

# LAVA SPA MENU

Welcome to the Lava Wellness and Spa, your sanctuary of tranquility for body and spirit. Find your inner balance at a polished haven set amongst centuries-old, lava slopes surrounded by ancient volcanoes.

Treat yourselves to a well-being experience that embraces treatments selected to offer an oasis of purity and rejuvenation.

Carefully selected products, local hand-picked ingredients and volcanic inspired rituals have been curated by our experts to share earthly wisdom.

## **FACIAL TREATMENTS**

### **Eye and Lip Contour Treatment | 30'**

Anti-wrinkle eye care with marine elements of collagen and elastin. Smooths wrinkles in the eye area and helps reduce edema and dark circles. Enjoy integrated lip care and exfoliation, using a cocktail of very effective ingredients that activates blood circulation.

### **Spa - Prestige Éclat | 45'**

The coexistence of the rich marine power into a treatment for rejuvenation, radiance and hydration of the skin. The treatment can be easily adapted to your personal needs.

### **Hydra Original Treatment | 60'**

Treat your skin to a "soak" of moisture with a treatment that pairs detoxification and hydration with high performance organic marine active ingredients in synergy with a multi-sensory facial massage, for skin that is plumper, more revitalized and more luminous.

### **Douceur Marine | 60'**

A cocoon treatment that softens sensitive skin and improves its defenses for soothed and perfectly moisturized skin.

### **City - Life "Sorbet" | 60'**

A specialized treatment that combats environmental pollution for restoration of freshness and brightness of the skin.

### **Extended Youth | 60'**

3 key steps in an ultra-effective treatment to resurface the skin, fill wrinkles and restructure the face.

## **BODY TREATMENTS**

### **Crystal Glow | 45'**

Exfoliation with salt crystals combined with a moisturizing massage for an instant embellishing treatment that leaves the skin soft and silky.

### **Revival -Soothing Treatment | 45'**

A treatment with marine flavonoids and Centella Asiatica that filters, stimulates blood microcirculation, reinforces capillary tone, relaxes and relieves tired legs. A Peeling with crystal salts and essential oils follows.

### **Sea Breeze | 60'**

Delightful, regenerating sea foam massage & calming mask that instantly soothes and relieves irritated, dry skin.

### **Aegean Blue | 60'**

The Innovative slimming treatment powered by 5 different kinds of Algae activates the energy mechanism of fat cells, stimulates lipolysis and reduces the storage of

fat. Specially designed massage and wrap with seaweed jam, offers unique toning and softness to your skin, smoother skin appearance and a pleasant sea scent to follow you.

**Marine Detox** | 60'

Relaxing treatment massage with detoxifying marine products for back, neck, and arm pain.

## **MASSAGES**

**Haute Spirit - Scalp Massage** | 30'

A delightful scalp massage with laurel oil which releases tension relief from migraines or headaches and also helps in hair strengthening.

**Inner Peace - Back Neck & Spot Massage** | 30'

This massage focuses on the back, neck, head and forehead and incorporates acupuncture point stimulation and vibrant techniques. The perfectly orchestrated movements of this massage seduce your senses in a unique journey of relaxation that will completely revitalize your body.

**Ethereal Grounding - Foot Massage** | 30'

This massage uses specific pressure points to systematically activate the nerve reflexes, thereby stimulating all body organs and tissues to improve overall function and wellbeing. Effective for calming the mind, relieving headaches, and inducing deep and restful sleep.

**Santo - Aromatherapy Massage** | 50' | 80'

Perfectly designed from beginning to end to gradually calm each and every part of your body and completely quiet the mind, ultimately offering the most lavish, cocooning experience. Spoil your senses with the aromatic combination essential oils that creates a feeling of absolute calmness and peace.

*Choose between mint, thyme and dittany essential oil*

**Your Sanctuary - Deep Muscle Massage** | 50'

This deep tissue massage is tailor-made to target specific areas of muscle tension and soreness. A series of intensive techniques are used to increase blood circulation, release built-up toxins, and restore balance to the body and nervous system.

**Magma - Shells Massage** | 60'

Healing massage with real shells that manifest naturally calcium ions, which are transported directly to the skin through the action of heat. It eliminates muscle tension, calms the nervous system and enhances blood circulation and lymph.

**Running Lava - Candle Massage** | 50' | 80'

Lay back and unwind whilst the delicately scented warm drops touch your skin and surround your whole body in a velvet textured massage which makes for a wonderfully unique sensation. Allow yourself to relax as the warm oil deeply penetrates the skin's surface, releasing its beneficial properties, and its sensuous fragrance. An outstanding experience of aromatherapy, relaxation & rejuvenation that promotes bliss, balance and well-being!

Choose between our scents collection: Seductive, Energizing, Detoxing and Relaxing.

