



SPA & WELLNESS

TIME FOR WELLNESS

TIME FOR YOURSELF



RELAXATION MESSAGES

Relaxing Massage

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.

60' / 120€

Back and Neck Massage

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.

45' / 90€

Prenatal Massage

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*

60' / 120€

Leg Massage

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.

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

45' / 90€



ENERGY BOOSTING MESSAGES

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Thai Oil Massage

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.

60' / 120€

90' / 145€

Therapeutic Massage

Experience the best of both worlds with our therapeutic massage, a unique combination of relaxing and deep tissue 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.

60' / 120€

Strong Massage

Our strong 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.

60' / 120€



RENEWAL MESSAGES

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Hot Stones Massage

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.

60' / 140€

Head Massage

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.

30' / 60€

Reflexology

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.

30' / 60€



NUTRITION MESSAGES

Face Massage

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.

30' / 60€

Cellulite Massage

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.

30' / 80€

PRIVATE VILLA MASSAGE SERVICE

Enjoy most of our massages in the privacy of your own suite or villa.

Prices: treatment cost plus 50%.



FACIAL TREATMENTS

Deep Hydration Face Treatment

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.

30' / 60€

Anti-Ageing Face Treatment

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.

30' / 60€

After Sun Treatment

Soothe and rejuvenate your skin after a day in the sun with our after sun treatment. We begin with a gentle cleansing and exfoliating scrub 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 and calendula extracts leaving your skin feeling refreshed and rejuvenated.

20' / 55€

Cucumber Cooling Wrap

Treat sunburnt skin with our cooling cucumber wrap, the perfect remedy for skin that has seen a little too much sunshine. Our treatment uses the natural abundance of cucumber from the gardens of Kefalonia, combined with the nourishing properties of natural yogurt and essential oils to help draw the redness from your skin and provide a cooling and refreshing sensation.

25' / 45€



SPA ETIQUETTE GUIDE

Although we hate making rules and try to avoid any musts during your visit to Eliamos Spa, we need to inform you of the following:

- Please ensure that mobile phones are switched off during your visit to the spa.
- Smoking is not permitted at our premises.
- Our spa environment is one of tranquility and relaxation. Please respect all guest's right to privacy and serenity.
- If it's your first time at the spa, arrive at least 20 minutes early to complete the necessary forms. Otherwise, arrive 10 minutes early so you can have a few minutes to rest, enjoy our home-made fresh tea, and start the treatment. If you are late to arrive, the time of your delay will be taken off your treatment time.
- You will be charged 50% of the treatment(s) cost if the appointment is cancelled less than 6 hours before treatment(s) start time.
- We are delighted to offer gift certificates for you to treat a special guest to the Eliamos Spa experience. Gift certificates are valid for 6 months from the date of purchase. Our reception team will be pleased to advise you.
- We accept payment by credit card or cash.
- Spa operating hours: 11:00 to 18:00. For all treatments a reservation is required.

OUR TIPS FOR A GREAT SPA EXPERIENCE

- Wear clean flip flops or slippers
- Shower before using the facilities
- Remove skincare products for hygiene
- Don't wear perfume
- Keep your valuables in a locker
- Wear a bathing costume / swimwear
- Use your 'spa voice'
- Avoid eating a heavy meal before a treatment
- Let therapists know of any illness or conditions
- Do not visit the spa with athlete's foot or verrucas
- Enjoy the silence
- Drink more water
- Do not take photos or video in the spa
- Be considerate