



# *evridiki* SPA

by





## The Evridiki SPA...

Is managed by the spa Consultant Company "Evridiki SPA Solutions". Evridiki has created & managed many resorts & spas all over Greece, providing high quality services. All Spa Therapists are professionals and have actively participated in all the "Evridiki SPA Solutions Seminars" for: Massage Techniques, Face & Body Treatments, Nails and Spa Behavior.

Evridiki SPA solutions uses high quality products from:



The sources of inspiration that have created the unique APIVITA products worldwide, are based on three Greek elements. These are the miraculous bee society, the unique Greek nature and the father of medicine Hippocrates.

Moroccanoil set out to create the proper canvas for all hair care and hairstyling. Our signature product, Moroccanoil treatment, is the perfect foundation for hair. This award-winning formula infused with argan oil creates long-lasting smoothness, increases manageability, speeds up blow-dry time and boosts shine.

Eugene Schueller graduates from the National School of Chemical Engineering of France (Ecole Nationale Supérieure de Chimie de Paris) in 1904 and proceeds to the foundation of the company that later on became L'Oréal. French company that produces safe hair products since 1909.

China Glaze is an American professional nail polish brand. China Glaze was created around the year 2000 and is well known for their large variety of bright and unique colors.

## USEFUL INFORMATION

Evridiki Spa complies with all precautionary measures for Covid-19, ready to accommodate you safely and offer you a unique sense of relaxation.

### The ideal treatment for you

Properly educated personnel is ready to help you with your questions as well as with the choice of the appropriate treatment.

### Your booking

Evridiki SPA is open every day, from 10.00 until 19.00. Please for your convenience, book your appointment directly at our spa reception or through the Exclusivi application.

### Upon your arrival

We kindly remind you that before the scheduled appointment you need to fill in a health medical history questionnaire that you will receive in your mailbox.

### Dress Code

You are kindly requested to take a shower in your room before coming in for your treatment in the Spa. The personnel will provide you with clean, sterile towels, one use underwear and slippers.

### After your experience

We recommend to avoid sunbathing six hours after every treatment.

### About children

Special treatments are available, for our younger friends up to twelve years old upon parents' approval and presence.

### Take the Aпивita with you

Keep in your everyday life the unforgettable experience of Evridiki SPA. There is a great variety of products, for usage at home available in our center.

### Please inform us of cancellations

"Don't worry" just give us 12 hrs notice for individual treatments and 24 hrs notice on packages that you want to cancel, otherwise 50% of the treatment price will be charged to your account.

**Attention:** for 2020 the wet area will remain closed complying with all precautionary measures for Covid-19.





# MASSAGES

## Anti-stress neck & back massage

This treatment is performed on your back, neck and shoulders. Your therapist uses gentle techniques to relieve those specific areas from tension.

Duration: 25 min • Price: 40 €

## Indian head & neck massage

A treatment specialized in removing muscular tone and spasms from nape and shoulders. The mild gestures of the therapist will enable you to release the intensity in these parts of the body.

**Recommended for the elderly.**

Duration: 25 min • Price: 40 €

## Face-lifting Massage for Glowing Skin

This particular technique increases the circulation on your facial tissue leading to the immediate effect of a brighter and younger looking skin. It also has proven firming properties, reducing the appearance of swelling and wrinkles. As an extra benefit it reduces stress, letting you feeling peaceful and relaxed.

**Recommended for the elderly.**

Duration: 30 min • Price: 55 €

## Full legs massage

Refreshing and invigorating full legs treatment. A relieving ritual that relaxes and soothes feet and cracked heels. The massage focuses on energy pressure points and offers a unique sense of relaxation.

Duration: 25 min • Price: 40 €

## Reflexology massage

Reflexology is the technique of pressure, stretching and movement of the feet to effect corresponding parts of the body. The therapist observes the feet as a mirror image of the body. By applying this technique, the therapist can break up patterns of stress in other parts of the body as well.

**Recommended for the elderly.**

Duration: 45 min • Price: 60 €

## Cellulite massage

Massage can heal the circulatory and lymphatic systems. Massaging cellulite is also beneficial for targeting those difficult areas that can't always be targeted through exercise, such as the inner knee and upper thigh.

