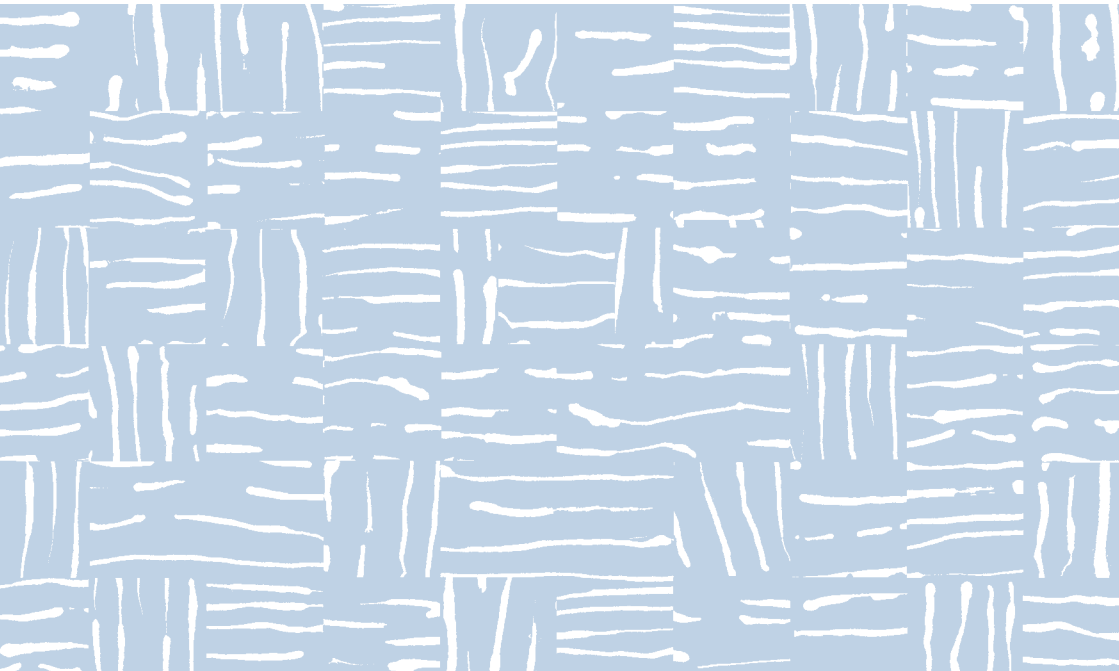


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# Anne Semonin Experience

Because everyone is unique, every Anne Semonin programme is customized and starts with a personal diagnosis and finding out the areas of concern in your body. Your beauty therapist will create your own beauty prescription, depending on your needs, your time and your lifestyle.

After your spa experience, a simple Anne Semonin regime is carefully prescribed, in which the therapist will recommend how to customize products to create perfect blends for optimum efficiency.

This can then be carried out at home on a daily basis.

The D-Spa menu is categorized into 6 overall sensations. To find your perfect feel good treatment, match your desired sensation with a therapy bearing the same description.

*Soothing & Relaxing · Uplifting & Refreshing · Detoxifying & Purifying ·  
Anti Aging & Rejuvenating · Tension Releasing & Invigorating ·  
Anti Cellulite & Toning*

All you need to do is pick your mood and then sit back, relax and enjoy.



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## Xerolipo Bodysculpting

60min, 150€

*Slimming & Toning*

XeroLipo is a non surgical bodysculpting system. Using the latest laser technology and neuromuscular stimulation, Xerolipo can shift stubborn pockets of fat with results visible in just one treatment and impressive results over a course of treatments. The treatment is safe and painless you simply relax for 60 minutes as the technology 'melts' away your fat in the targeted area. It is suitable for both men and women. For optimal effect we recommend at least 5 treatments.

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## Beach Prep Therapy

55min, 120€

*Uplifting & Refreshing*

Prepare your skin before hitting the beach with the Anne Semonin Beach Prep treatments. As a result your skin will develop a gradual, even and long lasting tan and its youthful appearance will be prolonged.

