

**THERMAE
SYLLA SPA**
Wellness Hotel
Step into Nature's Spa

A la carte Treatments to relax and revive from head to toe!

Detox Treatments -Body Peeling

Begin your spa experience

by preparing your skin to absorb all the beneficial effects of our Thermal water!

	Duration	Internal Guests	External Guests
Body Peeling	20'	45.00	54.00
Energetic Salt therapy	45'	78.00	95.00
Farmer's steam bath (with fresh eucalyptus)	20'	18.00	22.00
Sylla's Thermal Grotta	max. 60'	22.00	25.00
Kraxenofen with herbs and straw	20'	24.00	32.00
Oriental Bath	60'	76.00	91.00
Oriental Rasul	45'	85.00	99.00
Aromatherapy (with 30' massage)	60'	85.00	99.00
Wine Draft	30'	58.00	75.00

Thermal Mud- Balneotherapy

Be healthy with the nature's Spa

	Duration	Internal Guests	External Guests
Thermal Bath with salt mixtures			
Select: "for balance", "for relaxation", "for health"	20'	37.00	42.00
Thermal Fitobalnea soothing/ relaxing	20'	37.00	44.00
Ozonotherapy with thermal water	20'	37.00	44.00
Thermal bath with CO2	20'	37.00	44.00
Thermal Hydromassage «Pacific»	20'	37.00	44.00
Thermal Hydromassage «Caracalla»	20'	45.00	54.00
Partial /Total Mud therapy without thermal bath	20'	51.00	60.00
Partial Mud therapy with thermal bath	40'	61.00	73.00
Total Mud therapy with 15' massage	75'	95.00	115.00
Total Mud therapy without massage	40'	79.00	95.00

Massages

Specialized therapists and different types of massages from all over the world, bring back the balance to body & spirit.

	Duration	Internal Guests	External Guests
Anti stress massage	30'	54.00	65.00
4 hands relaxing massage	45'	138.00	165.00
Deep Tissue massage with essential oils	60'	98.00	125.00
Candle massage BIO	30'	57.00	70.00
Signature Thermae Sylla full body massage with essential oils	45'	89.00	106.00
Signature Thermae Sylla full body massage with essential oils and glow mask for the face.	45'	114.00	131.00
Thin rain shower massage	30'	65.00	78.00
Thin rain shower	30'	30.00	35.00
Lymphatic massage with CO2	80'	115.00	138.00
Thermae Sylla VIP back mask, with hot grapes combined with peeling and massage	45'	79.00	95.00
Lomi-Lomi	45'	79.00	95.00
Padabhyang-Ayurvedic foot massage	30'	50.00	60.00
Package (Pantai Luar +Pantai Visage)	90'	165.00	195.00
Mini Pantai Luar, massage with hot pouches for the back	30'	74.00	89.00
Pantai Luar, full body massage with hot pouches	60'	115.00	139.00
Refflexology (feet)	30'	54.00	65.00
Shiroyang-Ayurvedic head massage	30'	64.00	85.00
Shirodhara	45'	94.00	125.00
Signature Ayurveda total body massage	90'	149.00	178.00
Traditional Ayurvedic Full body massage	60'	125.00	155.00

Moisturizing Treatments

Pamper & hydrate your body

	Duration	Internal Guests	External Guests
Chocolate body treatment	60'	75.00	90.00
The «Cleopatra's» bath	30'	75.00	95.00
Olive Wonder "with the olive's core»	30'	62.00	75.00
Pumpkin seed body wrap	30'	62.00	75.00
Men's moisturizing care	30'	75.00	95.00

Body Tightening

Body sculpting & toning

	Duration	Internal Guests	External Guests
Signature Thermae Sylla anti cellulite treatment with products by KOS	30'	62.00	75.00
Local seaweed treatment	30'	54.00	68.00
Total seaweed treatment	30'	79.00	95.00
Ginger gold (with Indonesian dream)	45'	54.00	65.00
Tonic massage with seawater pressure	15'	25.00	30.00
Cupping anti cellulite massage	30'	72.00	87.00
Slimming massage	30'	69.00	83.00

