



AFRODITA
Roa Spa

Wellness & Spa Menu

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Afrodita Roa Spa is a “one of a kind” wellness & spa center, created to offer unique moments of relaxation and harmony during your vacations, in an exclusive luxury environment. We aim to go beyond luxury spa treatments, by opening an extensive range of Thalassotherapy and Wellness experiences, to optimize our guests’ wellbeing and vitality. You are invited to discover an oasis of tranquility and choose among a wide range of specialist treatments and therapies that can change your life. Let this journey begin...



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Signature relax Pomegranate experiences

The Pomegranate Wish

Luxury body massage with a special introduction protocol offering you relaxation and creating a sense of harmony. Indulge your senses in a mystifying massage ritual, while the heated solid waxes slowly turn into liquid oil, as the mesmerizing flame gently burns the candle.

60 minutes 110 €

Relax massage

Traditional spa therapy combining smooth and slow movements of a specialist using warm aromatic

oil. **60 minutes 110 €**

Elements massage

A unique massage ritual that takes you on a journey through four distinct worlds: the exotic Orient, the warmth of the Mediterranean, the vibrant world of India, and the ancient cultures of desert tribes, the Berbers, for a complete sensorial experience. Each journey begins with the selection of an exquisite oil blend.

60 minutes 120 €

4-hand massage

Simultaneous treatment by 2 therapists who massage rhythmically and harmoniously throughout the body thus creating an incomparable delight experience.

60 minutes 220 €

Pro Sleep massage

Three different sensorial pathways of Ayurvedic and Indonesian techniques used for profound relaxation with the synergy of unique essential oils combined with soft brushes. Recommended for those who feel stressed, are unable to relax and have sleep issues.

50 minutes 100 €

Therapeutic massage

Therapeutic massage

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialized techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

60 minutes 120 €, 30 minutes 70 €

Antistress

Special pressure, massage and stretching techniques that relieve muscles from tension and stress.

60 minutes 110 €

DETOX massage

A massage aiming not only to relax but also to remove toxins using pressure and special lymphatic massage techniques.

30 minutes 55 €, 90 minutes 170 €

Swedish massage

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage; specialized techniques help to ensure you experience the best in physical, emotional, and therapeutic benefits.

60 minutes 110 €

Slim silhouette

Massage with red grape extract focusing on problem areas, with firming and slimming properties.

60 minutes 120 €

Lymphatic drainage massage

Full body massage with a special technique which improves lymph flow and relieves swellings

60 minutes 120 €

Relaxing Massages

Lomi Lomi

Hawaiian energy massage facilitating mental, emotional and spiritual healing by means of soft hand moves throughout the entire body.

120 minutes 200 €

Mother-to-be

A specially designed massage for pregnancy, aiming to offer you comfort and well-being. An inspirational treatment that helps the mother connect with the baby through the power of touch.

60 minutes 100 €

Hot stone massage

A relaxing full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

60 minutes 110 €

Aromatherapy

An aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs.

30 minutes 70 €, 50 minutes 95 €

Oriental Massages

Indian head massage

A stress relieving Indian Head massage working on upper back, neck and scalp.

45 minutes 90 €

Reflexology

Massage of the reflex points on the feet to restore natural energy flow and improve overall health.

30 minutes 55 €

Thai massage

A 2500 year old rhythmic massage that combines stretching, yoga exercises and massaging to relieve muscle tension, enhance flexibility and balance mind, body and spirit.

60 minutes 120 €

Balinese

This unique treatment transports you to a world of peace and tranquillity where the day-to-day demands of life become a distant memory.

60 minutes 110 €

Bamboo massage

Relaxing massage where the hands of the therapist are replaced by bamboos, releasing muscle tension and offering a deep sense of relaxation.

60 minutes 110 €

Spa Care Rituals

Face And Body Ritual

A unique full body & face massage ritual, with 4 different oils for your choice.

Recommended for those who feel stressed, are unable to relax and have sleep issues.