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## Sun Lover Ritual

55min, 120€

*Soothing & Relaxing*

If you've overdone it in the Greek sun this treatment is designed for you. The Anne Semonin After Sun remedy helps soothe and prepare skin for its next exposure to the sun, thanks to the nourishing natural Macadamia Nut Oil and Vitamin E.

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## Aegean Delight

85min, 180€

*Soothing & Relaxing*

This treatment begins with a sea salt exfoliation of the back and a warm blended oil massage followed by a tailor made exquisite facial which includes an intensely soothing scalp, hand and foot massage designed to release any deep stress or tension leaving you with a flawless complexion.

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## Polynesian Escape

70min, 200€

*Soothing & Relaxing*

A sublime massage experience from the shores of French Polynesia to ease away stress and strains from daily life. The traditional flowing and soothing movements lull you into a deep state of peace and tranquillity, as soft palms and forearms remove tension from tight muscles. This unique, healing massage is performed by two massage therapists working with intuition and expert skill in complete synchrony to restore your energy and strengthen your health and wellness.

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## Glowing Mother-to-be

1h 20min, 150€

Nurture your body at this precious time with a specially designed therapy to treat muscle aches, reduce fluid and imbue total rejuvenation of the face and body. The pregnancy specific massage and tailored facial combine into one seamless pleasure melting away fatigue and revealing a radiant you.





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## Lift & Tone Facial Massage

25m, 65€

The Lift & Tone Face Massage involves flowing techniques which act as a natural face lift. This can be used as an alternative to surgery, helping you feel and look younger. It is designed to be a gentle non-invasive approach to looking younger. It works primarily by freeing constrictions both within the facial muscles and in the connective tissue.

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## Sublime Radiance Express

30m, 65€

Suitable for everyone, this clever combination of cleansing, exfoliating and a mask allows even the busiest person to achieve a look of instant freshness. The fast effective results leave skin hydrated, soft and radiating health.

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## Exquisite Miracle Eyes

30m, 65€

Designed to enhance, lift and firm your eye area. State-of-the-art Anne Semonin Eye Express Radiance Ice cubes full of cryotherapy benefits are used in combination with a therapeutic lymphatic eye massage to relax muscular fatigue and target the signs of ageing.

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## Tailor Made Facial

50min, 120€

The heart of Anne Semonin's philosophy! Because everyone's skin is unique this phyto-aromatic facial will be tailored to you to achieve the best possible results. It includes deep cleansing, exfoliation, a detoxifying facial drainage, and specially selected mineral complexes, serums and masks to effectively meet the needs of your skin and offers the ultimate solution to regain comfort, suppleness and glow.

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## Advanced Lifting Facial

85min, 160€

*Anti Ageing & Rejuvenating*

This luxurious and powerful facial effectively and naturally targets all visible signs of ageing. Its advanced lifting facial massage works alongside potent active products to enhance firmness and elasticity while providing you with a beautiful glow. Skin feels instantly hydrated and supple, lines are diminished and the complexion is revitalized.

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## Deep Cleansing Facial

75min, 145€

*Detoxifying & Purifying*

The advanced Anne Semonin detox cure for your face that is designed for challenging skin that is reacting to the stress of modern living. Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. The results; a clearer, radiant and more balanced skin.



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## Invigorating Ice Facial

60min, 130€

*Uplifting & Refreshing*

This illuminating and tone-perfecting treatment combines the firming benefits of cryotherapy with the effectiveness of innovative marine ingredients for immediate radiance. Instantly erases the signs of fatigue and restores skin tone, minimizes pores and provides freshness and vitality. The effects of cryotherapy are complemented by a neurocosmetic ingredient containing Wild Indigo that stimulates the release of B-endorphins in your skin, flooding the body with a total sense of wellbeing.

