



eagles palace

HALKIDIKI



eagles villas

HALKIDIKI

## SPA TREATMENT MENU

POWERED BY

ELEMIS





**EAGLES Spa therapists are ELEMIS trained.**

They look. They listen. They tune in to you, performing transformative treatments, personalised to respond to the ever-evolving rhythm of your life and the ever-changing nature of your skin. All the treatments are designed to support great skin health; to respect that skin is alive. No two skins are the same. And no two bodies are the same. Every spa therapy is shaped and moulded around you, for a results-driven, personalised experience. ELEMIS pushes the boundaries to develop unique textures, ground-breaking formulations and conduct clinical trials to confirm what we already know; that ELEMIS delivers real results. There are no short cuts and there are no gimmicks. ELEMIS treatments and products are pioneering industry game-changers, loved by hundreds of beauty editors and celebrities including Victoria Beckham, Kate Hudson, Cindy Crawford and others. ELEMIS has won over 200 independent beauty awards and is considered to be today the Number One British Spa and Skincare brand.



## SIGNATURE MASSAGE

### EAGLES Signature Journey powered by ELEMIS 120mins

This powerful Signature Experience combines a high level of relaxation for the body and an Intensive Renewal for the Face. The two hour journey begins with a Relaxing Massage with nourishing oils and a nurturing Rose Balm that will comfort your skin and ground your spirit. Your skin will be deeply moisturised, intensely suppled and deliciously scented with the aromatic oils of Chamomile and Lavender used in the massage. The second hour of this experience is the powerful synergy of Advanced technology, nature and hands-on therapy with an ELEMIS BIOTEC Radiance Facial. Using a ceramic Ultrasonic Spatula that pumps vibrational energy into the skin, we will exfoliate and stimulate the removal of impurities and dead skin cells; Then we use galvanic current and the power of Elderberry and Orange extracts to restore moisture and vitality. The result will be a 'Top-to-Toe' rejuvenation. Your skin will be radiant, supple and in good health, whilst your movement will feel light; as if you are flying on cloud nine.

### EAGLES Spiritual Back Massage & Precious Rose Extract Facial 60mins

This signature treatment has been designed by ELEMIS exclusively for Eagles Spa. It reflects on the spirituality of the location and the precious Rose extracts and their benefits for skin cellular regeneration. The treatment begins with an inhalation of a relaxing botanical blend to get your spirit and body to a state of calmness and tranquility. You are then treated to a deep muscle release Back Massage with a deeply relaxing botanical blend, before you enjoy a Rose Booster Facial infused with absolutes of a combination of precious rose extracts from all around the world. Expect radiant skin with no irritations, full of life and brightness. You will be transported to a beautiful place of tranquility where stress and worries are non-existent.



## MASSAGE

### ELEMIS Freestyle Deep Tissue Massage 30mins/60mins/90mins

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, be they 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.

### ELEMIS Deeper than Deep Hot Stone Massage 30mins/60mins/90mins

Nothing gets into the belly of the muscle like a hot stone. Bathed in the intensely moisturising Frangipani Monoi Body Oil, a curated range of Balinese stones are selected to address exactly what you need. They are worked over the body, deep into the muscles, getting into areas of tension at a profound level, persuading the muscles to release their trapped energy. The result is sparkling vitality with the added bonus of intensely hydrated skin.

### ELEMIS Frangipani Head & Scalp Massage with Back Massage 60mins

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 invigorates and clears your head. Added bonus the amazing Frangipani Monoi Head & Scalp Mask. \*This treatment includes a 20min Relaxing Back Massage.

