elounda beach
SPA
Take a break from the stress of everyday life.
To find yourself again

Elounda Beach Spa

Your serenity, in peaceful harmony.

Immerse in the beauty and peace of a protected environment, surrounded by luxuriant, verdant nature.

You can live this dream at Elounda Beach Spa in Crete.

A heaven, away from daily stresses and surrounded by the magical Cretan landscape overlooking the crystalline waters of the Aegean Sea.

Grow young, relax, and detoxify, thanks to personalised programs designed to restore the perfect energy balance.

Our guest's relaxation and rejuvenation will be enhanced with unique treatments provided by a specialised team of dedicated professionals and therapists.

Actifs Chenot: 40 years of experience and research.

From a diverse range of organically cultivated marine and terrestrial flora, the Chenot Actifs produces exquisite and fragrant products which stimulates the youth and the purity of our guests by elevating the body's energy balance.

With over 40 years of experience and research, these unique products are extracted from floras energy synthesising structures.

The roots, stems and leaves are all gathered and utilised to produce 100% natural essential oil blends.

Each oil functions to a specific area of the body and consists of eight unique products; Yin, Yang, Relax, Detox, Lymph, Cellulite, Solvant and Regen, under the Chenot Actifs line.

These blends are the foundation of the Chenot treatments which reduce or eliminate the build-up of toxins, blemishes, and muscular tension from excessive stress and fatigue.

