



Rates 2010

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 m² 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

The dominant element at Anazoe is the Olive Tree which stands as a unique feature for all therapeutic olive-oil treatments (oleotherapy®), based on ancient local practices inscribed on clay tablets discovered at the nearby Palace of Nestor. Many of our therapies expand on the ideas of Hippocrates (460-377 BC), known in the West as the father of medicine, who described olive oil as “the great therapeutic”.

At “Anazoe Spa” we have developed signature treatments based on his ancient knowledge. According to your personal “type”, the treatment is totally individualized, that is, tailored to meet your specific needs and expectations. Select products, the appropriate mix of treatment technologies, therapeutic music and aromatic oils are combined to offer a unique treatment experience with exceptional visible results.

Each treatment starts with a brief consultation in order to determine your current state of well-being and define the targets and priorities of your Anazoe treatment.

Messinian Salt & Honey Scrub

Golden, aromatic honey has been carefully mixed with sea salt to remove dry skin and nourish your body. The result is a visibly smoother and revitalized skin. An ideal treatment prior to any body wraps or Holistic Body Massage. 20 min €50

Olive Leaf & Calendula Scrub

This invigorating body scrub using extracts of lime blossom, sage, rosemary and olive leaves gives you a clear sense of refreshment. Your skin feels clean and soft, well prepared for further nourishing treatments. 20 min €50

Healing Massage Remedy by Hippocrates

The Healing Massage Remedy by Hippocrates is a combination of ancient therapeutic knowledge and Greek aromatherapy, further enhanced with specially composed healing music. After a brief consultation, your therapist will suggest one of two signature massage types, tailored to your specific needs. The starting ritual resonates deeply with your breath and helps you to begin relaxing. The massage movements are either rhythmic and detoxifying, or deep and regenerating. After your signature treatment your body will feel soothed, your spirit calm and your zest for life restored.

Whole body massage (back, legs, arms – tailored to your needs)	60 min	€115
Complete body massage (from top to toe)	90 min	€155

Traditional Olive Nourishing Facial

The Traditional Olive nourishing facial is based on ancient beauty treatments and Greek Aromatherapy, further enhanced with specially composed healing music. After a brief consultation, your therapist will suggest the treatment procedure, which is tailored to your specific needs. The starting ritual resonates deeply with your well being and helps you to begin relaxing. Active ingredients such as extracts of lime blossom, sage, olive leaf or avocado are combined with lymphatic massage techniques to harmonize your skin. After the facial, your skin takes on a visibly clear, smooth and fresh appearance.

Starting ritual, cleansing, exfoliation, eyebrow regulation, concentrate, face lymphatic massage, face mask, hand massage, final care.	60 min	€115
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Add on to 60min treatment: deep cleansing, tinting eyebrows and eye lashes, longer lymphatic massage.	80 min	€150
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The Healing Powers of Water

Heat Experience Water Ritual	Entrance	€25/visit
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“Ombros”

Warm rain gently envelops you as your therapist gives you the purifying exfoliation and pampers you with soothing massage strokes. A water experience like no other!	30 min	€ 65
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Rain Energy

Gentle soothing rain from fully adjustable shower heads relaxes your body and muscles, while the exfoliation refreshes and softens your skin. The perfect preparation for a body mask or relaxing massage!	30 min	€65
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Stimulating Jet Shower*

During this treatment pure water is directed in specific pressurized sequences over your body to increase circulation and bring welcome relief to sore muscles. The temperature and intensity can be adjusted to ensure that this water experience tones and revitalizes. Achieve a new feeling of vitality...ideal before an effective refreshed feeling of vitality... ideal before an effective part-body massage!

15 min €30

Nestor's Bath*

While your skin is pampered with nourishing and hydrating sea salt, powerful air and water jets deliver a individual massage that addresses your specific needs – muscle relaxation, circulation, stimulation or assisting the elimination of toxins. A good reviver and excellent preparation for a therapeutic massage.

20 min €40

The Healing Practices of Massage

Anazoe massages always begin with a welcome ritual based on Plato`s chakra. This ritual helps soothe your mind and brings deep relaxation.

Anazoe Swedish Massage

A classic massage for muscle or stress relief. The therapists use a variety of massage techniques to address your specific needs. Our Anazoe Swedish Massage relaxes and accelerates recovery from the day's activities.

Part body (back, shoulder neck or legs) 25 min €55

Whole body 50 min €105

Anazoe Deep Tissue Massage

For those requiring a firmer massage that works deep into the muscles and pressure points. This technique stimulates circulation, relieves sore muscles/joints and facilitates mobility. Recommended for overworked muscles with high tension and for regeneration after a busy day of sport.

Part body (back, shoulder neck or legs) 25 min €55

Whole body 50 min €105

** Denotes services that do not include complimentary use of the Spa facilities & Heat Experience area.*

Head, Neck, & Shoulder Release

Time spent sitting in an aircraft, driving a car or working at a computer leads to a build-up of tension in the shoulders, neck, head and face skin. Cleansing, steamy hot towels and a hydro concentrate are used to soothe and refresh your skin. Different massage strokes will relax your shoulder/neck area and help you drift off to a peaceful night's sleep. Head, Neck & Shoulder Release helps relieve tension, clear the mind and revitalize your skin.

