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## Welcome to Vione's In-House Sanctuary

Welcome to a world where ancient rituals meet contemporary serenity.

Dione Spa, nestled in the heart of Vione Paros, draws inspiration from the mythic essence of water and the timeless wisdom of wellness.

Our signature experiences blend the elemental energy of the Aegean with global healing traditions - from detoxifying sea rituals and warm stone massages to Ayurvedic-inspired journeys and radiance-enhancing facial therapies.

Whether you seek renewal, release, or quiet rejuvenation, Dione Spa invites you to surrender to the gentle rhythm of water and emerge restored, balanced, and deeply nourished.

# BODY TREATMENTS

Where the body unwinds and the mind finds stillness.



## REJUVENATING MASSAGE

60 min 180€

A deeply restorative massage designed to release tension through slow, targeted, and penetrating movements. Particularly effective for relieving muscle stiffness caused by overexertion, it enhances circulation and supports the body's natural detoxification process. Carefully selected essential oils further amplify the treatment's revitalising effect, leaving the body restored and the skin renewed.

**Key elements:** Full body sports massage and choice of aromatic oils

**Benefits:** Improves range of movement

**Recommended for:** All

**Pre – treatment facilities:** Sauna, hammam

## MINDFUL ESCAPE MASSAGE

60 min 150€

A calming ritual designed to restore balance between body and mind. Gentle, rhythmic movements ease muscular tension while encouraging deep relaxation and mental clarity. This soothing experience invites you to slow down, reconnect, and emerge with a renewed sense of calm and inner harmony.

**Key elements:** Full Body Massage with medium pressure and choice of aromatic oils

**Benefits:** Promotes deep relaxation

**Recommended for:** All | Pregnancy Safe

**Pre – treatment facilities:** Aromatherapy room, hammam



## SOUL SERENITY MASSAGE

60 min 150€

A holistic experience designed to restore equilibrium and inner balance. Inspired by ancient energy practices, this treatment focuses on the body's seven energy centres (chakras), combining intuitive massage techniques with the gentle warmth of herbal pouches placed along the body. The experience begins with the personalised selection of essential oils, creating a deeply immersive journey for body, mind, and spirit.

**Key Elements:** Full body relaxing massage with warm herbal pouches

**Benefits:** Relieves stress and anxiety

**Recommended for:** All types

**Pre – treatment facilities:** Aromatherapy room, hammam

## REVITALIZING BACK MASSAGE

30 min 85€

A targeted treatment focusing on the back, neck, and shoulders, areas where tension most commonly accumulates. Designed to release muscular stress and restore ease of movement, this massage is ideal for relieving everyday strain and restoring comfort to the upper body.

**Key elements:** Back, neck, and shoulder massage

**Benefits:** Releases muscle tension

**Recommended for:** All

**Pre – treatment facilities:** Sauna, hammam



## HEALING FOOT MASSAGE

30 min 85€

A deeply relaxing treatment designed to revitalise tired legs and feet. Ideal after travel, this massage works from the toes to the knees, helping to relieve tension, improve circulation, and reduce swelling while restoring a sense of lightness and comfort.

**Key elements:** Lower leg and foot massage

**Benefits:** Relieves tension and improves circulation

**Recommended for:** All | Pregnancy-safe

**Pre – treatment facilities:** Hammam

## INDIAN NECK & HEAD MASSAGE

30 min 85€

Rooted in the ancient principles of Ayurveda, this therapeutic treatment focuses on the head, neck, shoulders, and face. Through slow, intentional movements, it releases accumulated tension, calms the nervous system, and promotes mental clarity and deep relaxation. Ideal for relieving fatigue, stress, and insomnia.

**Key elements:** Head massage

**Benefits:** Releases muscle tension in the neck, head, and face.

**Recommended for:** All | Pregnancy-safe

**Pre – treatment facilities:** Aromatherapy room

# RITUALS

Where the body unwinds and the mind finds stillness

## FRENCH RIVIERA RITUAL

120 min 300€

A signature journey inspired by the effortless elegance of the French Riviera. At its heart lies a self-heated jade stone, echoing sun-warmed Mediterranean rocks, combined with fluid massage movements inspired by the rhythm of the sea. Delicate white floral notes and the scent of sea breeze enhance the sensory experience, while specially composed music guides you into deep relaxation, synchronising breath, heartbeat, and mind.

### WHAT'S INCLUDED:

#### REVITALISING MARINE SCRUB

30 min

A deep exfoliating treatment enriched with micronised marine algae extract. It gently removes dead skin cells, leaving the skin smooth, soft, and enriched with essential trace elements for hydration and vitality.