Departments

Medical

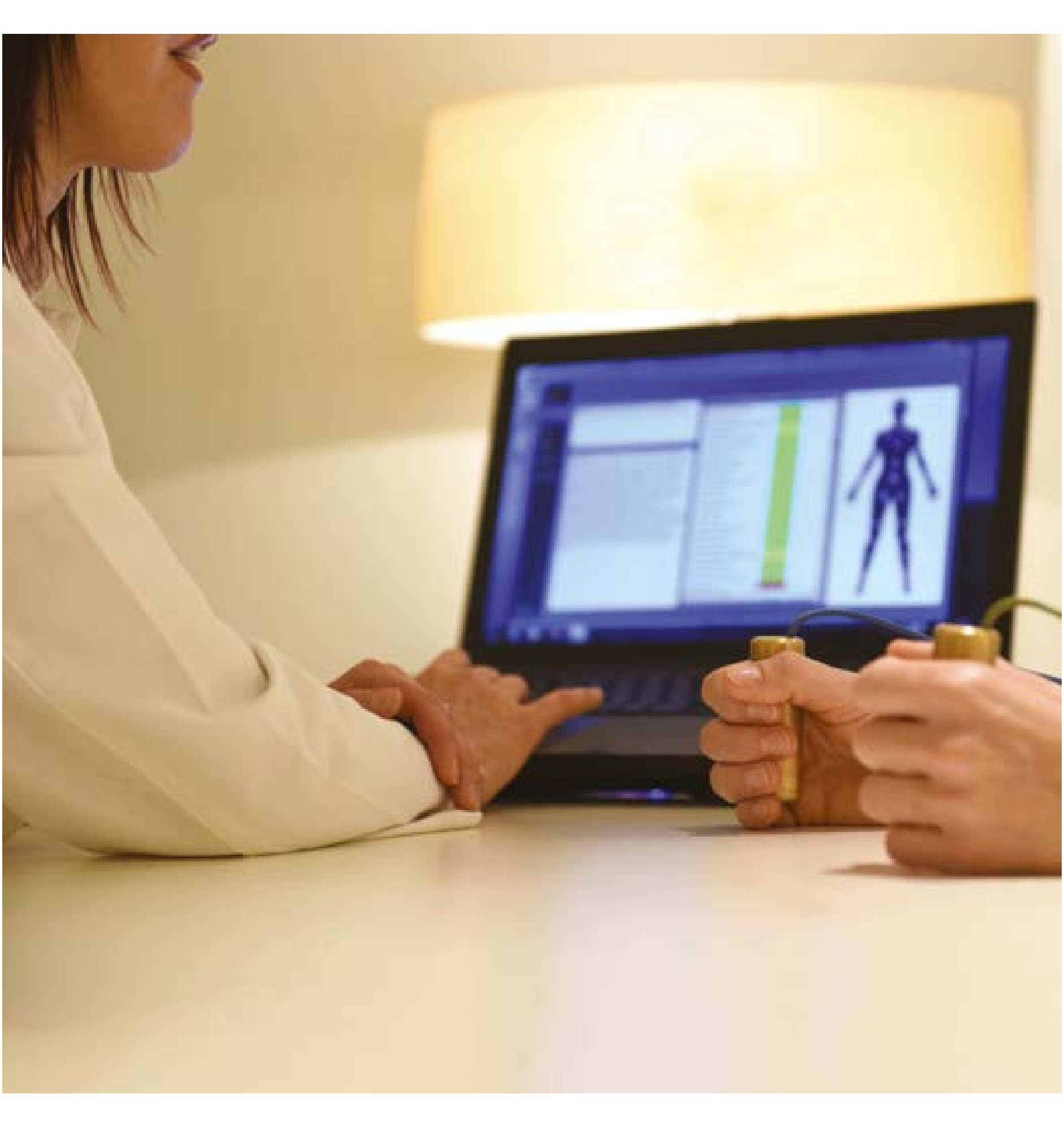
Hydro Biontology

Aesthetic

Wellness

Medical Department

Regenerate and improve your body balance through comprehensive programmes based on medical treatments following specific check-up and assessment test carried out by our specialized staff.



Medical Department

Medical Consultation

45 min - 100 €

A medical doctor will review your current health status and medical history, discussing with you your needs and goals. He will then prescribe you with all the necessary treatments that will detoxify your body and promote your health and well-being.

Bio-Energetic Check-Up

55 min - 180 €

A state-of-the-art high tech bio-energetic measurement of the vital functions through Resonance Analysis Technology.

It allows to obtain a true picture of how the body functions in relation to defined parameters of health to design potential therapeutic options.

Bio-Energetic Treatment

25 min - 95 €

Sophisticated equipment is used to measure the skin bioelectrical variations localized in specific points which can be stimulated to strengthen and restore the energy balance.

Acupuncture

45 min - 180 €

Individualized needle treatments are performed to treat various types of pain in synergy with many Chenot Detox treatments.

For more information on the Medical Aesthetic Treatments, please see our separate menu and pricing options at the Spa Reception.

Hydro Biontology Department

Stimulate your circulatory and lymphatic systems through the alternation of water pressure and temperature.

The therapeutic value is enhanced with the help of essential oils, plant extracts and marine algae. Ideal treatment for the blood vessels, the lymph and to tone and firm the body.

Hydro Biontology Department

Hydro-Aromatherapy

25 min - 70 €

This is a particular type of hydro massage in which a special mixture of essential oils is added to a water bath.

The variations in the water temperature and pressure are critical and combined with the thermodynamic effect of plant extracts cause the dilation and constriction of the skin capillaries.

This action stimulates the natural physiological functions to remove toxins and fat deposits from the skin tissue.

It also combats the effects of skin ageing by favoring spontaneous cell regeneration, improves skin appearance and its overall peripheral blood and lymphatic circulation.

The hydro-aromatherapy is a genuine rehabilitative treatment that tones and strengthens the skin, balances the body fluids and energy and relaxes both body and mind.

- Energetic Detox Cure
  25 min - 70 €
- Energy Booster
  25 min - 70 €
- Muscle Relaxant
  25 min - 70 €
- Enegetic Cure Yin & Yang
  25 min - 70 €

Phyto-Mud Therapy

25 min - 80 €

This involves the application of a body wrap that consists of a mixture of white or green clay, enriched with microalgae and pure essential oils and is the second step of the hydro-energetic treatment.

The combined effect of essential oils and minerals further drain, detoxify and revitalize the body depending on the application time, and is helpful to eliminate physical/muscular and psychological/stress tension.

- Detoxifier
  25 min - 80 €
- Sensitive Skin
  25 min - 80 €
- Body Relax
  25 min - 80 €
- Yin & Yang
  25 min - 80 €

Hydrojet Treatment

5 min - 0 €

In this final treatment, a pressure-jet adds a cold mechanical stimulus to the thermal stimulus, to improve toning and firming actions on the skin, increase the metabolic rate and further improve the peripheral circulation and to restore body energy and vitality.

