

asian spa
resort



THE ASIAN SPA RESORT AT ISTORIA HOTEL

Spa Etiquette

Although we avoid making rules, we would like to inform you of the following:

Punctuality

Please arrive 10 minutes prior to your booking time. To gain maximum benefit from your treatment allow this extra time to relax, complete the health questionnaire and enjoy a complimentary cup of our freshly made signature drink.

In order to ensure guests are not kept waiting, treatments must finish at the allotted time. If you arrive late you may find your treatment time has to be reduced. If no guest is expected immediately after your booking you will be able to enjoy the full duration of your treatment.

Mobile devices

Offline is a luxury! Please ensure that mobile phones are switched off during your visit at the spa. Our environment is one of tranquillity and relaxation. Please respect all spa guests to their right to privacy and serenity.

Communication

Our spa professionals are always on hand to assist you in choosing the right treatment(s) based on your needs.

Attire / Nudity concerns

Our goal is for you to be comfortable, thus you will never be asked to change in front of any of our staff. All rooms are private and you will be alone while changing. The therapist will always knock on the door before entering the room, and if you are not ready they will not enter. During the treatment, only the area being treated will be uncovered. Our staff is highly trained in "draping," which is the careful practice of covering all parts of the body not being touched.

Jewellery

Please leave your jewellery and valuables in your room or safety deposit box.

Payment

Payment for spa treatments will be billed to your room account.

Cancellation Policy

You will be charged 50% of the treatment(s) cost if the appointment is cancelled less than 6 hours before the treatment(s) start time. If you fail to give us a cancellation notice, a 100% of the services booked will be charged. Should you like to contact us during non-working hours, please do by emailing us on: info@asianspa.gr

Face Essentials

Ananda Face Therapy

For all skin types

50 min - 125€

Ananda means 'divine bliss' in Sanskrit. This delicate relaxing treatment uses gentle techniques to open the energy centers of the face, working with the body's blissful higher energy to induce feelings of deep peace and a beautifully glowing skin. The face enjoys increased blood circulation, anti-inflammatory benefits and hormonal balance.

Renewed Recovery Face Therapy

For all skin types

50 min - 140€

This deeply restorative two-part face therapy uses a warm herbal compress, lymphatic drainage, Amazonian mud mask and intensely healing rainforest plant extracts to rejuvenate and regenerate facial skin cells. Skin tone is visibly lightened. Swelling, inflammation and water retention are reduced. Fine lines and wrinkles are diminished due to inhibited muscle contraction. Increased supply of blood and nutrients on a cellular level encourages toxin release and collagen production.

Post Sun Cooling Facial

For sun exposed skin

50 min - 85€

This treatment has been specifically designed to moisturize and protect sun-exposed skin including the eye area. Through the cooling and deeply hydrating properties of the aloe vera gel, it prevents skin damage due to burns, helps detoxify and improves the overall texture.

Express Face treat

30 min - 45€

Reenergize before a night out with this quick protocol that aims to firm and brighten the skin!

Body Essentials

Istoria Signature Massage

50 min - 115€ / 80 min - 145€

The Istoria Signature massage is a fabulous, unforgettable experience. This simply luxurious treatment starts with a Thai massage, which soothes and invigorates the body, followed by the application of warm oil for deep relaxation. The therapist will improve your body's natural equilibrium, leaving you glowing and revitalized both inside and out.

Sarawak (Sports massage)

50 min - 100€ / 80 min - 135€

Especially helpful for chronically tense and contracted areas such as stiff necks, low back tightness, and sore shoulders. This treatment aims at the deeper tissue structures of the muscle and fascia. The ideal treatment for everyone that loves 'strong' massage; also suggested after intense body exercise. The therapist uses his hands, elbows and different stretching techniques.

Sweet Orange Massage

50 min - 100€ / 80 min - 135€

With the use of the deeply moisturizing grape seed oil, your therapist will use a range of gliding massage strokes, kneading and friction on the more superficial layers of muscles to stimulate circulation and soothe tensed muscles. You will feel your body extremely relaxed and your skin soft and silky.

Swedish Massage

50 min - 95€ / 80 min - 125€

Your therapist will use a range of gliding massage strokes, kneading and friction on the more superficial layers of muscles to stimulate blood circulation and soothe tension.

