● MEN'S INVIGORATING FACIAL

TREAT AND INVIGORATE MALE SKIN WITH CARDAMON & CEDAR

60 minutes \_ 85 €

---

This treatment is exclusively designed for the special needs of male skin, which is sensitized by daily shaving and every day life. Cardamon extract, contained in all of APIVITA Men's Care products, protects and detoxifies skin, whereas the warm and rejuvenating action of cedar offers strong invigorating and antiseptic properties. The treatment includes a relaxing face, back and neck massage with organic calendula oil, to fight stress and encourage the health and vitality of your skin.

## ● JUST FOR YOUR EYES TREATMENT

A TREATMENT TO SOOTHE THE EYE AREA WITH THE UNIQUE EYE PRODUCTS FROM APIVITA.

25 minutes \_ 35 €

# BODY TREATMENTS

## ● LIPOLYSIS

TREATMENT FOR CELLULITE AND LOCAL FAT WITH ROSE PEPPER

*80 minutes \_ 90 €*

---

The use of rose pepper is an exclusive innovation of APIVITA and is used in this treatment to improve the appearance of cellulite and contributes to fat loss. These active ingredients, combined with a deep cellulite massage activate the lymphatic system to remove toxins and reduce water retention. For best results we recommend repeating this treatment at least 3-6 times.

## ● BODY DETOX

DETOX YOUR BODY WITH GREEN CLAY

*60 minutes \_ 85 €*

---

Green clay and the power of aromatherapy fundamentally work together to detoxify the body from impurities and toxins. In this treatment, the skin is deeply cleansed and scrubbed to remove dead skin cells and this exfoliation process prepares the skin pores to absorb and utilise the ingredients of this treatment. Following the scrub, a mask with green clay is spread over the entire body to activate decongestion and detoxification. To increase the effects of this treatment, the mask is followed by a full body massage, which focuses on reflexology. This body detox treatment is an ideal supplement for any weight loss or detox program.





## ● GOLDEN HONEY

REJUVENATING, RICH BODY TREATMENT WITH SEA SALTS AND HONEY

*60 or 90 minutes* \_ 70 € or 90 €

---

The “Queen” of treatments, an elixir of youth, designed exclusively to utilize the nourishing ingredients from the hive of APIVITA. The luxurious half body massage relaxes the senses. The enriched honey with sea salts exfoliates the body while at the same time moisturizing and softening the skin. The treatment includes a short facial with honey mask that nourishes, rejuvenates and restores glow and vitality to even the most demanding skin. This “sweet” treatment improves the texture of the skin and offers spiritual wellbeing.

## ● EUPHORIA

DELICIOUS BODY TREATMENT WITH CHOCOLATE

*80 minutes* \_ 110 €

---

We use dark chocolate for its natural properties to activate the production of endorphins, improving ones mood and giving a sense of wellbeing and relaxation. The high content of vitamins A and E nourishes the skin while cocoa butter acts as a natural softening agent to deeply moisturize. Tempt your senses and let yourself indulge in the sweetest treatment from APIVITA.

## ● ALOE DEEP HYDRATION

DEEP BODY HYDRATION WITH ALOE & FIG

*60 minutes* \_ 85 €

---

Strengthen your skin’s natural defenses with a treatment that deeply hydrates and balances the skins moisture levels. The organic extracts of aloe and fig, together with the rich mixture of olive, jojoba and almond oil moisturizes and nourishes, leaving the skin soft and smooth. The cucumber mask that follows rejuvenates and provides the face with a feeling of freshness. Finally a relaxing body massage revives energy levels after a difficult day. This is an effective treatment for dry, dehydrated skin, and ideal after extended sun exposure.

# ■ BODY TREATMENTS *(cont.)*

## ● BODY SCRUB & MOISTURIZING

### BODY CLEANSING TREATMENT

*30 minutes \_ 40 €*

---

A treatment to exfoliate your skin and moisturize it with the aromatic blends of our body care products.

## ● AEGEAN WIND

*60 minutes \_ 70 €*

---

A unique experience that will allow not only your body but also your mind to travel to the depths of the beautiful Aegean Sea. A mixture of salt and lavender will exfoliate and detoxify your body and leave your skin feeling silky smooth, the fullbody massage will ease your tension and will guide you to complete relaxation.

NATURAL  
WELL-  
BEING



# MASSAGES

Massages are therapies that when applied with skill and care, can precipitate many beneficial changes within the body, mind and spirit. They are powerful treatments because they work on both the physical and psychological levels to invigorate and relax. Massage techniques and strokes of massage can ease pain or tension from stiff aching muscles, boost circulation and alleviate mental stress, soothing the soul and re-establishing balance and serenity.

## ● SWEDISH MASSAGE

The original European full-body massage technique to relax aching muscles, stimulate the circulation and eliminate toxins so that you look great and feel even better.

Fullbody massage 60min \_ 60€  
Back , neck & shoulders 30min \_ 40€  
Foot massage 30min \_ 35€

## ● AROMATHERAPY MASSAGE

*60 minutes\_ 70 €*

Our most aromatic and relaxing massage, with a choice of different specially blended of Apivita oils. Using a combination of strokes and acupressure techniques, this soothing and gentle massage allows the healing properties of these natural oils to penetrate into the skin leaving you relaxed and with a sense of well-being. A definite jetlag tonic.