Aesthetic Department

Detoxify, revitalize and rejuvenate yourself with a selection of personalized aesthetic body and face treatments.

Rediscover the beauty that is within you through specific treatments that use the latest available non-invasive aesthetic technology devices in the world.

Aesthetic Body Treatments

Detox Treatment

50 min - 170 €

A Detox massage to drain, detoxify, stimulate, and energise your body based on the unique Chenot Method using an exclusive combination of specific techniques and highly detoxifying products.

Targeted manual skills combined with the suction of cupping glasses stimulates the internal cellular regeneration and enhances the beauty within you!

Energetic Massage

50 min - 170 €

This treatment helps to relieve and clear the energy flow in the meridians. With the help of suction cups it re-equilibrates the energetic circulation, the lymphatic system, and improves blood circulation promoting an extraordinary sense of well-being.

Relaxing Massage

25 min - 100 € / 50 min - 170 € 90 min - 230€

This unique body massage promotes physical and mental relaxation for a profound feeling of well-being. This helps to relax muscles and frees the mind, helping to recuperate after extensive physical or mental efforts.

Connective Tissue Massage

25 min - 100 € / 50 min - 170 € 90 min - 230€

A deep massage of muscular tissue designed to release deep, chronic tensions that are often due to muscle inflammation. This helps to relax muscles, unclog tissues and promote oxygenation.

Lymphatic Massage

50 min - 170 €

Lymphatic drainage is a delicate, so harmonious treatment that is performed in a rhythmic way. It is exceptionally relaxing, improves the circulation of fluids in the body, promotes the elimination of stagnant lymph tissues and strengthens the immune system.

Tonic Massage

50 min - 170 €

Reawaken your full energy potential, tone your body and relax your mind, while removing all traces of fatigue.

This is a vigorous and dynamic massage for remodeling your body while recharging your batteries. The result is an incredible and long-lasting feeling of vitality.

Head and Shoulder Massage

50 min - 170 €

Ideal to loosen tensions caused by daily life stresses. Indispensable for rediscovering the clarity and concentration that often seem impossible to muster.

This slow yet deep concentrated massage focuses on the acupuncture points, that will give you an immediate feeling of lightness and a renewed vitality.

Foot and Hand Reflex Treatment

50 min - 170 €

This energizing therapy allows the body to rebalance itself through deep massage and stimulation of acupuncture points of the hands and feet. It also helps to reduce stiffness and maintain the flexibility of the foot and hand joints.

Abdominal Massage - Gents

50 min - 170 €

For improving diaphragm response and reactivating intestinal function. For reducing tension, physical and emotional congestion.

This manual, delicate, yet deep massage has been developed especially for the men's body.

Scalp Treatment

50 min - 170 €

A stimulation of the scalp, with the application of essential oils, which are useful in improving blood and energetic circulation and promoting greater tissue oxygenation.

The goal is to release the compression and tension in the cranial, neck and shoulder areas that alleviates stress and pain.

Indulgence Prenatal Massage

50 min - 170 €

This relaxing massage is specially designed for pregnant women. It reduces muscular pain in the lower back, relaxes the legs and feet, and also improves blood and lymphatic circulation.

Cellulite Treatment

50 min - 170 €

A drainage and a deep massage of the targeted areas with the aid of Cellutec which allows a better absorption of the essential oils and algae that are used to accelerate the removal of the deposited cellulite.

Better Shape - Lady

50 min - 170 €

A gentle but deep manual massage in the abdomen area that moves toxins out of the body and improves bowel function.

Combined with the electrical stimulation of energy points free the abdomen from swelling and helps to mobilize fat.

Regenerating Treatment

50 min - 170 €

The body is designed to release 70% of its toxins through breathing.

This treatment is designed to optimize breathing by opening the diaphragm, and ultimately, it de-contracts and relieves the tensions.

Breast Treatment

50 min - 170 €

Toning, firming, hydrating and anti-ageing effect. This treatment drains toxins and strengthens the pectoral muscles.

Men's Facial Treatment

50 min - 170 €

Created specifically to purify and oxygenate, men's skin tone.

Pamper yourself with this regenerating and energising treatment, enriched with the application of unique products that stimulate cellular renewal and ultimately reducing the effect of ageing.

