



PRESENTS





Welcome to our Oriental Spa.

Our Philosophy

Anthemus Oriental Spa has a holistic approach of physical and spiritual welfare, ensuring you a unique sanctuary of sensations.

Inspired by Asian healing traditions of many ages our treatments are based on restoration of equilibrium and harmony of mind, body and soul.

Go back in time in the mystic ways of the ancients, and discover a mixture of exotic treatments and rituals from all over the world...

Bali, Indonesia, China, India, Thailand,

Enter a world of absolute harmony were time freezes and a new journey begins inside the sanctuary of feeling and essence.

*Give in and discover the path of inner peace, meditation and revitalization...
Without rush, pressure and stress.*

Discover your feelings again...

Rest your mind...

Breathe freely...

Anthemus Oriental Spa - Massages

Wellness Massage - 45min. / 45 €

Especially designed to provide ultimate relaxation, removes stress and reliefs from muscle pain. Essential oils combined with techniques where West meets East - Our therapists welcome you into the world of Anthemus Oriental Spa.

Back Express Massage - 30 min. / 35 €

This mini introductory back and neck massage with special pressure and pull techniques offers well-being and relief from muscle pains and stress.

Foot Express Massage - 30 min. / 35 €

A brief treatment that uses reflexology points and extracts of wild mint oil supply relief and vigour all over the human body.

Foot Spa Treatment - 45 min. / 35 €

Complete feet treatment consists of relaxing foot scrub, foot mask and completes with soft and healing massage.

Hand Spa Treatment - 45 min. / 35 €

Full hand treatment combining the revitalising attitudes of essential oils. Includes hand scrub, hand mask and finish with calming palms massage.

Traditional Thai Massage - 60 min. / 55 €

Known all over the world for its healing properties. The traditional Thai Massage is based on knowledge survived throughout the centuries. It is a deep massage using pressure on specific points and stretching techniques on the joints and the spine.

Asian Blend Aromatherapy - 60 min. / 55 €

Aromatic and relaxing Asian Blend Aromatherapy is based on a combination of ancient techniques with essential oil, a light massage which helps the infiltration of the essential oils into the skin activating their healing attributes to revive and relax body and mind.

Balinese Massage - 60 min. / 55 €

Authentic, deep and relaxing massage influenced from the age long traditions of Bali. Using special pressure techniques, kneading and stretching this exotic massage strengthens the circulation, soften muscle pains and provide well-being.

Sport Massage - 60 min. / 55 €

A firm massage combining lemongrass and ginger essential oils aiming in relaxation, strengthening and revitalisation. It is advised to people with intense physical activity.

Lotus Deep Massage - 60 min. / 55 €

Strong and deep massage using mostly the forearm, the palm and the fingers. Resulting in muscle pains, stress and pressure, this empowering massage acts pressure all over the body offering pain relief and well-being.

Back Hot Revival - 60 min. / 55 €

This massage is especially designed for the back, shoulders and neck. The therapist spreads warm ginger oil and combines techniques of Balinese massage, with special pressure and pulls points from Thai massage in combination with Thai herbal hot compress. Relieves from pains and eliminates fatigue and stress.

Foot Reflexology - 60 min. / 55 €

Ancient treatment based on pressuring the sole's vital points that correspond to inner parts of the body. Reflexology is used internationally as supplemental method in cases of internal diseases, stress cases, chronic fatigue syndromes and exhaustion of the myoskeletal system.

Indian Head Massage - 60 min. / 55 €

An authentic Ayurveda treatment, using 100% virgin coconut oil and applying pressure and pull on selected points of the neck and the skull. Ideal for: cases of memory loss, long term headaches, migraine and stress.

Thai Herbal Healer - 90 min. / 90 €

An ancient Thai treatment using healing herbs. It is a combination of traditional Thai massage and application of hot compresses from selected tropical herbs. The revitalising power of Thai massage is combined with the herbs heat and essence which infiltrate the human body through the skin. Perfect choice for muscle pains and myoskeletal problems.

