

# WELCOME TO MARBLE SPA

*Inspired by the Aegean*

At Marble Luxury Spa in Senia Hotel, well-being is a natural extension of island life.

Rooted in the spirit of Paros and the Cycladic landscape, our treatments draw inspiration from the sea, the light, the salt in the air and the effortless rhythm of the waves. Here, touch, breath and scent come together to restore balance and harmony.

Natural movements, warm textures and aromatic blends inspired by pine forests, lavender fields, sandalwood and Mediterranean botanicals invite the body and mind to slow down, release tension and reconnect with the energy of the Aegean. Each experience is designed as a journey — guided by water, grounded in earth, lifted by air and illuminated by light.

## A WELCOME WELLNESS GIFT FROM US ( -50% )

Enjoy a complimentary second treatment when selecting any 60 or 90-minute experience.

The offer applies to selected treatments and is subject to availability. Please contact the Spa reception for details and reservations.

# THE MARBLE SPA WELCOME RITUAL

## *A personalized aromatic journey*

Before your massage begins, you are invited to select the aromatic profile that best reflects your personal needs and inner state. Your choice allows us to customize the organic massage oils used during your treatment, creating a deeply personalized sensory experience. Inspired by the natural elements of Paros and the Cyclades, each blend is crafted from authentic Mediterranean botanicals to support relaxation, balance and wellbeing.

### **All massages are customized with your selected aromatic profile.**

#### **Aegean & Cycladic Sunflowers** — Mandarin · Orange Blossom · Apricot

Soft, sun-kissed and uplifting. Promotes relaxation, emotional ease and natural wellbeing.

Post-Treatment Pairing: Black tea & citrus peel herbal tea, served with dried apricots and orange slices.

#### **Mediterranean Herbs Harmony** — Chamomile · Thyme · Cinnamon · Green Apple

Soft, calming and harmonizing. Supports relaxation, balance and inner calm.

Post-Treatment Pairing: Chamomile & thyme herbal infusion, served with green apple slices and cinnamon and selected Mediterranean nuts.

#### **Cycladic Forest & Warm Earth** — Lemongrass · Green Tea · Warm Notes of clove spice

Deep, soothing and gently uplifting. An aromatic profile inspired by the natural landscapes of the Cyclades, blending fresh citrus tones with soft herbal warmth to promote grounding, balance and inner calm.

Post-Treatment Pairing: Green tea infused with lemongrass and clove spice notes, served with dried plums and selected Mediterranean nuts.

# WELLNESS EXPERIENCES

## ARRIVAL& RESTORE

**Instant Relief Massage** — 30 min | 80€

A targeted massage focusing on the neck, back and waist — ideal after travel or long days. Inspired by the clarity and simplicity of the Cycladic landscape, precise movements release tension, restore mobility and create an immediate feeling of lightness and comfort.

**Arrival Recovery Ritual** — 60 min | 155€ · 90 min | 210€

A deeply soothing full-body massage created to welcome you to the island and reconnect you with the calm rhythm of Paros. Flowing, wave-like movements ease travel fatigue, relax the nervous system and restore balance and serenity.

## ISLAND BALANCE

**Deep Recovery Massage** — 60 min | 155€ · 90 min | 210€

A powerful therapeutic massage inspired by the grounding energy of the Aegean earth. Deep-tissue techniques release deep-seated tension, stimulate circulation and restore muscular vitality, offering profound relief and renewal.

**Bamboo Energy Flow** — 60 min | 155€ · 90 min | 210€

A dynamic massage using warm bamboo sticks to awaken the body and enhance energy flow. Rhythmic rolling and stretching techniques penetrate deeply into the muscles, detoxifying and energizing the body.

## SUN RECOVERY & GLOW

**Light Legs Ritual** — 30 min | 80€

A refreshing massage designed to relieve heaviness caused by heat, island walks and long summer days. Stimulating techniques enhance circulation and restore a feeling of lightness and vitality.

**Ocean Glow Body Ritual** — 60 min | 155€

A refreshing full-body treatment inspired by the healing energy of the Aegean Sea. Marine-based ingredients hydrate, soothe and restore the skin, making it ideal after sun exposure.

## FACIAL EXPERIENCES

### **Glow & Hydrate Facial** — 55 min | 155€

An advanced facial inspired by the pure Cycladic light.

