



Spa Menu 2020

The Anazoe Spa experience offers a full range of specialty treatments based on health and beauty practices of ancient Greece, utilizing the region'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 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.

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**

Oleotherapy® Rosewood & Rosemary Scrub

Enjoy a smoothing, hydrating and nourishing rosewood and rosemary exfoliation that will transport you to a complete state of relaxation and well-being. **50 minutes**

Advanced Bio Lifting Cure Facial

This high-performance, customizable treatment cleanses, repairs and hydrates. An intensive oleotherapy® treatment with a biodynamic lifting massage and skin diagnostics; eyebrow contouring; lymphatic stimulation massage; warm herbal compresses; peeling; deep cleansing with cupping glasses; multi-dimensional serum; bio-energetic lifting massage; intensive facial mask, and finally, individual daily skin care and stabilization. The power of nature combined with high-tech solutions for sustained impact, immediate visibility and maximum effect.

80 or 110 minutes

Traditional Olive Nourishing Facial

This refreshing and soothing facial utilizes the ingredients of lime blossom, sage and olive leaf to give skin a healthy glow. It includes a hydrating 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.

80 minutes

Facials

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

Skin Diagnosis – Learn your Skin's Health

Keep your face youthful and healthy by taking care of your skin. Learn all about your skin and its needs by diagnosing its type, condition or any issue residing at the surface or hiding in deeper layers, with the use of the very latest technology in skin diagnosis and skin physiology measurements! Your final skin analysis report is presented through a series of high-resolution photos and provides a precise description of the following: skin age, pore condition, elasticity, pigmentation, moisture, skin tone and wrinkles. This detailed analysis enables us to formulate and implement targeted and customized treatment plans. **30 minutes**

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**

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**

Organic Aloe Vera Facial

An antioxidant treatment that restores vitality to dry, sun-damaged skin and helps minimize signs of premature aging. Pure organic aloe vera stimulates collagen production and renews skin firmness. Suitable for normal, dry and mature skin, this treatment utilizes herbs which work to relax, detoxify and soothe facial muscles while simultaneously hydrating and cleansing the skin. The treatment includes a gentle peel and a luxurious facial massage specifically chosen according to skin type. **50 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 and cleansing the skin. This treatment includes a gentle peel and a luxurious facial massage specifically chosen according to skin type. **50 minutes**



Age Defend Facial Treatment *by Anne Semonin*

Anti-ageing, firming, toning. Redefine how the skin ages with the quintessential regenerating facial therapy. Signs of aging dissolve as essential oils and minerals are gently massaged into the skin improving tone and elasticity. Maturing skins Extracts of Mexican Wild Yam and rice provide ultimate defense against environment and maintaining a youthful radiance all the way to a cellular level. **50 minutes**

Soothing Skin Saviour Facial Treatment *by Anne Semonin*

Calming, hydrating, restoring. The secret to soothing even the most delicate skin lies in the exquisite blending of minerals and essential essences. Skin is prepared with gentle cleansing and exfoliation before delighting in the application of luxurious cream mask. The generous application of the algae and kaolin clay formula smoothes and nourishes skin revealing a perfectly calm and soothed complexion. **50 minutes**

Oligo Skin Protect Facial Treatment *by Anne Semonin*

Detoxifying, balancing, decay preventing. The ultimate in antioxidant defense, this treatment instantly hydrates and balances, boosting oxygenation to the skin cells. Using the exclusive Oligo range of products, an advanced formula combining dynamic ingredients such as algae and chlorella, ensures a clear skin, thoroughly protected from the urban environment. **50 minutes**

Enhancements

Collagen Veil - A 100% pure native collagen sheet that is molded on the skin to provide optimum hydration.

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 reducing puffiness.

Scalp Massage - Enjoy a relaxing scalp massage to ease away tension. Add on to any facial.

Body Treatments

Organic Aloe Vera Body Wrap

An ideal treatment to replenish, protect and preserve sun-kissed skin with a cooling wrap of aloe vera. A calming face mask is then applied to further reduce redness while you enjoy a relaxing scalp massage. **50 minutes**

Oleotherapy® Body Retreat*

Oleotherapy® is well-known for its powerful hydrating properties. The therapeutic benefits 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*

A slimming seaweed treatment, containing active Spirulina algae rich in antioxidants, essential vitamins, minerals and proteins to nourish and revitalize the body. The treatment includes a mild exfoliation. **80 minutes**



Oenotherapy Anti-Aging Body Cocooning *by Anne Semonin*

This pampering body rejuvenation will regenerate the skin to its best. An invigorating body scrub is followed by a nourishing and anti-aging body mask while you drift away with a wonderfully soothing scalp massage. The naturally anti-oxidant benefits of this treatment will enhance body drainage, maximize hydration, plump and smooth to perfection, while nurturing your body in a cloud of well-being. **80 minutes**

