



## Spa Menu 2011

The Anazoe Spa experience offers a full range of specialty treatments based on health and beauty practices of ancient Greece, utilizing the area's exclusive natural and revitalizing ingredients, as well as products from around the globe. Our 4,000 m<sup>2</sup> spa introduces an exotic blend of age-old treatments that have been handed down from generation to generation, harmoniously combined with the discoveries of modern science.

Treatments are performed to the accompaniment of soothing music based on ancient Greek modes and scales. The ancient Greeks believed music to be divine, capable of healing both body and soul.

The name – Anazoe – derives from the Greek word for rejuvenation and encapsulates the underlying aim of the spa, which is a total revitalization of body and spirit in accordance with the ancient Greek maxim “a healthy mind in a healthy body”.

### *Oleotherapy® Signature Treatments*

At Anazoe we have developed signature treatments that constitute a harmonious combination of ancient wisdom and modern science. The therapeutic olive-oil treatments (oleotherapy®) are based on local practices inscribed on clay tablets discovered at the nearby Palace of Nestor. Many of the therapies expand on the ideas and knowledge of Hippocrates, known in the West as the father of medicine, who described olive oil as “the great therapeutic”. Building on this ancient knowledge, treatments are totally individualized to address your personal ‘type’ and specific needs, identified through a questionnaire and private consultation. European massage techniques using select products are then combined with the appropriate mix of treatment technologies and aromatherapy, to the accompaniment of therapeutic music composed exclusively for Anazoe, to offer a total spa experience with visible results.

#### **Nestor's Baths\***

Inspired by Nestor's palace and the ancient tradition of welcoming all guests at the court with a bathing ritual, Nestor's Baths constitutes a restorative water therapy-focused treatment designed to instill total well-being. Stress and tension melt away as you enjoy our aromatherapy-infused sauna, steam and inhalation circuit. A tranquil hydro massage in a customized therapeutic bath completes your ritual. **50 minutes**

#### **Messinian Salt & Honey Scrub**

This luscious honey-based scrub uses the honey of Messinia to soften your skin while lifting your spirit with a combination of healing oils and local herb essences. **50 minutes**

#### **Olive Leaf & Calendula Scrub**

This invigorating treatment combines our signature Olive Leaf & Calendula scrub with a Vichy Shower. The Vichy provides a stimulating rain bath while your therapist performs a full-body exfoliation with Olive Leaf & Calendula. This scrub, rich in olive oil extracts, leaves your skin soft & supple. **50 minutes**

\* Denotes heat treatments. Not recommended for guests with heart conditions, high blood pressure, are sensitive to heat or pregnant.



### **Traditional Olive Nourishing Facial**

This refreshing and soothing facial utilizes the ingredients of lime blossom, sage and olive leaf to provide skin with a healthy glow. Includes a hydrating ampoule treatment to improve the quality and appearance of the skin as well as a luxurious facial massage and a hydrating hand and foot treatment. **80 minutes**

### **Healing Massage Remedy by Hippocrates**

The Healing Massage Remedy by Hippocrates is an innovative style of massage combining advanced soft-tissue therapies with techniques derived from the ancient healing art of physiotherapy. By fusing ancient therapeutic knowledge and Greek aromatherapy in a unique manner, our Healing Massage Remedy will leave you feeling invigorated and renewed.

**50 or 80 minutes**

### *Anazoe Dynamics*

Choose three of these popular treatments offered at Anazoe Spa. Can be combined and done in any order to suit your own personal needs.

- 25 minute Head, Neck, and Shoulders
- 25 minute Reflexology
- 25 minute Seawater Hydro Massage Bath\*
- 25 minute Consultation with our specialized physiotherapists or osteopaths
- 25 minute Head-to-Toe Hydration\*

### *The Healing Powers of Water*

#### **Heat Experience & Seawater Ritual\* Unlimited use for one day**

##### **Herbal Bath\***

An ancient remedy still used today for medicinal purposes, the herbal bath uses a potent aromatic solution from a blend of the following: *Rosmarinus officinalis* (rosemary) to rejuvenate, *Syzygium aromaticum* (cloves) to soothe aching muscles and joints, *Thymus vulgaris* (thyme) to induce relaxation and *Anthemis nobilis* (chamomile) to calm the body. **25 minutes**

##### **Thalasso Bath\***

A purifying seawater bath combining fresh dried seaweed and seawater crystals. Designed for overall health maintenance or for the weary traveler, this treatment is rich in vital minerals that nourish skin, stimulate circulation and provide antioxidant benefits. **25 minutes**

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### **Ombros\***

The powerful effects of aromatherapy combined with our gentle seawater massage technique stimulate the lymphatic system to remove toxins. Guided by a therapist and based on your personal needs, select one of our signature oils during the massage. **25 minutes**

### **Stimulating Jet Shower**

During this treatment pure seawater is directed in specific pressurized sequences over your body to increase circulation and relieve sore muscles. **10 minutes**

### *Anazoe Trilogy Ideas*

Unique to Anazoe Spa, 'Trilogy Ideas' encourages a spa lifestyle with a combination of three treatments. This traditional European treatment concept helps to remineralize, nourish and balance the body. Each Trilogy includes take-home products to continue the benefits of these therapeutic treatments.