Duration: 30 min • Price: 45 €

## Ancient Greek massage (full body)

The ancient greek massage involves the famous “rubblings” -anatripseis- and is based in the methods of Hippocrates. The treatment starts with point pressures in dry skin and it continues with the use of powder applied with a special brush. The last fase involves the technique of cuppings. This therapy through the application of passive and energetic movements, it results not only in the improvement of blood circulation but also in the strengthening of the subcutaneous tissue in atrophic muscles, tendons and joints.

**Recommended for the elderly.**

Duration: 60 min • Price: 80 €

## Swedish massage (full body)

The Swedish massage is the most popular and high in demand type of massage. It was developed by a Swedish physiologist, Henri Peter Ling at the University of Stockholm in 1812. The therapist uses a firm but gentle pressure to improve the circulation, soothe the muscle, release the pain and tension, improve flexibility and create relaxation.

**Recommended for the elderly.**

Duration: 45 min • Price: 60 €

## Aromatherapy relaxing massage (full body)

A relaxing and revitalizing massage that fully utilizes the aromatherapy expertise of Evridiki Spa. Select a unique blend of essential oils with exceptional benefits to your skin as well as your mood.

Duration: 50 min • Price: 70 €

## Deep tissue massage (full body)

A pressure massage technique that releases deep muscle tension. It alleviates back pain and relaxes tired legs. We achieve relaxation, wellness and relief from pain.

Duration: 45 min • Price: 70 €







**Balinese massage** (full body)

The Balinese massage derives from the traditional Indonesian massage. Originating from the island of Bali, this massage involves a combination of techniques, including massage, acupressure, reflexology and aromatherapy into one session. Often used for relaxation, this type of massage can also help loosen muscles and ease pain.

Duration: 50 min • Price: 80 €

**Caldera hot stone massage** (full body)

A combination of massage using hot volcanic stones and plant-derived enriched essential oils. A unique experience that has gained faithful followers and offers ultimate relaxation and energy rebalance. The targeted movements and pressures with hot stones relax the muscles, while massaging and the use of oils hydrate and deeply condition skin.

Duration: 60 min • Price: 85 €

**Four hands massage** (full body)

Two therapists are ready to perform a full body massage in perfect synchronization. Feel the unique experience of four hands massage, the most famous Balinese massage.

Duration: 40 min • Price: 95 €

**Mother-to-be**

Massage during pregnancy relieves edema, musculoskeletal and joint pain, while playing an important role in improving lymph and blood circulation and in balancing hormones levels. It also helps manage stress and provide for mother's peace of mind, creating a more peaceful environment for the fetus.

Duration: 30 min • Price: 50 €

**Book for one or more persons 3 massages of the same type and get 1 more for free.**



# FACE TREATMENTS

## Revitalizing eye treatment

An anti-aging and decongesting treatment against wrinkles, dark circles and puffiness around the sensitive eye area. The targeted APIVITA massage in combination with the action of the products, stimulates microcirculation, providing immediate results for a more rested, youthful and radiant eye look.

Duration: 30 min • Price: 40 €

## Express Mediterranean skin food menu

A quick but yet complete treatment with immediate rejuvenating benefits for skin and mood, based on APIVITA's rich Mediterranean treatments menu. Ideally complements our body and massage treatments.

Duration: 30 min • Price: 40 €

## Mediterranean skin food menu

A holistic treatment based on the menu of the nourishing, antioxidant ingredients of the Mediterranean diet, offering beauty and wellbeing. Depending on its specific needs and type, the skin is revived and invigorated effectively, glowing with freshness and radiance.

Duration: 50 min • Price: 60 €

## Mattifying cleansing treatment

Recommended to oily/combination skin types, with the characteristic ingredients of Green clay & Propolis. Regulates oiliness, offers antiseptic and antioxidant action, providing a clean, matt and radiant look.

Duration: 50 min • Price: 60 €

## Aqua Vita deep hydration treatment

Deep, intense and rejuvenating hydration treatment with immediate refreshing & brightening results. It includes APIVITA facial massage and the application of the APIVITA Aqua Vita line. Rich in chaste tree phyto-endorphins and patented propolis extract, instantly replenishes skin's moisture levels, while protecting against premature aging.

