



ESPERIDES  
RESORT · CRETE

DONT JUST BE ALIVE. **BE WELL**

# Philosophy

Treat yourself to a luxuriously indulgent day of pampering, inspired by the majestic Mediterranean. Our beautiful treatments are powered by Ariadne Athens whose products capture the most loved aspects and traditions of Greece.

Come and allow your senses to be taken into a world of opulence, where our treatments take pride in being unbelievably deluxe, sensuous, and tranquil. Leave the well-being of your mind and soul in the trusting hands of our masters of wellness.



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WELLNESS.**AREA**

# FACIAL TREATMENTS

## **MELI - DREAM HONEY DELICATE HYDRATING FACIAL**

| 60 mins |

A highly rejuvenating and ultimately hydrating experience that fully replenishes skin's moisture levels whilst offering anti-ageing benefits. Feel your skin soft and supple with an immediately healthy and radiant appearance. Allow yourself to experience the soothing effect of rosewater, intertwining with the thirst-quenching aromas of lime, whilst your skin indulges in the unique moisturizing benefits of our precious honey mask. Your skin's vital moisture levels will be instantly replenished endowing your appearance with a healthy glow.

## **SEA BREEZE FEEL AFTER SUN EXPERIENCE**

| 30 mins |

Experience the cooling effect of the refreshing sea breeze. This facial treatment embodies the ideal refreshing properties of sea water, along with the calming benefits of acorn flour, both skillfully combined to help restore skin's moisture. Inflammation and skin-irritation is immediately minimized, offering a unique sense of relief after sun exposure.

## **RADIANT FACE**

| 30 mins |

Welcome the Cretan glow! Luminous, radiant skin with an instant infusion of intense hydration and multiple anti-ageing benefits. Thoroughly cleansing and illuminating mask that gently removes dead skin cells from the surface, gradually revealing a silky-smooth appearance. Soft and delicate, naturally-scented, wild rose oil replenishes the skin through a deeply nourishing facial massage, delivering essential elements that promote skin's vitality and youthfulness, offering a vividly radiant look.

## **RED CARPET FACE - SKIN REBIRTH TREATMENT**

| 60 mins |

A high-performance, all-in-one, personalized treatment, that promises to diminish the look of fine lines and wrinkles, deeply moisturize and regenerate the skin, soothe redness and irritation, heal scars, reinforce natural cellular turnover and improve overall appearance. Your face, décolletage, hands and arms are immersed in a shower of wellness through the unique red extract of alkanna tinctoria and exclusive techniques that address their individual concerns, ultimately presenting an entirely renewed look. Your skin is recharged. Your skin is reformed. Your skin is reborn!

## **LUNAR GRACE - LUXURY ANTI-AGEING FACE TREATMENT**

| 60 mins |

The ultimate anti-ageing experience for your skin, empowered by precious gemstones! Specifically designed to target the effects of ageing, this treatment promises to reduce fine lines and wrinkles, support thin, fragile skin and increase its elasticity and firmness. Healing Crystals contribute to this facial ritual as the perfect blend of evening primrose and ylang ylang repairs and rejuvenates the skin, promoting an overall youthful appearance, with a visibly firmer, tighter and more lifted look.



MAKE  
YOURSELF A  
**PRIORITY**



# BODY TREATMENTS

## BODY SCRUB

### **CONFETTI RAINFALL SHOWER**

| 40 mins |

A stimulating full body, crystal, exfoliation treatment infused with wonderful aromas that softly remove dead skin cells. As a result, the bodies skin regains its elasticity and smoothness while obtaining a velvet touch with a fresh, radiant, healthy look!

Choose between our Scrub Collection: Jasmine & Gardenia, Rose Petals, Mocha, Fresh Coconut.

## BODY WRAP

### **CASHMERE TOUCH**

| 40 mins |

This extra nourishing body wrap uses naturally superior shea butter that restores moisture and smoothness to dry and damaged skin.

### **LUXURIOUS GOLD**

| 40 mins |

Extravagantly rich, ultra-luxurious blend of a 24K gold and starflower oil which creates an intensely hydrating, velvet-like mask, that wraps your skin in silk heaven. Feel your body baby soft, rejuvenated, and thoroughly nourished!

## PREMIUM BODY TREATMENTS

### **MINOAN PRINCESS - HYDRATING & NOURISHING BODY TREATMENT**

| 80 mins |

An exhilarating experience of relaxation and wellness that calms both the body and mind! Give your precious self the ticket for a journey in the richness of Cretan flavors and aromas such as sage, malotira mountain tea and other local herbs. The treatment includes the application of a rich body mask containing a refreshing cocktail rich in organic honey, with this mask we give you a relaxing massage using Dittany oil which is infused with Cretan Crocus that leaves the skin silky smooth. The alluring ritual ends with the application of a refreshing gel containing red grape and Raki, from Crete, that leaves the skin deeply hydrated, whilst also stimulating your senses!