90 minutes 175 €

3 in 1 Cellulite Treatment

Three-phase intensive remodeling treatment for cellulite and for skin tightening: Thermogenic action to stimulate micro circulation; Revitalizing and toning stage. Visible remodeling effects after just one treatment.

75 minutes 130 €

Water lily touch after sun body treatment

This treatment embodies the ideal refreshing properties of water lily and the calming benefits of yogurt, skillfully combined to help restore skin's moisture, offering a unique sense of relief after sun exposure.

The ultimate after-sun care for your skin.

45 minutes 75 €, 60 minutes 110 €

Chocolate essence

Cleaning, nourishment and gentle care with an exquisite chocolate flavor. Peeling and wrapping with a warm chocolate mousse as an accomplishment of the ritual for the skin hydration.

60 minutes 110 €

Minoan ritual

The treatment includes the application of a rich face and body mask, prepared by the therapist on the spot. The mask's lavish benefits are complemented by an elaborate massage with dittany oil infused with Cretan crocus, and warm herbal pouches full of Cretan herbs.

90 minutes 175 €

After Sun therapy

Body mask with aloe and nourishing and moisturising elements (with aloe vera, mint and calendula), will quench your skin's thirst and nourish it after sun exposure.

45 minutes 75 €

Children Delight

Massage with chocolate

Children fun reaches its maximum with an enjoyable massage with chocolate.

30 minutes 45 €

Relaxing massage with almond oil

Relaxing massage with special techniques for children over 4 years.

30 minutes 40 €

Manicure for little ladies

Mini Manicure with nail polish and design.

30 €

Pedicure for little ladies

Mini Pedicure with nail polish and design.

30 €

Therapeutic massage

Therapeutic massage performed by chiropractor.

30 minutes 45 €

Therapeutic Mineral Body Wrap

Mineral body wrap that is individually selected for every client with active and smooth ingredients that help to relieve stress and fatigue as well as tone the skin and improve its overall "harmony".

45 minutes 65 €

Facial Care

Collagen

Exquisite anti-wrinkle treatment reducing the number of wrinkles in combination with the special "KOBIDO" massage and improving skin firmness.

60 minutes 120 €

Active Pureness

A deep cleansing treatment that gives an immediate result of a luminous and smooth appearance of your skin by using mattifying peel-off spirulina algae mask. Intense and delicate at the same time, it purifies and balances the skin. Particularly effective on pure, oily, scarred and acne-prone skins.

50 minutes 100 €

Hydra memory Complete

Comfort Touch Face Massage is the unique deep hydrating antioxidant treatment for face, neck and décolleté that leaves skin hydrated and silky. A perfect way of skin preparation for sun exposure.

60 minutes 120 €

Facial massage

Indulge in a delightful Face massage that will rejuvenate you and will make your face look more beautiful.

30 minutes 55 €

30 minutes 75 € (with Kobido technique)

Lunar grace luxury anti-ageing face treatment

The ultimate anti-aging experience for your skin, empowered by precious gemstones reduces fine lines and wrinkles, support thin, fragile skin with a visibly firmer, tighter and more lifted look. Specifically designed for mature skin to target dullness, dryness, wrinkles and sagging.

60 minutes 110 €

Personalised facial

Discover the deeply cleansing, skin-boosting powers of this results-focused facial. Tailored exactly to your unique needs, this highly-personalised treatment identifying and correcting any concerns - with beautiful and instantly visible results for all skin types.

30 minutes 55 €

Oxygen

Oxygen therapy is ideal for the first signs of ageing. It allows the skin to absorb more oxygen, leaving it feeling fresh, firm, toned and radiant.

Helps to restore balance against contamination for the residents of megacities.

60 minutes 120 €

Remedy Soothing

Fragrance-free renewing, strengthening and soothing treatment restores the protective skin barrier through a delicate dermal-affinity action and soothes redness and irritations.

Recommended for sensitive, fragile and prone to redness skin types.

