

# theBLUEspa



INSULA ALBA

SEA SIDE RESORT & SPA



# the BLUEspa

**BLUE is the color that represents the Sea, Greek Culture & Tradition.**

Here in Blue Spa, we have partnered with the international brands of Phytomer and Ariadne Athens. These brands are powered by an elaborate array of sea elements and traditional herbs from all over Greece, these elements come together to create a unique spa concept in wellness, which delivers you to our most loved aspects of Greece; the Blue Color and our tradition.

The Spa menu offers beauty treatments, facial treatments, body scrubs, body masks, wraps and unique rituals.

The Blue Spa consists of four different treatment rooms, one spa suite for couples, hair salon, nail salon, indoor pool, wet area with steam bath, sauna and fitness center.



Dive  
into the blue...



# FACIAL TREATMENTS

## ENDLESS BLUE

✔ 60'

Feel refreshed with this deeply hydrating treatment based with organic nori seaweeds and high-performance organic marine active ingredients. An endless blue therapy which combines relaxation with hydration that gives a soak of humidity to your skin. mediterranean sun 60'

Have you been relishing in the warmth of the Mediterranean sun... Our water from marine springs and coral extract ensures a soft and cool feel to the skin. Ideal care for sensitive skin that calms and soothes immediately. Enjoy your sunny holiday without the worry of redness and irritation.

## MEDITERRANEAN SUN

✔ 60'

Have you been relishing in the warmth of the Mediterranean sun... Our water from marine springs and coral extract ensures a soft and cool feel to the skin. Ideal care for sensitive skin that calms and soothes immediately. Enjoy your sunny holiday without the worry of redness and irritation.

## THALASSA BEAUTY FLASH

✔ 40'

Express hydration and radiance for the skin. A flash treatment that can be easily adapted to your personal needs without spending too much time away from basking in the sun.

## EXTENDED YOUTH

✔ 60'

Treat yourself by diving deep into our products of the sea. This is our anti-wrinkle and firming treatment which increases skins resistance to ageing. Thanks to three high-performing professional products and a unique procedure which optimizes the effectiveness of their ingredients, this treatment works in 3 phases; it resurfaces the skin using a new generation exfoliant, it corrects wrinkles using a specifically formulated massage wax, it restructures facial skin by combining the use of specifically concentrated ingredients with a high-tech smoothing, firming mask.

## AQUA MARINE EYE & LIP CONTOUR TREATMENT

✔ 30'

Anti-wrinkle eye care with marine elements containing collagen and elastin. Soothes wrinkles in the eye area and helps to reduce edema and dark circles. Enjoy integrated lip care and exfoliation.

## SKIN ESCAPE FOR MEN

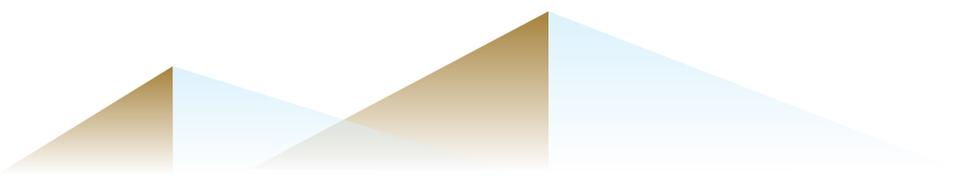
✔ 60'

Skin detoxification and oxygenation treatment. Perfect for soothing facial fatigue and scaring whilst leaving your skin feeling soothed and moisturized. This treatment will give your skin the well-being and vitality that it deserves.

## ZENITH BLUE

✔ 70'

Let your inner youth be revealed with this facial treatment that uses excellent techniques for immediate and visible results. The zenith blue "XMF" (ultra-marine filler) elastin and natural hyaluronic acid makes for denser and tighter skin tissue. This specialized face massage also includes the use of a roller & shaper which completes this treatment by enhancing its products and firming the skin.



## REFRESH YOUR SKIN - AFTER SUN

✔ 50'

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 therapists, this mask contains waterlily, cucumber, aloe vera and Greek yoghurt which replenishes the skin's lipids and provides high moisture and smoothness.

## HERBAL WAVES

✔ 70'

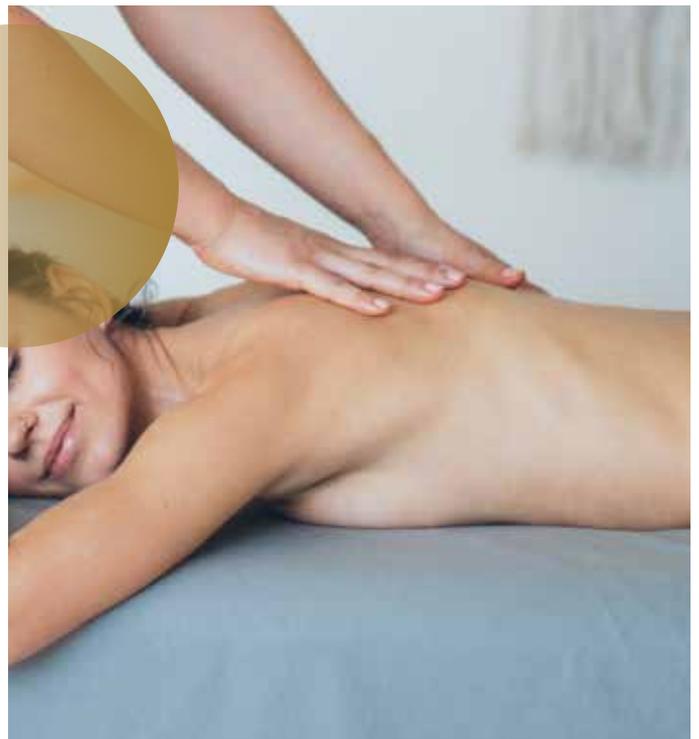
An exhilarating experience of relaxation and wellness that calms both the body and mind! Give your precious self the ticket for a journey in the richness of Cretan flavors and aromas such as sage, malotira mountain tea and other local herbs. The treatment includes the application of a rich body mask containing a refreshing cocktail rich in organic honey, with this mask we give you a relaxing massage with 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!