## ● ANATRIPSIS

*60 minutes\_ 70 €*

A Greek fullbody massage from scalp to toe based on Hippocrates philosophy, the warm oil relaxing the muscles, and the massage techniques directed towards the heart, assisting the heart and circulatory system in its' work, in transporting and finally eliminating pathogenic wastes and toxins from the organism.

## ● BALINESE MASSAGE

*60 minutes \_ 80 €*

Bali massage followed by deep pressure and stretching to alleviate the body, squeezing, rubbing and pressure applied along the meridians to unleash the blocked energy, increasing circulation and promotion specific bodily and muscular functions.

## ● MUSCLES MELT MASSAGE WITH HOT STONES

*75 minutes \_ 85 €*

Harnessing the deep heat therapy from smooth volcanic hot stones, this luxurious massage combines pure essential oils and penetrating warmth to release stored tension from within muscular tissues. Placing these ancient stones on key energy centres balances the spirit and nurtures you to complete and total relaxation

# MASSAGES *(cont.)*

## ● OLIVE NOURISHING MASSAGE

60 minutes \_ 70 €

---

This gentle body massage with natural Mediterranean olive oils, moisturizes and nourishes the skin. Meanwhile, massage techniques provide deep relaxation and stress relief leaving your skin silky soft & smooth.

## ● "MOMMY TO BE" MASSAGE

60 minutes \_ 60 €

---

Take some well-deserved time to nurture yourself and celebrate the wonderful changes in your body. Pregnancy massage can safely, comfortably and effectively relieve the physical stress of pregnancy, stimulating circulation and reducing postural discomfort and back pain, or may simply be a period of stillness and relaxation during this special time in your life.

## ● REFLEXOLOGY - FOOT REFLEX MASSAGE

45 minutes \_ 70 €

---

This is a unique pressure point massage on the soles of your feet. Acupressure is used to specifically activate individual points on the feet that are connected with the body's internal organs via the nerve pathways. This kind of massage helps to harmonise the energetic system and activate self healing powers. Whilst suitable for complaints involving bodily movement, it also relieves stress and promotes an energy flow.

## ● SPORTS MASSAGE

60 minutes \_ 80 €

---

Sport massage techniques give relief from muscular skeletal stress and help to regain the tranquil state of the muscles.

## ● SLIMMING MASSAGE

45 minutes \_ 70 €

---

Uses anti cellulite massage technique to infuse a blend of anti cellulite oils, and far infrared dome to convert fat soluble to water and soluble toxins. Detoxification reduces cellulite and improves blood circulation. This treatment significantly reduces toxins and firms the skin's surface layer.

## ● THAI MASSAGE

75 minutes \_ 110 €

---

Traditional Thai massage is an ancient system of healing with its root in yoga. A fluidly blends gentle rocking, rhythmic, acupressure, twist, assisted stretches and meditation to relax and revitalize body and mind.





# AN INVITATION TO BECOME A WHOLE NEW YOU

## ● HANDS & FEET

Manicure	_ 25 €
Pedicure	_ 40 €
UV Manicure	_ 35 €
UV Pedicure	_ 45 €
Nail Polish	_ 10 €

## ● WAXING

Eye Brows (picking)	_ 5 €
Upper lip waxing	_ 7 €
Bikini Waxing	_ 16 €
Half Leg Waxing	_ 22 €
Full Leg Waxing	_ 33 €
Back Waxing	_ 25 €



# HOW TO SPA

## ● WHEN SHOULD I ARRIVE FOR MY TREATMENT?

We recommend that you arrive 30 minutes or 15 minutes before your scheduled treatment time. Guests arriving past the time of treatment may have their treatment time reduced; however full price will be charged.

## ● HOW DO I CHOOSE MY TREATMENT?

We offer a menu to suit a variety of needs: relaxation, various health needs, beauty, or general wellbeing, to name just a few popular benefits. Please feel free to visit us for a complimentary consultation. Our team will help you decide which treatments can be most beneficial to you.

## ● WHAT IF I HAVE SPECIAL HEALTH CONSIDERATIONS?

Please notify us if you are pregnant or if you have any concerns regarding your health or body. We recommend you must not consume alcohol before, during or immediately after your spa treatments.

## ● WHAT SHOULD I WEAR?

When coming to the spa, please feel free to wear whatever you feel comfortable in. A robe and slippers will be provided.

## ● MAY I BRING MY VALUABLES?

You are advised not to bring your valuables with you, as all jewellery needs to be removed before your spa treatments. No responsibility will be taken by the spa for any loss of valuables.

## ● WHAT IF I NEED TO CANCEL MY TREATMENTS?

We understand that sometimes you may need to change your schedule. Because your spa appointments are reserved, we kindly request you to give us a minimum of twelve hours notice so that the appointment time may be utilised for somebody else. A 12 hr cancellation will incur a 50% cancellation fee. On the other side a 4 hr cancellation will incur a 100% cancellation fee.



*We kindly ask you to arrange your treatments in advance.*

*Our spa environment is an environment of relaxation and harmony. In order to ensure a tranquil atmosphere, we kindly request from our spa guests not to use their mobile phones and to speak in a gentle tone.*

*We will be happy to prepare a spa voucher as a present for your beloved person. Our staff is ready to assist you in choosing the right treatment. Please contact the spa reception.*

---

## OPENING HOURS

*Every day  
from 10 am to 8 pm.*

*Contact Number:  
22420 42320*

*Internal Extension:  
677*

*Email address:  
spa@palazzodelmare.gr*

● MARMARI, KOS ISLAND, GREECE

T. +30 22420 42320

F. +30 22420 42321