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## Luminous Skin

60min, 140€

*Anti Ageing & Rejuvenating*

Bring back the glow to a lifeless complexion and peel away the years for smoother, more radiant skin. This medically inspired therapy brings together the gentle peeling action of a micronised peeling powder with a deeper exfoliation using a magic resurfacing complex. Together the non-irritant formula softens visible imperfections on the skin's surface, such as pigmentation and spots and helps diminish wrinkles.

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## Opera Led Treatment

by Anne Semonin

45min, 100€

The Opera LED mask is a low-level light therapy that utilizes three wavelengths to provide a total skin rejuvenation, combating the signs of ageing and speeding up healing processes. It is shown also very effective for impurities. This treatment is adapted to your personal needs and can treat most concerns while being non invasive; combined with Anne Semonin Supreme Facial and boost treatment results to the maximum!





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## Muscle Revive

25min, 70€ · 50min, 140€ · 80min, 175€

*Tension Releasing & Invigorating*

A symphony of scent and touch sensations energizes and refreshes your body and spirit. Enjoy a feeling of wellbeing and comfort from the warm oil and as the Ginger aroma blends fill the air around you.

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## Pregnancy Massage

50min, 130€

Nurture your body at this precious time with a specially designed therapy to treat muscle aches, reduce fluid and imbue total rejuvenation of the body. This pregnancy specific massage is a seamless pleasure melting away fatigue and revealing a radiant you.

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## Melt Down

25min, 65€ · 50min, 130€ · 80min, 165€

*Tension Releasing & Invigorating*

Concentrated deep reaching strokes inspired by swedish massage techniques and using the highest quality, carefully selected essential oils, that will melt away tension and relax your body and mind.

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## Blissfully Unwind

25min, 65€ · 50min, 130€ · 80min, 160€

*Soothing & Relaxing*

Hazelnut and sesame form a rich base of oils to facilitate the slow, flowing movements of this total de-stress therapy. The lavender and mandarin infused oil permeates the skin easily releasing stored tension from deep within the muscles completely unwinding the entire body.

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## Green Detox

50min, 130€ · 80min, 160€

*Anti Cellulite & Toning*

The sublime synergy of lemongrass and peppermint is introduced into the body using specialized lymphatic techniques to effectively release toxins and stimulate circulation. Whether you need an energy boost or a lifestyle revamp, our deeply stimulating and revitalizing techniques will leave you with a strong energy and a calm mind and flush out all excess water and toxins.

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## Hot Stones Massage

75min, 165€

*Soothing & Relaxing*

Muscles yield to the gentle yet powerful warmth of the black basalt stones, releasing tension and imbuing a total sense of relaxation. The heated stones, infused with centuries of ancient energies are skilfully combined with the perfect blend of essential essences designed to stimulate the senses and unwind both body and mind.

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## Energizing Back Treatment

50min, 130€

*Tension Releasing & Invigorating*

An exceptional solution created to alleviate tension stored in the back, neck and shoulders and reduce fatigue. The exquisite combination of heat, minerals and oils begins with a generous application of a self-heating mineral mud mask to release stiffness, strain and stress in the muscles. This is followed by a bespoke massage with blended oils just right for your needs as it is both, energizing and relaxing.

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## Indian Head Massage

45min, 115€

*Soothing & Relaxing*

Concentrating on the head, face, neck and shoulders this massage helps relieve stress, anxiety and mental tension. Cleansing and rebalancing not only for the head but the entire body.

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## Back, Face And Scalp Revitalizer

50min, 120€

*Tension Releasing & Invigorating*

Beginning with a relaxing back therapy, body and mind are immediately de-stressed. A unique facial treats the skin's specific needs as the scalp is massaged unravelling tensions and leaving the skin exuding health.

