



MY SPA

Uncomplicated, fresh, great looking and easy to book, "My Spa" treatments are designed to feed your skin with all the essential beauty ingredients at attractive prices.

Ancient Greeks based their nutrition on the extraordinary diversity and power of their natural surroundings, consuming mainly fruits and vegetables, grapes, olives and wheat, a nourishment that nowadays is known as the Mediterranean diet.

Unique local products and purest essential oils, trace elements and plant extracts from our valued selected partners, Anne Semonin Paris and Apivita, are combined in order to create, especially for "My Spa", the finest beauty treatments that give a stunning and healthy glow to your skin forever.

Energetic Drainage

20 min / 30 €

A blessing lymphatic drainage massage combined with aromatic oils reduces puffiness and removes impurity. This energetic treatment is an effective remedy for removing the stresses of daily life, leaving skin relaxed and bright.

Aromatic Face Drainage & Soothing Scalp Massage

25 min / 35 €

A truly soothing and aromatic Scalp Massage combined with the Anne Semonin lymphatic face drainage massage to improve relaxation and promote a sense of calm and wellbeing.

Express 'Wake up' facial with Cryotherapy

25 min / 35 €

A refreshing mini - face therapy designed for quick results. Innovative Anne Semonin ingredients are combined with advanced cryo-therapy ice cubes to regain the skin's natural youthful glow. The result is instantly tightened and firmed skin with superb brightness for special events.

Face Cleansing and Detoxification with Clay

25 min / 35 €

Specialized face treatment for skin in need of deep cleansing. The beneficial detoxifying qualities of clay help the skin to purify and remove pollutants and blackheads. Ideal for all skin types.

After sun deep face moisturizing with cucumber

25 min / 35 €

Strengthen your skin's natural defenses with a treatment that deeply hydrates and balance skin moisture levels. The cucumber mask rejuvenates and provides a feeling of freshness to the face. An effective treatment for dry dehydrated skin, and ideal after extended sun exposure.

Miracle Eye treatment

25 min / 35 €

State of the art Eye Express Radiance Ice Cubes are used in combination with a therapeutic lymphatic eye massage to relax muscular fatigue and target the signs of ageing. Warmed aromatic oils and hot basalt stones are used to massage you neck and shoulders ensuring full relaxation. The result: the eye area is visibly hydrated and dark circles are reduced. Combine with any Anne Sémonin facial for maximum results.

'Made to Measure' facial

50 min / 65 €

This 'Made to Measure' facial is tailored to you. Following a consultation a bespoke facial is created for your skin using our Anne Semonin essential oils, trace elements, serums and botanical oils. Unique to you!

Mediterranean Skin Food Face Treatment

50 min / 65 €

A treatment based on the nourishing and antioxidant ingredients of the Mediterranean diet. Choose the suitable ingredient for your skin type and personal needs from the Mediterranean "menu" of Apivita.

Sun Glow treatment with white Kaolin Clay

50 min / 65 €

A gentle after sun therapy to moisturize and calm, dry, irritated or sun damaged skins. Saturated gauzes enriched with kaolin clay and aromatic intensive complexes hydrate, repair and restore skin equilibrium. The result is skin left calmed, nourished and comfortable with a fresh healthy glow.

Queen Bee face treatment with Royal Jelly and Honey

70 min / 85 €

A "Royal treatment" based on the beneficial properties of royal jelly and honey. Royal jelly nourishes regenerates and rejuvenates the skin's vitality, while the honey moisturizes and softens. The unique massage activates selected energy points (acupressure points). Enjoy this journey which will leave even the most demanding skin satisfied.

Detoxifying facial with red grape extract and Seaweed

75 min / 95 €

Ideal for combination and congested problematic skin, this complete deep cleansing purifying treatment combines traditional extraction techniques with rebalancing lymphatic drainage massage. An anti inflammatory seaweed mask and aromatic complexes are used to soothe and rebalance the skin to encourage visibly clear skin results.

Super Luxury Anti Ageing Eye and Facial treatment

80 min / 105 €

A face and eye therapy designed for those with mature, dry or dull skin. This facial will contour and firm the skin and delicate eye area. Aromatic intensive complexes and serums will boost cellular renewal while a firming mask will detoxify for absolute skin radiance. This treatment is a complete remedy for removing the stresses of daily life leaving skin smooth and brilliant.

MEN'S FACIALS

Men's Purifying Aromatic Facial with St. Johns Wort

25 min / 35 €

This powerful aromatic express facial brings immediate freshness to your skin. A superb skin brightener for imbalanced and polluted city skin.

Men's invigorating face care treatment

50 min / 65 €

A treatment designed specifically for the needs of the modern man. The treatment begins by releasing withheld tension with a relaxing back massage. It is a complete therapy with a deep cleansing and nourishing face mask that leaves your skin feeling clean, healthy and invigorated.

Men's Balancing Facial, Shoulder and Scalp Massage

60 min / 75 €

A truly soothing back and neck massage begins this wonderfully relaxing therapy designed to relieve key areas of tension and muscle tightness. Combined with a powerful facial to soothe and soften the skin. A deep shoulder and scalp massage is followed by a purifying mask to melt away any tension.

BODY TREATMENTS

Let yourself be pampered in a soft ritual, a true moment to unwind while unique natural Greek ingredients and carefully selected aromatic intensive complexes bring their benefits to your skin, body and mind...

