



# Body Massage

## RELAXING AND MUSCLE TENSION RELIEF MESSAGES

### SCALP & FOOT MASSAGE

A rejuvenating head and foot massage that decongests, unblocks and reenergizes all the sensitive areas where tension builds up. Spiritual, emotional, and physical tension are alleviated, and a sense of serenity and relaxation is instilled.

40€ | 45'

### BACK – NECK - SHOULDERS

A comprehensive, corrective massage treatment for chronic pain due to muscle spasm, physical injury, reduced range of motion or nerve entrapment.

55€ | 45'

### RELAXING MASSAGE

A muscular relaxing massage with essentials oils of lavender and a sea cocktail ingredient that relieves signs of tension, calms the nervous system, and relaxes the body without exerting strain on the body.

50€ | 45'

### DEEP TISSUE MASSAGE

Focusing on the body's deeper tissues and muscles this full body massage intends to dissolve knots releasing muscle tension. It is suitable after a long day, an exhausting trip or even after a good workout at the gym. For those who generally enjoy deep tissue massage they will find it rather relaxing.

60€ | 45'



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## UNIQUE HOLISTIC MESSAGES

### TRADITIONAL OLIVE OIL MASSAGE

Olive oil is closer in chemical structure to the skin's natural oil than any other oil that occurs naturally. Try a unique source of relaxation and indulge yourself with the most powerful natural product. Our therapists' movements and touch will create a feeling of supreme serenity and your skin will be left nourished and moisturized feeling soft and silky.

55€ | 45'

### HOT STONES MASSAGE

A special massage with volcanic stones of basalt. Relief of muscle pain and an activation of all energy channels with the intention of finding an equilibrium for the soul, the spirit, and the body.

70€ | 60'

### EXOTIC MASSAGE

This ritual Massage with authentic Monoi de Tahiti the holy oil of Polynesia, is a time full of pleasure that balances the energy flow and promotes total relaxation and wellness.

55€ | 45'

### CANDLE MASSAGE

Candle massages are extremely relaxing and will awaken your senses. Relax and calm your mind in a warm and intimate room, softly lit by the flame of the candle.

60€ | 45'



*The*  
RESIDENCE  
AILOU HOTEL & SPA

# Body Massage

## EXTRAS

### FACE & SCALP MASSAGE

An invigorating massage for the face and scalp, with specific pressures that relax, refresh and eliminate the signs of fatigue. Your face regains its radiance.

An option for pregnancy.

**35€ | 30'**

### COUPLES RELAXING MASSAGE

**100€ | 45'**



# Body Treatment

## FULL BODY SCRUB

A full body exfoliation that helps skin renew itself on a cellular level offering an exceptionally smooth texture and softness comparable to that of silk. You can combine this body treatment with a body massage.

40€ | 40'

# Facial Treatments

## HYDRA ORIGINAL FACE TREATMENT

Quench your thirsty visage with the help of highly performing organic active marine ingredients.

This facial treatment, results in skin, which is plumper, revitalized, detoxified, hydrated and generally more luminous.

The treatment is adapted to your personal needs and skin type.

40€ | 35'



## Steam Room

You can reserve our steam room and enjoy an intensely cleansing ritual which helps eliminate toxins and stimulates circulation.

25€ | 30'

**OPENING HOURS 09:00-21:00**

## Finnish Sauna

The heat emitted in the sauna strengthens the immune system, stimulates circulation, and boosts the cardiovascular system. The lungs' capacity improves, blood vessels expand, and unnecessary water retention is eliminated.

Make sure to not stay in the sauna for more than 15-minute intervals. We recommend that you do 3 to 4 rounds and drink plenty of water in between breaks.

25€ | 30'

**OPENING HOURS 09:00-21:00**



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# Jacuzzi

The hot tub is located on the -1, right next to the hotel's steam room .

**25€ | 50'**

**OPENING HOURS 09:00-21:00**



# **SPA INFORMATION**

## **OPENING HOURS**

Massage Treatments are performed between 13:00 - 21:00

## **ASSISTANCE WITH MAKING AN APPOINTMENT**

To secure your booking we require the following a valid credit card, your contact details, and a telephone number.

For external bookings please call: +30.+302169003569 +30.6944195877

For internal bookings please call: Ext 131 or 100.

## **YOUR BOOKING AND CHECK-IN PROCEDURE**

Please plan to arrive at least 15 minutes prior to your appointment. A late arrival will result in a shortened treatment in order to accommodate the next guest fairly. We also encourage you to visit our steam room, pool and sauna. If you wish to enjoy our spa facilities, we recommend you arrive at least one hour prior to your treatment.

For hygiene reasons you are requested not to use the pool following Spa treatments because of the residue left in the water from oils used.

## **SPA INFORMATION & GENERAL DISCLAIMER**