50 minutes 100 €

Active Lift

An anti-aging redensifying and lifting treatment for the face and neck. Combined with the specific anti-aging, plumping techniques, restores fullness to the skin and redefines the volume of the face. Its specific action and efficacy is obtained thanks in particular to the innovative mask.

60 minutes 130 €

Urban-Unisex detox facial

A deep cleaning treatment restores vitality to dull, lifeless skin, counteracts the signs of aging and treats skin impurities caused by pollution and stress.

Ideal detoxification of the polluted skin.

60 minutes 120 €

Lifting eye treatment

Instantly target fine lines and tell-tail signs of ageing with this revitalizing treatment that brightens, lifts and tones your delicate eye area. Relaxing yet reviving, advanced massage techniques and selected formulas soothe, firm and hydrate - rapidly diminishing puffiness and dark shadows.

30 minutes 65 €

Wellness Treatments

A collection of innovative facial and body therapies combining the latest technology in aesthetic equipment, manual techniques and professional personnel.

Body Care

Lumicell

It combines five modern technologies, which compose an integrated system of cellulite prevention and treatment and improve body image.

30 minutes 60 €, 60 minutes 120 €

Starvac

Lymphatic drainage with suction rollers (intradermally) in combination with manual massage.

45 minutes 95 €, 60 minutes 120 €

Acoustic Wave Therapy

Treatment with acoustic waves, which activates the process of lipolysis, increases skin firmness and a "must" in treatments for reducing cellulite and localised fat.

30 minutes 60 €, 60 minutes 120 €

Wet Capsule

It is a physiotherapy hydrotherapy system, which creates ideal conditions for relaxation, rejuvenation and wellness feeling.

30 minutes 60 €

Floation Therapy

It gives a deep sense of relaxation of the muscles and the nervous system and allows restoration of physical strength and mental balance.

45 minutes 55 €, with body wrap – 90 €

Viora Reaction

Synergistic effect of radio frequencies and negative pressure that activate lipolysis processes, affect the texture and quality of the skin by improving the body line.

30 minutes 60 €, 60 minutes 120 €

Charcot shower

Type of whirlpool bath that improves the functioning of circulatory and lymphatic system. It gives a unique sense of toning and wellness.

20 minutes 45 €

Dry Capsule (with/without body wrap)

A modern method of thermotherapy, which accelerates metabolism, helps eliminate toxins and leads to weight loss.

30 minutes 60 €, with body wrap – 90 €

Pressotherapy

Method of lymphatic massage, which improves blood and lymphatic circulation. It reduces swelling and felling of heaviness in the legs.

30 minutes 45 €, 40 minutes 55 €

Facial Rejuvenation

Hydra Facial

Innovative facial rejuvenation technology, combining negative pressure, non-crystalline exfoliation removing dead skin cells and using various serums.

60 minutes 120 €

Starvac Face

Lymphatic facial massage that improves oxygenation of the skin and lymph circulation, reducing swelling and the appearance of wrinkles.

40 minutes 70 €

Viora Reaction Lifting

The use of RF technology in facial treatments activates fibroblasts producing collagen and elastin and has an impressive facelift effect.

50 minutes 120 €

Viora Pristine Infusion with mask

Combining micro-dermabrasion with diamond heads and non-injection mesotherapy. Increases skin elasticity and firmness, reduces wrinkles. Viora Pristine + Viora Infusion.

60 minutes 120 €

Microcurrents and facial mask

This is a physiotherapy method that accelerates regeneration and renewal of skin structure, restores muscle tone by using low intensity electric waves and offers a lifting effect.

70 minutes 120 €

Viora Reaction Chin

Synergistic effect of radio frequencies and negative pressure on the chin. They activate lipolysis improving the shape of the face.

30 minutes 70 €

Thalassotherapy Treatments

The path to beauty through health improvement.

Afrodita Roa Spa offers a wide range of thalassotherapy body and facial treatments involving body scrubs and wraps with the application of marine products such as algae and mud. It has become a popular approach for cellulite reduction and muscle toning both for its effectiveness as well as its calming approach and effect.

