

H A R M O N I A

spa



spa

Harmonia spa and Phytomer invites you to explore our range of detox treatments, relaxing massages, signature body and facial treatments and hydrotherapies through specially designed beauty & wellness programs for everyone who wants to be spoiled! A heated indoor pool and several wet areas wait for you to explore them and benefit physically and spiritually.

Harmonia - as its name reveals - is a world of relaxation and rejuvenation that promises to free your senses and reduce your stress and weariness. Surrender yourself to the pleasure of holistic pampering and lift your spirit high.

A close-up photograph of a woman's face with her eyes closed, being gently touched by two hands. A large white circle is overlaid on the right side of her face, containing the text 'FACIAL TREATMENTS'. The entire image has a greenish tint.

FACIAL  
TREATMENTS

## Spa-Prestige Éclat

The coexistence of the rich marine power into a treatment for rejuvenation, radiance and hydration of the skin. The treatment can be easily adapted to your personal needs.

**TIME 45' PRICE 80€**

## Hydra Blue

A complete and specialized treatment with double action to moisturizing. Reliefs from thirst and moisturizes in a few minutes while, at the same time, stimulates the proteins that contribute to cellular cohesion for strengthening of the skin. The innovative mask "Chauffant nettoyant" with sea zeolites, caolin and oxygenol, cleanses in depth, oxygenates and detoxifies, allowing your skin to breath better. A perfect combination of high effectiveness for pure, moisturized, smooth and radiant skin.

**TIME 60' PRICE 90€**

## Douceur Marine

An ideal treatment for a sensitive skin that calms and relieves immediately. It acts instantly to the irritations due to the great composition of soothing ingredients. Water for the sea sources, algae sugars, coral extracts are improving the microcirculation, reassuring a smooth and fresh skin.

**TIME 60' PRICE 90€**

## City-Life "Sorbet"

A specialized treatment that combats environmental pollution for restoration of freshness and brightness of the skin. The "Sorbet" delicate texture of the products works in synergy with the skin and eliminates impurities, detoxifies, oxygenates and revitalizes. The cocktail of healthy ingredients, becomes a natural shield against environmental pollution and instantly moisturizes, decongests and illuminates dull and tired skin.

**TIME 60' PRICE 90€**

## Eye & Lip Contour Treatment **TIME 40' PRICE 70€**

An anti-wrinkled eye treatment with collagen's marine elements and elastin. It soothes the wrinkles to the eye contour and helps in decreasing the edemas and the black circles. At the same time, enjoy a complete treatment for lips contour. A cocktail of exfoliation with very effective ingredients which stimulate the circulation, while the splendor mask balm with hyaluronic nourishes - soothes - hydrates - tones the contour of the lips by giving them a natural volume.

## Extended Youth **TIME 60' PRICE 90€**

An anti-wrinkle firming treatment that increases the resistance of the skin giving an extended youth. The marine macromolecules contribute to the cells restructure and to the collagen's and elastin's reproduction as well. The sea retinol and the hyaluronic restore the aspect of youth revealing your facial characteristics. An effective radiant-firming and smoothing wrinkles treatment with 100% of natural - effective ingredients of the marine resources - which reinvigorate your skin, against the deterioration of time. Ocean - Science - Beauty to the cosmetics request.

## Pionniere "XMF" Youth Revelation **TIME 80' PRICE 130€**

Reveal your inner Youth with this original facial care, using innovative ingredients and exceptional treatment techniques for instant and visible effectiveness. The X.M.F (Extra Marine Filler) and VMR (Visible Marine Refiner) treatment, combined with the "Morio Orchid" extract is on cutting edge of the biotechnology. It acts in the deeper layers of the skin by stimulating the synthesis of collagen, elastin and natural hyaluronic acid for a denser and firmer skin mattress. The XMF creates an invisible natural film, which smoothes the wrinkles immediately. The specialized face massage with roller & shaper, completes the products action and strengths its vivacity. Like after a facelift, the skin is smooth and vigorous. It glows with new radiance.

## Skin Escape for Men **TIME 50' PRICE 80€**

A treatment focused on detoxification and oxygenation of the skin. It smooths the fatigue signs on face, hydrates and calms the skin from any irritation. Suitable for men's skin, it gives freshness and a smoothing effect.



BODY  
TREATMENTS

## Sea Foam Massage and Cooling Mask

A unique relaxing experience. A smooth cleaning of the skin with a creamy-soapy product is followed by and a full body wrap with a detoxifying, firming and cooling mask. The experience is completed with a highly hydrating cream, leaving the body totally nourished and relaxed.

**TIME** 50'      **PRICE** 90€

## Thermal Algotherapy (Back-Neck-Shoulders)

This treatment faces and soothes back, neck, waist and arms pains. After a deep skin cleansing apply a effervescent sea mud mask that creates a thousands of microcapsules which release active sea ingredients capable of facing the aches and the tensed muscles. A healing massage follows to this particular part of the body.