Lotus Harmony - 60 min. / 90 €

Lotus Harmony is performed by two therapists working synchronized in dancing rhythm and perfect harmony. Through synchronization the healers release the inner energy flow, harmonizing yin with yang and restoring the spirits, souls and body's balance and harmony. It combines five different kinds of massage: Japanese Shiatsu, Thai massage, Hawaiian Lomi-Lomi, Swedish and Balinese. The ultimate pleasure of feeling the touch of four hands.

Spa Programs and Exotic Rituals

Jasmine Retreat - 120 min. 100 €/per person, 160 €/per couples

Jasmine milk bath, jasmine body scrub, Asian blend aromatherapy

A revitalisation bathing treatment combining jasmine body scrub and continuous by fully relaxing essential Asian blend aromatherapy massage.

Green Tea Revival - 120 min. 100 €/per person, 160 €/per couples

Herbal bath soak, green tea body scrub, back and neck massage, facial treatment.

A combination body treatment based on the recreating and antioxidant attributes of green tea. The treatment starts with a revitalizing bath soak and afterwards the therapist spreads softly the green tea body scrub over your body. After a short rinse indulge yourself with an invigorating back and neck massage while the retreat finishes with relaxing facial massage.

Oriental Spicy - 120 min. 120 €/per person, 200 €/per couples

Oriental spicy bath soak, ginger body scrub, body lotion, Oriental foot massage, Indian head massage.

Treatment based on the healing and heating feature of ginger and other spicy herbs. The session begins with a spicy herbal bath, followed by a ginger body scrub and then comes a soft and gentle massage with aloe vera body lotion. The session continues with Oriental foot massage and finishes with the ultimate relaxation of Indian head massage.

Balinese Boreh - 150 min. 130 €/per person, 220 €/per couples

Herbal bath soak, herbal body scrub, yoghurt splash, Bali floral oil massage.

Revitalising treatment, based on II ancient traditions of Bali. The ritual begins with warm bath soak and application of herbal body wrap with refreshing features, then comes a yoghurt splash which hydrates and cools off the body leaving you with a unique feeling of smoothness while the session ends with an invigorating, anti-stress Balinese massage.

Royal Thai - 150 min. 130 €/per person , 220 €/per couples

Oriental spicy bath soak, body scrub, body lotion, hot herbal paunches, Thai massage, Ayurveda head massage.

A unique treatment originating from the royal palace of Thailand, based on ancient techniques as found in inscriptions at the famous temple Wat Pho in Bangkok entered in Thailand by king Ramah III. The Royal Thai begins with a revitalizing bath soak ritual and continues with a warming up body scrub followed by a gentle application of body lotion. The therapist applies Thai herbal hot paunches containing mix of herbs and continues with a healing Thai massage inspired by its yoga special techniques of pressure and pull, releases the inner energy, removes stress and calms muscle pains. The session ends with a relaxing and calming Ayurveda head massage.

Shirodara - 90 min. / 90 €

An exclusive Ayurveda treatment based on an mind-body-spirit essential oil drilling over the sixth chakra on the forehead, known also as the third eye. In the same time the therapist performs a special design relaxing and calming head and neck massage while the session ends with a relaxing foot massage. It is special helpful in cases of insomnia, stress, headache and anxiety disorders.

Lotus Body Treatments

Lotus Body Scrub - 45 min. / 40 €

Body scrub massage, shower, body lotion

- ✓ **Herbal** ginger improves circulation, relaxes the tight muscles and stimulates the central nervous system
- ✓ **Cacao - Chocolate**, with antioxidant properties and brain stimulation
- ✓ **Jasmine**, a precious essential oil with intense essential features
- ✓ **Green tea**, with strong antioxidant and recreating characteristics
- ✓ **Coconut**, very gentle and high moisturizing properties especially for sensitive skin

Lotus Body Mask - 45 min. / 40 €

Body mask, shower, body lotion

- ✓ **Green Tea body mask**, aloe Vera, honey and chamomile are cooling and revitalising the skin. Green tea has strong antioxidant and recreating characteristics.
- ✓ **Jasmine body mask**, with its essential and shooting properties.
- ✓ **Chocolate indulgence mask**, chocolate is a natural stimulant of the nervous system and increases the level of the endorphins.