Anti-Fatigue Back Remedy *by Anne Semonin*

Tension releasing, restoring back therapy. An exceptional solution created to alleviate tension stored in the back, neck, and shoulders and reduce fatigue. The exquisite combination of the heat, minerals and oils begins with a generous application of self-heating mineral mud mask to release stiffness, strain and stress in the muscles. This is followed by a bespoke massage with blended oils just right for the guest's needs. Both energizing and relaxing, this treatment leaves the whole body with a complete sense of well-being. **50 minutes**

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 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 are personalized to your special needs. **50 or 80 minutes**

Melisseus, the Spirit of Honey

Heat and honey are good for the skin and support the body's energy balance. The Honey Concept combines the power of heat with activating and balancing 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**

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**

Maternity Massage

After the first trimester, enjoy a massage at this special time when your body needs its own nurturing. This massage uses a specially designed body support system. Special attention is given to the mother's comfort and stage of pregnancy. **50 minutes**



Lymph Drainage Face Massage

A very relaxing form of massage that gently unclogs certain lymph nodes and stimulates natural lymph movement. Using the pads of the fingers to lightly manipulate the fluid under the skin down pathways leading to large lymph nodes on the face, neck and chest – depending on treatment duration – this technique helps drain excess fluid and waste protein. **25 or 50 minutes**

Lymph Drainage Body Massage

A gentle massage designed to improve the natural circulation of lymph through the body. Lymph drainage uses a specific amount of pressure and rhythmic circular movements to stimulate lymph flow. **50 minutes**

Reflexology

The art of massaging specific pressure points on the hands, ears and feet which correspond to different parts of the body. By stimulating hand, ear and foot pressure points, the body is able to find its own energy paths. **25 or 50 minutes**

Anti-Cellulite Massage, Detoxifying & Cupping

Combining the benefits of cupping and lymphatic movement, this massage is ideal for body sculpting and cellulite reduction! Small silicon cups are used to help flush toxins and combat adipose nodules that accumulate in specific areas of the body. These areas are manipulated to increase blood flow and oxygen delivery to cells, restoring tissue and stimulating the lymphatic system. **50 minutes**

'Monolithos' Holism*

Devised by ancient Greeks centuries 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. **50 or 80 minutes**

Cocooning Scrub & Massage Ritual *by Anne Semonin*

An ultimate exfoliating experience with the amazing Nude Scrub. A luxurious blend of sea salts, white sand, pink quartz powder and aromatic oils actively sweeps away dead skin cells, leaving skin wonderfully soft, silky, detoxified and youthfully radiant. The warming elements of the Nude Scrub create a cocooning sensation and elevate the spirits. This therapy concluded with an Haute Couture full body massage to re-awaken the senses. **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**

Enhancements

Back, Neck & Shoulders Massage – A 25-minute targeted massage for neck, back, and shoulders. This is not a full body massage.

Scalp Massage - Enjoy a relaxing scalp massage to ease away tension. Add on to any massage. **25 minutes**

Relaxing Foot Massage – Specialized pressure techniques are applied to specific areas of the feet to release blocked energy, relieve stress and boost circulation. **25 minutes**

Hand & Foot Scrub – Softens the skin and stimulates blood flow. **25 minutes**



Head-to-Toe Hydration – A pampering treatment for those suffering from dry skin.
25 minutes

Physiotherapy Treatments

Our team of experienced physiotherapists supports you with professional and individual supervision and consultation to improve your wellbeing. Our physio treatments are intense and highly beneficial to your health. Enjoy a greater range of motion as your physiotherapist works on targeted areas of concern. These carefully formulated treatments will enhance your performance and body stability.

Golfer's Body Preparation

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 stretches. It enhances body balance, improves the golf swing and also involves stretching exercises. **50 or 80 minutes**

Physio - Deep Tissue Massage

A therapeutic, firm massage which focuses on specific areas to relieve tension. Using various strokes and deep pressure, muscle tension is released, and flexibility restored. Recommended after golf, tennis or a strenuous workout. May include assisted stretching. **50 or 80 minutes**

Physio – Myofascial Release Massage

A safe and very effective hands-on technique that involves applying gentle sustained pressure into the myofascial connective tissue restrictions to eliminate pain and restore motion. This special method will increase mobility with intense depth effect and ensure your muscular system is treated according to your needs. **50 or 80 minutes**

Physio – Power Break

Enhance your body treatment with an additional 25 minutes of targeted massage for neck, back and shoulder. This is not a full body massage. **25 minutes**

Anazoe Outdoor Experience

Outdoor spa treatments are a special, sensual luxury, which you may enjoy at our designated Spa Pavilions either by the pools or at the beach area. In the main spa building most of the treatment rooms open onto a private courtyard and our herbal garden. Be sure to experience the range of our seafront treatments which take place in an open-air pavilion right at the beach, within the sound of the waves.

