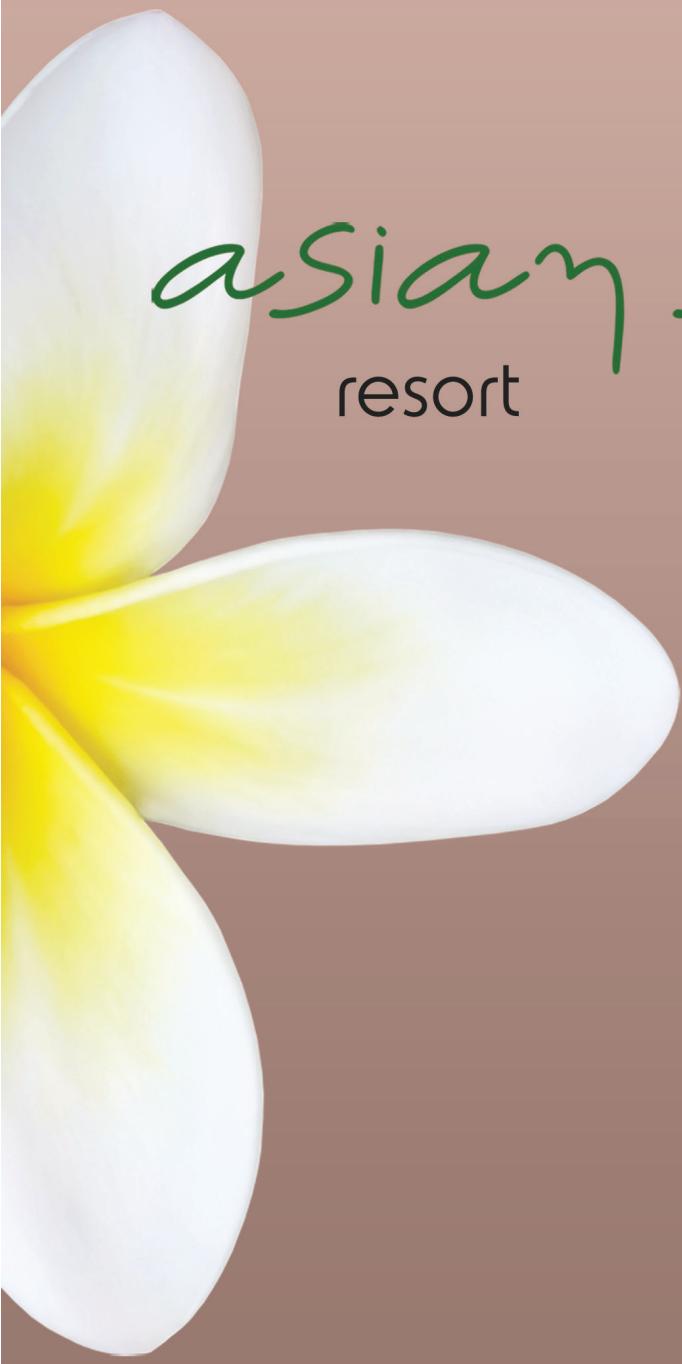


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*asian spa*  
resort



# THE ASIAN SPA RESORT AT MYSTIQUE

## SPA ETIQUETTE

Although we avoid making rules, we would like to inform you of the following:

### **Punctuality**

Please arrive 10 minutes prior to your booking time. To gain maximum benefit from your treatment allow this extra time to relax, complete the health questionnaire and enjoy a complimentary cup of our freshly made signature drink.

In order to ensure guests are not kept waiting, treatments must finish at the allotted time. If you arrive late you may find your treatment time has to be reduced. If no guest is expected immediately after your booking you will be able to enjoy the full duration of your treatment.

### **Mobile devices**

**Offline is a luxury!** Please ensure that mobile phones are switched off during your visit at the spa. Our environment is one of tranquillity and relaxation. Please respect all spa guests to their right to privacy and serenity.

### **Communication**

Our spa professionals are always on hand to assist you in choosing the right treatment(s) based on your needs.