Facial Thalassotherapy Treatments

Intensive moisturization

Mask with brown seaweed polysaccharides that moisturizes the skin, soothes redness and boasts tissue regeneration.

60 minutes 120 €

Anti - Age

Anti-aging mask with spirulina which boasts collagen composition, gives a lifting effect and slows down the skin aging process.

60 minutes 130 €

Deep cleansing

Mask made of green clay and algae for deep cleansing, reducing skin oiliness and improvement of elasticity.

60 minutes 110 €

Thermo-lift Mask

Rich in healthy ingredients this mask has a visible anti-age and lifting effect. An effective treatment that delivers immediate results, this facial helps to restore radiance for a more youthful glow and more evenly toned skin.

60 minutes 130 €

Body Thalassotherapy Treatments

Mineral Body Wrap with calcium

Mineral body wrap with calcium relieves from stress and fatigue, improve your skin's texture and restore your body's balance.

60 minutes 120 €, 75 minutes 150 €

Stylish silhouette

The unique combination of algae and green clay activates metabolism, has powerful lipolytic action and improves lymphatic circulation aiding rapid weight loss.

60 minutes 120 €, 75 minutes 150 €

Radiant and firm skin

A wonderful treatment with the combined effect of algae and spirulina that improves elasticity and skin texture.

60 minutes 120 €, 75 minutes 150 €

Mud treatment with Guérande Mud

Mud treatment with Guerande Mud which restores the balance of minerals in the body, relieves muscle pain and improves the condition of musculoskeletal system.

60 minutes 120 €, 75 minutes 150 €

Ocean Breeze

The special formula enriched with magnesium that combats stress, sleep disorders and offers a rested feeling to travelers.

60 minutes 120 €, 75 minutes 150 €

Marine touch

A unique experience with the use of sea elements providing harmonization of both the soul and body, relaxation and a wonderful feeling of wellbeing.

60 minutes 120 €, 75 minutes 150 €

Cryo - Active

The algae and natural ingredients complex improves blood circulation, stimulates venous flow and reduces foot swelling.

50 minutes 90 €

Detox body wrap

Combination of brown and red algae improves the lymphatic drainage, removes toxins from the cells, nourishes the body with minerals, enhances skin tone and has a distinct anti-cellulite effect.

60 minutes 120 €, 75 minutes 150 €

Exclusive thalassotherapy treatments

Green tea

A wonderful mask rich in seaweed polysaccharides and green tea extract that gives the body a unique feeling of positive energy and leaves the skin extremely soft, moisturised and radiant.

90 minutes 175 €

Silky touch

Luxury treatment with spirulina extract, Palmaria and Brazil Nut Butter which caresses your skin leaving it feeling silky soft and providing a complete holistic wellness experience.

90 minutes 175 €



Hammam Rituals

Peeling

Enjoy traditional exfoliation with a special glove in the Byzantine hammam and in the end a few minutes of massage with soap.

45 minutes 100 €

Exfoliation with olive grain

More vibrant and radiant skin with the beneficial exfoliation that olives can offer.

30 minutes 45 €

Rejuvenation with Pomegranate

Antioxidant scrub that leaves the skin fresh and rejuvenated.

30 minutes 45 €

Marine feeling

Get silky skin that marine elements offer.

30 minutes 45 €



Ritual Scrub

A unique renewing body ritual that can be enjoyed on its own or combined with the ELEMENTS MASSAGE is perfect for all those who need a thorough body exfoliation to remove dead skin cells and retrieve soft, silky skin. Bestows nourishment, youth and splendor to all skin types.

