



Soothe your strains and ease your stress at Olea Vitae Spa, the perfect place to recharge your batteries after a busy day's sightseeing.

Our highly qualified professional therapists are on hand to offer a wide range of treatments, ranging from rejuvenating massages to fabulous facials and youth-enhancing body scrubs and wraps, inspired mostly from traditional rituals of ancient Crete.

Let your mind, body and spirit relax and travel to the magical world of the senses, under the soft music and the soothing sounds of nature.

OUR SERVICES AND OPENING HOURS

Facial treatments, body treatments, massages, beauty services,
waxing, manicure, pedicure
10:00 – 19:00

Indoor relaxing pool, gym facilities, steam room, sauna
10:00 - 18:00

FACE TREATMENTS

You can use your discount voucher at any of the following face treatments

- 1. 'Fruity beauty' facial shining treatment** 60 min
Advanced facial shining treatment with citrus fruits that helps remove dead skin, making your face look more vibrant and clear. This facial will bring back the glow to tired, dull and lifeless complexions.
- 2. 'Express relief' sun repair treatment** 50 min
A soothing and hydrating facial to gently soothe away any skin irritations caused by prolonged exposure to the sun.
- 3. Anti-wrinkle treatment with grape extracts and vitamin E** 60 min
Anti-aging and tightening treatment with spectacular results due to vitamin E. Grape extracts help skin retain its luster and youthful appearance.
- 4. 'Absolute rejuvenation' treatment** 90 min
More than just an anti-aging treatment, this holistic, pampering facial combines powerful highly concentrated anti-aging active ingredients with relaxing, lifting massage. It smooths out fine lines and refines the skin's surface giving it a fresh and rejuvenated appearance.
- 5. 'Clear & shiny' treatment** 90 min
A unique light cleansing treatment that will reduce blackheads and congestion, leaving the skin feeling 'squeaky clean' and deeply moisturised.
- 6. Oily skin regulation treatment** 50 min
Treatment that achieves the regulation of facial oil. The Dead Sea mud mask rich in natural elements such as magnesium, calcium, potassium, strontium, boron and iron, removes skin dead cells and in combination with serum and cream gives the face shine and soft texture.
- 7. 'High luxury' treatment** 60 min
Advanced treatment that targets and delays early signs of aging improves the skin's elasticity for a younger complexion and supplies intense moisture, contributing to skin radiance.
- 8. 'Ultimate lifting' treatment** 90 min
This unique anti-aging treatment dramatically reduces the appearance of fine lines and deep wrinkles, visibly corrects skin discoloration, boosts and balances collagen levels and smooths and evens skin tone for more radiant skin.

9. **'Perfect eyes' anti-wrinkle treatment** 50 min
Eye treatment with visible results in only 4 weeks. Reduces the appearance of eye lines and wrinkles, hydrates and tightens skin around the eyes for a more lifted, youthful look.
10. **Facial treatment for men** 45 min
Treatment aimed at men's particular skin conditions and needs.
11. **Facial lifting massage** 40 min
Facial massage that produces the equivalent of an acupuncture face lift without the insertion of needles. Improves one's complexion, removes toxins from the face, prevents and removes facial wrinkles and age spots and balances one's emotions.
12. **'Escargot' treatment** 80min
The ultimate treatment that eliminates and prevents acne, acne scarring, skin's dryness and hyperpigmentation. Reduces fine lines and troubling wrinkles, improves your skin's elasticity and appearance.
13. **'Caviar' treatment** 60min
Treatment that corrects and protects the skin from environmental hazards and free radicals that cause aging. Due to its composing, speeds up the rejuvenation process of your skin.

BODY TREATMENTS

You can use your discount voucher at any of the following face treatments

1. **Deep moisturising treatment** 60 min
Deep hydration body treatment with green tea extracts to refresh you, while chamomile extracts cool and soothe tired skin, giving radiance and firmness.

2. **After sun treatment** 60 min
Treatment for face and body which helps to moisturise and regenerate skin after prolonged exposure to the sun.

3. **'Sculpture body ' anticellulite treatment** 90 min
A specialised treatment which contributes to firm skin and at the same time helps in lipolysis reducing this way the localised fat. A firming and detoxifying mask is applied to relieve blockages and tone the skin. A course of treatments is recommended.

4. **'Chocolate temptation' treatment** 70 min
The aroma of chocolate provides both pleasure and comfort. Rich in anti-oxidants, revitalizes the skin giving it a plumper and firmer feel, helps burn fat and get rid of cellulite, while chocolate massage reduces stress and tension.

5. **'Mineral luxury 'treatment** 70 min
A full body treatment designed to enhance your skin's natural regeneration process and fight aging. It provides your skin with long-lasting hydration, deep nourishment and protection from harmful free radicals and skin damage.

6. **Seaweed mask & full body massage** 80 min
Treatment where the seaweed mask, known for its skin healing and rejuvenation properties, draws out impurities and toxins from the body, promotes circulation and tissue regeneration while the body massage relaxes and calms you.