Lotus Essential Body Treatment - 60 min. / 60 €

Body scrub, warm compress, body mask, shower, body lotion

A full body treatment combining: body scrub, body mask and hydrating body lotion.

It comes in combinations

- ✓ Jasmine body essential
- ✓ Green tea body essential
- ✓ Chocolate body essential

Lotus Essential Massage - 75 min. / 75 €

Body scrub, shower, Wellness massage

A full body indulgence combining an exfoliating smooth scrub massage and a full body invigorating welcome massage. It comes in four combinations

- ✓ Green Tea essentials massage
- ✓ Jasmine essentials massage
- ✓ Chocolate essential massage
- ✓ Coconut essential massage

Bio-Marine Facial and Body Treatment

Facial Express - 30 min. / 35 €

Quick facial treatment with pure marine extracts infusion depend of skin type. Combines: facial cleansing, toning, anti-wrinkle facial and eyelid massage.

Exotic Facial Treatment - 60 min. / 60 €

Rebalancing exotic facial treatment with pure marine extract infusion depends of skin type. Using smooth moves of healer spreads extracts while at the same time activates the blood circulation, softens wrinkles and stimulates the vitality facial points restoring its balance and offering well-being. Includes facial warm compresses, cleansing milk, toner, scrub, mask, lotion and massage cream.

Anti-ageing Eye Care - 30 min. / 45 €

The Thalgo Hyaluronic Eyes mask patches, plumps-up and instantly fills fine lines and wrinkles. Wrinkles are smoother and your eyes looks fresh and younger.

Hydra Source Facial Treatment - 60 min. / 60 €

Professional treatment corrects the hydration levels of dehydrated skin and deeply replenishes, leaving your skin soft and silky.

Pure Collagen Facial Treatment - 75 min. / 75 €

The power of pure marine collagen and Palmaria Palmata algae has been developed to produce results from the very first treatment. Skin is left soft, radiant and even wrinkles are visibly reduced. We suggest course of six treatments.

Hyaluronic Smooth & Fill Facial Treatment - 75 min. / 75 €

Containing a high concentration of Marine Hyaluronic Acid for high-precision filling action. A real rejuvenating force, it helps diminish the appearance of fine lines and fills in stubborn wrinkles.

Silicium Super Lift Facial Treatment - 75 min. / 75 €

For women with marked wrinkles and reduced firmness of the facial contours and neck looking for an intensive high-concentration treatment.

Men's Hydra Ocean Treatment - 60 min. / 60 €

Especially for stressed male skin combines marine active ingredients with relaxing facial massage movements. Energizing and balance treatment removing marks of tiredness.

Integrative Slimming - High Precision Shaping Treatment - 90 min. / 85 €

An anti-cellulite and slimming therapy, restructuring and firming treatment with the highest marine ingredients and the experience of Thalgo. It helps diminish the appearance of localized unwanted curves and lastingly refine the figure.

Manicure and Pedicure

| | |
|-----------------------------|------|
| Simple Manicure | 15 € |
| French Manicure | 20 € |
| Spa Manicure | 30 € |
| Extra peeling and hand mask | |
| Simple Pedicure | 20 € |
| French Pedicure | 25 € |
| Spa Pedicure | 35 € |
| Extra peeling and foot mask | |

Gel Fx Orly and Cuccio

| | |
|--|------|
| Simple Manicure | 25 € |
| French Manicure | 30 € |
| Spa Manicure | 35 € |
| Extra peeling and hand mask | |
| Simple Pedicure | 30 € |
| French Pedicure | 35 € |
| Spa Pedicure | 40 € |
| Extra peeling and foot mask | |
| Warm hand paraffin treatment | 15 € |
| Warm foot paraffin treatment | 20 € |
| Warm hand & foot paraffin treatment | 30 € |
| Gel Fx removal & repair treatment | 15 € |
| Gel Fx removal | 5 € |
| (and chosen manicure or pedicure) | |
| Nail Art (each finger design) | 2 € |