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## Scrub and Massage Ritual

### Revitalizer

80min, 160€

*Exfoliating, nourishing, soothing*

The ultimate exfoliating experience using the amazing Nude Body Scrub. A luxurious blend of sea salt, white sand, pink quartz crystal powder and aromatic oils actively sweeps away dead skin cells, leaving skin wonderfully soft, silky, detoxified and youthfully radiant. The warming elements of the Scrub create a sense of wellbeing and elevate the spirits. Aromatic oils are applied all over the body to deeply nourish, soften and re-mineralise the skin, followed by a revitalising exfoliation. This therapy concludes with an Haute Couture full body massage to awaken your senses.



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## D Wine Exfoliation

30min, 70€

*Anti Ageing & Rejuvenating*

This energising grape seed body polish will leave your skin delightfully soft and smooth, nourished to perfection. By releasing the full force of polyphenols found in the seeds and the skin of red grape, with an anti-oxidant power 20 times stronger than vitamin C, this is the perfect way to a healthy glowing skin.

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## Sparkling Pink Quartz Exfoliation

25min, 70€

*Uplifting & Refreshing*

The warming and nourishing qualities of this scrub ensure a soothing experience and visible results while leaving a beautiful glow and an invigorating fresh scent on your skin.

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## Shape & Refine

70min (excluding exfoliation), 140€

85min (full treatment), 165€

*Anti Cellulite & Toning*

Sea Lotus extract, an innovative scientific discovery, holds the secret to smoother skin. A deep exfoliation is followed by an inspired combination of the Anne Semonin Lipoliss anti-cellulite gel and a stimulating massage to target specific areas of fatty tissue. The energising abdominal massage and a body-contouring mask further eliminate toxins that contribute to cellulite formation, resulting in a smooth and velvety soft skin.

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## Deep Hydration Cocoon

60min 125€

*Soothing & Relaxing*

A wonderfully gentle treatment suitable for even the most sensitive of skins. Choose from anti-oxidant or relaxing oil blended with the delicate mineral rich Noirmoutier Sea Salt to exfoliate and nourish. An envelope of deep moisture mask encases the body replenishing nutrients as it instantly heals and hydrates.

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## Deep Cleanse Spirulina Wrap

60min, 130€

*Detoxifying & Purifying*

Sea salt, combined with uplifting lemongrass and peppermint body oil, prepares the skin for the green algae and laminaria body mask, rich in iodine and powerful marine elements. Together these dynamic ingredients purify, detoxify, energise, increase circulation and help reduce inches.

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## Anti-Ageing Body Cocooning

60min, 120€

*Anti-Ageing, Hydrating, Soothing*

This pampering body rejuvenation will regenerate your skin to its best. An invigorating body scrub is followed by a nourishing and anti-ageing body mask while you drift away with a wonderfully soothing scalp massage. The natural anti-oxidant benefits of this treatment will enhance body drainage, maximize hydration, plump and smooth to perfection while nurturing your body in a cloud of wellbeing.





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## Couples Escape

90min, 160€ (*price per person*)

Enjoy the warmth of the Steam Room to release tension before you drift away with an Anne Semonin "Made-to-Measure" massage where your therapist will blend a unique mix of Phyto-Aromatic oils to suit your needs and wishes.

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## Serenity Journey

120min, 185€ (*price per person*)

The ultimate in relaxation: This treatment starts in the warmth of your private Steam Room before you indulge for an hour and half into Anne Semonin therapies. A unique express facial to replenish and hydrate the skin is followed by 55 minutes of sheer bliss "Made-to-Measure" full body massage with your favorite Botanical Body Oil to soothe, relax, restore or detox.

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## Time For Us

145min, 230€ (*price per person*)

This pampering body rejuvenation couples' ritual will regenerate your senses to its best. An invigorating body scrub is followed by a nourishing and anti-ageing body mask while you enjoy a soothing scalp massage. This therapy concludes with a full body massage to re-awaken your senses.



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## Little Miss "Petit Mani"

25€

Nails are buffed then massaged with a scrummy botanical hand cream. Perfect fingers are finished with a sweep of polish in your favourite colour.