#### MARINE SPA BODY WRAP

30 min

A nourishing body wrap combining Plasmalg Gel with a patented micronised marine algae complex. Rich in 54 active ingredients, it helps detoxify, tone, and revitalise the skin, restoring visible radiance and vitality.

#### FRENCH RIVIERA MARINE SPA MASSAGE WITH HEATED PEPPLER

60 min

A unique massage experience combining manual techniques with a self-heated jade stone. Movements inspired by the sea and the warmth of sunlit rocks create a deeply grounding sensation, enhanced by aromatic oils and immersive sound therapy that transport the mind to the French Riviera coastline.

**Key elements:** Full body exfoliation, wrap, and massage

**Benefits:** Skin regeneration and nourishment

**Recommended for:** All skin types

**Pre – treatment facilities:** Sauna, hammam, aromatherapy room



## ÎLES PACIFIQUE SPA RITUAL

90 min 250€

A sensory escape to the heart of the Pacific islands, inspired by crystal waters, warm sands, and the soft scent of monoi blossoms. This ritual blends traditional Polynesian-inspired massage with warm sand pouches and nourishing marine ingredients, creating a profound sense of escape and deep relaxation.

### WHAT'S INCLUDED:

#### ISLAND BODY SCRUB

30 min

Inspired by the pristine beaches of Bora Bora, this exfoliation blends white sand, sea salt, coconut grains, and botanical oils to deeply purify and nourish the skin, leaving it silky and renewed.

#### RELAXING MAHANA MASSAGE WITH WARM SAND POUCHES

60 min

A soothing full-body massage inspired by traditional Polynesian Lomi-Lomi techniques. Warm sand pouches and monoi flower oil enhance relaxation, creating a wave-like rhythm that gently releases tension and restores harmony.

**Key elements:** Full body exfoliation and massage with monoi oil

**Benefits:** Removes dullness and promotes skin renewal

**Recommended for:** All skin types

**Pre – treatment facilities:** Sauna, hammam



RITUALS

## MER DES INDES SPA RITUAL

90 min 250€

An Ayurvedic-inspired ritual rooted in the ancient science of Marmas. This deeply harmonising experience blends stimulating exfoliation with grounding massage techniques, using warm spices and Ayurvedic oils to restore balance between body and mind.

### WHAT'S INCLUDED:

#### GINGER SCRUB

30 min

A revitalising exfoliation inspired by Ayurvedic traditions, enriched with ginger powder, sea salts, and natural sugars. It gently stimulates circulation while leaving the skin softly perfumed and renewed.

#### HARMONISING AYURVEDA-INSPIRED MASSAGE

60 min

A deeply balancing massage combining Ayurvedic principles with Marmas point stimulation. Flowing movements, stretches, and rhythmic pressure help release tension, restore energy flow, and bring body and mind into harmony.

**Key elements:** Full body exfoliation and Ayurvedic-inspired massage

**Benefits:** Skin renewal and energetic balance

**Recommended for:** All skin types

**Pre – treatment facilities:** Sauna, hammam



# FACIAL TREATMENTS

Where beauty is revealed in every layer of skin.

## GOLDEN COLLAGEN BOOSTER ————— 60 min 150€

A powerful youth-enhancing elixir enriched with pure hyaluronic acid, gold peptides, and precious active ingredients. This luxurious treatment restores radiance and vitality while targeting visible signs of ageing. Fine lines appear softened, skin texture is refined, and the complexion is left visibly smoother, plumper, and luminous.

## EXPERT YOUTH WRINKLE CORRECTOR ————— 60 min 120€

An advanced anti-ageing facial designed to target both fine lines and deeper wrinkles. Powered by marine macromolecules and active ingredients that support collagen and elastin synthesis, it helps improve skin density, redefine facial contours, and restore a more youthful appearance.

## HYDRA ORIGINEL TREATMENT ————— 60 min 120€

An essential hydration ritual combining deep moisturising action with soothing relaxation. Formulated with organic ingredients and marine algae extracts, it revitalises the skin, restoring softness, elasticity, and natural radiance while leaving the complexion fresh and replenished.

## CLEAR SKIN EXPRESS ————— 40 min 85€

A customised deep-cleansing facial tailored to the specific needs of your skin. It purifies pores, refines texture, and restores clarity, leaving the complexion fresh, balanced, and naturally radiant. **For all skin types**

## EYE SMOOTHING RADIANCE ————— 20 min 60€

A targeted eye contour treatment designed to smooth, refresh, and revitalise the delicate eye area. It helps reduce signs of fatigue, enhances radiance, and restores a more youthful, rested appearance. Ideal as a complement to all facial treatments. *Complimentary to all PHYTOMER facial treatments*



# FITNESS PROGRAMMES

Strength. Balance. Renewal through movement

## ENERGIZE BODY AND MIND

Our curated fitness sessions are designed to complement your spa journey. Whether you wish to build strength, enhance performance, or restore inner balance, each session is led by certified professionals and tailored to all levels.