Duration: 50 min • Price: 70 €

## Men's facial treatment

A refreshing, holistic combination of intensive facial treatment and back massage that offers relaxation and a feeling of euphoria. APIVITA Men's Care line with cardamom and cedar deeply cleanses, energizes and hydrates skin, diminishing wrinkles and dark circles in the eye area.

Duration: 50 min • Price: 70 €

## Wine Elixir antiwrinkle treatment

Anti-wrinkle and firming anti-aging treatment that utilizes the powerful antioxidant properties of red wine and resveratrol. As a main active ingredient in red wine, resveratrol activates collagen production to visibly reduce lines and wrinkles, while acting, in combination with the APIVITA anti-aging massage, as an indulging, natural, repairing elixir of youth with immediate results.

Duration: 50 min • Price: 85 €

## Queen bee firming treatment

Luxurious holistic anti-aging treatment – inspired by the bee dance – ensures best cellular communication between the skin layers acting on 6 levels and treating all causes to aging skin. Highly concentrated in natural actives and the exceptional benefits of royal jelly, the new Queen Bee is an elixir of life and skin's youth, restoring firmness and elasticity while offering lifting effect. Intensive hydration and radiance supplement the exceptional benefits of this treatment. The unique APIVITA lifting massage and a targeted energy point activation technique boost cell renewal, invigorate and stimulate microcirculation.

Duration: 70 min • Price: 110 €







## BODY TREATMENTS

### Apivita body scrubs

Exfoliation is important for the invigoration and renewal of the skin as it removes dead cells, stimulates microcirculation and detoxifies, leaving skin silky-smooth and soft.

- Pure Jasmine exfoliating treatment
- Royal Honey exfoliating treatment with sea salts
- Herbal Sea Salt exfoliating treatment with sea salt & organic lavender flowers

Duration: 30 min • Price: 45 €

### Rose pepper anti-cellulite body treatment

This exclusive APIVITA treatment with red and black pepper stimulates lipolysis and volume reduction, while offering anti-cellulite action. The treatment utilizes the alternation between warm and cool to firm body skin, while the combination of the anti-cellulite massage helps increase blood and lymph circulation and detoxifies. For best results, a regimen of 6 treatments – two per week – is highly recommended.

Duration: 50 min • Price: 65 €

### Royal Honey

Luxurious anti-aging treatment with fresh royal jelly and honey, straight from the APIVITA beehives. Royal jelly, known as the elixir of youth, offers intensive nourishment, repair and renewal even to the most demanding skins. A holistic, honey-sweet beauty experience that improves skin texture and offers an incomparable feeling of relaxation and euphoria.

Duration: 60 min • Price: 70 €

### Deep hydrating cooling treatment

A refreshing treatment that deeply hydrates and regenerates skin. The treatment includes a full body massage with a combination of plant oils that moisturizes and nourishes the skin, leaving it soft and smooth. A wrap with fossil body mask refreshes and soothes irritated skin after sun bathing and provides the body skin with deep moisture. Following, a short facial with the express mask with aloe rejuvenates the skin and provides a feeling of freshness. Recommended for dry dehydrated skin, and ideal after extended sun exposure.

Duration: 60 min • Price: 80 €

### Deep body detox

Deep cleansing and detoxification with green clay and essential oils. Reduces fluid retention, invigorates skin and ideally complements any slimming regimen.

Duration: 60 min • Price: 90 €





## SPA FOR CHILDREN

### Massage for children

Designed especially for children.

Duration: 25 min • Price: 35 €

### Chocolate Massage for children

Massage with chocolate.

Duration: 25 min • Price: 40 €

### Facials for children

Tailor made treatments, according to the individual skin type.

Duration: 40 min • Price: 40 €

## WAXING

|                      |      |
|----------------------|------|
| Half leg wax         | 20 € |
| Full legs wax        | 30 € |
| Bikini wax           | 20 € |
| Full bikini wax      | 30 € |
| Under arm wax        | 10 € |
| Upper lip & chin wax | 10 € |
| Back wax for men     | 40 € |
| Arm wax              | 25 € |



## JACUZZI - HAMMAM

### Swim Spa-Jacuzzi

Exercise in the opposite direction of water, filling your body with energy and vitality, and then enjoy the beneficial effects of water in one of the special hydrotherapy positions with jets.

