

THE  
spa



*Take yourself to a place where natural light frames a panorama of wild unspoiled landscape.*

## MASSAGES

### Tranquility

A soothing massage that promotes a relaxed body and mind.

**50 min 80€ | 80 min 130€**

### Therapeutic

The massage of choice to relieve symptoms of stress and restore balance to your body and spirit. Applies techniques that target the areas of your body requiring most care.

**25 min 55€ | 50 min 85€ | 80 min 140€**

### Deep Tissue

A full body massage that concentrates on the deepest layers of muscle tissue – ideal to relieve acute tension.

**50 min 95€ | 80 min 150€**

### Massage for Two

A special ritual for two: a massage of pure relaxation followed by some quiet time to enjoy a cup of tea. An experience to remember!

**50 min 190€ | 80 min 250€**

### Pre- or Post-natal Massage

A personalised treatment for mothers-to-be or for new mothers that will improve circulation, increase flexibility and promote greater balance, energy and physical well-being.

**50 min 95€**

### Lymphatic Drainage Massage

A sequence of soft movements that helps release fluid retention, flushing toxins from the body.

**50 min 80€**

## DELUXE MASSAGES

### Hot Stone Therapy

Let yourself be enveloped in natural seaweed strips and feel the deep soothing effects of this hot stone massage, while your skin enjoys the benefits of the organic seaweed oils used.

**50 min 110€ | 80 min 150€**

### Hot Lava Shell Therapy

A massage using smooth hot seashells that relaxes your body through firm, calming movements – an experience that evokes the swell of waves and the serenity of being close to the ocean.

**80 min 150€**

### Pindas Therapy

A treatment that appeals to the senses by massaging the body using plant and seaweed bags that gradually release precious essential oils. A truly therapeutic and indulgent massage. Choose between the soothing effects of camomile, detoxifying peppermint or stimulating fennel.

**50 min 100€**

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## FACE

### Customised

A facial treatment adapted to the specific characteristics and needs of your skin.

Includes hydration and cleansing.

**50 min 80€**

### Lifting

The perfect facial for an immediate lifting and firming effect, also promoting skin luminosity.

**50 min 95€**

### Anti-Ageing

An exceptional treatment that prevents and attenuates the signs of ageing, with a firming effect that rejuvenates the skin.

**50 min 115€**

\* All facial treatments include a relaxing neck and head massage and a soft, massaging touch on hands and feet.

## BODY

### Reflexology

Reflexology is a technique of applying pressure, stretching and stimulating specific 'reflex points' located on your feet.

**25 min 68€ | 50 min 90€**

### Golf Special

A gentle body exfoliation using sugar and peppermint, followed by a relaxing massage, and ending with a seaweed wrap of the back and legs to help ease tense muscles.

**80 min 100€**

### Sea Salt Exfoliation with Essential Oils or with Mint and Sugar

Feel the benefits of sea salt combined with essential oils or with mint and sugar. This unique blend of diverse organic ingredients helps exfoliate, refresh and nurture your skin.

**30 min 45€ | 50 min 89€**

### Dry Exfoliation

A dry exfoliation treatment using a natural bamboo bristle brush, which increases blood flow, removes dead skin cells and drains toxins.

**30 min 45€**

### Manual Lymphatic Drainage

A gentle targeted massage that helps drain toxins by jump-starting the body's lymphatic system.

**50 min 80€**

### Slimming Wrap

A treatment that improves blood and lymph circulation, eliminating toxins and promoting a slimmer silhouette as a result of the loss of stored fluids.

**80 min 95€**

## WATER & COLOUR

### BATHS

#### Seaweed Bath

A purifying bath that harnesses the natural benefits of organic seaweed.

**20 min 45€**

#### Milk and Honey Bath

Our unique version of the divine milk and honey bath known since Cleopatra's time for its skin-softening and soothing properties.

**20 min 45€**

#### Therapeutic Organic Seaweed and Salts Bath

A relaxing bath therapy combining essential oils and salts.

**20 min 45€**

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## BEAUTY

### Manicure & Pedicure

Please contact The Spa for more information.

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## SPECIAL PROGRAMS

Spend a morning, afternoon or full day at The Spa. To guarantee the very best spa experience, please enquire about our Special Programs and Packages at The Spa Reception.

# SPA ETIQUETTE

## In-room Treatments

We would be delighted to offer you some services of The Spa in the privacy of your hotel guest room. An additional fee of 25€ will be charged for any in-room treatment.

## Age Requirements

You must be aged 18 or over to use The Spa or Fitness Centre on your own. Young adults over the age of 16 are welcome when accompanied by an adult.

## Cancellation Policy

If you have to cancel or reschedule your reservation, please be sure to give us 24 hours notice. Your reservation entails special arrangements on our side, so the full fee will be charged if 24 hours notice isn't given. The Spa reception is your point of contact for any change in your reservation.

## Reservations

The Spa reception area | Extension 6646  
thespa@theoitavos.com | 21 482 90 50

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