Hot Stone Ritual

80 min - 140€

Different sized volcanic basalt stones are heated in water and used by your therapist to massage you before being placed on key points of the body; transferring the earth's natural energy held in the stones for an immense feeling of wellbeing. The use of long sweeping strokes is key to this healing, full body treatment, which helps remove toxins from your muscles, relieve stress and promote deep relaxation.

ila Manipura Full Body Treatment

90 min - 145€ (includes body scrub) / 60 min - 105€

Manipura means 'beautiful, shining jewel' in Sanskrit. It refers to the solar plexus (naval) chakra – the centre of fire and sun energy that ignites our health and vitality. This treatment uses marma massage, lymphatic drainage and Himalayan herb poultices to stimulate and balance this vitality. The body's digestion is regulated and there is a deep detoxification of the body's blockages. Blood and lymph flow is increased.

ila Prana Vitality Massage

60 min - 110€

This revitalising full body massage helps release toxins, reduce fatigue and restore physical and mental strength. Invigorating massage & marma therapy with energy-enhancing essential oils of juniper berry, geranium, lemongrass and patchouli leave mind, body and spirit sparkling with vitality.

Targeted Treats

Asian Spa

Head, Neck, Shoulders 25 min - 50€

This relaxing massage is for anyone who needs a speedy relief from daily stress. Focusing specifically on the head, shoulder and neck areas you will soon feel relaxed, revived and ready to go.

Back Rejuvenation 25 min - 50€

An invigorating massage that not only eases tense muscles and knots in the back, but also induces a sense of relaxation. The healing properties in its almond oil base make it the ideal treatment after a long day.

100% organic

ila Impeccably Perfect Hands

30 min - 55€

Release tension from the hands and restore a younger appearance with this combination of scrub, rose balm, marma massage and hydrating rose quartz gel mask.

ila Flawless Feet Treat

30 min - 55€

A treat that includes a Detoxifying scrub, marma massage, foot mask and Vital Energy cream to soften.

Body Exfoliations

Instantly Detoxifying Scrub (ila 100% organic)

25 min - 60€

This energizing full body scrub targets cellulite, stress and exhaustion. Drawing on the ionising properties of Himalayan Salt Crystals, it stimulates circulation and toxin elimination, uplifting mind, body and spirit.

Sweet Vanilla and Sugar Scrub

25 min - 50€

Using almond oil, vanilla extract and unrefined sugar as the key ingredients, this body scrub is a successful recipe for exfoliating and hydrating the skin. The result is a healthy shine that looks good and feels great.

Lava Pumice Foot Scrub

25 min - 45€

Utilizing the effects of mineralizing salts and Santorini's volcanic pumice, this foot treatment nourishes rough skin and makes it healthier while it prevents cracks and foot dryness.

Body Envelopments

Soothing Aloe Wrap

25 min - 50€

Specifically designed to restore sun damaged skin, this treatment gently soothes the skin tissue, calming any irritation. The cooling aloe vera gel is applied around the body to form a moisturizing layer, which is then wrapped to allow the treatment to permeate the skin and restore balance.

Seaweed Wrap

25 min - 50€

The minerals found in seaweed are the essential ingredients of this cleansing mask. Their absorption helps to break down fatty deposits, encouraging toned, healthy looking skin. Great for cellulite reduction they will also help firm and improve elasticity after pregnancy or weight loss.

Experiences

Sun-Prep Special

Sweet Vanilla and Sugar Scrub - 25 min

The ideal recipe for exfoliating and hydrating the skin. The result is a healthy shine that looks and feels great.

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'Kissed by the Sun' Massage - 50 min

This massage, not only soothes and invigorates the body in depth, but also enhances and accelerates the tanning procedure, helping the skin to get a darker hue, through the application of a special herbal oil.

Package Price: 120€

Sun Relieving Ritual

Aloe Vera After Sun Massage 50 min

Nourishes the skin after sun exposure, leaving it soft, supple and deeply hydrated.

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Instant Soothing Face Treatment - 25 min

Through the hydrating properties of the aloe vera gel, this face treat prevents skin damage due to burns.

Package Price: 115€



ISTORIA
CREATE YOUR OWN



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at Istoria Hotel**

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