### **GREEK YOGURT SUN COOLER - AFTER SUN BODY TREATMENT**

| 40 mins |

A fully restorative and rejuvenating treatment that offers the perfect after-sun, cooling feeling for the skin. An anti-inflammatory and hydrating treatment which helps to deeply hydrate sun burnt skin and eliminate irritation. The application of a refreshing mask which is made with love by our therapist, this mask contains waterlily, cucumber, aloe vera and Greek yoghurt which replenishes the skin's lipids and provides high moisture and smoothness.

# MASSAGES

## **COCOON & REVITALIZE - AROMATHERAPY MASSAGE**

| 60 mins - 80 mins |

Perfectly designed from beginning to end to gradually calm each and every part of your body and completely quiet the mind, ultimately offering the most lavish, cocooning experience. Spoil your senses with the aromatic combination of precious frankincense & enticing patchouli which creates a feeling of absolute calmness and peace.

## **DEEP TISSUE MASSAGE**

| 60 mins |

This deep tissue massage is tailor-made to target specific areas of muscle tension and soreness. A series of intensive techniques are used to increase blood circulation, release built-up toxins, and restore balance to the body and nervous system.

## **BACK AND NECK SPOT MASSAGE**

| 40 mins |

This massage focuses on the upper back, neck, head and forehead and incorporates acupressure point stimulation and vibrant techniques. The perfectly orchestrated movements of this massage seduce your senses in a unique journey of relaxation that will completely revitalize your body.

## **FOOT MASSAGE**

| 40 mins |

This massage uses specific pressure points to systematically activate the nerve reflexes, thereby stimulating all body organs and tissues to improve overall function and wellbeing. Effective for calming the mind, relieving headaches, and inducing deep and restful sleep.

## **HEAD MASSAGE**

| 40 mins |

A delightful scalp massage with laurel oil which releases tension relief from migraines or headaches and also helps in hair strengthening.

## **SCANDALOUS SILKY LEGS - CELLULITE MASSAGE**

| 40 mins |

Your smoothest, silkiest legs ever! Alluring notes of Jasmine & Gardenia combined with sensational aromas of cinnamon captivate your senses, while a mix of carefully selected essential oils tone the body and promote elasticity. As the warm massage oil touches your skin it creates a silky smooth, velvet-like feel. Feel confident in your most attractive curves!

## **MELTING SENSATION - CANDLE MASSAGE**

| 60 mins - 80 mins |

Lay back and unwind whilst the delicately scented warm drops touch your skin and surround your whole body in a velvet textured massage which makes for a wonderfully unique sensation. Allow yourself to relax as the warm oil deeply penetrates the skin's surface, releasing its beneficial properties, and its sensuous fragrance. An outstanding experience of aromatherapy, relaxation & rejuvenation that promotes bliss, balance and well-being! Choose between our scents collection: Seductive, Energizing, Detoxing and Relaxing.

## **PRENATAL BLOSSOM**

| 50 mins |

This head to toe, prenatal treatment is designed for expectant mothers in their second trimester onwards. Using nourishing organic karite butter, this treatment helps to alleviate muscle tension, specifically in the lower back, whilst assisting to ease any discomfort during and after pregnancy. In addition, this luxurious gardenia body butter leaves the skin soft and supple whilst the relaxing fragrances help calm the mind.

# SIGNATURE TREATMENTS

## **ROYAL FACE & BODY TREATMENT**

| 100 mins |

Pamper yourself with the earthy notes of the Island of Crete, feel the royal benefits of our rare herbs as we cover your skin with sensual aromatic Cretan products. This treatment includes the application of a rich face and body mask which contains a refreshing cocktail of organic honey bee pollen and royal jelly which contribute dramatically to the renewal, regeneration and tightening of the skin. This perfectly performed massage is made with warm Cretan pouches full of local herbs. Seduce your senses in a unique journey of relaxation that will essentially revitalize your mind, body and soul.

## **UNDER THE MOONLIGHT FACE & BODY TREATMENT**

| 100 mins |

A mesmerizing touch for your skin, a unique ritual for your senses, a mystifying journey for your soul! Sparkling white sugar crystals that gently exfoliate the skin, preparing the body for the mask's innovative formula, consisting of 24K Gold leaves and precious gemstones. This treatment aspires to offer the most luxurious and perfectly balanced anti-ageing treatment.

## **LOVE AFFAIR FOR COUPLES**

| 80 mins |

Fall in love! Enjoy! Have fun! This treatment pays homage to couples in love, who love to have fun at any time of the day. Allow yourselves to feel the pleasure of this special rejuvenating experience together, choosing from a variety of luxurious cool, spicy, earthy aromas, the notes that will captivate your senses.



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