



CASA DELFINO  
HOTEL & SPA

The Spa

**Simplicity, tranquility and time - elements so often missing in our frenetic modern lives. They await you at The Spa!  
Welcome!**

The Spa at Casa Delfino is a sensual sanctuary where you can retreat in absolute privacy. When you book a treatment, the Spa is exclusively available to you – whether you wish to spoil yourself alone, as a couple, with family or friends. It is a journey tailored to achieve ultimate results, with a completely individualized approach.

It features an opulent marble steam room, two treatment rooms, an extra large Jacuzzi whirlpool and a soothing relaxation area. All designed to pamper and luxuriate the most discerning of guests without ever having to leave our hotel. Our team of qualified therapists will help you choose a bespoke treatment specially designed for you. Every treatment is a holistic experience for mind, body and spirit, featuring the best natural Greek products by Apivita. The Apivita line of organic skincare products is designed to leave you glowing inside and out.

## Massages

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### **swedish massage/ 50 mins. 60 Euros**

With pressure tailored to your request, this classic Swedish massage is designed to reduce tension and mental fatigue resulting in a feeling of well-being and total relaxation.

### **deep tissue & sports massage/ 50 mins. 60 Euros**

A toning energizing deep tissue massage using both deep tissue and Swedish techniques. It releases muscular tightness and stimulates circulation and the elimination of toxins. Ideal after a long trip or physical exercise.

### **back, neck & shoulders massage/ 40 mins. 50 Euros**

Enjoy increased energy with a reviving upper body massage focusing on key areas to relieve tension and ease the muscles. Tension in your back, neck and shoulders simply melts away.





### Some words about Apivita...

The APIVITA treatments have been created through the inspiration of Hippocrates' philosophy, Greek nature and the power of aromatherapy. At The Spa, we offer a series of holistic, natural and effective treatments that combine only the finest Apivita products along with innovative treatments and special massage techniques that promise to inspire both physical and spiritual well-being.

All the Apivita products, are based on essential oils from organic cultivations, plant extracts and pure honey products of Greek nature. All treatments incorporate ingredients from the Mediterranean diet to create a relaxing and rejuvenating natural experience. Apivita products (made of 100% natural ingredients) do not contain parabens, propylene glycol or silicones. They are also available for purchase.

## Body treatments

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### **Express body treatments/ 35 mins. (should be combined with a massage or a body treatment) 30 Euros**

- DEEP EXFOLIATING with olive grains
- EUPHORIA BODY SCRUB with jasmine & white tea
- REJUVENATING BODY SCRUB with orange & ginger
- RELAXING BODY SCRUB with vanilla & honey
- AEGEAN HERBAL BODY SCRUB with sea salt & lavender

### **Aloe deep hydration/ 60 mins. 70 Euros**

#### **DEEP BODY HYDRATION WITH ALOE AND FIG**

A refreshing treatment that deeply hydrates and helps regenerate the skin. The organic extracts of aloe and fig, together with the rich mixture of olive, jojoba and almond oil moisturize and nourish the skin, leaving it soft and smooth. Meanwhile, the cucumber mask rejuvenates and provides a feeling of freshness to the face, and the relaxing body massage revives you after a difficult day. An effective treatment for dry dehydrated skin, and ideal after extended sun exposure. Relieve your skin and senses with the absolute hydration by Apivita.

### **Body detox/ 60 mins. 70 Euros**

#### **BODY DETOX WITH GREEN CLAY**

An effective detox treatment that starts with body exfoliation with Aegean sea salt, continues with a mask of green clay enriched with essential oils, and finishes with body massage with lymphatic movements and emphasis on reflexology points, to remove toxins and relieve the skin. The unique properties of green clay combined with the power of aromatherapy, stimulate and effectively help detoxify the body. This body detox treatment ideally complements a program of weight loss and detoxification.