**TIME** 50'      **PRICE** 90€

## Leg Revival - Leg Soothing Treatment

A treatment with marine flavonoids and Centella Asiatica that filters, stimulates blood microcirculation, reinforces capillary tone, relaxes and relieves tired legs. Proceed with a peeling with crystal salts and essential oils. Apply a particular fresh gel mask from the sole up to thighs that stimulates blood microcirculation, rejuvenates and disappears the edemas. Rediscover the confidence of showing off your legs.

**TIME** 40'      **PRICE** 75€

## Spa Thalasso Full Body


All the benefits of the Spa Thalasso into one and only treatment. An original full thalassotherapy with the most beneficial varieties of algae such as - Spirulina - Focus Powder - Palmaria Palmata - Chondrus Crispus activate the metabolism, detoxify, and give back to the skin its radiance and smoothness. It nourishes and keeps healthy the skin with its lypolytic and anticellular action. The advantages of this treatment are multiple for the organism and skin due to the absolute similarity to its synthesis with the sea water and the human organism (Plankton - Plasma blood). In an ambiance of marine breeze experience, an exfoliation for deep skin cleansing, mask thalassotherapy. Applying a product with massage and warm - wet towel that hug your body and invite you to a dynamic dive into the magical underwater world.

**TIME** 50'      **PRICE** 100€

## Sculpt Zone - Contouring - Anti Cellulite

The Sculpt Zone treatment targets the abdomen-thighs-buttocks area and attacks cellulite and accumulated fat. It is based on a series of "Redox" (reduction-oxidation) reactions, in synergy with the super lipolytic agent "Pepper Slim Active", which traps the free radicals by neutralizing them, stimulates the action of lipolysis and detoxification and combats and decreases cellulite. A delicate creamy foamy texture with soft heat embraces your body and delivers a deep sense of relaxation and pleasure. The ultimate contouring and anti-cellulite performance in an express course. Reduced curves and cellulite, a body lighter and detoxified, smoothed thanks to the intensive formula starring the super active "Slim Pink Pepper".

**TIME** 50'      **PRICE** 120€



BODY  
EXFOLIATION  
TREATMENTS



## Shimmer Satin

We proceed in a deep cleansing with salts, corals and hazelnut oils, coconut oil, soya, nut and Oligomer (solidified sea). Then apply a cream with a cocktail of marine ingredients to the full body that restore the aquatic tone to your skin and it prepares it to be safely exposed to the sun.

**TIME** 30'      **PRICE** 60€

## Sea Foam Exfoliation

A soft foam for deep cleansing of the skin that moisturizes, tones and rejuvenates sensitive and irritated skin.

**TIME** 30'      **PRICE** 50€

## Moroccan Rose & Jasmin

Delightful exfoliation with cherry and plum kernel powders that glide on and eliminate impurities and dead cells providing your skin with softness and brightness. A creamy textured milk follows, that moisturizes and nourishes leaving your skin silky smooth and envelops your body with a soft and delicate fragrance of rose petals and jasmine from Morocco.

**TIME** 30'      **PRICE** 50€



# EUPHORIA UNIQUE MASSAGES

## Swedish Massage

A muscular invigorating massage with a refined mixture of essential oils based on lavender. A wonderful combination of light to firm gliding strokes, integrated with stretching and ranging of the joints, it is a process that promotes full body relaxation and muscle tension release.

**TIME** 30' / 50' / 80'      **PRICE** 60€ / 90€ / 110€

## Deep Tissue Massage

A massage technique that focuses on the deeper tissues of the muscles and targets via deep pressures, to release tension and provide relaxation and well-being.

**TIME** 30' / 50' / 80'      **PRICE** 60€ / 90€ / 110€

## Aromatherapy Massage

This relaxing massage is a natural therapeutic intervention in body and spirit, two in one, by combining different kinds of massage, Holistic and Lomi Lomi massages with aromatherapy. Various massage techniques applied all over the body together with the healing aroma of natural essential oils, enhance wellbeing and reduce anxiety and tension.

**TIME** 50' / 80'      **PRICE** 90€ / 110€

## Indian Massage

Indian head massage is a refreshing treatment which offers peace and calm in mind. A rhythmic flow of invigorating Ayurvedic massage with warm essential oil applied to the "Mama point" on the head and neck, restores vital tranquility and rebalances inner energy. Indian head massage is ideal for preventing insomnia, headaches and migraines, whereas the warm essential oil is beneficial for head skin and hair.

**TIME** 30'      **PRICE** 60€

## Candle Massage

Candle massages are extremely relaxing and can awaken your senses, combining warm essences and expert movements. Calm and recharge your mind in a warm and intimate room, softly lit by the flame and the soothing aroma of the candle. Pure and natural essential oils are captured in the little body of the massage candle. Soft touches, caresses, light pressure, broad kneading and smooth rubbing will enhance the elasticity of your skin.

**TIME** 50' / 80      **PRICE** 90€ /110€

## Hot Stone Massage

Hot stone massage is an ancient practice traced back to thousands of years ago and involves the use of flat, heated stones positioned on key spots across your body. These special areas are said to control your body's energy flow and when recharged help to rebalance body and soul.

