

Phāea offers a conscious  
experiential journey through the  
true light of Greece where the  
balance of body and mind creates  
perfect harmony with your true self.

Explore the Phāea wellness community and  
experience the innovative, holistic approach to  
wellbeing. We have created meaningful holistic  
wellness experience, that brings like-minded people  
together for an emotionally unforgettable journey.

**Καλώς ήρθατε • (kalós írthate) • Welcome**

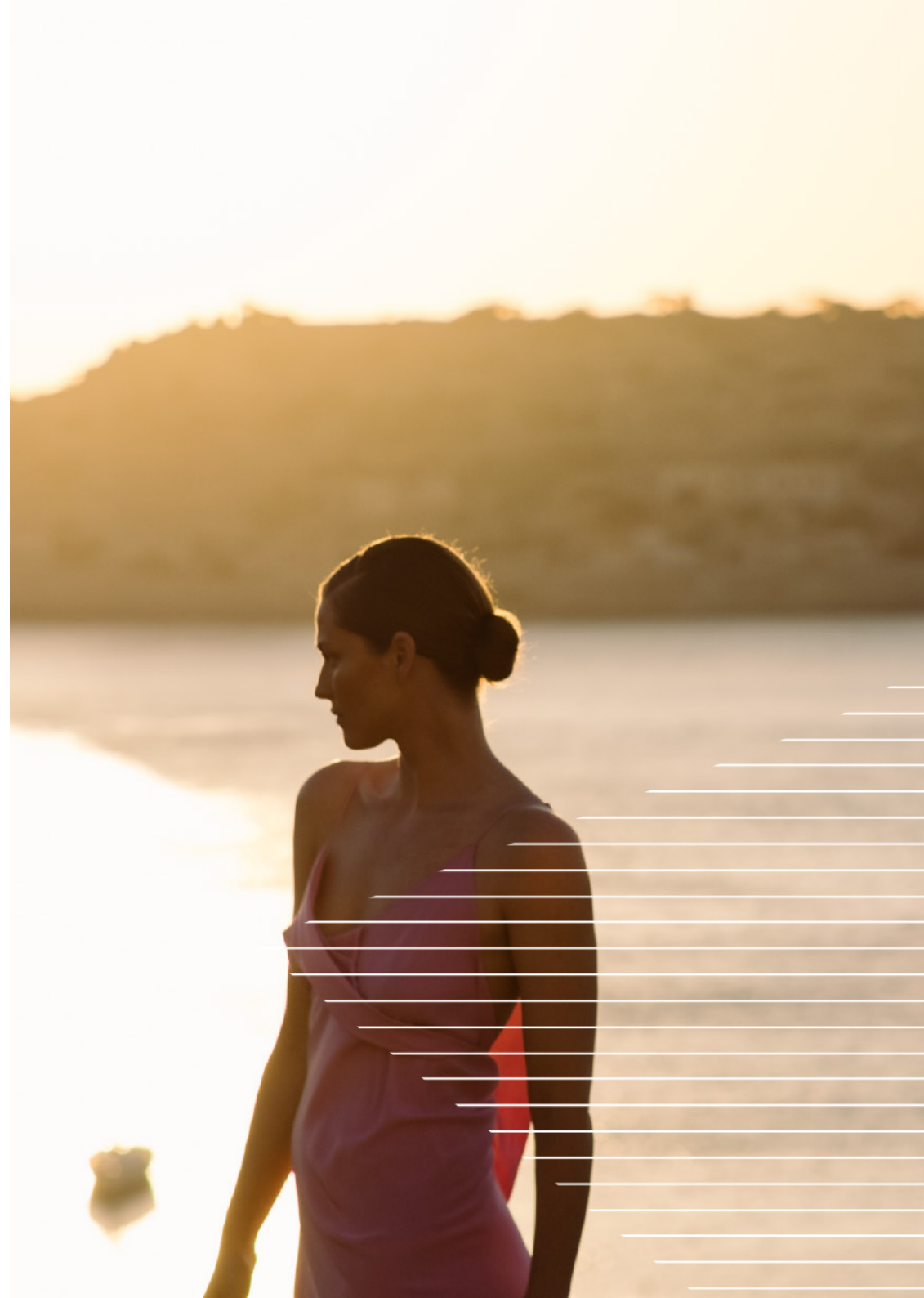
## WELLNESS MENU

Discover Your Path to Inner Harmony.