### ELEMIS Garden of England Rose Restore Relaxing Massage 60mins

Take a walk in an English garden with this lavishly hydrating body massage. The unique Life Elixirs Essences that have been designed to be used in this extremely relaxing massage, will bring everything back to the potency of modern aromatics. Each Essence has been designed for a different mood, enabling this massage to be tailored to your needs. You may choose one of the following Life Elixir Essences:

**Calm:** a soothing blend, helps you to find your inner peace.

**Clarity:** an uplifting blend, helps you to invigorate your sense of self

**Fortitude:** an empowering Blend, makes you feel grounded and strong to the core

**Embrace:** a serene blend, to ignite your senses

**Sleep:** a deeply relaxing blend, to let your mind and body restore itself

### ELEMIS Hot Mineral Body Boost Energising Massage 75mins

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. The heated minerals are a catalyst to warm and deeply relax the body, perfectly prepping for the nourishing Amber balm, while the mind is whisked off to invigorating shores with the aromatic Ocean Spa. Completed by a restorative facial massage, this is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

### ELEMIS Poultice-Powered Muscle Release 60mins

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Each area of tension is specifically targeted with the unique Amber and Quartz poultice to dissolve knots and ease tensions. Completed with a restorative facial massage, tension is dissolved.

### Eagles Spa Stress Relieving Body Massage 55mins

This massage concentrates on soothing away Tiredness, stress, and alleviating tension, including relaxation to the body and mind.

### Eagles Spa Anti- stress back massage 25mins

Concentrating on the back, neck and shoulders the masseur will help to relieve stress and tension from your muscles

## PREGNANCY

### ELEMIS Peaceful Pregnancy Massage 75mins

This unique pregnancy massage is a profoundly nurturing and tranquil oasis. Mothers-to-be are lulled and restored to optimum wellness. 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.



## FACE TECHNOLOGY

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the ELEMIS BIOTEC machine works to switch the skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Thriving, visibly healthy and energised skin.

### ANTI-AGEING

#### ELEMIS BIOTEC Line Eraser 60mins/90mins

Wrinkles are targeted with firming and toning microcurrent pulses to stimulate the skin cells towards dynamic functionality. Circulation is improved, increasing the production of collagen and elastin, whilst the dermis is flooded with super Hyaluronic hydrating activators, sealed with a re-energising Amber balm. Red and blue light therapy warms and de-stresses the skin whilst a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines. A powerfully rejuvenating facial treatment.



### ELEMIS BIOTEC Firm-a-Lift 60mins/90mins

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting technology. Circulation stimulating Arjuna, Gardenia stem cells and Alaria Esculenta Seaweed are activated by microcurrent pulses to tighten slackening skin. Galvanic currents infuse the skin with bio-active formulas that hydrate and tone. The extra-cellular matrix of the skin is visibly strengthened, restoring elasticity and tenacity for a contoured complexion that is remarkably lifted.

## SKIN SOLUTIONS

### ELEMIS BIOTEC Superfood Renew 60mins/90mins

A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions. The ultrasonic peel pumps vibrational energy into the skin to exfoliate and stimulate the removal of impurities and dead skin cells, while the Galvanic rejuvenating current harnesses the power of Elderberry and Orange flower extracts to restore moisture and vitality. Skin is left profoundly reinvigorated. Instantly clearer, visibly brighter and radiant.

### ELEMIS BIOTEC Blemish Control 60mins/90mins

A deep cleansing facial that detoxifies the skin and repairs damaged tissue. This treatment uses ultrasonic vibration, massage, steam and galvanic currents to thoroughly decongest and exfoliate. A powerfully anti-oxidant, anti-bacterial activator containing Salicylic acid and inflammation-reducing Iris soothes and smoothes while light therapy helps balance and clear the complexion, speeding up recovery.

### ELEMIS BIOTEC Skin Resurfacer 60mins/90mins

This revolutionary resurfacing facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel reveals a noticeably smoother complexion using a combination of Lactic and Hyaluronic acids, Sandalwood, Thyme and Lemon oils. Steam and extraction deeply cleanse and detoxify before massage and light therapy restores equilibrium. Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother.

