



## ***SIGNATURE MASSAGES OF CRETAN ETHEREAL***

***The sense of the Cretan natural essential oils***

### **1. THERAPEUTIC BACK MASSAGE —SENCE OF CRETE**

Upper body massage focusing on key areas to relieve tension and ease the muscles.

**Duration: 20min**

### **2. CRETAN TRADITIONAL MASSAGE**

Combination of Cretan oil and herbs with traditional Cretan massage and its patented techniques will give your whole body a unique sense of relaxation and wellness. Massage pressure is medium. Stimulates blood circulation and elimination of toxins.

**Duration: 30 / 50min**

### **3. CRETAN HOLISTIC MASSAGE**

Full body and scalp massage with face reflexology. For when you have no specific concerns and are in need of a soothing and balancing result. The pressure is soft.

**Duration: 30 / 50min**



# ***SPECIAL MASSAGE THERAPIES***

## ***1. THERAPEUTIC ORIENTAL MASSAGE***

The most popular full body massage with deep pressure which includes acupressure techniques and Thai massage. Very effective for tired muscles and stiff joints.

**Duration:** 30 / 60min

## ***2. SPORTS MASSAGE***

Full body massage with medium-hard pressure. This type of massage is designed for very active people desiring performance and improves flexibility and muscle tone.

**Duration:** 30 / 50min

## ***3. REFLEXOLOGY***

A blessing for tired feet and worried mind. The reflex points on the feet correspond to every organ and gland in the body. Through the feet acupressure, the autonomic nervous system, the lymphatic and the circulation system are affected. It stimulates the body's own healing process.

**Duration:** 30min

## ***4. INDIAN HEAD MASSAGE***

This particular form of massage can be used to relieve eyestrain, insomnia, migraines, stiff necks and shoulders and headaches. It also relaxes and tones the facial muscles and stimulates and nourishes the hair and scalp.

Traditionally oils are massaged into the scalp for their many therapeutic properties.

**Duration:** 45min

## ***5. EAR CANDLING***

The traditional Shamanic healers utilized this method to cleanse and harmonize the different energy fields, by using specially designed candles, which are lit and held inside the ear. This treatment will clean your ears and promote a healthy atmosphere in the ears, sinus cavities and throat.

**Duration:** 40min

## ***6. JET LAG RECOVERY***

A rebalancing treatment that stimulates the circulation reduces swelling and eases muscle tension after a flight.

This treatment combines massage, foot acupressure and eye therapy.

**Duration:** 60min



# **BEAUTY THERAPIES FACIAL TREATMENTS**

## **DALTON –BEAUTE DE LA MER**



### **1. SPECIAL EYE/ NECK & DECOLETTE TREATMENT**

Diminishes the appearance of Dark under eye circles, puffiness and delays future signs of aging.

Duration: 30min.

### **2. REFRESHING EYE CONTOUR TREATMENT**

This highly moisturizing eye contour treatment, based on a special blend of soothing, antioxidant plant extracts, replenishes and helps reduce the appearance of fine lines and dark circles.

Duration: 40min.

### **3. SENSITIVE BALANCE TREATMENT**

Treatment with panthenol and aloe vera for hyper sensitive, irritated and allergy prone skin.

Duration: 45min.

### **4. STABILIZE COUPE ROSE**

Facial treatment for dry, irritated skin with rushes by using special products consisting of 7 herbs.

Duration: 45min.

### **5. THALASSO WELLNESS SPA- BIO LIFT FORMULA OLIVE**

Suitable for all skin types, especially for dry and sensitive skin. A treatment based on olive oil products consisting of sea minerals.

OLIVE OIL

Consisting of fatty acids similar to the skin's, it is absorbed perfectly by all skin types. It forms a protective layer which prevents the appearance of wrinkles.

Duration: 70min.

### **6. THALASSO WELLNESS SPA -ALGA SPIRULINA FRESH MASK**

Cooling treatment for all skin types including sensitive skin. Hydrates, balances and offers skin radiance as it consists of Spirulina Alga, a great source of vitamin E, and trace elements.

Duration: 80min.





## **7. THALASSO WELLNESS SPA -POWER LIFTING**

A facial treatment for diminishing wrinkles. A skin detox care suitable for acne prone skin, black under eye circles and fatigue signs. Eliminates black pores, firms and boosts skin.

Duration: 80min.

## **8.FRUIT -PEELING TREATMENT**

Fruit-peeling treatment with papaya and pineapple enzymes for all skin types (except very thin skin).

Treatment recommended before sun expose to get an even tan.

Duration : 50min.

## **9. THALASSO WELLNESS SPA - LIPO IN TREATMENT**

SILK CELL ACTIV CAVIAR TREATMENT

SILK CELL ACTIV CAVIAR treatment with natural silk proteins for all skin types obtaining deep hydration -tightening -antiaging.

Duration : 60min.



# **FACIAL & BODY TRATMENTS BIOAROMA**

*(Cretan natural products)*

## **1.EXPRESS FACIAL TREATMENTS**

Fast and deep facial rejuvenation.

Duration : 20min.

## **2. EYES PERFECTION**

Diminishes the appearance of Dark under eye circles, puffiness and delays future signs of aging.

Duration : 30min.

## **3.BEESWAX CANDLE MASSAGE**

Massage with Beeswax Candle gives you a beautiful, unique and relaxing experience. Provides to your body nutrition and gives it a shine and velvet touch. Main contents of this therapy are beeswax, essential and almond oils.

Duration : 40min.



# **PACKAGES-CRETAN ETHEREAL**

## **1.PACKAGE HARMONY**

- THERAPEUTIC BACK MASSAGE –SENCE OF CRETE

&

- MOISTURIZING FACE-NECK-EYE  
TREATMENT (Swellings-black circles)

Duration : 60min.

## **2.PACKAGE SERENITY**

- CRETAN TRADITIONAL MASSAGE

&

- REFLEXOLOGY

Duration : 60min.

## **3.PACKAGE ANTISTRESS**

**1st Day: JET LAG RECOVERY**

Duration: 60min

**2nd Day: INDIAN HEAD MASSAGE**

Duration: 45min

**3rd Day: BEESWAX CANDLE MASSAGE**

Duration: 40min



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