

# SAINT SUITES OIA

SPA TREATMENT MENU

S A Ĩ N T

- S A N T O R I N I -

THE SACRED SPA

S A Ĩ N T

# WELCOME NOTE

THE SACRED SPA MENU

Escape to a world of serenity and rejuvenation at the Sacred Spa. Nestled in the heart of nature, our spa offers a sanctuary where you can unwind, refresh, and reconnect with your inner peace.

From the moment you step through our doors, you'll be enveloped in a calming ambiance designed to soothe your senses and revitalize your spirit. Our expert therapists are dedicated to providing personalized treatments that blend ancient healing traditions with modern wellness practices.

A labyrinth of wellness that helps you to cleanse your soul, to re-discover yourself and to feel incredibly pampered. Spoil yourself, whenever you please, with an exclusive full body treatment. Our Spa Cave is an all-inclusive area featuring a Hamman, a steam room, and a Jacuzzi along with many more amenities and tailormade services.

**Welcome to your oasis of calm. Welcome to The Sacred Spa.**

# SIGNATURE TREATMENTS

THE SACRED SPA MENU

## **The Sacred Spa Ritual** 120mins – 250.00

Our Signature Sacred Spa Ritual begins with a thorough body exfoliation using a carefully selected Body Scrub; a powerhouse of antioxidants that accelerates skin cell turnover. We follow with a 90min Aromatherapy Relaxing Massage, powered by rosewood, lavender and lime essences, that deeply relax your body and mind; a journey of the senses that eases pains, aches and recharges the soul. Feel grounded and relaxed, in your most 'sacred' form of being.

## **Hot Volcanic Stone Crown-to-Base Therapy** 90mins – 210.00

Bathed in the intensely moisturizing body oil, a curated range of Volcanic stones are worked over the body, deep into the muscles, getting into areas of tension at a profound level, persuading them to release their trapped energy. Inspired by our island's past and present, this treatment involves both energetic and a healing property using stones with a result of sparkling body vitality, and a bonus of intensely hydrated skin.



# MASSAGE THERAPY

## THE SACRED SPA MENU

### **Deep Tissue Massage** 30/60/90 mins – 100.00/180.00/210.00

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Your therapist will select an aromatic oil according to your concerns; Muscle pain, stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.

**Restore & Ease:** using a blend of Maritime Pine & Rosemary

**Nourish & Hydrate:** using a blend of Monoi, Frangipani & Coconut Oil

**Detox & Cleanse:** using a blend of Lemon & Juniper

**Relax & Unwind:** using a blend of Lavender & Eucalyptus

### **Aromatherapy Massage** 60/90 mins – 185.00/215.00

Take a walk in a Botanical garden with this lavishly hydrating body massage.

The unique essences that have been designed to be used in this extremely relaxing massage, will bring everything back to the potency of modern aromatics.

### **Head & Scalp Massage with Back Massage** 60 mins – 160.00

This scalp Massage is so blissful it should be illegal. Tension is dissolved using a combination of the ancient Chinese healing massage Tui Na and Japanese Shiatsu, while Indian and Thai kneading in vigorates and clears your head. Added bonus the relaxing face massage.

\*This treatment includes a 20min Relaxing Back Massage.

### **Peaceful Pregnancy Massage** 75 mins – 175.00

This unique pregnancy massage is a profoundly nurturing and tranquil oasis.

An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted along with wisdom, empathy and respect.

### **Lymphatic Drainage Massage** 60 mins – 175.00

Gentle flowing massage moves, specially targeted on your Lymphatic system to drain Lymphatic fluid and relieve swelling and stiffness by enhancing proper blood circulation and immune functions.

### **Release and Flow** 60/90 mins – 180.00/215.00

A modern variation of the classical sport's massage where firm pressure is applied and a variety of stretches are alternated with softer strokes focusing on the myofascial tissues to relieve muscle tension, release fascia tissue and increase range of motion.

# BODY THERAPY

## THE SACRED SPA MENU

### **Intensely Cleansing Salt Scrub**– 40 mins - 95.00

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Perfect choice to even your sun tan





# SPA PACKAGES

## THE SACRED SPA MENU

### **Detox & Regeneration - 1hr15mins -220.00**

Intensely Cleansing Salt Scrub 30mins  
Deep Tissue Detox Back Massage –45mins

### **Santorini Spa Dream – 120mins – 260.00**

Body Exfoliation 30mins  
Hot Volcanic Stone Therapy 60mins  
Lower Legs & Foot Massage 30mins

### **For Her – 3hours – 340.00**

Body Exfoliation 30mins  
Aromatherapy Massage 60mins  
Face Massage 30mins  
Head & Scalp Massage 30mins  
Foot Massage 30mins

### **For Him – 3hours – 340.00**

Body Exfoliation 30mins  
Deep Tissue Massage 60mins  
Face Massage 30mins  
Head & Scalp Massage 30mins  
Foot Massage 30mins

# SPA TOGETHER

## THE SACRED SPA MENU

### **Sacred Dream - 120mins – 500.00 (for both)**

Aromatherapy or Deep Tissue Massage 90mins  
Body Exfoliation Therapy 30mins

### **Couples Connect – 3hours – 640.00 (for both)**

Body Exfoliation 30mins  
Aromatherapy or Deep Tissue Massage 60mins  
Face Massage 30mins  
Head & Scalp Massage 30mins  
Foot Massage 30mins

### **TOGETHER CALM & SPA OR PRIVATE SPA**

Spend some time with your friends or loved ones.

Indulge in our Sacred Spa with its own private steam room & sauna, as you are pampered by our spa therapists. 3 hours minimum, up to 4 persons. 1000€ Included:

1 bottle of Champagne,  
250€ credit on booked massages, body, and face treatments





# SPA ETIQUETTE

## THE SACRED SPA MENU

Sacred Spa and its environs are strictly no smoking areas. We do not allow mobile phones in our customer areas.

The Spa is not responsible for loss or damage to a guest's personal belongings.

Please always shower before using pool facilities and between heat rooms.

A robe and slippers should be worn in all common areas and swimwear is compulsory in all heat rooms.

All guests will be required to complete and sign a Health & Lifestyle Questionnaire upon arrival, prior to entrance to the facilities.

All facilities are subject to availability.

Please notify us at least 24 hours in advance for any cancellations. Any cancellation or rescheduling with less than 24 hours of notice or no-show appointments, will result in the full cost of scheduled service to be charged.

Time lost through late arrival will result in a shortened or amended treatment being offered without refund.

Underwear or suitable swimwear should be worn going into the treatment room and during treatments.

For some treatments you will be provided with disposable undergarments by your therapist, and suitable towel draping will be always used.

If you have a particular injury or physical condition, please explain it to the therapist. They can suggest appropriate adjustments to the treatment for your comfort and enhancement.

Your comments are always welcome.

SAINT SUITES OIA

S A I N T

- S A N T O R I N I -

Address: Saint Suites Oia, Oía, Greece, 847 02

Phone number: +30 2286 072473

Email: [info@saintsuitesoia.com](mailto:info@saintsuitesoia.com)