### ELEMIS BIOTEC Sensitive Skin Soother 60mins/90mins

The anti-redness treatment that calms and soothes sensitive skin. Using an activator rich in Frankincense and natural anti-inflammatory Willowherb, the skin is infused with oxygen to encourage cellular restoration, perfect balance and structural strength. Red light therapy operates in harmony with calming anti-oxidants to improve cell communication and the skin's natural ability to repair itself. The result is serene, smooth and sensational.

### ELEMIS BIOTEC Peptide 24/7 Skin Sync 60mins

This ground-breaking facial combines exclusive botanical formulations with a deeply cleansing ultrasonic peel for a well-rested glow. LED light therapy helps reset the clock for optimum skin wellness, whilst galvanic technology stimulates the skin for maximum results and an illuminated, wide-awake feel.



## FACE THERAPY HANDS-ON

The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

### ELEMIS Pro-Collagen Age Defy 60min

This is the treatment to tackle fine lines and wrinkles and help support the cellular structure of the skin. The proven benefits of marine charged Padina Pavonica and Red Coral help plump out fine lines, whilst Indian Mulberry reduces skin-fatigue, helping relax wrinkles. Targeted lymphatic drainage massage re-energises and rejuvenates, while an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully nourishes, younger looking skin.

### ELEMIS Pro-Collagen Definition Lift and Contour 60mins

Powered by breakthrough technology targeting sagging jowls, cheeks and jawlines, this facial helps restore the architecture of the face. The Arjuna and Lupin-infused jowl and chin mask works on elasticity, whilst potent nutrients and stem cells found in Endelweiss and Tiger Grass help support the extra-cellular matrix. The structure of the skin is boosted through a unique, deep, muscle toning massage from the scalp to the décolleté. The skin appears plumper and revitalised, creating profound sculpted, youthful effect. .

### ELEMIS Dynamic Resurfacing Precision Peel 60mins

This highly potent couture resurfacing treatment targets the signs of aging and dull, tired, uneven skin tone. Specifically designed to work in conjunction with your skin's unique structure, this pioneering precision layering protocol uses three layers of enzymes to nibble the dead skin away, revealing extraordinary results. This system delivers powerful exfoliation and renewal for smoother, younger looking skin, whilst a steam and extraction cleanses at a deeper level. A new start for new skin that has never looked better.

### ELEMIS Superfood Pro-Radiance 30mins/60mins

This is a crafted nutritional boost for stressed, dull skin. Rich in superfoods, essential minerals and trace elements; Magnesium, Potassium, Zinc, Vitamin A and E form a mineral army to jump start tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energising nutrients. Skin is left smoother, plumper and luminously radiant - stress-free and lit up with good health.

### ELEMIS Sensitive Skin Soother 60mins

Fragile skin needs special attention. A subtle, calming massage technique is used to help reduce the appearance of redness and strengthen the top layer of a delicate skin, protecting against daily stresses. The soothing properties of Moroccan Rose, Chamomile and Apricot are combined to gently cleanse and exfoliate, whilst the deeply nourishing Neroli mask leaves skin nurtured and comforted. Texture and tone are dramatically restored. Moisture levels are boosted. Skin is left supremely calm and confident.

### ELEMIS Anti-Blemish Mattify and Calm 60mins

A deeply cleansing revelation for oily, unsettled, congested or hormonal skin. This mattifying facial helps combat oil and shine using the proven power of Lavender, packed full of blemish-banishing Linalyl Acetate. Lavender Cellular Recovery capsules, balancing toner and repair mask work in unison to regulate oil flow and calm the skin, while intuitive massage helps restore micro-circulation and re-oxygenate, improving tone and texture. A deeply detoxifying treatment for lastingly clear, bright skin.

### ELEMIS Peptide 24/7 Skin Sync 30/60mins

Target tired skin with this radiance-restoring Peptide 24/7 facial. Powerful botanical formulations, exclusive to ELEMIS, work around the clock to help keep skin in sync, ensuring each vital process is carried out to optimum effect. Specialist massage techniques help to replenish skin for a well-rested, radiant and beautiful glow, 24/7.