### **Oleotherapy® Trilogy\***

Based on the centuries-old Greek tradition of using olive oil, water and light massage therapy, this treatment has a detoxifying and thoroughly relaxing effect. The Oleotherapy® Trilogy begins with an olive oil-based body wrap followed by a tranquil hydro massage in a bath enriched with beneficial local herbs. The experience culminates with a massage using a soothing, nourishing crème mixed with our signature detoxifying oil. **80 minutes**

### **Herbal Trilogy\***

Utilizing a variety of popular herbs to relax and then revitalize, this Trilogy begins with an herbal bath followed by a soothing clay-stamp body scrub to cleanse the skin and calm the spirit. A full-body massage with lavender oil completes this experience, leaving one feeling totally revitalized.

**80 minutes**

### **Sea Trilogy\***

Immersing guests in the rejuvenating powers of the sea, this Trilogy washes away mindful stress while nourishing the body with a natural algae wrap rich in antioxidants and other beneficial nutrients. The wrap is followed by a luxurious hydro massage in a seawater bath of algae and sea salts and culminates with a lavender massage. **80 minutes**

\*Denotes heat treatments. Not recommended for guests with heart conditions, high blood pressure, are sensitive to heat or pregnant.



## *Massage Practices*

Used through the ages to improve general health, massage is an integral part of your spa experience. The many benefits of massage include stress reduction, increased circulation, shortened recovery time from sports injuries and a general sense of well-being.

### **Anazoe Classic Massage**

This gentle, relaxing full-body massage is a spa classic. Therapists adapt their technique to suit your personal needs while increasing circulation, relieving muscle tension and promoting relaxation. **50 or 80 minutes**

### **Aromatherapy Candle Massage Remedy**

Effective combination of activating or relaxing tissue practices, a range of motion techniques utilizing Anazoe essential oils to work the central nervous system and indirectly relax muscles. The Anazoe aromatherapy essential oil blends will be personalized to your special needs.

**50 or 80 minutes**

### **Melisseus, The Spirit of Honey**

Heat & Honey are good for the skin and support the body's own energy balance. The Honey Concept combines the power of heat with various massage techniques. The application of gentle heat promotes circulation and relaxes muscles, which in turn helps loosen stubborn knots during massage. An amazing multi-faceted treatment, the results of which include a special experience for the senses. **50 or 80 minutes**

### **Golfer's Retreat**

The complex technique of golf presents a specific challenge for a golfer's body. This balanced, individually prescribed treatment is the perfect preparation for a round of golf and ideal for post-game relaxation and revitalization. The treatment incorporates the most modern therapeutic methods, including three Kinesio tapings, full body massages and neural stretching. It enhances the body's balance, improves the golf swing and also involves stretching exercises. **50 minutes**

### **"Monolithos" Holism\***

Devised by Ancient Greeks hundreds of years ago, this therapy uses the monolith combined with our specialty blended grape oil. The monolith is smoothed over each muscle, relaxing the body and soothing the spirit. **80 minutes**

### **Reflexology**

The art of massaging specific pressure points on the hands, ears and feet which correspond to individual parts of the body. Through stimulating hand, ear and foot pressure points, the body is able to find its own energy path. **50 minutes**



### **Deep Tissue Massage**

A therapeutic, firm massage which focuses on specific areas to relieve tension. Using various strokes and deep pressure, specific muscle tension is released and flexibility restored. Recommended after golf, tennis or a strenuous workout. May include assisted stretching.

**50 or 80 minutes**

### **Synchronized Massage**

Experience a deep state of relaxation as your massage is performed, in harmony, by two therapists. **50 minutes**

### **Couple's Massage**

Enjoy an Anazoe Classic, Aromatherapy Candle or Deep Tissue Massage side-by-side in our beautifully-appointed double rooms. **50 or 80 minutes**

### **In – Room**

Experience a massage treatment in the privacy of your room. Evening treatments are available until 20:00. **50 or 80 minutes**

## *Osteopathy*

The skeletal system with its muscles is the largest structure in the body. Osteopathy theory and practice are firmly in line with the concepts of Hippocrates. The guest is considered and treated as a whole. Osteopathy utilizes structural diagnosis and manipulative therapy as part of its philosophy and practice and is therefore an integral part of total guest care, since it is not confined solely to painful conditions of the musculoskeletal system.