### **Attire / Nudity concerns**

Our goal is for you to be comfortable, thus you will never be asked to change in front of any of our staff. All rooms are private and you will be alone while changing. The therapist will always knock on the door before entering the room, and if you are not ready they will not enter. During the treatment, only the area being treated will be uncovered. Our staff is highly trained in "draping," which is the careful practice of covering all parts of the body not being touched.

### **Jewellery**

Please leave your jewellery and valuables in your room or safety deposit box.

### **Payment**

Payment for spa treatments will be billed to your room account.

### **Cancellation Policy**

You will be charged 50% of the treatment(s) cost if the appointment is cancelled less than 6 hours before the treatment(s) start time. If you fail to give us a cancellation notice, a 100% of the services booked will be charged. Should you like to contact us during non-working hours, please do by emailing us on: [info@asianspa.gr](mailto:info@asianspa.gr)

# Face Essentials

## ***Asian Spa Facials***

### **Truly Deep Hydration**

*For dry and dehydrated skin*

**50 min - 95€**

Ageing can delay to a great extent when we are consistent with our skin and eye hydration. This deeply nourishing facial contains avocado oil that comes with an abundance of vitamins and nutrients that are extremely beneficial for the skin. An effective way of helping our skin look clean, smooth and luminous.

### **Skin Enhance**

*For oily and problematic skin*

**50 min - 95€**

A purifying treatment that softens pore clogging congestion. Not only blemishes are diminished but overall skin quality, tone and smoothness are enhanced - including the eye area.

### **After Sun Face Repair**

*For sun exposed skin*

**50 min - 95€**

This treatment has been specifically designed to moisturize and protect sun exposed skin including the eye area. Through the cooling and deeply hydrating properties of the aloe vera gel, it prevents skin damage due to burns, helps detoxify and improves the overall texture.

## **ilā 100% Organic Facials**

### **Ananda Face Therapy**

*For all skin types*

**50 min - 125€**

Ananda means 'divine bliss' in Sanskrit. This delicate relaxing treatment uses gentle techniques to open the energy centers of the face, working with the body's blissful higher energy to induce feelings of deep peace and a beautifully glowing skin. The face enjoys increased blood circulation, anti-inflammatory benefits and hormonal balance.

## **Renewed Recovery Face Therapy**

*For all skin types*

**50 min - 140€**

This deeply restorative two-part face therapy uses a warm herbal compress, lymphatic drainage, Amazonian mud mask and intensely healing rainforest plant extracts to rejuvenate and regenerate facial skin cells. Skin tone is visibly lightened. Swelling, inflammation and water retention are reduced. Fine lines and wrinkles are diminished due to inhibited muscle contraction. Increased supply of blood and nutrients on a cellular level encourages toxin release and collagen production.

## **Crystal Healing Face Therapy**

*For all skin types*

**80 min - 150€**

A divine face therapy with warmed rose quartz crystals that relax the muscles and dissolve stress lines. A deeply nourishing and sensuous experience that combines meridian tapping and Tibetan face techniques to bring a subtle release of tension from the face and encourage healing through the energy of crystals.

## **ila 100% Organic Express Face Treats**

### **Express Bliss**

*A perfect quick-fix for dehydrated and tired skin*

**30 min - 60€**

This treatment uses delicate techniques to open the energy centres of the face, working with the body's blissful higher energy to induce feelings of deep peace and beautifully glowing skin. A perfect quick fix for dehydrated and tired skin.

### **Express Renewed Recovery**

*A perfect quick-fix for mature, sun-damaged or problematic skin*

**30 min - 70€**

The keystone of ila's Rainforest Rejuvenation range is the Amazonian Elixir, which is a holistic blend of four Amazonian plant extracts: acmella, pfaffia, marapuama and white lily. These unique bio-active raw ingredients are blended into bespoke formulations that support and encourage the skin's natural regeneration processes.

## ***Suggested Add-ons to all Body Treatments***

### **Aloe Vera Face Wrap**

**25 min - 45€**

A popular treatment for skin that has been overexposed to the sun, this deeply nourishing face wrap, moisturizes and protects the skin while it's nutrients fight aging and inflammation.

### **Face, Neck & Décolleté Massage**

**25 min - 45€**

Ideal to prevent premature aging, this treatment increases skin elasticity, improves blood circulation, reduces pores of skin and improves the skin's complexion. The products used are customised, based on the guests' needs.

