



Wellbeing
Experiences

SERENITY

Enjoy the peaceful and calm surrounding of MANNA.
Take a deep breath of the pure air of the Arcadian Mountains
and let the journey begin.

HEALING NATURE

Let yourself get carried away by the healing power of nature.
Enjoy the forest surrounding and feel the power of the trees, the pure water,
and the healing force of nature.

TIME FOR ME/US

Nourish your body and soul.
Time for 'me' or time for 'us' is exactly the time to feel pampered,
experience consciously, and enjoy life. Be inspired by the local treasures
in and around Manna.

The Arcadia Wellbeing Experience Treatments

The philosophy of the Arcadian Wellbeing Experience is an important part of the Manna lifestyle concept, where one may get deeply touched by the serenity and healing nature of the Arcadian Mountains in the heart of the Peloponnese.

The Arcadia

Wellbeing Experience Treatments

Ursa Private Spa Experiences

According to Greek mythology, God Arcas was a hunter who became king of Arcadia. He was remembered for having taught people the arts of weaving, baking bread and for spreading agriculture in the Peloponnese. According to the myth, both Arcas and his mother turned into the star symbols of Ursa Major and Ursa Minor.

You can now experience these two secluded and pampering private spas for yourself or as a "time for us" experience.

Ursa Major

Enjoy the time together in a beautiful private secluded environment in the Ursa Major. A whole balneo experience is waiting for you, with the steam bath of 45° degrees, the cold shower hose, the rain shower, and the water massage bath.

Add customized treatments to complete a beautiful experience in the same suite.

60 min	170.00€
Additional hour upon availability	110.00€

Ursa Minor

Ursa Minor invites you to take time for yourself. Get inspired with the private me-time. Experience life consciously and let yourself float in the water massage bath, the Finnish sauna, and the rain shower.

Use the time to add personal customized treatments to nourish your soul and body.

60 min	110.00€
Additional hour upon availability	70.00€

Massage and Body Rituals

SERENITY

Arcadia Aroma Massage

A relaxing massage with warm local aroma oil of your choice, that may transfer you to a new level of inner peace and serenity. Gentle pressure and relaxing techniques will help you relax and let go. Starting with a deep inhalation breath, this treatment can be individually adapted to your needs.

35 min	85.00€
50 min	105.00€
80 min	155.00€

HEALING NATURE

Mountain Power Massage

Using local natural materials such as wood and stones, we are focusing on the muscle tension to stimulate the natural self-healing powers. This individual massage with middle to strong pressure can activate new spirits of life.

35 min	85.00 €
50 min	105.00 €
80 min	155.00 €

TIME FOR ME/US

Warm and Cold Stone Ritual

Enhance your physical wellbeing with warm and cold stones. Invigorating and harmonizing at the same time, helps you enjoy a unique ritual customized to your needs, along with a classical massage. Rounding with a nourishing body cream, it gives you a pampering and satiny skin feeling.

35 min	90.00 €
50 min	110.00 €
80 min	160.00 €

Add-on Treatments 30 min

Before or after the Massage Treatment of choice, add one or two pampering rituals to enhance the Arcadia Wellbeing experience as much as possible. The optimal treatment order will be recommended by our therapeutic experts. Let yourself be inspired.

50.00 € each Add-on Treatment

CHOOSE BETWEEN

Pure Nature Body Peeling

This energizing body scrub will refresh your skin and will help to increase the blood circulation and serve as a good preparation for the chosen Massage Treatment.

Nourishing Face Massage Ritual

Starting with a gentle cleansing, followed by a balancing face massage, this ritual rounds off with a cooling face mask which will leave your skin bright and fresh.

Pampering Foot Massage

This pampering add-on starts with a foot cleansing. Altering with pressure and reflexology massage, it gives your feet and body a light feeling.

Lousios Hair and Scalp Ritual

Named by the river where baby Zeus took his first bath, this perfect combination of gentle pressure points and harmonizing massage will relieve your body and mind. The warm oil will nurture your scalp and hair for an ultimate crown chakra experience.

New Treatments to Elevate Your Experience

EARTH CONNECTION

Gaia Dry Massage

Reconnect with the earth through this unique dry massage that utilizes stretching and pressure techniques to release tension and promote flexibility. Without the use of oils, this treatment focuses on invigorating the muscles and improving overall body balance, providing a refreshing and revitalizing experience. Perfect for those who seek a powerful and grounding massage.