Facial Treatments

Treatments for anti-aging radiance and hydration with the unique beauty products of Thermae Sylla

	Duration	Internal Guests	External Guests
Legend Treatment for face lift by KOS NEW	90'	170.00	195.00
Radiance Facial Treatment by KOS NEW	60'	110.00	140.00
Express Facial by KOS NEW	30'	60.00	89.00
Sensitive skin treatment by KOS NEW	60'	110.00	140.00
Thermae Sylla Anti-Wrinkle facial	45'	65.00	81.00
Signature facial grapes Thermae Sylla Treatment	60'	108.00	130.00
Deep facial cleansing	60'	109.00	131.00
Intracellular facial cupping massage-Rectification	30'	68.00	82.00
Ayurvedic facial treatment	45'	85.00	103.00
Regenerating eye treatment	25'	58.00	73.00
Healing mud mask	30'	29.00	35.00
Men's facial treatment	45'	68.00	82.00

Organic Treatments NEW

Face & Body treatment with certified biological products

	Duration	Internal Guests	External Guests
Skin Detox from Blue Light (προσώπου)	30'	78.00	98.00
Power Release (για το σώμα)	45'	95.00	125.00

Pool & Physiotherapy Treatments

Specialized physiotherapy treatments

	Duration	Internal Guests	External Guests
Aqua Aerobic	20'	Free	25.00
Aqua Bike	20'	25.00	25.00
Aqua Bike Aerobic	20'	36.00	36.00
Hydro kinesiotherapy	20'	44.00	44.00
Outdoor-Indoor pool	30'	Free	35.00
Kinesiotherapy	20'	43.00	43.00
Ultrasounds x 2	15'	31.00	31.00

Hands & Feet nails care*

	Duration	Internal Guests	External Guests
Kure Bazaar-biological manicure	30'	34.00	34.00
Kure Bazaar-biological pedicure	45'	42.00	42.00
Basic manicure	30'	22.00	22.00
Basic pedicure	45'	30.00	30.00
Shellac removal		10.00	10.00
Parafine	30'	15.00	15.00

***Note:** Harmonized with the natural philosophy of the Spa, we do not use equipment for artificial nail treatments.

Waxing/Eyebrows -Eyelashes dye

	Duration	Internal Guests	External Guests
Upper leg/ Inner thigh waxing	30'	34.00	34.00
Eyebrows / lip/ chin waxing	15'	15.00	15.00
Spa waxing package (legs & bikini)	60'	72.00	72.00
Bikini/ Armpits waxing	45'	34.00	34.00
Men's waxing	15'	34.00	34.00
Eyelashes dye		15.00	15.00
Eyebrows dye		20.00	20.00

Hairdressing services on request

Spa Etiquette - Regulations

- Opening Hours: Daily from 09:00-20:00. Spa contact numbers: 526 and 527.
- The entrance at the spa & the gym is allowed to people over than 15 years old.
- All our programs & treatments are subject to availability and you choose therapy (**not the therapist**). We recommend you to book your treatments before your arrival.
- We recommend you to arrive 10' earlier than the scheduled treatment. Any delays will result in shortened sessions to avoid inconvenience to other guests.
- To change or cancel your appointment, please contact the Spa Reception, 24 hours in advance to avoid any charge.
- **Cancellations:** You will be charged the 50%of the value of the treatment if your appointment is cancelled in less than six hours. In case of non-show, you will be charged the 100% of the value.
- **Before your first treatment or use of the pool, you should visit the doctor of the center.** Please inform us about your health status as well as of any allergies or other conditions that may be affected by the treatments.
- Please take a shower before each treatment and use of the pool.
- The formal dressing in the Spa area is the bathrobe and flip flops. For hygiene reasons, a swimming cap is necessary.
- At our Spa Center, you will find lockers. The Management is not responsible for any loss of valuables.
- Please turn off your mobile phone and any electronic devices when entering the Spa and keep quiet in the pool area.
- The Spa reserves the right to modify the programs without prior notice.
- For further information, please contact the Spa Reception. We will be happy to assist you.