25 min €55

Reflexology

This method involves gentle stimulation of the reflex areas of the feet which directly correspond to the various organs in the body. Energizing these points can have an overall balancing effect on your body and can enhance the beneficial effects of a part-body or head-neck-shoulder massage.

40 min €90

Herbal Body Therapy

Stamps filled with fragrant Greek herbs and plants are used to massage your whole body fluently and harmoniously. Aimed at relieving stress at the deepest level, this holistic treatment is designed to work on the muscles, energy channels and senses in order to balance and energize your mind, body and spirit.

50 min €105

Melisseus, The Spirit of Honey

Heat is good for the body and supports 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 min €105

Aromatherapy Candle Massage Remedy

Aromas have a positive influence on your central nervous system. This aromatherapy candle massage starts with choosing your favourite fragrance, which is going to be used for your whole treatment. Warm aromatic compresses, harmonizing massage techniques combined with aroma oil as well as aroma candles and an individual face mask rebalance your energy level and reenergise your whole body. An ultimate aroma journey for relaxation and peace of mind.

50 min €105

Special Note: You may enjoy your favourite massage side-by-side in a beautifully appointed Couple's Treatment Room.

Body Specialties

After – Sun Body Retreat

Using restorative olive oil with a mixture of extracts of lime blossom, sage, calendula flowers and rosemary, this smoothing wrap brings true rehydration to dry skin. As the wrap takes effect, your therapist will pamper you with a relaxing head massage and nourishing face massage. This treatment offers a rejuvenating and supple skin feeling, highly recommended after enjoying the sun.

20 min €50

Detoxifying Skin Indulgence

This detox treatment combines a body wrap, face lymphodrainage and facial mask. The wrap energizes blood circulation and helps eliminating toxins, while the lymphodrainage relaxes and soothes your skin and the honey facial mask regenerates and refreshes your face. A full body experience with perceptible effects.

20 min €50

Facials

Customized Radical Renewal Facial

Exposure to the sun and wind can result in dry or irritated skin that lacks in vitality. This facial includes special ingredients such as extracts of sage, chamomile flower or olive and avocado to smooth, moisturize and restore a natural bloom. Suitable for all skin types.

Cleansing, exfoliation, eyebrow regulation, concentrate, face massage, face mask, hand massage, final care.

50 min €100

Add on to 50 min treatment: deep cleansing, tinting eyebrows
massage.

and eye lashes, longer
80 min €145

Men's Facial

Effective and relaxing, this treatment is tailored to men`s needs. A smoothing cleansing massage, steamy hot towels and a refreshing exfoliation prepare your skin for the rejuvenating concentrate and a relaxing face-neck massage. As the rebalancing face mask and reviving eye gel revitalize your skin, the beautician will treat your hands. After application of the final care, your skin feels smooth, toned and invigorated.

50 min €100

Radiant Eyes*

A radiance boosting treatment for tired eyes or applied simply as a regular eye brightener. After eyebrow regulation and tinting eyebrows and eyelashes – a concentrate refreshes and relaxes your eye area. In the final phase of the treatment, the beautician will massage the eye area while applying a rejuvenating ampoule. For eyes that feel refreshed and revitalized!

25 min €40



Eye Lash or Brow Tinting*	10 min	€20
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Waxing

Lower Leg or Arm*	25 min	€40
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Full Leg*	35 min	€50
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Back or Chest*	25 min	€40
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Bikini Line or Under Arms*	25 min	€40
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Upper Lip, Brow or Chin*	10 min	€15
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* Denotes services that do not include complimentary use of the Spa facilities & Heat Experience area.

Hand & Foot Care

Manicure Basics

A 30-minute manicure focused either on length & form or polish & care.	30 min	€50
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Anazoe Hand Ritual

This ritual starts with shaping your nails. After that, you will enjoy a soothing hand bath following by a refreshing exfoliation and cuticle care. Now your hands and forearms are well prepared for a caring massage right up to the elbow. Finally, you can choose between nail enamel or nail polish. A unique ritual for more than just your hands!

50 min	€80
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Pedicure Basics

A 30-minute pedicure focused either on length & form or polish & care.	30 min	€50
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Anazoe Foot Ritual

This ritual starts with shaping your nails and removing cuticle and calluses. After that, your feet will enjoy a caring massage up to the knee. Finally, you can choose between nail enamel or nail polish. A unique ritual for more than just your feet!

50 min	€80
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Treatments for Children and Teens

Soothing Moments

A gentle part-body massage for backs strained by carrying school bags and hunching over school desks or legs tired from running around all day while experiencing the ultimate adventure holiday. 25 min €55

Hello Sunshine

Gentle facial especially for young skin. The skin is cleansed and pampered to prepare it for sun, beach and fresh air. 30 min €65

Anazoe 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.

Spa Facilities & Heat Experience Area

Guests receiving treatments at Anazoe Spa are entitled to complimentary use of the Spa facilities & Heat Experience area on the days treatments are scheduled.



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 Policy

The Spa is appropriate for guests 16 years and older. Guests under 16 years of age must be accompanied by a parent or legal guardian to receive treatments. Special treatments for children and teens are available to young guests 10 years and older.