Welcome to Phāea Blue, where tranquility meets rejuvenation. Indulge your senses and nourish your soul with our range of treatments and facilities all designed to elevate your wellbeing.

Surrounded by beautifully curated gardens that frame the beauty of the Aegean Sea, we invite you to embark on a journey of holistic well-being and self-discovery, where every moment is dedicated to your relaxation and revitalization.

*Harmonize your inner self with the serene beauty of our surroundings.*



## THE BRANDS

Custom, Results Driven Therapies  
from renowned brands.

### ADVANCED SWISS SKINCARE FOR FACE

**Valmont** is a luxury Swiss skincare brand renowned for its high-quality, innovative formulations and advanced anti-aging solutions. Founded in Switzerland in 1985, Valmont combines the expertise of Swiss cellular research with the finest ingredients to create skincare products that deliver exceptional results.

### FOR SKIN HEALTH TREATMENTS, FACE & BODY

**Anne Semonin**, pioneers of personalized skincare routines since 1985, offers natural, vegan, and luxurious products created in France. Combining essential oils, trace elements, natural actives, and innovative biotechnological ingredients, each product is carefully selected for its high quality, safety, efficacy, and sustainability.

### FOR MESSAGES & BODYWORK TREATMENTS

**The KOS PARIS** brand was born out of a passion for rare plants, cultivated with respect for their proven effectiveness. Their mission is to develop a line of high-quality natural cosmetics that blend the power of plant-based active ingredients with rich textures, all while respecting the environment.







## PHĀEA IMMERSIONS

Embark on a timeless journey with our exclusive holistic packages, thoughtfully crafted to immerse you in the world of Phāea.

### RENEWAL ΑΝΑΝΕΩΣΗ • ANANEOSI **150min | €340**

Ideal for those seeking a fresh start and gain energy and confidence. The Ananeosi starts with an energy and vitality body scrub to refresh your skin, followed by a 60-minute Oil Ceremony Massage, and concludes with a Rejuvenating Facial.

### LIGHT ΦΩΣ • FOS **180min | €390**

Ideal for those looking to care for their skin with natural and advanced ingredients to enhance radiance. This experience begins with a Deep moisture wrap to make the skin shining, followed by a hot stone massage and a cryotherapy facial.

### Φ • Phi **210min | €420**

The symbol of perfect harmony, Phi represents the journey to bring balance to your mind and body. This immersion begins with the Pure Wine Indulgence Journey, followed by the Ultimate Facial Experience.

## PHĀEA TAILOR MADE THERAPIES

This journey reflects our commitment to simply being, which mirrors your true self. The treatment begins with a consultation with one of our wellness therapists, during which your lifestyle will be discussed, including nutrition, movement, sleep, and mindfulness. This conversation allows our therapist to propose the perfect treatment tailored to your specific needs.

## SKIN HEALTH – FACIAL & BODY COLLECTION

### INTENSE HYDRATION OF THE BEES

**60 min | 190€ / 90min | 290€**

An essential treatment after sun exposure. This deeply hydrating facial features a gentle lymphatic drainage massage and advanced active ingredients, including hyaluronic acid and Alpine plant extracts. Skin is soothed and calmed and regains radiance.

### CLEAN & SOOTH FACIAL

**60min | 190€**

This facial focuses on deep cleansing, using ultra-fresh, pure formulas infused with Swiss Glacial Spring Water.



### FACIAL REJUVENATION

**60min | 190€ / 90min | 290€**

A deeply regenerating facial treatment delivering spectacular results, inspired by Swiss expertise in Cellular Rejuvenation. A specialized oxygenation massage technique smooths fine lines while restoring tone, radiance, and suppleness.

### TIME FREEZE – CRYOTHERAPY FACIAL

**60min | 150€**

Your skin will appear visibly firmer and glow beautifully after this facial. In addition to its age-defying results through cryotherapy, the treatment incorporates neurocosmetics that stimulate the release of B-endorphins, boosting your sense of well-being.