## **Body Essentials**

### ***Full Body***

#### **Mystique Signature Massage**

**50 min - 120€ / 80 min - 155€**

The Mystique Signature massage is a fabulous, unforgettable experience. This simply luxurious treatment starts with a Thai massage, which soothes and invigorates the body, followed by the application of warm oil for deep relaxation. The therapist will improve your body's natural equilibrium, leaving you glowing and revitalized both inside and out.

#### **Aloe Vera After Sun Massage**

**50 min - 110€ / 80 min - 140€**

With the use of the soothing and skin anti-aging aloe vera cream, this massage stimulates blood circulation and relaxes tense muscles by employing a range of gliding, friction and kneading massage strokes on the superficial muscle layers. The result is a relaxing, yet invigorating treatment that is perfect for helping you to relax and unwind during your vacation.

#### **Traditional Greek Massage**

**50 min - 115€ / 80 min - 155€**

Through this purely Greek massage, you will experience a combination of vigorous and gentle massage strokes with the use of traditional Greek olive oil. During this amazing treatment, your body receives a lot of activity, energy and a tremendous relief from stress, while your skin is deeply hydrated and nourished.

### **Grape Seed Oil Massage**

**50 min - 110€ / 80 min - 145€**

With the use of the deeply moisturizing grape seed oil, your therapist will use a range of gliding massage strokes, kneading and friction on the more superficial layers of muscles to stimulate circulation and soothe tensed muscles. You will feel your body extremely relaxed and your skin soft and silky.

### **Sports Massage**

**50 min - 110€ / 80 min - 160€**

Concentrating on muscle flexibility and improving blood circulation, this massage helps repair damage after injury and is also effective in preventing mishaps. Whether your idea of exercise is a rigorous gym workout or a gentle swim, this treatment will help you achieve your goal of getting, or staying, fit and healthy.

### **Hot Stone Ritual**

**80 min - 160€**

Different sized volcanic basalt stones are heated in water and used by your therapist to massage you before being placed on key points of the body; transferring the earth's natural energy held in the stones for an immense feeling of wellbeing. The use of long sweeping strokes is key to this healing, full body treatment, which helps remove toxins from your muscles, relieve stress and promote deep relaxation.

## ***Targeted Treats***

### ***Asian Spa***

#### **Head, Neck, Shoulders**

**25 min - 55€**

This relaxing massage is for anyone who needs a speedy relief from daily stress. Focusing specifically on the head, shoulder and neck areas you will soon feel relaxed, revived and ready to go.

#### **Back Rejuvenation**

**25 min - 55€**

An invigorating massage that not only eases tense muscles and knots in the back, but also induces a sense of relaxation. The healing properties in its almond oil base make it the ideal treatment after a long day.

## **ilā 100% organic**

### **ila Impeccably Perfect Hands**

**30 min - 55€**

Release tension from the hands and restore a younger appearance with this combination of scrub, rose balm, marma massage and hydrating rose quartz gel mask.

### **ila Flawless Feet Treat**

**30 min - 55€**

A treat that includes a Detoxifying scrub, marma massage, foot mask and Vital Energy cream to soften.

## **ilā 100% Organic Spa Rituals**

### **ila Prana Vitality Massage**

**60 min - 110€**

Prana is the life force energy which fills us with vitality, positivity and joy. Prana flows upwards – the focus of this massage is to encourage and strengthen this flow with massage techniques, marma therapy and vitality-enhancing essential oils. We use Juniper Berry, Geranium, Lemon Grass, Lavender and Patchouli in this treatment. Due to the fact that the essential oils of Juniper Berry and Lemon Grass are ripened by the sun, they are filled with high levels of prana. Himalayan Salt Poultices infused with Lavender and Marigold are used on the back muscles and the subtle energy channels.

### **ila Kundalini Back Treatment**

**50 min - 125€ / 80 min - 160€** (includes rose facial massage)

A gentle, nurturing treatment that uses chakra and sound healing to activate and channel the Kundalini – the dormant energy at the base of the spine – realigning the body's rhythm and restoring a balanced state. Ideal for emotionally exhausted souls, this soothing treatment has a profoundly restorative effect on the sympathetic and parasympathetic nervous systems. The body is brought back to a state of awareness and balance. Physical and mental tension is lifted and built-up emotion and anxiety are released.