Purifying Detox Facial Treatment

50 min - 170 €

A detoxifying and exfoliating treatment that promotes cell renewal and restructure in the epidermis.

A deep-cleansing action which removes impurities and helps to energize dull skin by removing metabolic wastes.

The skin becomes healthy and radiant.

Illuminating and Nourishing Treatment

50 min - 170 €

This treatment aims to provide skin with nourishment and hydration with the use of specialized products enriched with vitamins and minerals.

The energetic massage stimulates the connective tissue and improves the flow of energy to give vitality and radiance to the skin.

Anti-Ageing Regenerating Treatment

50 min - 170 €

A special massage technique to improve the skin's natural defense and to neutralize free radicals. Skin elasticity and firmness are the results.

Excellent for mature and dehydrated skin.

Facial Drainage Massage

50 min - 170 €

To reduce puffiness, signs of fatigue and stress.

To restore the tone, glow and elasticity to your face. A powerful synergic action of acupuncture and ancient Japanese techniques with expert manual skill and specialised products. This outcome enables your skin to regain firmness, with a radiant complexion and a sharper facial outline.

Neck, Arm and Décolleté Treatment

50 min - 170 €

To restore tone and firmness of the neck, décolleté and arms thanks to the combined action of a specially formulated blend of pure and natural essential oils combined with the Chenot drainage technique.

Face and Head Massage

50 min - 170 €

This treatment stimulates the energy points and zones of the head to alleviate tension and relax the scalp and facial areas.

To remove lymph from the head, to smooth wrinkles and to restore the skin's elasticity.

Eye Treatment

25 min - 100 €

This exclusive eye treatment uses a combination of active ingredients rich in minerals and vitamins.

The application of decongestants and corrective actions ensure optimal hydration and multi-active protection of this delicate and sensitive skin.

To reduce signs of fatigue, swelling, bags and dark circles.

Advanced Technology Aesthetic Treatments

Sonophoresis/Sonoderm

25 min - 150 € / 5 sessions 650 €

Lipolytic action by using low frequency waves to activate cellular metabolism.

Cellulite is reduced, the layer of subcutaneous fat in the abdomen, hips and buttocks is dissolved.

Electroporation/Meso Aesthetic

25 min - 150 € / 5 sessions 650 €

Anti-fat and anti-ageing treatment. Mesotherapy without needles allows the penetration of low molecular weight substances through the skin in a non-invasive, quick and painless way.

To reduce cellulite and localised adiposity.

Tripolar Radio Frequency

25 min - 150 €

(Maximum twice per week)

Firming action to treat sagging skin, cellulite, localised adiposity and stretch marks. It is non-invasive, painless, fast and efficient.

- Face Contouring
  150 €
- Abdomen
  150 €
- Arm
  150 €
- Legs
  150 €
- Cellulite
  150 €
- Reduction
  150 €

Muscle Toning

45 min - 150 € / 5 sessions 650 €

Electrical impulses through muscles are used to cause contractions in rapid succession with immediate results.

Targeted toning, muscle strengthening and remodeling effect.

Traditional Aesthetic Treatments

Body Scrub Peeling

25 min - 100 € / 55 min - 170 €

Smooth's and energizes the skin. An experience that will leave your body refreshed and cleansed with your skin smooth and revitalized.

Carefully blended brown sugar and essential oils have been combined to help remove dead skin cells and improve tonicity.

Manicure

55 min - 85 €

A hand and nail treatment that includes a skin refiner exfoliation and a therapeutic massage.

The hands and nails are dipped into warm paraffin wax and wrapped in mitts to condition and nourish.

Shellac Manicure

75 min - 110 €

Pedicure

55 min - 95 €

A foot and nail treatment that includes a softening exfoliation and healing massage. The foot is enveloped in warm paraffin wax to deeply nourish and condition, leaving the feet soft and smooth.

Shellac Pedicure

75 min - 120 €

Nails Re-Paint

15 min - 40 €

Body Depilatory Treatments

- Total leg
  50 min - 95 €
- Half leg
  40 min - 65 €
- Bikini line
  20 min - 50 €
- Under arm wax
  10 min - 30 €
- Lip
  10 min - 25 €
- Chin
  10 min - 25 €

Our advice: do not attend a steam bath or a sauna before the hair removal procedure.

