



ELIÁMOS
KEFALONIA

SPA & WELLNESS



At Elamos Kefalonia, wellness is not a moment - it is a way of being. Set against the island's serene landscape, where olive groves meet the endless blue of the Ionian Sea, our spa invites you to slow down, reconnect, and restore balance.

Inspired by the natural rhythms of Kefalonia and guided by a philosophy of mindful indulgence, each experience is thoughtfully designed to nurture both body and spirit.

From deeply restorative treatments to tranquil spaces that encourage stillness, Elamos offers a sanctuary where time softens, senses awaken, and well-being unfolds effortlessly.

OPERATING HOURS:
10:00 - 18:00





SUMMARY

ELIAMOS KEFALONIA EXCLUSIVES	7
RELAXATION MESSAGES	9
RENEWAL MESSAGES	11
ENERGY BOOSTING MESSAGES	12
NUTRITION MESSAGES	13
IN-VILLA MESSAGES	15
FACIAL TREATMENTS	17
GUEST INFORMATION	19
SPA ETIQUETTE	19



ELIAMOS KEFALONIA EXCLUSIVES

PENELOPE'S SERENTIY

*Part of Epic Eliamos
Experience Package*

min 90

A ritual of return surrendering you to stillness and rediscovery of your inner harmony. Inspired by the quiet strength and timeless grace of Kefalonia, it unfolds like a gently journey, where every touch is intentional and every moment unhurried.

Your ritual begins at the feet, grounding you through a soothing welcome that melts away the weight of the day. As the body is softly polished with a delicate exfoliation, the skin is renewed and awakened.

Warm, flowing movements then guide you into a state of deep calm, where tension dissolves and breath becomes slower, softer, fuller.

The journey concludes with a nurturing face and head ritual, easing the mind into quiet clarity and leaving you suspended in a feeling of effortless lightness.



RELAXATION MESSAGES

RELAXING MESSAGE

min 60 | 120€

Indulge in a luxurious escape from stress and fatigue with our relaxation massage. This rejuvenating treatment is designed to promote a profound sense of calm and well-being, leaving you feeling completely renewed. Gentle yet firm pressure releases tension from your muscles, promoting relaxation and easing any areas of discomfort. Let the soothing ambiance of our spa and the healing power of touch transport you to a state of ultimate relaxation.

BACK & NECK MESSAGE

min 30 | 80€

Relieve tension and discomfort in your back, neck, and arms with our targeted back and neck massage. This therapeutic treatment is an essential addition to any daily wellness routine, especially for those with neck and shoulder issues. A combination of gentle strokes and deeper pressure promotes improved blood and lymphatic circulation, releases tight muscles and reduces pain caused by fatigue and spasms. Enjoy the relief and relaxation that comes with a revitalized body and a renewed sense of well-being.

LEG MESSAGE

min 30 | 80€

A revitalizing leg treatment for tired legs and feet that provides immediate relief and sense of comfort. Its active ingredients improve blood microcirculation, eliminate liquids and toxins, and relax the muscles while offering a cool and long-lasting feeling. Ideal also for pregnant women.

PRENATAL MESSAGE*

min 60 | 120€

Experience complete physical, mental, and emotional relaxation with our specialized prenatal massage for expecting mothers. Gentle techniques and manipulations tailored to your needs provide relief from the physical demands of pregnancy and preparing your body for childbirth. This restorative treatment is a wonderful way to feel your best during a period of intense change, helping you to feel centered and balanced. For an extra touch of pampering, add a head and face massage to enhance your overall sense of relaxation and well-being.

** from 3 months and above and always with a doctor's advice*



RENEWAL MASSAGES

HOT STONES MASSAGE

min 70 | 140€

min 100 | 165€

Indulge in a complete relaxation experience with our hot stones massage, a therapeutic treatment that uses heated volcanic stones to soothe and relieve physical pains. This technique provides continuous heat, which promotes muscle relaxation, detoxification, and relief from stress. This type of massage is known for its ability to deeply relax the body and mind, making it one of our most indulgent and stress-relieving treatments available.

HEAD MASSAGE

min 30 | 70€

Relax and rejuvenate with our head massage, a soothing treatment that includes gentle massages on the areas of the face and head. By improving blood circulation in the head and relieving tension in the neck and shoulders, this massage promotes a sense of calm and peacefulness. Unloading tension from these areas helps to release stress and provide natural pain relief, making this massage particularly beneficial for those with musculoskeletal pain, migraines and headaches.

REFLEXOLOGY

min 30 | 70€

Experience the natural healing powers of reflexology, a therapy that applies special pressures to the soles of the feet to treat pain and promote relaxation throughout the body. By targeting specific pressure points, reflexology helps to relax nerve endings associated with each organ, providing relief from the stress and tension that accumulate in the body every day.

ENERGY BOOSTING MASSAGES

THAI OIL MASSAGE

min 60 | 130€

min 90 | 155€

Experience deep muscle relief and relaxation with our Thai oil massage, designed to target the body's deepest areas with intense pressure and stretches. A combination of techniques release tension from trigger points and promote improved circulation, leaving you feeling revitalized and refreshed. This therapeutic treatment includes 15 minutes of scalp massage, providing a comprehensive and rejuvenating experience for your entire body.