**TIME** 50' / 80      **PRICE** 90€ /110€

## Pregnancy Massage

Pregnancy is a beautiful period, but can be tough on the body. This nurturing treatment has been created with expectant ladies in mind, so as to safely pamper, relax and rejuvenate them whilst alleviating tension in the back and shoulders and reducing swelling in the legs.

**TIME** 50'      **PRICE** 90€

## Lymphatic Drainage

Lymphatic massage is the only type of massage that has the ability to improve health: It removes toxins from the body and eliminates swelling while improving the appearance of cellulite. It is a massage technique that aims at the natural stimulation of the lymphatic system; its main purpose is to stimulate the lymph nodes, in order to facilitate the circulation of lymph fluid.

**TIME** 80'      **PRICE** 110€





# SPA RITUALS

## Holistic Beauty Care

A Holistic rhythmical massage for body and face, inspired by India, with essential oils, ylang-ylang, rosemary & rose, invite you to a relaxing ritual, full of energy, joy and passion for life. This holistic experience is completed with a special face treatment. A perfect combination for a moisturized and smooth skin.

**TIME 90'**      **PRICE 150€**

## Detox - Rejuvenation Treatment

The most active components of the marine wealth, in a total care, of deep detoxification, complete rebalancing, strengthening and revitalizing of the body and skin. Exfoliation and specialized face and body formulas invite you to enjoy all the benefits of sea treasures for a complete restoration of your shape and the health of your skin. As after a seaside walk, your skin reflects beauty, freshness and serenity.

**TIME 90'**      **PRICE 160€**

## Harmonia Spa Ritual

A unique wellness experience with the signature of Harmonia Spa. This ritual has its roots in ancient Greeks, who believed that “malaxis” (skin pressure by hands) offers relaxation and has therapeutic results for the body and soul. This ritual consists of 3 parts, starting with a body scrub with olive oil and crystal sugar, followed by a full body olive oil massage, and ending with a hydrating facial therapy according to your needs.

**TIME 90'**      **PRICE 160€**

# SPA NAILS

Manicure **PRICE 40€**

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Gellac Manicure **PRICE 50€**

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Pedicure **PRICE 55€**

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Gellac Pedicure **PRICE 65€**

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Nail Paint **PRICE 20€**

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Gellac Paint **PRICE 30€**

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Remove Shellac **PRICE 10€**

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FAMILY  
RECHARGE

# KIDS SPA



If you are aged between 6-16, join us and explore our magic world!

Your parents should accompany you, in order to fill in a questionnaire about your medical record.

## My massage with Mum or Dad

Relaxing massage, that relieves signs of tension, calms the nervous system and relaxes body & soul. Feel so relaxed!

**TIME 40'**      **PRICE 60€**

## My chocolate massage

A relaxing full body massage with warm chocolate. The delightful aroma of chocolate wafting in the air has a wonderful effect. Feel so yummy relaxed!

**TIME 40'**      **PRICE 60€**

## My velvet skin body peeling

A gentle and delight body scrub of flowers & fruits in a treatment of cleansing, radiance and velvet touch of skin. My skin is silky!

**TIME 20'**      **PRICE 40€**

## Watermelon facial

A mini facial treatment designed to introduce basic skincare to our young spa fans. The experience includes a cleansing massage and a gentle mask with the power of watermelon. My fruity face care!

**TIME 30'**      **PRICE 45€**

## Princess nail

Nonchemical manicure, pedicure and any polish work. For little princesses!

**TIME 40'**      **PRICE 40€**

## Prince nail

Nonchemical manicure and pedicure work. For little princes!

**TIME 30'**      **PRICE 30€**

## Nail paint

**TIME 15'**      **PRICE 15€**



## SPA POLICY

In order to provide a high quality of services for our guests, we hope for your kind consideration and cooperation, regarding the following regulations:

- ① Kindly be present at the Spa Reception, 20 minutes before your appointment time, so as to prepare for the treatment.
- ① Kindly respect our guests' wish for tranquility, relaxation and privacy. Therefore, any conversation should be conducted at low levels.
- ① The use of mobile and electronic devices is prohibited in our Spa.
- ① Our Spa is a smoke & alcohol free environment.
- ① Please, always shower before using the pool facilities and between treatments in heat rooms (sauna, hammam).
- ① The use of indoor heated pool is allowed for all guests from 16 years old and above. Wet areas (jacuzzi, sauna, steam room, ice fountain) are available for all guests from 18 years old and above.
- ① Kindly leave any valuables, jewellery or personal belongings securely in your room or your locker. Our Spa holds no responsibility, in case of any loss or damage.
- ① The duration of treatment/s is standard and always in accordance with the confirmed booking time. Any guest's delay in scheduled time, will equivalently reduce the duration of treatment.
- ① Booking cancellations are free, if made at least 24hours prior to the confirmed booking time. In case of cancellations made less than 24hours prior to the confirmed booking time, 50% of the treatment charge will be imposed. In case of no show, 100% of the treatment charge will be imposed.

PHYTOMER

Exclusively in Our Spa