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## Little Miss "Petit Pedi"

30€

This toe tingling treat for feet buffs the nails and polishes the toes. Feet are kept soft and smooth with a swish of Anne Semonin Botanical Body milk.

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## My So Soothing Neck and Back Massage

25min, 50€

The back, neck and shoulders are massaged with the Anne Semonin anti-oxidant and vitamin rich body oil (contains no essential oils).

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## My Fantastic Facial

25min, 40€

Treat your face to a little TLC and get a hand and foot massage while it all happens!

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## My Dreamy Body Peeling

25min, 50€

Ultra relaxing and soothing body exfoliation, leaves the skin velvety soft.

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## My Favourite Massage with Mum/Dad

25min, 100€

Make your way to D-Spa for the perfect side-by-side relaxing neck & back massage.



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## Hands and feet

Manicure	45€
<i>French Manicure</i>	50€
Pedicure	55€
<i>French Pedicure</i>	60€
Shellac & manicure	65€
Shellac & pedicure	75€
Hand shellac colouring	35€
Feet shellac colouring	35€
French shellac & manicure	70€
Remove shellac	15€
Remove Gel	20€
File and Polish	15€
<i>Your nails are filed and shaped followed by application of your favourite nail polish</i>	

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## Waxing

Eyebrow shape	15€
Upper lip wax	15€
Under arm wax	20€
Full arm wax	25€
Bikini Line Wax	25€
Bikini Wax	35€
Half leg wax	35€
Full leg wax	45€
Chest wax	35€
Back wax	35€





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## Spa policies

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### *Should I make a reservation in advance?*

Yes, and it is best to do so upon or prior to your arrival at the resort to ensure availability.

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### *Who can guide me in choosing my treatment?*

Our spa attendant can assist you in planning the perfect spa experience, including the best sequence for your treatments.

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### *What is the Cancellation policy?*

Out of consideration for all guests, a minimum of 24 hours notice is required to cancel or reschedule. Cancellation or time change within this time will result in a 50% fee being charged. "No show" appointments are charged at full price of the treatment booked.

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### *Is there a service charge?*

No service charge or gratuity is added to your bill; they are of course appreciated, however it is left at your discretion as a reflection of service quality.

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### *What about payment for spa services?*

We accept all major credit cards. You may also charge spa services to your hotel bill. For your convenience, payment is also accepted prior to your treatment.

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### *What if I am late for my appointment?*

Arriving late will simply limit the time available for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed. The full value of your treatment will be charged.

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### *May I bring my child to the spa?*

We regret that children under the age of 16 years are not able to use the spa facilities however we do offer a Junior Spa menu for children aged 12-16.

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## Health questions

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### *What if I am pregnant?*

Certain treatments should be avoided during pregnancy. If you are pregnant, please notify our spa concierge when you make your appointment so they can offer guidance. Furthermore, some treatments may require a doctor's authorisation.

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### *What if I have special health considerations?*

Please notify our spa concierge before scheduling your treatments if you have high blood pressure, allergies, any other physical ailments or disabilities, if you are on any medication, or if you are pregnant. If you have any concerns at all, please let us know. If at any time during your treatment you experience discomfort, please alert your therapist immediately.

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## Upon arrival

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### *How to enjoy your treatment?*

This is your time and you should delight in the experience to the fullest. Whether it's the room temperature, the amount of massage pressure or the volume of the music, please notify us of any discomfort or preferences.

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## Prior to arrival

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### *When should I arrive?*

For your comfort and relaxation, we suggest that you arrive 45 minutes before your scheduled treatment. This will allow you to relax in our lounge and use the Thermal Experience.

Should you not wish to use the Thermal Experience please arrive 15 minutes before your treatment to complete our spa consultation form.

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### *What will I wear?*

Please arrive showered, wearing your robe and slippers supplied in your room. If necessary a robe, towel, slippers, shower facilities and secured locker will be provided. Swimming costumes are required to be worn in the Thermal Experience. Nudity is not permitted.