### ELEMIS Ultra-Smart Anti-Ageing Eye Treatment 45mins

A uniquely engineered treatment that cleverly mimics the resilient behavior of younger skin. This Eye Treatment will help brighten and smooth deep-set lines, targets loss of elasticity and helps reduce the appearance of puffiness, for a lifted look. Using the ELEMIS Smart Eye Tool, we apply gentle pressure to encourage micro-circulation, de-puff and create the perfect anti-aging solution for eyes.



# ADD-ONS

\* Can be added to any Body Treatment or Massage

## Touch

### ELEMIS Feast Your Eyes Add-On Treatment 15mins

Give puffy eyes their marching orders with this instantly reviving eye treatment. A warm Rosewood compress, and intensive eye mask rehydrate, soothe and lift, while you zone out with a de-stressing hand & arm massage. See the world through new eyes.

## Technology

### ELEMIS BIOTEC Eye Treatment 30mins

The eye area is a tricky customer (not like you) - delicate but lazy. ELEMIS BIOTEC technology is refined enough to gently stimulate and tighten without disturbing the fragile skin. Let us put stars in your eyes.

### ELEMIS BIOTEC Neck Treatment 30mins

Make sure your neck is running a tight ship with this targeted toning treatment. Microcurrents remind the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring. People will wonder what you've done.



## MEN

Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.

## FACE TOUCH

### ELEMIS High Performance Skin Energiser Facial for MEN 60mins

This is the hard-working facial for ageing, stressed, dehydrated skin and tired eyes. An energising treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. It maximises cell regeneration, whilst steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst targeted scalp and foot massage deeply relax. Finally the uniquely nourishing Pro-Collagen Marine Cream for Men is worked into a receptive, revitalised skin for a vibrant and energised result.

## FACE TECHNOLOGY

### ELEMIS BIOTEC Super-Charger for Men 60mins/90mins

This is the facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. A triple hit of ultrasonic peeling, steam and galvanic current delivers a deep clean, simultaneously exfoliating and powering up Kalpariane's anti-wrinkle properties and Samphire's hydrating potency. An oxygen infusion is the final blast of energy for real, best face forward results. A multi-tasking, time efficient solution.



## **ELEMIS BODY**

Cleansing mineral salts, oil blends rich in actives and transportative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.



## SCRUBS & WRAPS

### ELEMIS Body Nectar Nourishing Frangipani Wrap 60mins

This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvety texture of the Monoi oil offers super-hydration, quenching a thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. An emotionally grounding experience for skin that has never felt silkier.

### ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani 30mins

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.

## DETOX & CELLULITE

### ELEMIS Thousand Flower Detox Wrap 60mins

Enriched by Somerset soil packed with tree, flower and grass rich nutrients, this treatment provides super skin-health and powerful detoxification, helping stimulate the elimination process and restore equilibrium. Omega-rich Green Tea seed oil is massaged into the skin followed by the thousand flower, vitamin-packed, super nutritious earth wrap encouraging the body to surrender its toxins. A nourishing Green Tea balm, rich in minerals, proteins and Omegas - the superfoods of the skin - is the final touch, leaving you feeling completely reinvigorated and the body firing on all cylinders.

### ELEMIS Targeted Toning Tightener 90mins

Tightening and toning are the pillars of this treatment. A powerful blend of salts, minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen and backs of arms. Nigari salt deeply cleanses, followed by a targeted sculpting massage to kick-start the micro-circulation, promoting a smoother silhouette and invigorating the entire body. A cooling rubberised mask, rich in super-detoxing caffeine and green clay is applied to problem areas, whilst clinically proven Red Algae re-defines areas prone to sagging. The result is a targeted body airbrush and skin that looks and feels intensely toned and refreshed. Choose a localised treatment for 30 minutes. Arms, Hips & Thighs, or Abdomen.



