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Callisti

Spa & Gym Center



SPA MENU

FULL BODY MASSAGE – 50min - 50€

1. HEALING MASSAGE

Based on special techniques focuses on muskuloskeletal aches and trigger points.

(Strong Pressure)

2. SWEDISH MASSAGE

Ideal for contracted muscles using special techniques combined with light stretching.

(Moderate Pressure)

3. RELAXED MASSAGE

Full body massage to relax muscles, improve circulation, soothe your energy and balance your BODY.

Relaxes your spirit and soul in the hands of your therapist.

(Light Pressure)

4. AROMATHERAPY MASSAGE

Full face and body massage with your choice of pressure using natural mixed fruit oil.

(Moderate or Light Pressure)

5. LYMPHATIC MASSAGE

Type of medical massage focusing on the lymphatic nodes whose purpose is to transfer the fluid in the lymphatic vessels. This stimulates and revitalizes your Body.

6. BODY FIRING MASSAGE (ANTICELLULITE)

Shape your body to reduce cellulite and tighten your skin.



Massages and Spa Treatments are available upon request in your Room

SPECIAL FACE TREATMENTS

- 1. OPTIONS UNIVERSE** **50min - €50,00**
Customized to each type of skin and need. Separates all the basic face treatments in 7 steps: Cleaning-Stimulating - Renewal - Activation - Massage - Balancing - Final Touch.
- 2. EXCEL THERAPY** **50min - €50,00**
Anti-aging - Revitalizing - self- defence. Awaken the vital functions of your skin.
- 3. SO DELICATE** **50min - €50,00**
A fine touch for the sensitive and irritated from the sun skin
- 4. NATURAL LIFTING** **20min - €30,00**
Anti-aging natural lifting and Botox effect treatment with ice cubes



BODY SCRUB - PEELINGS

- 1. BODY EXFOLIATING** **20min - €30,00**
Peeling with natural elements, minerals and vitamins for softness and renewal of the skin.



Spa Use

1. Exclusive and Private use of our Jacuzzi, Stream Bath, Sauna for your personal use, relax and enjoy the views...

MANICURE

35€

PEDICURE

35€

OPERATION RULES OF THE SPA

- ✓ Please be in the spa 10 minutes before the designated time of your appointment in order to have enough time for preparation, without reducing the duration of your treatment.
- ✓ Opening hours of Spa: Monday – Sunday 10.00 – 18.00,
- ✓ Entrance is not allowed to people under 16 years of age
- ✓ In case of cancellation of your appointment, please inform us at least 4 hours earlier. Without on time warning you will be charged 50% of the value of the appointment. In the case of delay, this may reduce the time you have at your disposal for treatment.
- ✓ Guests are provided with bathrobes, towels and slippers.
- ✓ Before treatment, please remove jewels and your clothes except underwear. For some of the treatments we would provide you with one time use underwear.
- ✓ In case you have an appointment for hydrotherapy / sauna / hammam please have your swimsuit with you.
- ✓ Please keep all your valuables locked in your locker. We do not bear any responsibility for any lost items.
- ✓ During treatment, please inform your therapist about whether you feel comfortable. Your comfort is our main concern.
- ✓ Please inform your therapist about any scratches, injuries or pains in specific parts of your body in order to deal with your specific needs.
- ✓ Deactivate your mobile phone during the time of the treatment.
- ✓ We are here to relieve the stress of the everyday life and offer you moments of calmness.



TSAMIS ZANTE SUITES

Zakynthos, Kypseli – Tsilivi – 29100 Tel. +30 26950 62962

<http://www.tsamis-zante.com> – e-mail: info@tsamis-zante.com

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