**Peaceful Mother Care – Prenatal Massage** | 40'

This head to toe, prenatal treatment is designed for expectant mothers in their second trimester onwards. Using nourishing organic karite butter, this treatment helps to alleviate muscle tension, specifically in the lower back, whilst assisting to ease any discomfort during and after pregnancy. In addition, this luxurious gardenia body butter leaves the skin soft and supple whilst the relaxing fragrances help calm the mind.

## **SPA RITUALS FACE & BODY**

### **Earthly Wisdom | 70'**

Pamper yourself with the natural wonders of the Island of Santorini, feel the royal benefits of thyme and other rare herbs as we cover your skin with Dittany oil which is infused with Crocus that leaves the skin silky smooth. This treatment includes the application of a rich face and body mask which contains a refreshing cocktail of organic honey bee pollen and royal jelly which contribute dramatically to the renewal, regeneration and tightening of the skin. This perfectly performed massage is made with warm pouches full of local herbs. The alluring ritual ends with the application of a refreshing gel containing red grape that leaves the skin deeply hydrated, whilst also stimulating your senses!

### **Big Blue | 90'**

A multi sensorial holistic massage to relax and rejuvenate both body and face. The perfect synergy of light strokes, pressures and a "deep tissue massage" awaken your body, relieve and eliminate all types of tension. The specific face "lifting massage" with the "Shaper & Roller" highlights, tones and lifts your facial contours, restores elasticity to the skin, smooths and fills fine lines and wrinkles. The apparent results of the treatment are reflected by your inner and outer glow.

The facial features are fully relaxed and radiant. The treatment includes facial and body exfoliation for smooth and soft skin followed by a therapeutic, holistic massage.

### **24K Golden Veil Therapy | 75'**

Face and Body treatment for detoxification, hydration, remineralization, antiaging, renewal, rejuvenation, wellness, through the luxury of gold and the subtle scent of the flowers of the fields and the desert. Artemisia, the flower of Passion, minerals, metals such as gold, pearl and the scent of daisies take you on a magical journey of the senses and the flow of positive energy enveloping you in a veil of gold.

Freshness – scents and glow in the eternal art of beauty.

## **VICHY SHOWER BODY TREATMENTS**

**A unique relaxation experience, exfoliation in the Vichy Shower combines warm fine rain that gently flows on your body, on the areas where tension accumulates and offers deep relaxation, serenity and well-being. Each treatment in the Vichy Shower is an unforgettable experience.**

### **Delight Scrub with Flowers and Fruit | 45'**

A real pleasure, this exfoliation combines natural ingredients of fruits, flowers and

grains in a treatment of cleansing, radiance and velvet touch for your skin.

### **Sea Foam Exfoliation | 50'**

A soft foam for deep cleansing of the skin that moisturizes, tones and rejuvenates sensitive and irritated skin.

## SPA ETIQUETTE

### ***Spa operating hours***

#### ***Daily from 10:00-19:00***

For any enquiries or information regarding the spa, please contact our spa reception. We highly recommend that you book in advance to ensure you secure your preferred time and treatment.

#### ***Age Requirement***

The spa is appropriate for guests 16 years and older.

#### ***Pregnancy***

In case of pregnancy, please let us know in order our spa team to guide you in selecting spa treatment

#### ***Covid-19 Policy***

Pre-booking is essential. Upon your arrival, we will provide you a Covid health Declaration to sign. Convenient appointment check-in has been designed to support social distancing.

All team members have received advanced training and certification on enhanced hygiene and sanitation standards and protocols.

Additional time will be scheduled between each guest/service, to fully sanitize and disinfect all treatment spaces. (In case you become symptomatic before your visit to our spa, please call us to postpone your reservation.)

#### ***Appointments & Check In***

Please arrive 20 minutes prior to your appointment to complete a health consultation to ensure you do not have any contraindication for your treatment and take time to relax in our tranquil surroundings.

#### ***Prior to arrival***

To experience the effectiveness and pleasure of your spa treatment, we highly recommend you that you have a light snack instead of a heavy meal before your appointment. Alcohol intake would also be of no use.

### ***Preparation***

We recommend that you leave all jewelry in the safe of your room. The spa will not be held responsible for valuables lost within the spa. For men – please shave prior to all facial treatments to ensure that maximum results are achieved

### ***During your stay***

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. Smoking is not permitted in the spa's indoor facilities at any time. The use of video and still cameras is strictly forbidden. Out of consideration for other guests, we ask that cell phones be turned off while at the spa.

### ***After your treatment***

We recommend that you do not sunbathe after aromatherapy treatment for a minimum of 3 hours.

### ***Payment:***

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 4 hours prior to appointment time. No shows or appointments canceled with less than four hours' notice will be billed 50% of the treatment cost.