Botanical active ingredients deeply hydrate and revive the skin, restoring freshness and natural radiance after days under the sun.

### **Silk Facial Lift** — 90 min | 210€

A luxurious facial ritual combining refined massage techniques with powerful active ingredients. Designed to enhance elasticity, promote natural lifting and reveal a youthful, luminous appearance.

## EVENING & COMFORT RITUALS

### **Candle Bliss Ritual** — 60 min | 155€ — 90 min | 210€

A luxurious aromatherapy ritual using warm soy candle oil infused with Mediterranean-inspired essential oils. The warm oil melts into the skin, dissolving tension and creating a deep sense of calm and comfort.

### **4 Hands Deep Synergy Massage** — 90 min | 300€

An exclusive four-hand massage experience where two therapists work in perfect synchronization, creating a continuous, flowing rhythm across the body. Organic, locally inspired aromatic oils — based on warm Mediterranean olive oil and enriched with Cycladic botanicals — melt into the skin, enhancing deep relaxation and sensory harmony. Synchronized movements, wave-like rhythms and refined pressure techniques guide the body into a profound state of release, allowing the mind to slow down and surrender. A deeply immersive journey capturing the essence of the Aegean and the Cyclades — restoring balance, calm and effortless wellbeing.

# THE MARBLE CAVE SPA SIGNATURE AEGEAN BLOSSOM RITUAL

## **The Signature Journey of Paros 120 min|280€**

A complete signature ritual inspired by the floral soul of Paros, the shimmering Aegean light and the effortless rhythm of island life. A refined sensory journey that unfolds slowly, allowing the body and mind to reconnect with the softness, warmth and natural beauty of the Cyclades.

### Jasmine Body Scraping & Exfoliation — 15 min

The ritual begins with a gentle body scraping ritual, inspired by ancient cleansing traditions and the purity of the Aegean Sea. Creamy textures infused with jasmine essential oil and fine sea salt crystals from the Aegean delicately polish the skin, removing impurities and awakening circulation. This first touch prepares the body for deeper relaxation, revealing a smooth, luminous surface — like skin kissed by sun, sea breeze and summer light after long days on the island.

### Floral Full Body Massage — 45 min

As the body opens, the journey flows into a slow, wave-like full body massage inspired by the natural rhythm of the Aegean. Fluid movements echo the gentle motion of the sea, guiding the body into a state of effortless release. Aromatic oils inspired by Mediterranean blossoms are enriched with mandarin and cedarwood — scents deeply rooted in the landscape of Paros. Bright citrus notes uplift the senses and evoke summer vitality, while warm woody undertones ground the body, restoring balance, lightness and deep inner calm.

### Sandal Radiance Face Ritual — 45 min

This restorative facial experience is designed to revive the skin after days under the Cycladic sun. Gentle cleansing, refined sandalwood-based care and sculpting massage techniques replenish hydration, enhance elasticity and awaken the skin's natural luminosity. The face regains freshness, softness and glow — reflecting the radiant light of the Aegean and the relaxed beauty of island living.

Advanced Herbal Body Wrap — 15 min

The ritual concludes with a soothing herbal body wrap inspired by the wild botanicals and aromatic herbs of Paros. Carefully selected plant extracts known for their calming and hydrating properties cocoon the body, relieving dryness and comforting the skin. As warmth envelops the body, the mind drifts into stillness — suspended between sea, sun and silence — sealing the ritual in a state of deep relaxation and harmony.

## OPERATION & CANCELATION POLICY

The Marble Spa operates daily from Monday to Sunday 09:00 to 20:00.

Suggestions for a successful Spa Experience!

Please make your reservation early in advance, in order to ensure your preferred time & treatment.

Please make sure that you arrive 15 minutes before your treatment begins.

Keep your valuable and personal belongings in the safety deposit box in your room.

Turn off your cell phones and speak quietly. This is the time for your body and mind to release the worries and stress of the day.

Smoking is not allowed in the Spa area.

Payment Method: Credit card and room charge.

Cancellation Policy: In case of cancellation of your program or therapy, please notify us on time. A 50% cancellation charge will be incurred for any treatment or Spa program not cancelled at least 24 hours prior to your appointment. Cancellation within 12 hours will incur a 100% charge.