Shaping and Tinting

- Eyebrow shape
  15 min - 40 €
- Eye lash tint
  20 min - 40 €
- Eye brow tint
  15 min - 40 €

Wellness & Beauty Department

The Wellness Department is dedicated to supporting physical activity and improving the purification, rebalancing and harmonization processes in the body.

With the expert advice of a personal trainer, clients are offered suitable programs to achieve the optimum level of personal fitness.

Wellness Department

Personal Training

Private lessons with final assessment and advice for carrying out proper training at home too.

Yoga

Yoga is about creating balance in the body through developing both strength and flexibility.

This is done through the performance of poses or postures, each with specific physical benefits.

Pilates

Emphasizes on your body's core: the abdomen, obliques, lower back, inner and outer thigh and bottom and develops strength, flexibility, muscular endurance, coordination, balance, and good posture.

Aqua Gym

Aqua Gym is also an excellent way to improve athletic ability by using the water's natural resistance to build strength and improve muscle tone, with low impact on joints.

Circuit Training

An effective circuit training program to burn fat and build muscle. A great way to get in top cardiovascular condition.

Stretching

Stretching is a form of physical exercise to improve the muscle's elasticity and achieve comfortable muscle tone.

Swimming Lessons

Swimming lessons serve to develop swimming technique and confidence in the water.

Group Fitness Activities

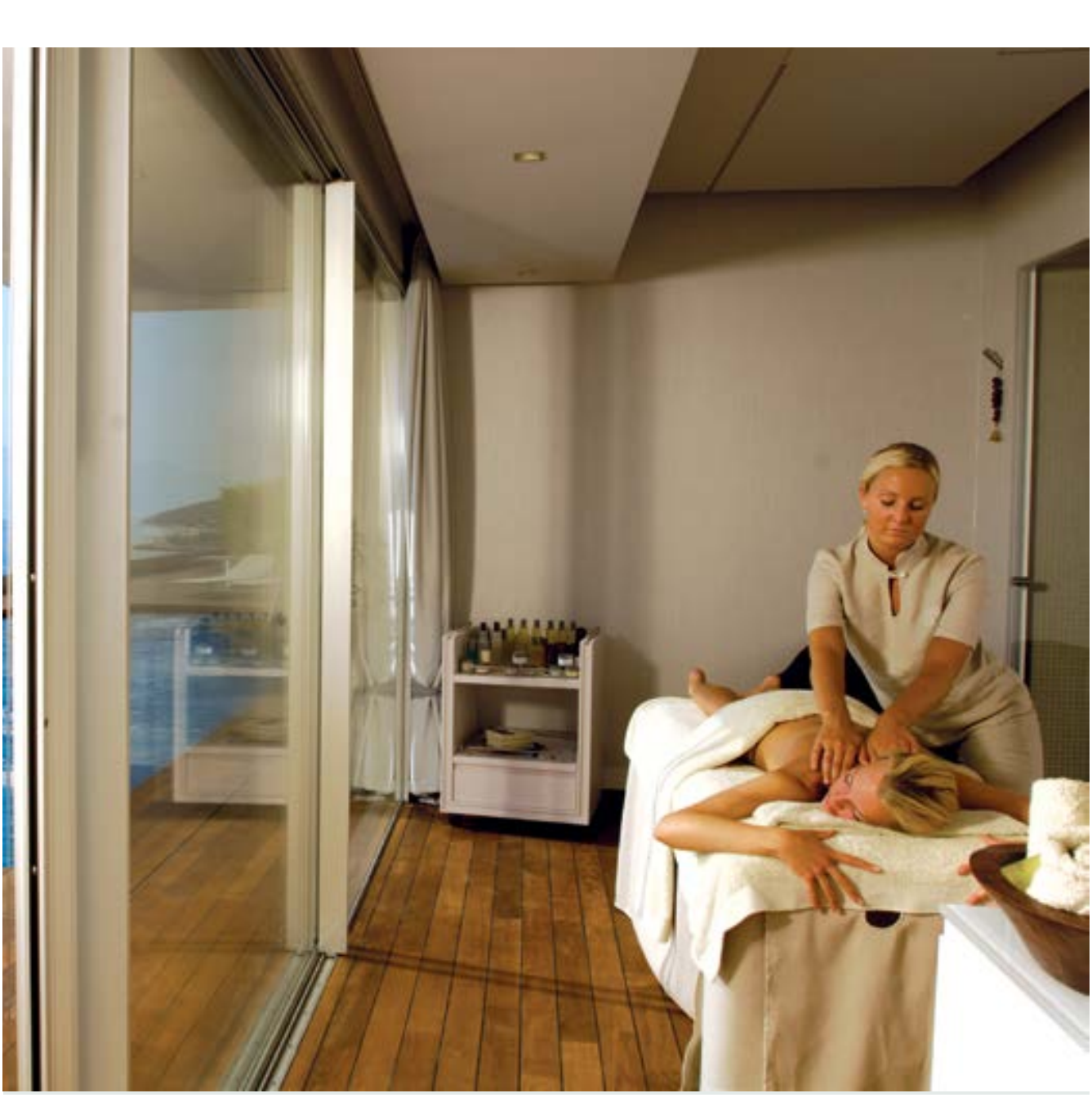
These activities are complimentary and available daily at the fitness studio with access to sauna and steam bath.