### **Osteopathic Manual Therapy**

A holistic science, based on a comprehensive system of diagnosis and treatment. A way of detecting and treating damaged parts of the body such as muscles, ligaments, nerves and joints. The practitioner works with the body to enhance its natural ability to self-regulate and self-heal. **80 minutes**

### **Craniosacral**

A gentle, light-touch technique that eliminates muscle and energy blockages within the craniosacral system. The practitioner uses subtle palpitations and light pressure points of the cranium and sacrum to enhance the body's natural healing capabilities. Please wear loose-fitting clothing. **50 minutes**

### **Osteopathy & Pregnancy**

Throughout pregnancy, the body undergoes continual musculoskeletal changes, which can be frequently associated with functional limitations and disability such as pelvic and lower back pain. The osteopath has the opportunity to contribute to the musculoskeletal system structure and function and hence influence the altered homeostasis, thereby reducing discomfort and making the pregnancy more comfortable. **50 minutes**



### **Osteopathy & Kids**

A gentle, hands on therapy specially designed for young children. It restores health by helping the body's own healing mechanisms to return to their normal level of functioning. The osteopath will gently hold your child in a way which encourages the anatomy and physiology to return to health. Most children find this process very calming and often fall asleep during the treatment. Factors which may be contributing to particular problems and ways to address them are discussed with the parents during the consultation. **50 minutes**

### **Osteopathy & Sports**

Mobility of the body is of the utmost importance! Poor flexibility in the joints and muscles will prevent the body from performing at its optimum and is often a contributory element to injury. By assessing the posture and condition of those structures which make the human body a dynamic machine (the bones, joints, muscles, ligaments and connective tissues), the osteopath is able to promote a rapid recovery from injury. Osteopathy can help prevent as well as treat injuries. It is particularly effective for sports that require controlled body mechanics such as golf and tennis. **80 minutes**

### *Facials*

We have selected the finest skin care products for Anazoe Spa's custom facials. All facials include thorough skin analysis, cleansing, facial masque and/or therapeutic treatment, facial massage, moisturizing and home care regimen. Please avoid direct sun exposure immediately after your facial.

#### **Anazoe Deep Cleansing Facial**

This purifying treatment for all skin types includes a gentle exfoliating peel to remove dull surface skin cells. It is followed by a luxurious facial massage and a deep-cleansing Anazoe masque and botanical extracts to rejuvenate and nourish the skin. A heated hand treatment completes the experience. **80 minutes**

#### **Anazoe Herbal Facial**

Suited for normal, dry and mature skin, this treatment utilizes herbs which work to relax, detoxify and soothe facial muscles while simultaneously hydrating the skin. This treatment includes a gentle peel and a luxurious facial massage specifically chosen according to skin type. **50 minutes**

#### **Gentleman's Facial**

A deep cleansing, therapeutic facial designed specifically for the special skin care needs of men, including sensitivity and razor burn. Relaxes the skin as it refines pores. Includes a luxurious facial massage and deep-cleansing masque. **50 minutes**



Select facials listed may be upgraded with the following treatments. Upgrades are performed within the 50 or 80 minute services.

### **Radiant Eyes & Smooth Lips**

A healing and rejuvenating treatment for the delicate skin around the eyes and lips. Imparts moisture and nutrients while smoothing fine lines and wrinkles. Includes brow shaping.

### **Eye Lash or Brow Tinting**

Tinting the eyelashes or eyebrows is a quick and easy solution for those who depend on mascara to darken their lashes or brows. Tinting is perfect for men and women with blond, reddish, or light brown hairs who wish to have more clearly defined eyelashes.

## *Body Wraps*

### **Detoxifying Skin Indulgence\***

Anazoe's detoxifying wrap helps address congestion while stimulating circulation and the release of toxins. **25 minutes**

### **Oleotherapy® Body Retreat\***

Oleotherapy® is well-known for its powerful hydrating properties. The therapeutic assets of olive oil, lime blossom, sage, calendula flowers, and rosemary remineralize, soothe, and rejuvenate dull skin. The wrap is applied full-body, including face application. **50 minutes**

### **'All-Natural' Algae Wrap\***

Using an all-natural, live algae rich in antioxidants, this seaweed treatment imparts essential vitamins, minerals and protein to nourish and revitalize the body. **80 minutes**

## *Hand & Foot Care*

Enjoy the Messinian lifestyle with well-groomed hands and feet. Our natural manicures and pedicures include nail and cuticle conditioning, nail shaping and polish application.