7. **Dead sea mud mask & full body massage** 80 min
Treatment where the mask from Dead Sea mud tightens, relieves muscle pains, helps in skin diseases, regenerates tissues and stimulates blood circulation, while the body massage relaxes and calms you.

- 8. Thalassotherapy** 90 min
Hippocrates was the first that dealt with the healing properties of seawater. The minerals dissolved in sea water, including magnesium, calcium, sodium, iodine, silicon, selenium, sulfur and fluoride, enter the body through pores on the skin and draw out toxins. Assists in the relief of back pains, increases circulation throughout the body and may treat arteriosclerosis, asthma, bronchitis, muscle atrophy and scabies.

- 9. Hydrotherapy treatment** 60 min
Ancient method of treatment known since the time of Hippocrates. Reduces muscle tension and relieves pain, rehabilitates injured muscles, increases blood flow and circulation. It may also slow down the body's reaction to anxiety and release endorphins—a natural stress fighter.

- 10. 'Cleopatra' moisturising treatment** 80 min
The absolute anti-stress treatment to moisturise and regenerate the whole body where the bath in a mixture of milk, honey and rosewater, follows a massage with essential oils.

BODY MASSAGES

You can use your discount voucher at any of the following body massages

- 1. Relaxing** 55 min
Perfect for those who suffer from poor sleep, lack of energy and concentration. Benefits your physical body and state of mind.
- 2. Deep Tissue** 55 min
A type of massage aimed at the deeper tissue structures of the muscle. Releases chronic patterns of tension in the body and eliminates the blocks that cause muscle tightness.
- 3. Aromatherapy** 50 min
Relaxing massage using fragrant oils extracted from herbs and flowers known for their healing properties.
- 4. Hot stone** 60 min
Promotes deeper muscle relaxation through massage and the placement of smooth, water-heated stones at key points (chakras) of the body. Relieves pain associated with fibromyalgia and arthritis.
- 5. Mother-to-be** 50 min
Relaxing massage, beneficial and safe throughout the entire nine months of the pregnancy. Reduces swelling in hands, feet and ankles, eases muscular discomfort in areas like the low back and neck and helps relieve anxiety or depression.
- 6. Back & Neck** 25 min
A partial body massage focused on your back and neck. Along with relieving the pain at those areas it also improves your posture and flexibility.
- 7. Head massage** 25 min
Helps prevent migraines, headaches and back pain, relieves sleeplessness, restlessness and insomnia. Renews energy levels and improves lymphatic drainage and blood flow to the neck thus helping to remove waste products from the body.
- 8. Foot massage** 25 min
Promotes health and well-being. Relieves pain, reduces stress and releases any blockages that can hold back energy flowing through the body.

- 9. Ayurvedic 'abhyanga'** 50 min
Relaxing full body massage using hot sesame oil. Acts as a powerful recharger and rejuvenator of mind and body.

- 10. Thai** 80 min
A technique believed to be over 2500 years old and developed in Thailand and Southeast Asia, with a variety of yoga-like positions. It acts on the skeletal muscle and energy levels and thus restores the flow of energy. Dramatically increases flexibility and strengthens the self-healing power of the body.

- 11. Traditional Cretan with 'Raki '** 55 min
A massage with a traditional Cretan all-remedy named ' Raki'. Just a few drops of alcohol with antiseptic properties mixed with natural essential oils and our home made olive oil will sharpen your senses and energise your body by improving your blood circulation.

- 12. Slimming** 25 min
Produces a restoration of the tissues and improves the look of your skin. Helps to remove cellulite, toxins and lose contour in areas like legs or abdomen.

- 13. Lymphatic drainage** 40 min
A gentle therapeutic technique intended to activate the lymph glands to flush out toxins, making the muscle tissue firmer.

- 14. Reflexology** 45 min
By exerting pressure on reflex points that exist in the feet, helps regulate function of the body organs.

- 15. Indian candle** 55min
Treatment where creamy hot wax flows over the body deeply moisturising the skin while a combination of massage, stretching and gentle pressure movements offer muscular relaxation and stimulate blood circulation.

BEAUTY SERVICES

Discount vouchers do not apply to the following treatments.

PEELINGS

1. **Brown sugar peeling** 25min
2. **Sea salt peeling** 25min
3. **Cretan herbs peeling** 25min
4. **Coffee peeling** 25min

MANICURE & PEDICURE

1. **Nail polish** 15- 30min
Simple nail polish
Permanent nail polish
2. **Manicure** 60min
Simple nail polish
Permanent nail polish
3. **Spa manicure** 80min
Simple nail polish
Permanent nail polish
Luxury hand care treatment including natural exfoliation, cleansing, relaxing massage & nourishing skin care.
4. **Pedicure** 60min
Simple nail polish
Permanent nail polish
5. **Spa pedicure** 80min
Simple nail polish
Permanent nail polish
Deluxe foot care treatment that promotes cell renewal and nourishes the feet's skin surface. It improves the skin's moisture levels, removes dead skin while gives you a unique relaxing experience.
6. **Removal of permanent nail polish** 30min

7. **Fish spa 'Garra Ruffa'** 20min
Our tiny fish will gently remove dead skin, leaving your feet smooth and rejuvenated. A (not painful in any way) tingling sensation, while small fish acupuncture points on the soles of the feet, will improve blood circulation and provide luxurious relaxation.