Coiffeur

From the everyday hair care to an exclusive treatment, our hairdresser will provide the necessary attention and give your hair great vitality and shiny beauty.

Spa programmes

Enter the world of Elounda Beach Spa. Experience total indulgence and pampering. Treat yourself to a day devoted to you, of total Spa relaxation and rejuvenation, to restore your sense of well-being. All our Spa treatments feature the exclusive use of Chenot products, ensuring a luxurious and holistic experience.



Intensive Health Programme 3 days

3 Hydro-Aromatherapy
3 Phyto-Mud Therapy
3 Hydro-Jet Treatment
3 Detox Treatment
3 Energetic Massage
1 Abdominal Treatment
1 Cellulite Treatment
1 Scalp Treatment

€ 1.980 per person

Wellness Programme 4 days

1 Detox Treatment
3 Energetic Massage
4 Hydro-Aromatherapy
4 Phyto-Mud Therapy
4 Hydro-Jet Treatment
1 Purifying Detox Facial Treatment
1 Illuminating and Nourishing Treatment
1 Anti-Ageing Regenerating Treatment
2 Muscle Toning

€ 2.090 per person

Intensive Detox Programme 3 days

3 Hydro-Aromatherapy
3 Phyto-Mud Therapy
3 Hydro-Jet Treatment
3 Detox Treatment
6 Electroporation-Mesoaesthetic
3 Tripolar Radio Frequency
6 Muscle Toning
3 Cellulite Treatment
3 Abdominal Treatment

€ 4.230 per person

Anti-Stress Programme 4 days

1 Detox Treatment
3 Energetic Massage
3 Hydro-Aromatherapy
3 Phyto-Mud Therapy
3 Hydro-Jet Treatment
2 Scalp Treatment
2 Foot and Hand Reflex Treatment
1 Purifying Detox Facial Treatment

€ 1.980 per person

Rejuvenating Facial Programme 6 days

2 Purifying Detox Treatment
2 Illuminating and Nourishing Treatment
2 Anti-Ageing Regenerating Treatment
3 Tripolar Radio Frequency
3 Electroporation-Mesoaesthetic
1 Face and Head Massage
1 Neck, Arm and Décolleté Treatment

€ 2.260 per person

Health Benefit Programme 7 days

1 Detox Treatment
6 Energetic Massage
7 Hydro-Aromatherapy
7 Phyto-Mud Therapy
7 Hydro-Jet Treatments

€ 2.240 per person

Body Sculpture Programme 6 days

1 Tripolar Radio Frequency
2 Muscle Toning
2 Electroporation-Mesoaesthetic
2 Cellulite Treatment
6 Phyto-Mud Detoxifier Therapy
6 Hydro-Jet Treatment

€ 1.570 per person

Revitalizing Body Programme 7 days

1 Detox Treatment
6 Energetic Massage
6 Hydro-Aromatherapy
6 Phyto-Mud Therapy
6 Hydro-Jet Treatments
2 Cellulite Treatment
2 Abdominal Treatment
3 Electroporation-Mesoaesthetic
3 Tripolar Radio Frequency
1 Purifying Detox Facial Treatment
3 Muscle Toning