## MARINE BOTANICAL DETOX

✔ 100'

Guide your mind, body and soul into a dream of botanical voyage! Feel your skin soft and supple as olive kernel grains deeply exfoliate your skin, while the powerful combination of rose petals and iris flowers help your skin regain its elasticity. Rejuvenate each and every part of your body with a detoxifying body mask whilst enjoying the aromas of basil and Mediterranean coral. This treatment is rich in anti-oxidants with a pure blend of dittany oil, infused with rosemary, which leaves you feeling pampered and free with skin that radiates with a youthful glow.

INCLUDING 30' IN THE SPA SUITE (JACUZZI, STEAM ROOM)





# BODY SCRUBS & WRAPS

## AROMATIC FULL BODY EXPERIENCE

✔ 40'

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.**

## CASHMERE TOUCH

✔ 40'

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

## LUXURIOUS GOLD

✔ 40'

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



# RITUALS

## ABSOLUTELY REVITALIZING HEAD & HAND MASSAGE

✔ 60'

A sensational voyage with the lavish aromatic herbal zests of Greece. An invigorating, yet totally relaxing head massage with laurel oil, lush in the aromas of calming Lavender, bright Rosemary, soothing tea tree wonderfully blended with delicately scented, healing almond oil, which relieves stress and tension.

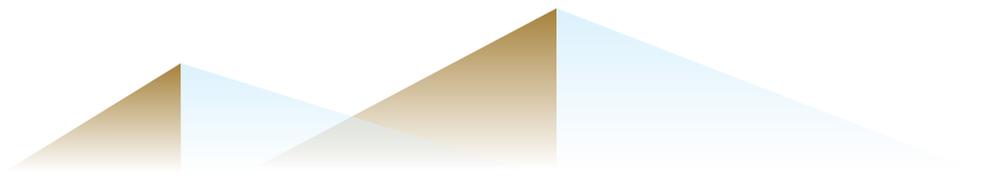
**INCLUDING 30' IN THE SPA SUITE (JACUZZI, STEAM ROOM)**

## COMFORT FOR TIRED LEGS RELIEF MASSAGE

✔ 60'

Refreshing notes of spearmint mingle with the velvet texture of chocolate sugar crystals to slowly stimulate the blood flow and offer a cooling sensation. The body scrub also smooths away dry and flaky skin. Relax into the application of a Cretan raki gel mask which is rich in anti-oxidants that deeply nourish the skin, begin to enjoy our pampering massage which has the moisturizing properties of smooth coconut oil. Treat oneself with the finishing touch of our calming yoghurt powder, mixed with the gel mask, which offers the ultimate comfort for tired legs.

**INCLUDING 30' IN THE SPA SUITE (JACUZZI, STEAM ROOM)**





# MASSAGES

## COCOON & REVITALIZE - AROMATHERAPY MASSAGE

✔ 60' ✔ 80'

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.

## EU ZEN DEEP TISSUE MASSAGE

✔ 60'

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'

This massage focuses on the upper back, neck, head and forehead and incorporates acupuncture 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 HEAVEN MASSAGE

✔ 40'

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.

## CANDLE LOVER'S MASSAGE

✔ 60' ✔ 80'

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 COLLECTIONS : SEDUCTIVE, ENERGIZING, DETOXING AND RELAXING

## SCANDALOUS SILKY LEGS - CELLULITE MASSAGE

✔ 40'

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!

## BABY ON BOARD MASSAGE

✔ 50'

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

## BLUE SPA ROYAL FACE & BODY TREATMENT

✔ 130'

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.

INCLUDING 30' IN THE SPA SUITE (JACUZZI, STEAM ROOM)

## GOLDEN FACE & BODY TREATMENT

✔ 130'

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.

INCLUDING 30' IN THE SPA SUITE (JACUZZI, STEAM ROOM)

## LOVE AFFAIR FOR COUPLES

✔ 105'

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.

INCLUDING 30' IN THE SPA SUITE (JACUZZI, STEAM ROOM)

# BEAUTY TREATMENTS

## NAILS

Manicure  
Spa manicure (peel/massage/mask)  
Semi permanent - manicure

Pedicure  
Spa pedicure  
Semi permanent- pedicure

## HAIR STUDIO

Hair wash      Hair styling straight      Hair styling curl





POWERED BY