'Selene' Moonlight Massage*

Relax under the moonlight with a unique outdoor massage in our private seafront sanctuary. The massage begins at sunset and continues as the full moon slowly rises and illuminates the evening sky. Located at the Beach Spa Pavilion. **80 minutes**

2020 Full Moon Schedule

July 4 & 5, August 2 & 3, September 1 & 2



Couple's Outdoor Massage*

Unwind side by side in our secluded Spa Pavilions. Experience a customized massage as you create a special memory with a loved one. Located at the Beach Spa Pavilion. **50 or 80 minutes**

Outdoor Anazoe Relaxation Massage*

Begin with a relaxing Classic massage with an aromatherapy oil of your choice to either calm or energize your senses. Enjoy a full body massage as your therapist kneads away tension and improves circulation, creating an overall feeling of harmony and balance. Located either at the Pool Pavilion or the Beach Spa Pavilion. **50 or 80 minutes**

Outdoor Herbal Experience*

This experience includes a customized full body massage located within the spa's herbal garden. Our herbal garden with wafts of rosemary, lavender, and a variety of Messinian herbs, provides a unique treatment area under the shade of a myrtle tree. **50 or 80 minutes**

Olive Grove Massage*

Ancient Olive trees provide the unique backdrop for the ultimate massage experience. Indulge in absolute serenity and relaxation, enjoying the soothing local breeze. An outdoor experience that promises to take away the tension from your body and mind, in the most unique surroundings, while specialized massage techniques help olive's nutrients permeate your skin throughout the body. **50 or 80 minutes**

*Outdoor Massages are offered daily from 07:00 – 20:00 and are available with advanced reservations – 24-hour notice requested. The 'Selene' Moonlight Massage is offered on the dates specified above from 21:00 – 00:00.

Hand & Foot Care

Enjoy the Messinian lifestyle with well-groomed hands and feet. Most of our nail services are designed for natural nails. Please advise when making your reservation if you have acrylics or gel.

Manicures

Citrus Manicure **30 minutes**

Oleotherapy® Manicure (including hydrating treatment, Anazoe moisturizer & manicure) **50 minutes**

Shellac Manicure **40 minutes**

Gentleman's Manicure **25 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) **80 minutes**

Shellac Pedicure **70 minutes**



Gentleman's Pedicure

50 minutes

Oleotherapy® Waxing

Lip, Brow or Chin

Brow Shaping

Underarm

Half Leg or Arm

Full Leg

Bikini Line

Brazilian

Back or Chest

Cosmetic Application

The perfect complement to any facial treatment. Our skin specialists bridge the gap between appearance and wellness to reveal the natural beauty that is healthy for your skin. After studying the shape and proportion of your face and features, our make-up artists will create the perfect look for any occasion.

Make-up Application

30 minutes

Bridal Make-up

60 minutes

Anazoe Kids & Teens

Offer your kids and teens the healthful benefits of oleotherapy® with these therapies specially designed just for them! A parent or guardian must accompany children for the duration of their visit. Children and teenagers 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 and teenagers under the age of 14 are not allowed to use the private lounge areas, wet areas, fitness rooms or pools. 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 guardian in the room for the duration of the service.

Anazoe Mother & Daughter Package

There is no better place than the Spa for the little one to spend a special day with mommy! Side-by-side massage, pampering face treatment, followed by her favorite color on fingers and toes.
80 minutes

Anazoe Father & Son Package

A set of delightful Spa experiences! Spend some precious relaxation and bonding time together by enjoying a light-to-medium pressure massage. Your relaxing journey will conclude with a hand and foot treatment or a mini facial. 80 minutes



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 and a facial massage. **25 minutes**

Oleotherapy® Teen Facial

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

Kid's Foot Therapy

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

Spa Recommendations & Spa Etiquette

A robe, towel and slippers are provided, in addition to grooming and shower amenities. 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

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. **The indoor Thalassotherapy pools and Heat Experience areas are temporarily closed.**

Appointments & Check In

Guests are advised to arrive at least 15 minutes prior to their first appointment to allow themselves ample time to check in and change. 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



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treatment time can be ideally coordinated to suit 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!

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 18 years and older. Guests under 18 years of age must be accompanied by a parent or legal guardian in order to receive treatments.