### Hammam steam bath

Indulge in the magical healing properties of steam, offering yourself complete physical and emotional detoxification. Relieve and decongest your entire body.

Duration: 60 min • Price: 15 €

## DETOX YOURSELF

### Detox Foot Spa

It helps eliminate toxins and other chemical or synthetic substances that are being accumulated in the skin of the underside of the foot. Immediate visible effects are shown from the very first application of the treatment, inside the basin: the toxins eliminated are being concentrated there, dramatically changing the color of the water.

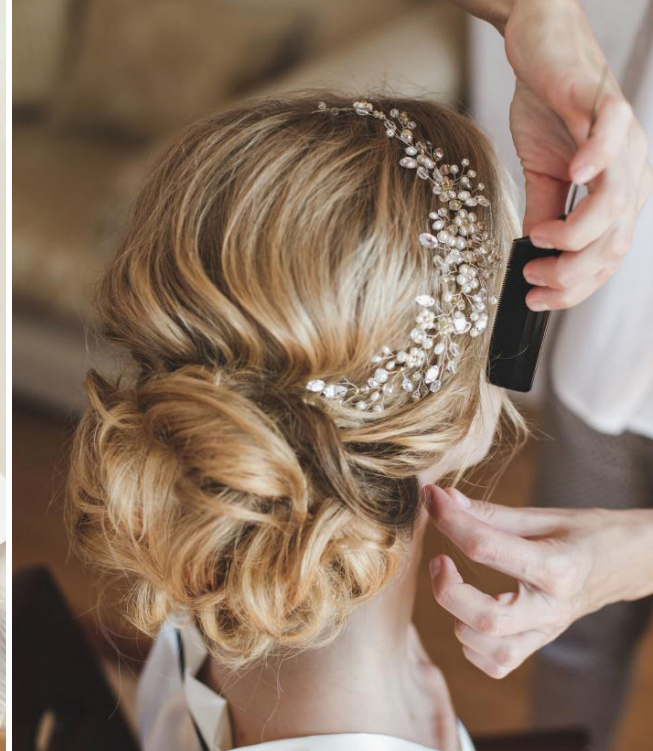
Duration: 25 min • Price: 40 €

### Ear Candle

An ancient natural treatment also practiced in Ancient Greece. The slight suppression that is created in the cavity of the ear wax causes a mild massage in the inner part of the ear. The thermo-acoustic method is used to release excess wax from the ear cavity.

Duration: 30 min • Price: 40 €





## EVRIDIKI SPA PACKAGES

### Men Experience 🧑

Deep Tissue massage  
Men facial treatment

Duration: 2h • Price: ~~140~~ € - 120 €

### Relaxing for Couples 🧑🧑

Apivita Body Scrub  
Swedish massage

Duration: 1h 40" • Price: ~~210~~ € - 180 €

### Beauty for Couples

Aromatherapy massage 🧑🧑  
Aqua Vita deep hydration treatment 🧑  
Men facial treatment 🧑

Duration: 2h • Price: ~~280~~ € - 230 €

### Evridiki Express Family Moments 🧑🧑🧑

Anti stress neck & back massage  
Chocolate full body massage  
for children

Duration: 25" • Price: ~~150~~ € - 120 €

### Evridiki Family Experience 🧑🧑🧑

Swedish massage  
Chocolate Massage for children  
Fish Spa

Duration: 50" • Price: ~~226~~ € - 175 €

### Apivita Exclusive for Ladies 🧑

Apivita Body Scrub  
Wine Elixir antiwrinkle facial  
treatment  
Rose pepper anti-cellulite body  
treatment

Duration: 2h 40" • Price: ~~195~~ € - 160 €

## EVERY DAY MASSAGE

Anti stress neck & back massage 25"  
4 sessions • Price: ~~160~~ € - 120 €

Swedish massage 45"  
4 sessions • Price: ~~240~~ € - 180 €

Deep Tissue massage 45"  
4 sessions • Price: ~~280~~ € - 220 €

**Book three massages of the same type  
for you or for your family/friends and  
get one more for free.**





Spa Management & Consulting

[www.spasolutions.gr](http://www.spasolutions.gr)



Members



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