Following an initial consultation, your therapist will assist you in choosing from the following options:

Relaxing head and shoulders Therapy

25 min / 35 €

A relaxing and deeply healing scalp treatment to soothe away stress and tension. The neck, shoulder and scalp are massaged with effective energising oriental techniques to rebalance your energy levels and reactivate your senses.

Express Black Sand Polish

35 min / 45 €

This ultimate express exfoliating experience with Black Sand from Tahiti and aromatic oils actively sweeps away dead surface skin cells, leaving skin wonderfully soft, silky, detoxified and youthfully radiant. The delicate fragrance of exotic verbena promotes a holistic sense of wellbeing and relaxation.

Refreshing Foot Treatment

25 min / 35 €

Refreshing and rejuvenating treatment for tired feet. The arnica and ruscus cream tones the microcirculation, while reliving and refreshing tired feet. This treatment provides a unique feeling of relaxation in the lower extremities.

Olive Seed Body Scrub

35 min / 45 €

Bring back your skin's radiant glow, with the antioxidant olive seed body scrub. Leaves your skin silky, smooth and hydrated.

Anti Stress Back Mask with self-heating Mineral Mud & Foot Massage

40 min / 50 €

A self-heating marine mud treatment for the back, neck and shoulders is designed to release tension and combat tight muscles. The feet are carefully massaged for improve circulation allowing a powerful sense of wellbeing. This energising, stimulating therapy will rebalance your energy levels and reactivate your senses.

Sun Glow Body Treatment with Exfoliation
(Yogurt, Kaolin Wrap, Sweet Almond Oil and Mandarin Extract)

60 min / 80 €

An ultra moisturising and hydrating body envelopment designed to recondition dry, dehydrated or sun damaged skins. This treatment begins with a full body exfoliation and scalp massage followed by an application of Pink Kaolin clay combined with rich Greek Yogurt and nutrient rich treatment oils. A perfect full body thirst quencher for tired sensitive skin.

Detoxifying Spirulina Body Wrap with Rosemary and Ginger Extract

60 min / 80 €

A detoxifying, slimming and energy boosting Spirulina body wrap. This natural seaweed re-metabolises the body to efficiently kick start and maintain the elimination of toxins and waste. An essential body treatment to support a detox or weight management programme.

Lipolysis treatment against cellulite and local fat with red and black pepper 70 min / 75 €

This treatment effectively improves the appearance of cellulite and combats local fat. The active ingredients, combined with cellulite massage and essential oils, activate the lymphatic system to remove toxins and reduce water retention. For best results we recommend repeating the treatment for at least 3-6 times.

Queen bee body treatment with royal jelly and honey

70 min / 85 €

The "queen" of treatment is a complete care that has been inspired by the beneficial properties of royal jelly & honey. The fresh royal jelly nourishes, rejuvenates & restores glow and vitality to even the most demanding skin. This "sweet" treatment improves the texture of the skin.

My Spa Signature Aromatherapy Massage 30 min / 40 € or 55 min / 70 €

A totally bespoke, made to measure body massage with use of warm nourishing sweet almond oils, plants and effective aromatherapy. This wonderfully treatment induces deep relaxation. It's designed to stimulate blood circulation and relieve key areas of tension. Choose between 'feet & leg' or 'full body' version.

Blissful Aromatic Neck and Back Massage 25 min / 35 €

An express massage using warmed aromatic oils focusing purely on back, neck and shoulders to relieve tension and enhance well being.

Deep Tissue Massage 50 min / 75 €

Deep tissue massage aims at the deeper tissue structures of the muscle and fascia, using many of the same movements and techniques as revitalizing massage, but with more intense pressure. It is also a more focused type of massage, as the therapist works to release chronic muscle tension or knots.

Shiatsu & Thai Massage combined techniques 60 min / 90 €

A unique combination of ancient Thai and Japanese techniques, created exclusively for MySpa guests. A free flow of energy is restored through compressions, pressure on specific points and stretches to release blockages.

AROMATHERAPY BATHS

Energizing Mountain Oil Bath 25 min / 30 €

Relaxing Ocean Oil Bath 25 min / 30 €

HAND & FOOT BEAUTY

Moisturizing Hand Ritual with Sea Salt Scrub, Sweet Almond Oil and High Lavender Extract 30 min / 30 €

A softening hand treatment includes a luxurious southern sea ocean hand bath and a gentle exfoliation mask with warmed aromatic oils and sea salt.

Regenerating Foot Ritual with Sea Salt Scrub, Sweet Almond Oil and Basil Extract 30 min / 30 €

This conditioning foot treatment contains an activating mountain oil foot soaking and a nourishing exfoliation mask with warmed aromatic oil and sea salt, for revitalized and groomed feet.

NAIL CARE

Manicure / French Manicure 25 € / 30 €

Pedicure / French Pedicure 35 € / 40 €

SPA GUIDELINES

GENERAL INFORMATION

The access to the spa-pool, steam bath, sauna and fitness area is free for guests of the hotel. The indoor spa area, gym and sauna are strictly for the use of guests over the age of 16. Splash hour for guests under 16 years old is valid for the months April - October between 08.00-14.00.

CANCELLATION POLICY

We require 24 notice of cancellation in advance to avoid being charged. Late arrivals will only receive the remaining available appointment time.

SANI BEACH HOTEL