### **Golden Honey/ 75 mins. 90 Euros**

#### **ROYAL FOOD FOR THE BODY WITH ROYAL JELLY AND HONEY**

A unique treatment, an elixir of youth, designed exclusively to utilize the nourishing ingredients from the hive of APIVITA. The “Queen” of treatments is a complete care that has been inspired by the beneficial properties of royal jelly and honey. The crystallized honey exfoliates the body while at the same time moisturizes and softens the skin. The fresh royal jelly nourishes, rejuvenates and restores glow and vitality to even the most demanding skin. This “sweet” treatment improves the texture of the skin and offers spiritual wellbeing.

### **After Samaritan Gorge foot ritual/ 35 mins. 40 Euros**

#### **REFRESHING FOOT TREATMENT**

Refreshing and rejuvenating treatment for tired feet. Dead Sea salt is rich in trace elements, combined with the essential oils of the tea tree and lemon; ideally relax not only the feet and body but also the senses.

The arnica and ruscus mask tones the microcirculation, while reliving and refreshing tired feet.

Together with specialized massage techniques and pressure on reflexology points on the feet, this treatment provides a unique feeling of relaxation in the lower extremities. Should be combined with a massage or a body treatment.

# Face Treatments

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## **Mediterranean skin food/ 50 mins. 60 Euros**

A treatment based on the nourishing and antioxidant ingredients of the Mediterranean diet. The body requires a variety of nutrients and vitamins to maintain optimal health. Similarly, our skin needs a variety of elements to retain its natural glow. Mediterranean skin food is an effective holistic therapy that promotes inner and outer beauty. Throughout the treatment, fresh fruits and vegetables are used. Choose among the APIVITA Mediterranean “Menu” the suitable treatment for you according to your needs and skin type, for effective rejuvenation and revitalization.

- CLEANSING AND DETOXIFICATION WITH CLAY
- BALANCE OILY SKIN
- HYDRATION WITH ALOE FOR SENSITIVE SKIN
- DEEP FACE MOISTURIZING WITH CUCUMBER
- NOURISHMENT WITH HONEY
- REGENERATING WITH CARROT
- REJUVENATION & RADIANCE WITH ORANGE & VITAMINS
- REVITALIZING & RADIANCE WITH POMEGRANATE

## **Express Mediterranean skin food/ 30 mins. 40 Euros**

The ideal solution for those who do not have much time to care for their skin. It should be combined with a massage or a body treatment.

## **Deep face detox/ 60 mins. 70 Euros**

### **DEEP FACIAL CLEANSING WITH CLAY AND OLIVE GRAINS**

Cleansing is the most basic step for maintaining beautiful skin. When pores are blocked with dirt and sebum, the skin cannot absorb the active ingredients of a cream, resulting in a dull appearance. The treatment utilizes the beneficial detoxifying qualities of clay that help purify the skin and remove excess sebum, pollutants and blackheads.

Feel the rejuvenation offered by the exclusive lymphatic massage of APIVITA, followed by a moisturizing mask that rebalances moisture levels after the clay mask. Suitable for all skin types.

**Wine elixir/ 60 mins. 80 Euros**

**ANTI-AGEING FACIAL TREATMENT WITH RED WINE AND BEESWAX**

An anti-aging and firming treatment that utilizes the powerful antioxidant qualities of red wine. Resveratrol, the main active ingredient of red wine, naturally increases collagen production and softens deep wrinkles. The anti-ageing APIVITA massage, activates the skin regeneration mechanism. Treat yourself to a natural “lifting” experience.

**Queen bee face/ 70 mins. 85 Euros**

**REJUVENATING AND FIRMING FACIAL TREATMENT WITH ROYAL JELLY AND HONEY**

A “Royal treatment” for rejuvenating and firming the mature skin based on the beneficial properties of royal jelly and honey. Royal jelly, -an elixir of life and youth, rich in fatty acids, proteins, carbohydrates, vitamins and trace elements- nourishes, regenerates, rejuvenates and restores the skin’s vitality, while the honey moisturizes and softens. The essential oil of myrrh, known for its regenerative properties, strengthens the action of the treatment, while uplifting and stimulating the senses. The unique face massage activates selected energy points (acupressure points) and helps the regeneration and restoration of the skin.