### **Manicures**

**Citrus Manicure** **30 minutes**

**French Manicure** **30 minutes**

**Oleotherapy® Manicure** (Including hydrating treatment, Anazoe moisturizer & manicure)  
**30 minutes**

**Gentleman's Manicure** **30 minutes**



## **Pedicures**

**Citrus-Mint Pedicure** (stimulating and refreshing, excellent for tired feet) **60 minutes**

**Chamomile-Clove Pedicure** (detox & relaxing, soothes sore muscles & joints) **60 minutes**

**Oleotherapy® Pedicure** (Including hydrating treatment, Anazoe moisturizer & pedicure)  
**60 minutes**

## *Oleotherapy® Waxing*

Lip, Brow or Chin

Underarm

Half Leg or Arm

Full Leg

Bikini

Back or Chest

## *Anazoe Kids & Teens*

Offer your kids the healthful benefits of oleotherapy® with these specially designed therapies just for them! A parent or guardian must accompany children for the duration of their visit. Children over the age of 6 are welcome in the spa but must be accompanied by a parent or guardian for the duration of their visit. However, children under the age of 12 are not allowed to use the private lounge areas, wet areas, fitness room or pool. Since Anazoe Spa is committed to providing a safe environment for everyone, minors (17 and under) who receive closed door treatments must have a parent or an adult in the room for the duration of the service.

### **Oleotherapy® Kid's Massage**

This light massage is a great introduction to massage for any young person. Therapists providing massage are gender specific. **25 or 50 minutes**

### **Oleotherapy® Kid's Facial**

An enjoyable and enlightening primer for a lifetime of healthy skin. This facial includes a thorough cleansing and toning of the skin, a gentle mask with steam and a facial massage.  
**25 minutes**

### **Oleotherapy® Teen Facial**

Deep cleansing, toning, steam, mask, extractions and a facial massage all at once! Designed to accommodate all skin types. **50 minutes**



### **Kid's Foot Therapy**

A citrus and honey version of our Oleotherapy® Pedicure. First, we soak the feet in a citrus and honey bath, then we trim nails and apply the Anazoe oleotherapy® moisturizer. The final touch is an application of polish. **25 minutes**

### **Kid's Hand Therapy**

A citrus and honey version of our Oleotherapy® Manicure. First, we soak the hands in a citrus and honey bath, then we trim nails and apply the Anazoe oleotherapy® moisturizer. The final touch is an application of polish. **25 minutes**

### *Wellness & Exercise*

Choose to exercise within the Anazoe facilities and continue the journey with our schedule of programs and classes. All Anazoe massage, body and skin care treatments include the use of the aqua pools & heat experience facilities on the day of your service.

### *Spa Recommendations & Spa Etiquette*

Anazoe is a full-service spa facility. A robe, towel, and slippers are provided, in addition to grooming and shower amenities. Guests are advised to bring a bathing suit to take full advantage of the facilities. Before visiting the spa, we recommend that you leave any valuables in a safety deposit box at the hotel reception. Out of consideration for other guests, we ask that cell phones be turned off while at the spa.

### *During your Stay*

We have a wonderful selection of nutritional juices, which can be prepared for guests to enjoy after their treatments. Smoking is not permitted in the spa's indoor facilities at any time. The use of video and still cameras is strictly forbidden. The spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

### *Appointments & Check In*

Guests are advised to arrive at least 30 minutes prior to their first appointment to allow themselves ample time to check in, change, and enjoy the spa's extensive facilities. Showering is also essential before any treatment, not least because the beneficial oils are best absorbed through clean skin. 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.

### *Personal Consultation*

Before each treatment, guests are asked by our specialists to mention anything which they consider to be of special importance with regard to the booked treatment. Thus, the valuable treatment time can be ideally coordinated to satisfy the specific needs and priorities of each guest. During the treatment, please don't hesitate to communicate any feeling of unpleasantness or discomfort. Good communication is the key to a perfect treatment!



### *Opening Hours*

Daily from 10:00 – 20:00.

### *Payment*

All treatments will be charged to your room and will appear on the room account at the time of departure from the resort. Guests are welcome to pay by credit card or cash if preferred.

### *Cancellation Policy*

As a courtesy to other guests and our therapists, any cancellations must be made at least 24 hours prior to appointment time. Appointments cancelled with less than 24 hours' notice will be billed 50% of the treatment cost. No shows or appointments cancelled with less than five hours' notice will be billed 100% of the treatment cost.

### *Age Requirement*

The spa is appropriate for guests 17 years and older. Guests under 17 years of age must be accompanied by a parent or legal guardian in order to receive treatments.