Body Waxing

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|------------------------------------|------|
| Eyebrows shaping | 7 € |
| Upper lip shadow | 10 € |
| Lower legs (up to the knee) | 20 € |
| Full legs | 30 € |
| Bikini | 25 € |
| Hands and Arms | 15 € |
| Underarms (armpits) | 15 € |
| Back hair removal | 25 € |

Spa Facilities (common and private space)

Wet and heat retreat - 120 min. 15 €/per person, 20 €/per couple

Sauna, Steam Bath, Snail Tropical Shower, Ice fountain, Jacuzzi, Vitality Hydro Pool, Resting Lounge.

Warm Hydrotherapy Cave - 45 min. 10 €/per person, 30 €/up to 4 persons

Private warm hydrotherapy cave pool session.

Rassoul - 35 min. 1pax/20 €, 2pax/30 €, 3pax/40 €, 4pax/50 €

Book a private heat and body treatment in our Rassoul for you and your partner. The ritual begins with a mutual joyful application of body mask and then rest on the heated lounges of the Rassoul while the environment operates in a mild dry heat of a Roman Tepidarium (38 C) that helps the mask to dry on your skin. Then a warm steam, blended with essential oils fills the air and the mask begins to melt on your body carrying away impurities and dead skin cells. The session finishes with a tropical rain, which clears away the rest of the body mask.

Infrared Sauna - 120 min. 25 €/per person, 35 €/per couple

Private session of infrared Sauna complied with common space of wet and heat retreat.

Anthemus Oriental Spa Policy

Spa Operating Hours

The Spa operates daily from 08:00 until 20:00.

Anthemus Oriental Spa lobby Reception tel. 0030 23750 722001 extension 860

e-mail: spa@anthemusea.gr

Spa Booking Appointments

Anthemus Oriental Spa always welcomes any and all walk-ins upon availability. To secure your requested spa time and treatments, we recommend you to schedule an appointment in advance. If you will be attending the spa with a voucher, it is a good idea to mention it so that the Spa can advise You of any policy that may affect its use.

Spa Arrived

To maximize Your experience, please check in 15 minutes prior to your scheduled appointment time. This allows time for a personalized consultation and time for relaxation. We regret that late arrivals may not receive the full benefit of services provided.

Spa Cancellation

In order to provide our guests with earliest possible appointment times, we require a 48-hour cancellation notice for all multiple service packages booked, and a 24-hour cancellation notice for all other services. Any cancellation less than 24 hours will be charged 50% of the full service charge. No shows will be charged 100% of the full service charge. However, we understand that emergency situations do arise and we will accommodate You in best way we can.

Spa Policy Important Information

All customers of Anthemus Oriental Spa will sign in upon arrival at Spa Reception.

If you have any medical problems or receive any kind of medication, please consult your physician (prior to making your booking) if you are allowed to take a part in any of our treatment. We reserve the right to refuse treatments if we feel it is not in the best interest of the guest.

For the comfort and peace of all our guests food consumption, smoking, alcohol and handy phones are not allowed in any of Spa area. Customers under the influence of alcohol are not accept.

Swimsuits must be wear at all times during the using of Spa facilities area.

Shirts must be worn at all times whilst using the gym equipment.

In the swimming pool area will be not diving or jumping.

Children of hotel guests (0-16yrs) may use only the swimming pool daily and only between hrs 10:00-12:00 and 17:00-19:00. All children must be accompanied by adult and supervised at all times in the swimming pool area.

No child (up to 16 years) may use the gym equipment, sauna, steam bath or Spa area.

Anthemus Oriental Spa is not responsible for any loss or damaged valuables.

Lotus Oriental Spa and Anthemus Sea Beach Hotel and Spa bear no responsibility in a case of health problem or accident.

Anthemus Oriental Spa reserves the right to change the Spa rules, services, prices and the opening hours.



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