# PACKAGED “Spa Journeys”

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## **ULTIMATE GLOW/ 100 mins. 110 Euros**

Begin your treatment with a body scrub, followed by a massage that will have you feeling rejuvenated immediately. Enjoy the bountiful benefits of a facial to give your skin the nourishment it needs for a fresher, more glowing appearance. It is combined with an eye treatment for total radiance.

## **SENSE OF LOVE/ 90 mins. 140 Euros (2 persons)**

A unique and memorable experience to share with your loved one. Your Private Spa allows you to enjoy the use of the steam room & of the hydro bath and to continue your spa journey with tandem massages of your choice. Luxuriously designed to give you an ultimate relaxing experience. Includes a glass of sparkling wine in our relaxation area. Great for celebrating special occasions or a surprise gift for the perfect couple!

## **CASA DELFINO ROYAL DUET/ 100 mins. 160 Euros (2 persons)**

During this treatment we will make you feel like a King and a Queen. The steam room & the hydro bath are available for you and your partner to enjoy in complete privacy. Refining the ultimate spa experience, our tandem massage and foot ritual promise you total indulgence. The perfect place to retreat, luxuriate and be pampered to picture perfection.

## **AFTER SAMARIAN GORGE TREATMENT/ 70 mins. 80 Euros**

This is a multi-sensory relaxation experience that pampers you from top to toe. You start with a luxurious foot bath and peel to soothe and cleanse, followed by an intense yet extremely relaxing foot massage. Continue with a massage of your choice. Ideal after hiking the gorge, this treatment will leave you feeling energized.

## **PRIVATE MOMENTS/ 40 mins.) 50 Euros (up to 3 persons)**

Experience private moments in the unique ambience of The Spa only for you and your beloved one, or together with your friends. Start with a steam bath, then continue with a hydro bath and relax in our relaxation area with a cup of our special Cretan organic mountain tea.

## General information

### SPA RESERVATIONS

The Spa at Casa Delfino is open from 9.00 to 22.00. For any enquiries or information regarding the spa, please ask either our spa therapists or our reception team. Advance bookings are highly recommended to secure your preferred time.

### ARRIVAL

Your service will end on time so that the next guest is not delayed. Regrettably late arrival will shorten your treatment time so please endeavour to arrive 5 minutes prior to your appointment to allow time to change and relax. It is recommended that no alcohol or heavy meals be consumed prior to your spa visit.

### AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage/body treatment for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase.

### CANCELLATION POLICY

You are respectfully advised that full treatment cost will be incurred if less than 6 hours notice is given of an appointment postponement or cancellation. For no shows, full treatment cost will be charged as well.

### CHILDREN

All persons under the age of 16 wishing to have a treatment or use the facilities are regarded as minors and must be accompanied by a parent or legal guardian.

### SPECIAL CONDITIONS

All guests who are under medical treatment or that have a specific medical condition (such as pregnancy) must notify their therapist before treatment, as this may limit the services we can provide. Any omission in the information the guest gives the therapist will be the client's sole responsibility.

### WHAT TO WEAR

It is advisable to wear undergarments underneath your bathrobe. We also offer disposable undergarments for both men and women. Our therapists are trained to cover you appropriately during treatments to maintain your privacy.

### **VALUABLES**

Please be advised not to bring or wear valuables whilst using our spa facilities. Casa Delfino cannot assume liability for the loss of any items.

### **PAYMENT CONDITIONS**

All treatments can be charged to your room. Cash and credit card payment are also accepted. For non-resident clients, credit card details are required at the time of booking to secure your appointment.

### **GRATUITIES**

We are dedicated to making each visit with us a great experience.

In appreciation of outstanding service, gratuities to the spa therapists are welcome.

### **SERVICE HOURS**

Monday to Sunday: 9 A.M. to 22.00 P.M.

Subject to change without warning.

### **SPA ETIQUETTE**

The Spa environment is one of tranquillity and relaxation. We kindly request that you refrain from using your mobile phone while enjoying The Spa.

### **STEAM ROOM**

Please remember to drink enough water when using our steam room and pay attention to certain health precautions. Expectant mothers are advised not to use the steam room. A minimum of 24 hours must separate waxing from the use of the steam room.

All treatment details and prices are subject to change and subject to availability.