## RAISE & PULL

A strength-focused upper body workout designed to build power and endurance through progressive resistance, shorter intervals, and superset training. An intense yet controlled session that challenges and energises the body.

**Focus:** Strength development

## FIT & LEAN

A full-body conditioning session designed to sculpt and tone through functional exercises and bodyweight training across multiple intensity levels. Dynamic, effective, and results-driven.

**Focus:** Performance & body toning



## EASY WARM-UP SESSION

A mobility-focused session designed to activate the body and improve running performance. Ideal for preparing the muscles, enhancing flexibility, and reducing injury risk.

**Focus:** Mobility & performance preparation

## FUNCTIONAL PILATES MOVEMENT

A modern approach to Pilates based on foundational principles and adapted into functional strength training. Using controlled bodyweight movements, this session enhances core strength, posture, and overall body awareness.

**Focus:** Core strength & functional movement

## PERSONALIZED FITNESS - JUST FOR YOU

Beyond group sessions, guests may choose fully personalised fitness programmes tailored by our expert trainer. Each programme is designed to align with individual goals, preferences, and physical needs.

### SESSION PRICING

Duration: 60 min

Private Session (1 person)	90€
Duo Session (2 people)	140€
5-Session Package (1 person)	400€
5-Session Package (2 people)	550€

# TERMS & CONDITIONS

## RIGHT TO ADMIT & OFFER SPA THERAPIES

We reserve the right of admission and the right to offer spa therapies. Treatments are available only to medically fit guests aged 16 years and above. The final decision regarding a guest's suitability for any treatment rests with the spa team and is final and binding.

All appointments are subject to availability; therefore, we strongly recommend booking in advance.

## FULL DISCLOSURE

Guests are required to disclose any relevant health conditions, allergies, or medical concerns at the time of booking or before the treatment begins. Certain therapies may not be suitable in the presence of contraindications.

## HEALTH FORM & FULFILLMENT OF WISHES

Before each treatment, we invite guests to share any specific preferences or needs. A professional consultation is an integral part of the experience and allows us to tailor the treatment within approved protocols.

## TREATMENT CUSTOMISATION

Treatment duration, techniques, and products are professionally defined by our technical team and training standards. Customisation beyond approved protocols is not permitted.

## SPA ETIQUETTE

We kindly ask guests to maintain a quiet atmosphere throughout the spa, as treatments are performed continuously during the day. Mobile phones and electronic devices should be switched off or set to silent mode.

## CLOTHING & PRIVACY

Guests are kindly requested to arrive for their treatment wearing a bathrobe.

For your comfort and privacy, disposable briefs are provided for all treatments, and professional draping techniques are always applied.

## ARRIVALS & THERAPY DURATION

We kindly ask guests to arrive at least 10 minutes prior to their appointment to allow time for consultation and preparation.

Late arrivals beyond 10 minutes may result in a reduced treatment duration, while the full service fee will still apply, in order to respect the schedule of subsequent guests.

## BOOK TREATMENTS

To secure your preferred treatment time, we recommend booking prior to arrival through the hotel reception. Appointment confirmations will be provided upon check-in.

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Healing begins with an aromatic bath and daily massage

HIPPOCRATES

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## CANCELLATION POLICY

Treatments at Dione Spa are reserved exclusively for you. We kindly ask for your respect of our scheduling policies:

- Cancellations made less than 2 hours before the appointment will incur a 50% charge of the treatment cost.
- No-shows or same-day cancellations will be charged in full.
- Late arrivals may result in reduced treatment time, while the full service fee will still apply.

All sessions must conclude at the scheduled time to ensure smooth operations and respect for all guests.

## REFUND POLICY

Treatment packages are non-refundable, non-transferable, and cannot be exchanged for alternative services or dates.

## VALUABLES

Guests are advised to store all valuables in their in-room safe. The spa accepts no responsibility for loss or damage of personal belongings.

## SMOKING & ALCOHOL

The spa and its surroundings are strictly non-smoking areas. The consumption of alcohol within the spa is not permitted. We also recommend avoiding alcohol or heavy meals before or after treatments for optimal results.

## GENERAL NOTICE

Vione Paros Hotel reserves the right to amend, modify, or update these terms and conditions at its discretion, without prior notice.

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[VONEPAROS.COM](http://VONEPAROS.COM)