### **ila Manipura Full Body Treatment**

**90 min - 160€** (includes body scrub) / **60 min - 120€**

Manipura means 'beautiful, shining jewel' in Sanskrit. It refers to the solar plexus (naval) chakra – the centre of fire and sun energy that ignites our health and vitality. This treatment uses marma massage, lymphatic drainage and Himalayan herb poultices to stimulate and balance this vitality. The body's digestion is regulated and there is a deep detoxification of its blockages. Blood and lymph flow is increased.

## **Body Exfoliations**

### **Instantly Detoxifying Scrub (ila 100% organic)**

**25 min - 60€**

This energizing full body scrub targets cellulite, stress and exhaustion. Drawing on the ionising properties of Himalayan Salt Crystals, it stimulates circulation and toxin elimination, uplifting mind, body and spirit.

### **Instantly Blissful Scrub (ila 100% organic)**

**25 min - 60€**

Using the healing properties of Himalayan Salt Crystals, this soothing all-over scrub restores and relaxes the nervous system, leaving skin glowing and the body infused with a sense of enhanced wellbeing.

### **Lava Pumice Foot Scrub**

**25 min - 40€**

Utilizing the effects of Santorini's volcanic pumice and mineralizing salts, this foot treatment nourishes rough skin and makes it healthier while it prevents cracks and foot dryness.

## Body Envelopments

### **Express Rose Aloe Sun Cooler (ila 100% organic)**

**30 min - 60€**

This full body experience refreshes and replenishes sun-damaged or overheated skin by reducing bodily heat. A soothing mist of Rose hydrolat and a cooling massage with Body Cream for Glowing Radiance and rose quartz crystals, calm and soothe sunburn or sensitivity.

### **Dead Sea Mineral Mud Wrap**

**25 min - 60€**

Dead Sea mud is filled with fantastic minerals that, when absorbed into the skin, help to break down fatty deposits and encourage a healthy glow. A Dead Sea mud wrap is an effective way of reducing cellulite and can also help firm, tone and improve elasticity after pregnancy or weight loss.

## ilā 100% Organic Wraps

Castor oil and herb-based wraps that focus on the midriff section. They can be combined with all menu treatments.

### **ila Vitality Wrap**

**30 min - 60€**

Targeting the liver, this specialized wrap incorporates liquorice, holy basil, shilajit, juniper, sandalwood, cedarwood and rose, affirmed and activated by warm and cool packs to help increase the body's vital energy.

### **ila Hormone Wrap**

**30 min - 60€**

Targeting the kidneys, this specialized wrap combines rose, sandalwood, pfaffia, rhodiola and shatavari with warm and cool packs to help regulate fertility hormones and support healthy kidney function.

### **ila Adreno Exhaustion Wrap**

**30 min - 60€**

Targeting the adrenal glands, this specialized wrap combines strengthening vertivert, sandalwood, and shilajit with warm and cool kidney packs to bring relief from adrenal exhaustion, hormone imbalances, menopause and anxiety.

## Experiences

### **Mystique Divine Escape**

**Grape Seed Oil Massage** 50 min x 2

Your therapist will use a range of gliding massage strokes, kneading and friction on the more superficial layers of muscles to stimulate circulation and soothe tensed muscles.

**&**

**Express Bliss (ila 100% organic)** 30 min x 2

A perfect quick fix for dehydrated and tired skin.

**Package Price: 280€**

### **Sun Cooling Exclusive**

**Aloe Vera After Sun Massage** 50 min x 2

This sun-soothing treatment stimulates blood circulation and relaxes tense muscles by employing a range of gliding, friction and kneading massage strokes on the superficial muscle layers.

**&**

**After Sun Face Repair** 50 min x 2

Moisturises and protects sun exposed skin including the eye area.

**Package Price: 330€**





MYSTIQUE  
HOTEL  
SANTORINI

THE  
**LUXURY**  
COLLECTION



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