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### *What should I wear during my treatment?*

You will be provided with disposable underwear. During all treatments, the body is fully covered, except for the area being treated. Before and after your treatment, robes and slippers are provided.

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### *What about my jewellery?*

Jewellery and valuables should not be brought to the spa. If you are a hotel guest, please leave valuable items in the safe in your room. The hotel does not assume liability for any valuables left in the spa.



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## **Spa etiquette**

Our Spa environment is one of tranquillity and relaxation. Please respect other guests' right to privacy and serenity by not using your mobile phone or pager. Smoking is prohibited throughout the spa.

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## **Spa services**

*Are gift certificates available from D-Spa?*

Beautifully presented Anne Semonin Spa gift vouchers are the perfect gift for any occasion. For your convenience gift vouchers may be ordered by phone and will be dispatched the same day.

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## **Facilities**

### **Fitness studio**

Including contemporary Cardio fitness facilities. Yoga, Pilates programs and personal training are available to book through "D-Spa"reception.

### **Thermal area**

Comprising of hammam, sauna, emotional shower with chromotherapy ( color therapy) and heated beds.

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### **Nail salon**

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### **Beauty corner**

Offering Anne Semonin cosmetics and Jane Iredale make-up products.

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## **Opening hours**

Open every day 8am – 8pm

Treatments available from 9am – 19.45pm

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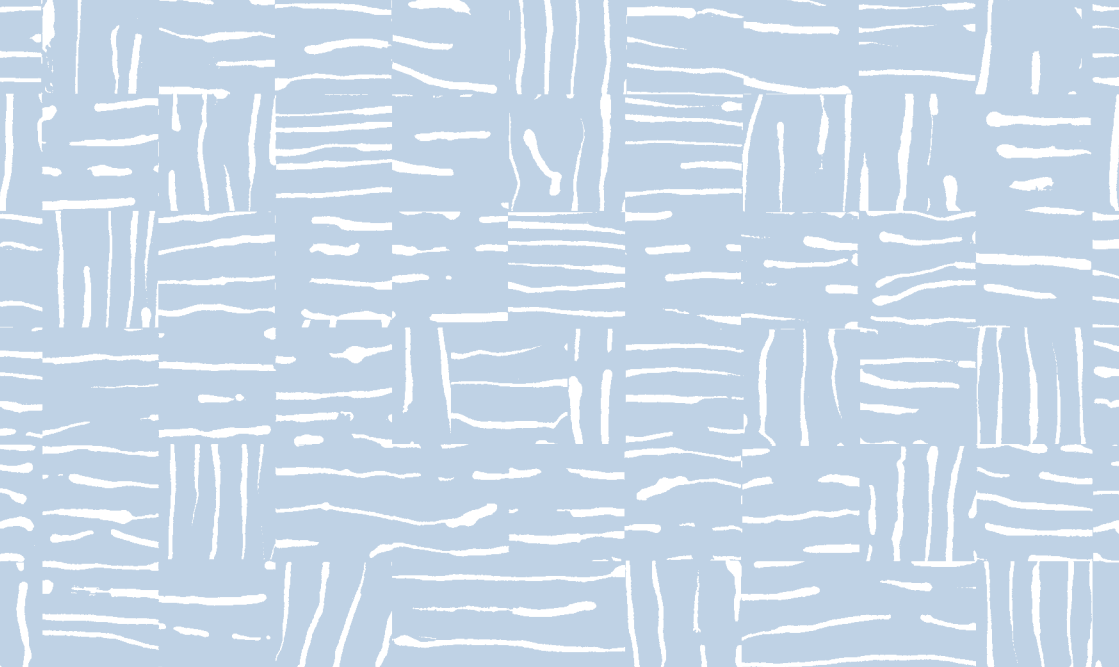
## **Spa contact**

Internal: 8850

External: +30 23740 99850







**SANI S.A.**

630 77 KASSANDRA GREECE  
TELEPHONE +30 23740 99800  
SANIRESORT.GR