€ 4.290 per person

Anti-Age Programme 7 days

1 Detox Treatment
6 Energetic Massage
6 Hydro-Aromatherapy
6 Phyto-Mud Therapy
6 Hydro-Jet Treatments
1 Body Scrub Peeling
3 Tripolar Radio Frequency
1 Purifying Detox Facial Treatment
1 Anti-Ageing Regenerating Treatment
3 Electroporation-Mesoaesthetic

€ 3.500 per person

Day Spa Classic

1 Energetic Massage
1 Hydro-Aromatherapy
1 Phyto-Mud Therapy
1 Hydro-Jet Treatment

€ 320 per person

Day Spa Visage

Focus on the face, which is the first sign of our health and our age. Let's pamper it!

1 Purifying Detox Face Treatment
1 Eye Treatment
1 Energetic Massage
1 Body Scrub Peeling

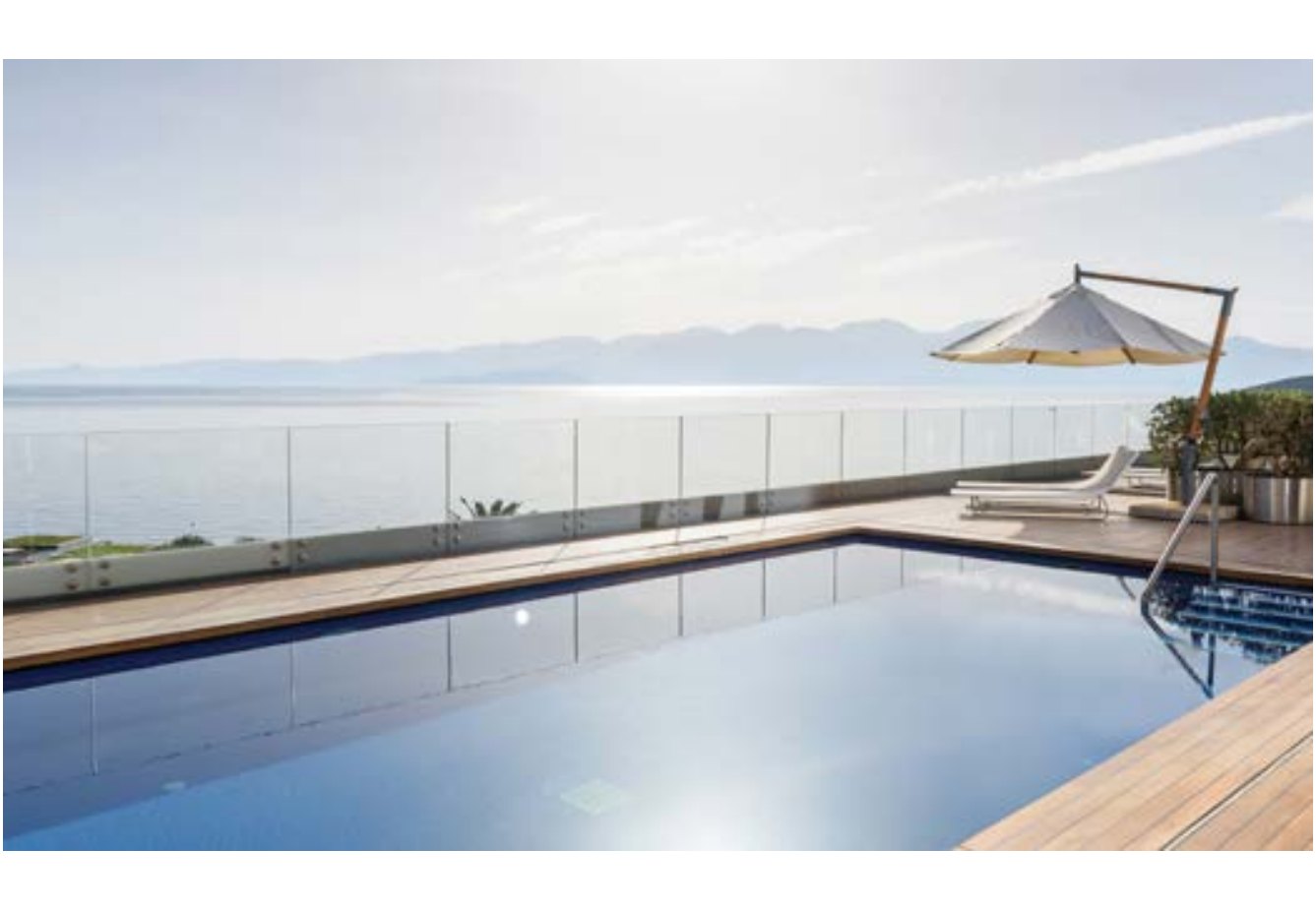
€ 540 per person

Day Spa Deluxe

Pamper yourself and give yourself the beauty to go with your new found sense of well-being.

1 Energetic Massage
1 Hydro-Aromatherapy
1 Phyto-Mud Therapy
1 Hydro-Jet Treatment
1 Illuminating and Nourishing Treatment
1 Scalp Treatment
1 Manicure
1 Pedicure

€ 840 per person



Opening hours
The Elounda Beach Spa is open every day from 10am to 7pm*. (The hotel reserves the right to alter time-schedule, according to the season, without any prior notification.)

Appointments and advance bookings
We highly recommend to book in advance to ensure that your preferred time and treatment is available.

From your room dial:
4486

From outside dial:
(+30) 28410 63486

Please address your email to:
spa@eloundabeach.gr

To confirm your appointments, you will kindly be asked to provide your credit card details (for non-resident guests).

Treatments
If you wish to have more information or any advice, our team will be at your entire disposal. To schedule an appointment please speak with our specialist Spa reception who will guide you to the right choice.

Arrival time
We recommend that you check in Elounda Beach Spa at least 20 minutes prior to your scheduled appointment. This allows us to welcome you and introduce you to the facilities and have a brief discussion about your treatment expectations. Please if you are running late for an appointment, a courtesy call would be greatly appreciated. Where possible we will try to ensure full treatment time but to accommodate the next guest, your treatment time may be reduced.

Dress code & lockers
A locker will be at the disposal of each guest. We will provide abundant towels, a robe, a pair of slippers, a shower cap and all amenities while you are visiting the Spa facilities.

Restriction of the use