## ELEMIS PACKAGES

### 'SKINTOX' - DETOX RITUAL

Intensely Cleansing Salt Scrub 30'

Thousand Flower Detox Wrap 60'

### LIFT & FIRM TOP TO TOE

Targeted Toning Tightener 90'

Garden of England Rose Restore Hand Treatment 30'

### PURE RELAXATION 3 DAYS

Freestyle Deep Tissue Massage 90'

Garden of England Rose Restore Massage 60'

Best Foot Forward Foot Treatment 30'

Hot Mineral Boost Massage 75'

### MEN'S ESCAPE 2 OR 3 DAYS

Freestyle Deep Tissue Massage 90'

High Performance Skin Energiser for MEN Facial 60'

Best Foot Forward Foot Treatment 30'

Hot Mineral Boost Massage 75'

### FULL-ON RENEW AND RETREAT - ELEMIS ROYAL PACKAGE 5-6 DAYS

BIOTEC Line Eraser Facial 60'

Intensely Cleansing Salt Scrub 30'

Thousand Flower Detox Wrap 60'

Targeted Toning Tightener 90'

Garden of England Rose Restore Massage 60'

Garden of England Rose Restore Hand Treatment 30'

Best Foot Forward Foot Treatment 30'



# ADDITIONAL TREATMENTS & SERVICES

## HANDS & FEET

### Garden of England Rose Restore Hand Treatment 30mins

Hand massages are alarmingly relaxing. And this is the last word in conditioning, restorative, anti-ageing hand treatments. Targeting age spots and dryness, you'll waft out with the softest little paws and a blissed-out smile on your face.

### Best Foot Forward 30mins

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Hot wax softens and smoothes to leave feet as supple and fragrant as a Rose.

## WAXING

- Half leg wax
- Full leg wax
- Arm wax
- Under arm wax
- Bikini line wax
- Full bikini wax
- Lip & chin wax
- Back wax men
- Chest wax men
- Eyebrows shaping

## MAKE UP WITH MAC COSMETICS

- Day make up
- Evening make up
- Bridal make up
- Make up lesson

## MANICURE & PEDICURE MEANING

- Eagles Spa Manicure 30/50min
- Eagles Spa Pedicure 40/60min
- Nail polish 15/25min
- French polish 15/25min
- Gel Colour 30/40min

## Spa usage

The use of the swimming pool and jacuzzi is free of charge. Whenever you feel like using the spa cabins (Sauna, Hamam-Steam room, Rasul-Laconium, Salt room) a daily charge of 15€ per person will apply to your room. On the day of your treatment the use of the cabins is free of charge.



# ETIQUETTE

- Please arrive 15 minutes before your treatment. Prior to your treatment you will be requested to complete a lifestyle questionnaire.
- We request a minimum of 4 hours cancellation notice for a single treatment or 24 hours advance notice for rituals.
- Without notification you will be charged for the scheduled service. Being late for your appointment may shorten the length of your treatment.
- Please remove all jewelry and clothing, leaving on your undergarments.
- Please make sure that your valuables are kept in your locker. The management cannot be held responsible for the loss of any personal possessions.
- During treatments, please let your therapist know if you are comfortable or uncomfortable, too warm or too cold, or if their pressure is too light or too firm.
- Your comfort and care is our greatest concern priority.
- 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.
- There is no pressure to talk during the treatment. It is entirely up to you.
- If you have any questions or would like to talk, certainly do so, the therapist will take their cues from you.
- If you are quiet they will too.
- Mobile phones are not permitted in Eagles Spa.
- This is the time for your body and mind to release the worries and stress of the day.
- We hope you enjoy the interlude of pampering and relaxation.
- Ensuring our guests relaxation children under the age of 16 should not enter the spa area.
- Smoking is not permitted in eagles spa.

**FAMILY SPA HOURS TUESDAY -THURSDAY -SUNDAY 09.00-11.00.**



**EAGLES RESORT**

CENTRAL PHONE NUMBER +30 2377440050

OURANOUPOLI HALKIDIKI

GR63075 GREECE

Internal line - 26

Spa working hours 09:00-20:00

Monday to Sunday