HAIR REMOVAL WITH WAX

- Half legs** 20min
- Full legs** 30min
- Arms** 20min
- Underarms** 10min
- Bikini line** 20min
- Upper lip and chin** 20min
- Eyebrow** 20min
- Chest – men** 35min
- Back – men** 35min

"OLEA VITAE" DISCOUNT PACKAGES

One person packages

1. **The Olea Vitae 'Sweet sensation' package** 90min
-Brown sugar peeling
-Anti-stress full body massage
-Aloe Vera body mask
-Every day free entrance at Sauna and Steam room **Price**

2. **The Olea Vitae 'Angel feeling' package** 140min
-Foot massage
-Spa manicure
-Spa pedicure
-Every day free entrance at Sauna and Steam room **Price**

3. **The Olea Vitae 'Mud temptation' package** 90min
-Sea salt peeling
-Seaweed mask
-Relaxing full body massage
-Every day free entrance at Sauna and Steam room **Price**

4. **The Olea Vitae 'Speechless' package** 85min
-Quick radiance face treatment
-Aromatherapy
-Every day free entrance at Sauna and Steam room **Price**

5. **The Olea Vitae 'Free spirit' package** 60min
-'Express relief' face treatment
-Head massage
-Every day free entrance at Sauna and Steam room

6. **The Olea Vitae 'True man' packages** 60min
-Facial treatment for men
-Back & Neck massage
-Every day free entrance at Sauna and Steam room **Price**

Discount vouchers do not apply to the packages.

"OLEA VITAE" DISCOUNT PACKAGES

Packages that can be shared by more than one persons

1. The Olea Vitae 'Head to toe' package

- Fruity beauty' face treatment 60min
- Head massage 25min
- Manicure (simple nail polish) 60min
- Pedicure (simple nail polish) 60min
- Every day free entrance at Sauna and Steam room

Price

2. The Olea Vitae 'Seduction' package

- Aromatherapy 50min
- 'Deep moisturising' body treatment 60min
- 'Absolute rejuvenation' face treatment 90min
- Spa manicure (simple nail polish) 80min
- Every day free entrance at Sauna and Steam room

Price

3. The Olea Vitae 'Sweet relaxation' package

- 'Chocolate temptation' body treatment 70min
- Back & Neck massage 25min
- Manicure (simple nail polish) 60min
- Pedicure (simple nail polish) 60min
- Every day free entrance at Sauna and Steam room

Price

4. The Olea Vitae 'Venus' packages

- Sweet exfoliation treatment 30min
- Two slimming massages (both) 50min
- 'Sculpture body' anticellulite treatment 90min
- Every day free entrance at Sauna and Steam room

Price

5. The Olea Vitae 'Ageless' package

- 'Ultimate lifting' face treatment 90min
- 'Kobido' facial massage 40min
- 'Perfect eyes' face treatment 50min
- Every day free entrance at Sauna and Steam room

Price

Discount vouchers do not apply to the packages.

“OLEA VITAE” DISCOUNT PACKAGES

Packages for couples

1. **The Olea Vitae ‘Honeymoon’ package**

- ‘Cleopatra’ body treatment 80min
- Hot stone massage 60min
- ‘Fruity beauty’ face treatment 60min
- Every day free entrance at Sauna and Steam room

Price

2. **The Olea Vitae ‘Mediterranean’ package**

- ‘Thalassotherapy’ body treatment 90min
- ‘Aromatherapy’ massage 50min
- ‘Absolute rejuvenation’ face treatment 90min
- Every day free entrance at Sauna and Steam room

Price

3. **The Olea Vitae ‘Mudness’ package**

- Dead Sea mud mask and full body massage 80min
- ‘High luxury’ face treatment 60min
- Spa pedicure 80min
- Every day free entrance at Sauna and Steam room

Price

4. **The Olea Vitae ‘Cretan inspiration’ package**

- Cretan herbs peeling 30min
- Cretan herbs massage 55min
- ‘Traditional Cretan with Raki’ massage 55min
- ‘Anti-wrinkle treatment with grape extracts and vitamin E’ face treatment 60min
- Every day free entrance at Sauna and Steam room

Price

5. **The Olea Vitae ‘A glimpse of India’ package**

- Head massage 25min
- ‘Indian candle’ full body massages 55min
- ‘Ayurvedic’ massage 55min
- Every day free entrance at Sauna and Steam room

Price

Discount vouchers do not apply to the packages