35 min

85.00

Signature MANNA Treatment

ELEMENTS OF FIRE`

Mainalon Flame Ritual

Ignite your senses with the warmth of the Mainalon Flame Ritual. This candle massage uses warm, aromatic candle oils that melt into a luxurious, moisturizing balm, easing tension and deeply nourishing the skin. The soothing heat from the candle not only relaxes the muscles but also creates a serene and tranquil atmosphere, perfect for calming the mind and body.

50 min

120.00

80 min

180.00

How to Experience Arcadia Wellbeing

Book Treatments

To secure your desired treatment, we recommend you make your booking at our hotel reception before your arrival. You will receive your appointment confirmation directly upon arrival at our hotel.

Full Disclosure

Guests are required to make full disclosure of their health condition, allergies etc. at the front desk before starting their therapy since some spa therapies may not be recommended in case of contraindications.

Medical advice

Advice by the Spa Therapist or Guest Health Counsellor should not be construed as a substitute for medical advice by a family physician or specialist. Guests are required to cross-check with their physician or specialist before implementing recommendations relating to exercise, diet, and lifestyle changes.

Customization

The duration, technique and material used for every therapy is scientifically pre-determined by our technical trainers. It will not be possible to modify or customize them beyond permissible limits.

Etiquette

Please maintain a low voice when in the Spa as treatments are taking place throughout the day. For the consideration of others, we ask that you switch your cellular phones and electronic devices off or to silent mode.

Take your time

In order for your therapist to prepare individually for your treatment and for you to enjoy your full treatment time, we kindly ask you to show up about 10 minutes before the treatment begins. Out of respect for the following guests, we ask for your understanding that in case of lateness on your part, this will be reduced from the treatment time.

Clothing

Please come to your treatment in your bathrobe. To protect your privacy, we offer you disposable briefs for every treatment and work with various covering techniques.

Health form and Fulfillment of wishes

During the treatment we would like to respond to your individual wishes. Therefore, we will ask you before the treatment what is especially important to you. Competent consultation is a part of the treatment and is very important to us.

Cancellation Policy

Your MANNA spa treatments are reserved especially for you. We value your business and ask that you respect the spa's scheduling policies. Should you need to cancel or reschedule, please notify us at least 24 hours in advance. Please leave enough time to get to your appointment, anticipating check in procedures and preparation. (Estimated time prior to the beginning of your therapy 15 minutes)

Any cancellations with less than 24 hours of notice are subject to a cancellation fee amounting to 50% of your scheduled service. Guests who miss their appointments without giving any prior notification will be charged in full. If you book a service on the same day and you cancel or no show, you will be charged in full. If you are more than 15 minutes late and we do not have enough time to perform the service due to time limitations and you will be charged in full.

Opening hours

Monday - Sunday: from 11.00 am until 20.00 pm and by appointment

Pan-Gym 24 h

Please wear swimwear in the pool area. In the sauna of the Ursa Private Spa we ask you to put a towel where you sit and for your feet for hygienic reasons. The whole area is an area of peace and calmness and we kindly ask you to respect other guests.

Our Recommendation

SERENITY

Arcadia Aroma Massage 50 min

A relaxing massage with warm local aroma oil of your choice. Gentle pressure and relaxing techniques can help you to let go.

Add-on Treatment

Pampering Foot Massage 30 min

Lousios Hair and Scalp Ritual 30 min

Total 110 min 205.00€

Your benefit

- Top to Toe Relaxation Treatment • Arriving and adapting to Manna Lifestyle
- Pure self-reflection and find your inner middle

HEALING NATURE

Add-on Treatment

Pure Nature Body Peeling 30 min

Mountain Power Massage 80 min

Using local nature materials such as wood and stones we are focusing on the muscle tension to stimulate the natural self-healing powers.

Total: 110 min 205.00€

Your benefit

- Deep Muscle Ease Treatment • Activates blood circulation
- Energizes Body and Life Spirits

ELEMENTS OF FIRE

Mainalon Flame Ritual 50 min

Experience ultimate relaxation with the warmth of the Mainalon Flame Ritual.

This massage uses warm, aromatic candle oils to deeply hydrate the skin, ease muscle tension, and create a calming atmosphere for both body and mind.

Add-on Treatment

Nourishing Face Massage Ritual 30 min

Treatments only Total (per person) 80 min, 170€

Book a full ceremony with the Ursa Private Spa Experience (1hour extra):

With Ursa Minor (one person) Total 140 min, 280.00€

With Ursa Major (two persons) Total 140 min, 510.00€

Your benefit

- Nourishing Full Body Treatment • Extra Pampering Time with Private Experience