THERAPEUTIC MASSAGE

min 60 | 120€

Experience the best of both worlds with our therapeutic massage, a unique combination of relaxing and Swedish techniques that focus on specific pain points in the body. A variety of movements effectively reduce mental stress, relieve nerve pressure, and promote rapid recovery after operations or injuries. This targeted treatment will leave you feeling revitalized and renewed.

DEEP TISSUE MASSAGE

min 60 | 130€

min 90 | 150€

Our deep tissue massage is specifically designed for those seeking preventative care for acute and chronic injuries, as well as rehabilitation, muscle pain reduction, and improved athletic performance. This treatment is also effective for the treatment of sports injuries. Firm pressure promotes muscle elasticity leaving you feeling refreshed and revitalized. Experience the benefits of this therapeutic massage and maintain the health and well-being of your muscles.

NUTRITION MESSAGES

FACE MASSAGE

min 30 | 60€

A relaxing facial treatment that helps to reduce stress and tension by targeting specific pressure points on the face and eyes. This massage helps to eliminate tension and promote relaxation, making it an ideal choice for those seeking relief from stress, headaches, and migraines. When combined with facial treatments, our face massage provides a complete rejuvenating experience, leaving you feeling refreshed and radiant.

CELLULITE MASSAGE

min 30 | 80€

Our cellulite massage is a specialized technique of lymphatic massage designed to tighten and tone the body, providing fast and effective detoxification. This massage helps to improve circulation of both blood and lymph, leading to local rejuvenation of the skin and reduction of cellulite. This treatment is exclusively designed for women who are looking to reduce cellulite and tone their bodies.



PRIVATE IN-VILLA MASSAGE SERVICE

PRIVATE BLISS

*An additional 50% service
premium applies*

Inspired by the slow rhythms of Kefalonia and the restorative power of nature, our in-villa treatments offer a deeply personal wellness experience in the comfort of your own private retreat.

Surrender to calming rituals designed to nurture body and mind, as the gentle sea breeze, warm sunlight and natural surroundings become part of the experience itself. Guided by intuitive touch, each treatment invites a moment of stillness, balance and quiet renewal.



FACIAL TREATMENTS

DEEP HYDRATION FACE TREATMENT

min 30 | 60€

Revive tired and dehydrated facial skin with our deep hydration face treatment that provides strengthening and restoration to the skin using a deep moisturizing facial mask and a 24-hour moisturizing day cream suitable for all skin types. This treatment helps to replenish the ceramides of the skin layer, strengthening the skin barrier and increasing its elasticity, without drying it out leaving your skin feeling refreshed and moisturized.

ANTI-AGEING FACE TREATMENT

min 30 | 60€

Our anti-aging face treatment is designed to tighten, tone and brighten your skin. An antioxidant face mask provides a deep cleansing and revitalizing effect combined with an anti-ageing, anti-wrinkle face cream suitable for all skin types. This treatment enhances the elasticity, firmness, and youthfulness of the skin, leaving it with a radiant glow.

AFTER SUN TREATMENT

min 20 | 55€

Soothe and rejuvenate your skin after a day in the sun with our after sun treatment. We begin with a gentle cleansing using olive kernel granules and glycerin to hydrate the skin leaving it feeling soft and relieving irritation and redness. We then apply a toning facial lotion with chamomile, leaving your skin feeling refreshed and rejuvenated.



SPA ETIQUETTE

- We kindly invite you to arrive 20 minutes prior to your treatment to complete and sign the mandatory consultation indemnity form
- Please share any health considerations or preferences at the time of booking. If in doubt, please consult with our spa professionals
- Late arrivals may result in a reduced treatment time
- Appointments may be modified or cancelled up to 24 hours in advance*
- The spa is a place of calm; we encourage you to fully embrace its stillness
- To preserve the serenity of the spa, we ask that mobile devices remain silent
- We recommend light nourishment prior to your treatment
- Following your experience, take a moment to rest and rehydrate
- Robes, slippers, and all essentials are provided for your comfort

**kindly note that cancellations made within 6 hours of the scheduled treatment time will incur a 50% charge of the reserved service(s)*

GUEST INFORMATION

RESERVATIONS

Please call our Reception team to book your next spa-indulgent treatment. Walk-in guests are welcome, subject to availability. All Eliamos Spa guests must be 18 years and over.

PERSONAL ITEMS

Every effort is made to ensure the safety of our guests' personal belonging. Eliamos Spa accepts no responsibility or liability for any damages or loss through any cause.

ELIAMOS SPA PROFESSIONALS

Eliamos spa employs only outstanding and professionally accredited spa care professionals. Continued education is assured through regular training programmes.

ELIAMOS SPA GIFT CERTIFICATES*

You can purchase Eliamos Spa gift certificates from our Reception team; an ideal gift for supreme pampering. Browse through our menu to make your selection from the existing treatments, or feel free to design your own package.

**kindly note that our gift certificates are valid for 6 months from date of purchase*



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 RELAIS & CHATEAUX