### GENTLEMAN'S REVIVING LIFT

**60min | 150€**

Your skin will experience a plumping and firming effect, while a collagen-stimulating complex refines pores and reduces wrinkles, leaving your skin smooth, firm, and glowing.

### THE ULTIMATE FACIAL

**90min | 240€**

A luxurious facial ritual designed to target your skin's specific needs. A bespoke blend of aromatic essences and trace elements combine with a tailored eye, face and décolleté treatment to perfectly balance, hydrate and revitalize, while offering the ultimate in skin protection.



## BODY COLLECTION

Embrace the fusion of tradition and modernity by combining facials with our body treatments for a holistic experience. This harmonious approach promotes skin health and balance, leaving a lasting impression.

### ADD ON BODY ENHANCEMENTS TO COMBINE WITH YOUR SKIN CARE FACIAL EXPERIENCE

#### ENERGY & VITALITY BODY SCRUB

**30min | 90€**

Wave goodbye to dull, uneven skin with an energizing and detoxifying express scrub treatment. Sea salt, acerola, and pumice stone particles work in harmony to exfoliate the skin and enrich your body with essential vitamins and minerals.

#### DEEP MOISTURE BODY WRAP

**30min | 90€**

While the algae-rich & aloe vera Deep Moisture Mask replenishes nutrients, stress is eased away through a relaxing scalp massage. This cooling treatment is designed to calm irritated skin on the face and body skin and restore hydration levels.

## SKIN CARE BODY EXPERIENCES

### CRYO-LIPOLYSIS FIRM & TONE

**90min | 190€**

A specialized treatment designed to stimulate the body's systems and target areas of fluid retention, cellulite, and uneven skin tone. The treatment begins with a pre-wrap scrub of sea salt infused with lemongrass and peppermint, followed by a body wrap in a cocoon of Spirulina micro-algae combined with powerful cryotherapy techniques to ensure immediate results.

### PURE WINE INDULGENCE

**120min | 250€**

A grapeseed body polish combined with a warm red grape body mud, prepares your skin to receive a hypnotic head to toe nurturing massage experience. Powered by polyphenols, antioxidants found in grape skins and seeds, 20 times more active than vitamin C, this treatment is the ultimate way to achieve silken and glowing skin. A glass of wine is the perfect end this wine-infused experience.





## MASSAGES & BODYWORK

### DEEP PEACE

**60min | 150€ / 90min | 190€**

This massage reconciles body and mind, bringing deep peace. Gentle and focused on awakening the senses, it encourages total relaxation. Our Deep Peace Massage targets tired muscles and eases tension, helping you unwind and de-stress. The techniques range from long strokes and firm pressure to a light touch, catering to each individual's needs. With our special blend of massage oils, we promise to leave you with a profound sense of well-being and serenity that will stay with you throughout the day.

### OIL CEREMONY

**60min | 150€ / 90min | 190€**

Enveloping protocols, stretching movements to release stress and tension, soft kneading motions. We have designed a full-body relaxation massage that revitalizes and balances both body and mind. Combined with delicately scented oils, this massage transports you on an extraordinary journey of well-being.

### DEEP TISSUE

**60min | 165€ / 90min | 220€**

The Deep Tissue Massage is designed to relieve muscle tension. It is using firm and slow pressure with fingers and forearms. This type of massage is ideal for the treatment of

major muscle groups like the neck or lower back. It can also be used to relieve strain, muscles ache, tension and knots. Particularly recommended for persons who regularly practice a sport or a physical activity.

### HOT STONES MASSAGE

**90min | 210€**

Hot stones massage uses a firm, slow technique with soothing, relaxing movements. This massage is ideal for relieving stress, detoxifying the body, improving circulation and stimulating energy. Facial tension is released through draining maneuvers. Body and mind are perfectly aligned and in harmony.

### SLIMMING DRAINAGE

**60min | 160€ / 90min | 200€**

A draining and reshaping massage using to a highly concentrated slimming oil, designed to improve the circulatory system, detoxify and drain the lymphatic system.