The Spa is a retreat for your body, mind and spirit. For the consideration of others we request that visitors keep noise to a minimum.
We request that you respect other guests' privacy by speaking softly. The use of cellular phones and electronic devices, as well as alcohol and tobacco, are strictly prohibited.

Health conditions
Please advise us of any health conditions, allergies or injuries, which could affect your service when making your Spa reservation.

Age requirements (Kids and Teenagers)
We are delighted to offer treatments for children under 16 years old however they must be accompanied by an adult.

Loss or damage
We regret that we cannot be held responsible for any loss or damage to personal belongings.

Payment & cancellation policy
Major credit cards are accepted. Payments in cash or with foreign currency are accepted. Payments could be charged directly to your room.
A 50% cancellation charge will apply for any treatment cancelled 24 - 12 hours prior to appointment. A 100% cancellation charge will apply for any treatment cancelled less than 12 hours prior to appointment.
All pre-paid programmes are not refundable or transferable.

Pregnancy
We have specially designed treatments for expectant and nursing mothers. Please allow our Spa team to advise you in selecting which treatments are most suitable for you during this special time.

Gifts certificate purchasing
Gifts Certificates for our Spa treatments are available at the Spa Reception.

Spa boutique
The Elounda Beach Spa prides itself on the high caliber of treatments we provide. For the continuation of your treatment in the comfort of your own home we offer a range of Chenot products in our Spa boutique. Our therapists are highly trained and knowledgeable and can advise you on your choices.

Accident and injuries
The Elounda Beach Spa shall not be liable for accidents or injuries suffered by guests using the facilities.

Valuables
No jewelry should be worn in the spa/gym and pools. Lockers are provided in the changing room as well as safety boxes in the hotel reception for your use. The client is responsible for his/her locker key whilst in the Spa area.

Prices
All prices are quoted in Euro and are subject to change at any time.

*Special appointments beyond time schedule are available upon request. Treatments are available in Guest's accommodation with a surcharge.

elounda beach
SPA

ELOUNDA BEACH HOTEL & VILLAS
CRETE

www.eloundabeach.gr