

HORIZONBLU

KALAMATA · GREECE

Horizon *Spa*

Spa & Wellness Menu



HORIZONBLU

WELCOME

An oasis of wellness *in Kalamata*

Welcome to Horizon Spa, an oasis of wellness, beauty and relaxation in the heart of Kalamata.

Our attentive, friendly specialists will guide you through a wealth of treatments and unique rituals, choosing those that suit you best and using only the finest natural beauty products.

Inspired by Greek nature and tradition, our products carry the scent of holidays and calm, for a holistic approach shaped around your skin and body.

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BODY TREATMENTS

Massage

Relaxing Body Massage

25′ 50′

The perfect antidote to stress and accumulated fatigue. A pure, hydrating blend of essential oils helps the body let go of muscle tension, leaving a deep sense of renewal and well-being.

Relaxing Massage with Greek Olive Oil

25′ 50′

A relaxing massage with natural Greek olive oil that deeply moisturises the skin, leaves it silky-soft and wraps you in pure, natural scents.

Back, Arms & Head Massage

25′

A targeted relaxing massage exactly where you need it most: back, arms and head, with an aromatic almond essential oil.

Foot Massage

20′

A soothing foot massage that relaxes and relieves tired, aching muscles.



BODY TREATMENTS

Rituals

Lomi-Lomi Polynesian Massage

60′

One of the oldest and most powerful Polynesian massages. Gentle, flowing strokes over the whole body that also work deep into the muscles, restoring mental and emotional balance.

Sports Massage

50′

For those who prefer firm pressure. Rhythmic, powerful techniques with toning essential oils oxygenate the muscle tissue and release knots and persistent aches.

Aromatherapy Massage

50′

Lift your mood and awaken your senses with rare scents: almond oil, lavender, marjoram and orange. Let go, drift away, and feel the energy of aromatherapy at once.

Volcanic Hot-Stone Balance

60′

A ritual of balance and inner calm. Muscles yield to the gentle yet powerful warmth of black basalt stones, followed by a head massage that unwinds both body and mind.



SCRUBS

Glow, *naturally*

Taygetus Honey & Herb Body Scrub — 20′

A ritual inspired by ancient Greece. Healing herbs hand-picked on Mount Taygetus, blended with honey, pamper your body with radiance and hydration, just as nature intended.

Mineral Polish Express — 25′

A sea salt exfoliation with revitalising Normandy sea salt that smooths, deeply nourishes and brightens the skin.

Perfect before any massage

Aloe Vera & Olive Oil Body Scrub — 15′

Moisturises and revives the skin, leaving a lasting feeling of freshness.

Olive Oil & Cinnamon Body Scrub — 15′

Wonderful scents, nourishment, hydration and glow envelop your body.



HORIZON SIGNATURE · FOR TWO

Anassa *for her* · Anax *for him*

A ritual for the two of you. It begins with a peeling of sea salt and herbs, followed by a massage with a blend of fine essential oils that you choose together with our therapists, for moments of harmony and calm.

The journey ends with a revitalising, toning facial: total well-being, shared as a couple.

FACE TREATMENTS

Face

Facial Revitalisation

20′

MAGIC HYDROTOUCH

Hydrate and revitalise your face with natural oils and a burst of citrus scents. Includes peeling and a hydrating mask.

Anti-Ageing Skin Rejuvenation

40′

Based on pure Greek olive oil, grape seed and rosemary, all known for firming the skin. Includes peeling, mask and a luxurious face massage.

After-Sun Face Treatment

25′

Summer sun, heat and dryness take their toll on the face. Rehydrate and revive your skin, restoring its glow and elasticity.



RESERVATIONS

+30 27210 80099

From your room, dial **406**

For information and beauty advice, visit us at Horizon Spa.

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