### MUM TO BE

**70min | 170€**

This nurturing massage is performed in lateral position from the third month, using techniques designed to relieve tension and bring balance and wellness for the mother-to-be.





## THE ART OF BEAUTY

At Phāea, we're committed to a holistic approach to beauty. That's why we've partnered with leading brands to provide innovative and results-driven therapies for hair, scalp, and hands & feet.



## HAIR CARE

### Botanical Therapies™

#### BOTANICAL REPAIR™ COLOR TREATMENT

**90€**

Bond Building and Protection through Color Service.

#### BOTANICAL REPAIR™

**20 min | 45€**

5 x Stronger Hair , Bond Building and Repair.

#### NUTRIPLENISH™ EXTREME HYDRATION

**20 min | 60€**

72-hour Hydration, Nutrition and Frizz Protection.

#### SCALP SOLUTIONS™ HEAD SPA

**50 min | 110€**

Scalp Anti-aging, Hydration and Renewal treatment combined with the desirable Hair Treatment.

#### STYLING

**Regular Hair Styling 65€**

**Long Hair Styling 70€**

**Hair Styling Extensions 60€**

**Bridal Hair Styling 250€**

#### CUTS

**Haircut Ladies 60€**

**Haircut Men's 50€**

**Haircut Child 40€**



## HANDS & FEET CARE

Kure Bazaar is the leading nail varnish of a new generation, combining the ethics of a new, environmentally friendly formula with the vibrant colors of Paris fashion. Several years of research has achieved to a technological innovation that allows for a significant reduction in chemical substances, without compromising quality: The durability, gloss and shine of the colors are as exceptional as ever. The exclusive Kure Bazaar formula - up to 90% of which is of natural origin based, maintains the vitality of nails by respecting their natural regenerative cycle.

### KURE BAZAAR ORGANIC MANICURE

**50min | 110€**

### KURE BAZAAR MANICURE

**40min | 90€**

### YOUTH HYALURONIC MANICURE

**60min | 120€**

### KURE BAZAAR ORGANIC PEDICURE

**65min | 140€**

### KURE BAZAAR PEDICURE

**55min | 120€**

### YOUTH HYALURONIC PEDICURE

**75min | 160€**

## WAXING

**Waxing lip, brow or chin €15**

**Waxing leg / arm €40**

**Waxing underarm €20**

**Waxing back or chest €40**

**Eyebrow shaping €15**

**Eyebrow / eyelash tinting €25**





## FITNESS & MOVEMENT

At Phāea Blue, we prioritize your stamina and overall body condition. Our fitness and movement instructors are here to lead you through various exercise modalities, ensuring your body and mind stay in top shape. Explore our weekly schedule to discover our indoor fitness facilities.

### FUNCTIONAL TRAINING

Discover how to train muscle groups together, rather than in isolation, as well as prepare the body for daily tasks by simulating and perform free movements or resistance.

### RESTORATIVE WORKOUT

Improve your muscular strength, endurance, and balance with low impact exercises that focus on improving the strength and function of the body while incorporating either healing or preventative techniques into the program.

### HIIT - HIGH INTENSITY INTERVAL TRAINING

Promote the improvement of the cardio-pulmonary condition and increase caloric consumption. This workout is based on sessions of short and intense intervals of effort and recovery.

### PERSONAL TRAINING

Achieve optimal results with a private, personalized training session tailored to your specific goals and capabilities. Our expert trainers ensure a safe, effective workout experience, focused on your progress.

## WELLBEING



### WALKING IN NATURE

Experience a combination of mindfulness, Cretan outdoor nature and Elounda gulf. Witness the beauty of Cretan nature as you walk amongst the unspoiled flora and fauna of Elounda. Relax and disconnect from the outside world, while reconnecting with what truly matters through movement surrounded by the energy of the place.

### MEDITATION

Take time to indulge in a serene encounter with yourself. Our meditation sessions are ideal for being in the present moment and benefit the mind, body and soul. Enjoy them at our Blue Room or in the outdoor yoga platform.

### PRICES

**Personal 60min | 70€**

**Groups 60min | 20€ / person  
(3pax minimum)**



