

PREPARING

LUGGAGE

- 1 15 min BEAUTIFUL FACE**
Suitable for everyone. An exfoliating enzyme mask allows the person to attain a look of instant freshness.
- 2 15 min SILKY BODY**
An anti-oxidant exfoliation that removes the dead cells from the skin. It is recommended as a preliminary stage for all body treatments.
- 3 15 min SALT AND OIL**
Reveal yourself through a refreshing body exfoliation with pure olive oil and sea salt.
- 4 15 min ETHEREAL LIMBS**
After a long- distance flight, pamper your hands and feet with this short relaxing massage.

ON BOARD

- 1 25 min AFTER SUN FACIAL HYDRATION - MILOS**
Enjoy the beneficial properties of Aloe Vera which hydrate and calm your skin through this mini facial.
- 2 25 min SEAWEED THERAPY - NAXOS**
A body mask based on algae and natural marine elements. Very rich in minerals, vitamins, trace elements and iodine for slimming and detoxifying effect.
- 3 25 min MUD MASK - SYROS**
A body wrap with mud mask that reduces all aches of the body. Especially effective on rheumatism, arthritis, fatigue, muscle spasms and dermatitis.
- 4 25 min TAILOR MADE MASSAGE - TINOS**
A personalized treatment for all ages. This tailor made massage is based on your needs and requests.
- 5 25 min MIRACLE EYES - SIFNOS**
This is a treatment specially designed for the delicate eye area. It brings together a unique combination of a contour mask and specialized massage, ideal for reducing the signs of ageing.

Face treatments

- 1 50 min CLEANSING TREATMENT - IKARIA**
An anti-bacterial facial that removes impurities. Smooths and hydrates the skin, revealing a perfectly calm and soothed complexion.
- 2 50 min DEEP HYDRATION WITH VITAMINS - CHIOS**
A facial based on the oxygenating effect of vitamin complex. A very nutritive treatment that eliminates the signs of fatigue, providing a fresh and radiant skin.
- 3 50 min COLD THERAPY - AMORGOS**
This facial uses the age defying effects of cryotherapy. A flawless skin brightening experience with outstanding firming results.
- 4 50 min AGE DEFENSE - SKIATHOS**
This effective therapy is an innovative anti-ageing treatment that strengthens the skin's defense system by helping its natural regeneration.

MAIN SPA DESTINATION

Body massages

- 1 70 min CRETAN MASSAGE**
A profound massage from top to toes based on Cretan olive oil, orange and raki extracts. Travel back in time through the ancient techniques of this treatment to achieve revitalization and balance of your body and soul.
- 2 50 min ANTI-STRESS MASSAGE - PAROS**
An ideal choice for first-timers, this classic massage is the foundation of all western massage techniques. The therapist uses gentle to medium pressure with nourishing aromatic oils to stimulate blood circulation and promote relaxation.
- 3 50 min DEEP TISSUE MASSAGE - ANAFI**
This sport massage, which increases muscular flexibility, is suitable for both men and women. A powerful experience designed to fit individual needs and reduce stress and muscular tension.
- 4 45 min BACK, NECK & SCALP MASSAGE - PATMOS**
This back massage combines classic techniques with Asian philosophy to release the stress and tension. Followed by indian scalp massage for deep relaxation.
- 5 40 min CELLULITE MASSAGE - KALYMNOS**
Specialized abdominal, hip and thigh drainage massage techniques help the appearance of cellulite, boost circulation and reduce fluid retention. Skin is firmer and smoother to touch.
- 6 2x50 min COUPLE'S MASSAGE - SKOPELOS**
We invite you to a unique romantic journey of senses. Aromatic and essential oils married together for a welcoming atmosphere. Ideally created for honeymooners and couples, this aromatherapy massage offers you inner peace and harmony. An unforgettable memory.
- 7 60 min HOT STONES - SANTORINI**
This alternative treatment uses smooth, heated volcanic Basalt stones which absorb and retain heat. For a deeply invigorating sensation, the therapist combines the warm stones with relaxing massage techniques to soothe the nervous system and induce a sense of total well-being.

JOURNEY'S

HIGHLIGHTS

- 1 85 min AEGEO RITUAL - RHODES**
A signature recommended treatment which you can find across our spa collection. A full body scrub with lavender prepares your skin for the beneficial elements of the Aegean Sea body mask. This exquisite combination is followed by a bespoke massage with blended oils suitable for your needs. Make this journey your own destination.
- 2 75 min ODYSSEUS'S JOURNEY - KOS**
Divine delight for men. A tailor made body massage paired with a mini facial providing absolute relaxation. During the massage, special cosmetics for men are applied to rejuvenate the skin like an angel's touch.
- 3 105 min THE ULTIMATE JOURNEY - AEGEO SPAS**
A heavenly anti-stress face and body experience. Aromatic oils dance across the skin in a symphony of texture and scents, soothing and polishing your body from top to toes. This synergy continues with a blissful, nurturing massage therapy enriched with pomegranate oil. This ritual is concluding with a perfect care for eyes and lips.

HOME SWEET HOME

- 1 20 min VANILLA AROMA - KEA**
The sweet aroma of vanilla combined with honey makes this body wrap a treat for your senses. This therapy gently softens and nourishes the skin.
- 2 20 min THE FRESHNESS OF ALOE - POROS**
Instantly relieved thanks to the healing properties of Aloe Vera. This refreshing envelopment is ideal to re-hydrate your skin after sun exposure.
- 3 20 min CHOCOLATE FEAST - SYMI**
A delicious body massage based on chocolate. Its color, aroma and creamy texture melt on the skin, providing total hydration and nourishment. An ideal treatment for children.
- 4 20 min FACIAL MASSAGE - IOS**
Ideal treatment to complete your journey to total relaxation thanks to a unique face and ear cuddling.

spa menu

CHOOSE THE SPA TREATMENTS THAT YOU PREFER AND...
...PREPARE YOUR JOURNEY

WITH... **Aegeo SPAS**