45 minutes 70 €

Beauty Saloon

Hair Care & Treatments

Shampoo, conditioner and massage	15 €	Highlights	60-100 €
Scalp exfoliation	20 €	Discolouring with bleach	100 €
Woman's haircut (with shampoo)	50 €	Reflet	40-70 €
Woman's haircut with treatment (with shampoo)	60 €	Wellness treatment (ion hood)	30 €
Men's haircut (with shampoo)	30 €	Luxury hair treatment (exfoliation, massage, therapy, ion hood)	100 €
Children's haircut	20 €	Men's shave with shaver	15 €
Hairstyle (with shampoo)	40-60 €	Accessories for hair	7-15 €
Evening hairstyle	60-100 €		
Bridal hairstyle (with a trial hairstyle)	250-300 €		
Colouring	40-100 €		

Hair salon treatment services

New for this season is the introduction of Hair Treatment Services. In co-operation with a leading company in the field, Pomegranate Wellness Spa provides services focusing in the prevention and treatment of hair loss, using natural products as well as specialized equipment. For further information, please contact the Spa reception.

Beauty Saloon

Hand Care

Luxury spa treatment	65 €
Classic manicure without cover	45 €
Gel removal	15 €
Acrylic removal	30 €
Gel nail polish	40 €
Nail extension replacement	100 €
Natural gel reinforcement	80 €
Nail design (Swarovski, glitter etc.)	0.50 to 3,00 €

Foot Care

Luxury spa treatment	65 €
Classic pedicure without-cover	60 €
Nail polish	10 €
Gel nail polish	40 €

Depilation

For women

Waxing on legs	50 €
Calf waxing	30 €
Bikini line waxing	30 €
Brazilian bikini waxing	40 €
Full bikini waxing	50 €
Armpit waxing	20 €
Waxing on hands	30 €
Belly waxing	30 €
Upper lip waxing	15 €

For men

Chest waxing	30 €
Back waxing	40 €
Shoulder waxing	20 €

Cosmetic Touches

Beauty toning

Eyebrow shaping	15 €
Simple makeup	50 €
Evening makeup	100 €
Bridal makeup (with one test trial)	300 €
Eyebrow Paint	20 €

SpaPark Facilities

Complement your Wellness & Spa experience by enjoying all our amazing SpaPark facilities, offered on complimentary basis to our guests.

Relaxation pool with seawater

Relax your body in our relaxing swimming pool with sea water, enjoying at the same time a delightful hydrotherapy on your neck from our waterfall.

Byzantine hamam

The biggest Byzantine hamam in the Balkans,

70 sqAromatic steam bath

Relax the body and mind with the contribution of Eucalyptus essential oil.

Kneipp Concept

Alternating hot and cold footbath that will improve circulation, will relax and beautify your feet.

Pebbles path

Tone your body with a one-of-a-kind walk. Water temperature changes pleasantly and pebbles offer a beneficial foot massage.

Interactive showers

Feel the absolute wellbeing that colours, essential oils and exquisite rain and fog can offer and be amazed!

- tropical rain with warm essential oils.
- cool mist with peppermint essential oil.

Steam bath

Inhale the beneficial steam and moisturize your skin.

Ice fountain

Energize and tone your body with fresh snow!

Salt cave

Valuable minerals and salts provide relaxation and fill your body with positive energy.

Hydrotherapy

Joyful bubbles offer you ideal relaxation and wellness.

Finnish sauna

Improve your cardiovascular function in a relaxing environment.

Russian sauna

Relax and detoxify your body with intense sweating.

Scottish shower

Intense energizing with a cool surprise.

Rasul Bath

Egyptian Rasul Bath where the temperature and humidity levels change every 30 minutes. Ideal for scrubs and masks usage.

Spa Etiquette

We recommend you to arrange an appointment for the treatments to ensure availability. Please call extension "840" directly from your room to be connected to the Spa reception.

For your own convenience, we recommend that you arrive at the treatment area at least 15 minutes prior to the scheduled start of your treatment.

In case of late arrival to the spa area for a scheduled treatment, the duration of the treatment, and therefore its effectiveness, will be reduced accordingly. The estimated time required for treatment completion will be planned according to schedule, to avoid delaying subsequent treatments. In this case the treatment will be charged in total as initially scheduled, without any proportionate discount.

If you wish to cancel a scheduled treatment, please inform us at least 24 hours in advance, otherwise you will be charged 50% of the cost of treatment that you have booked.

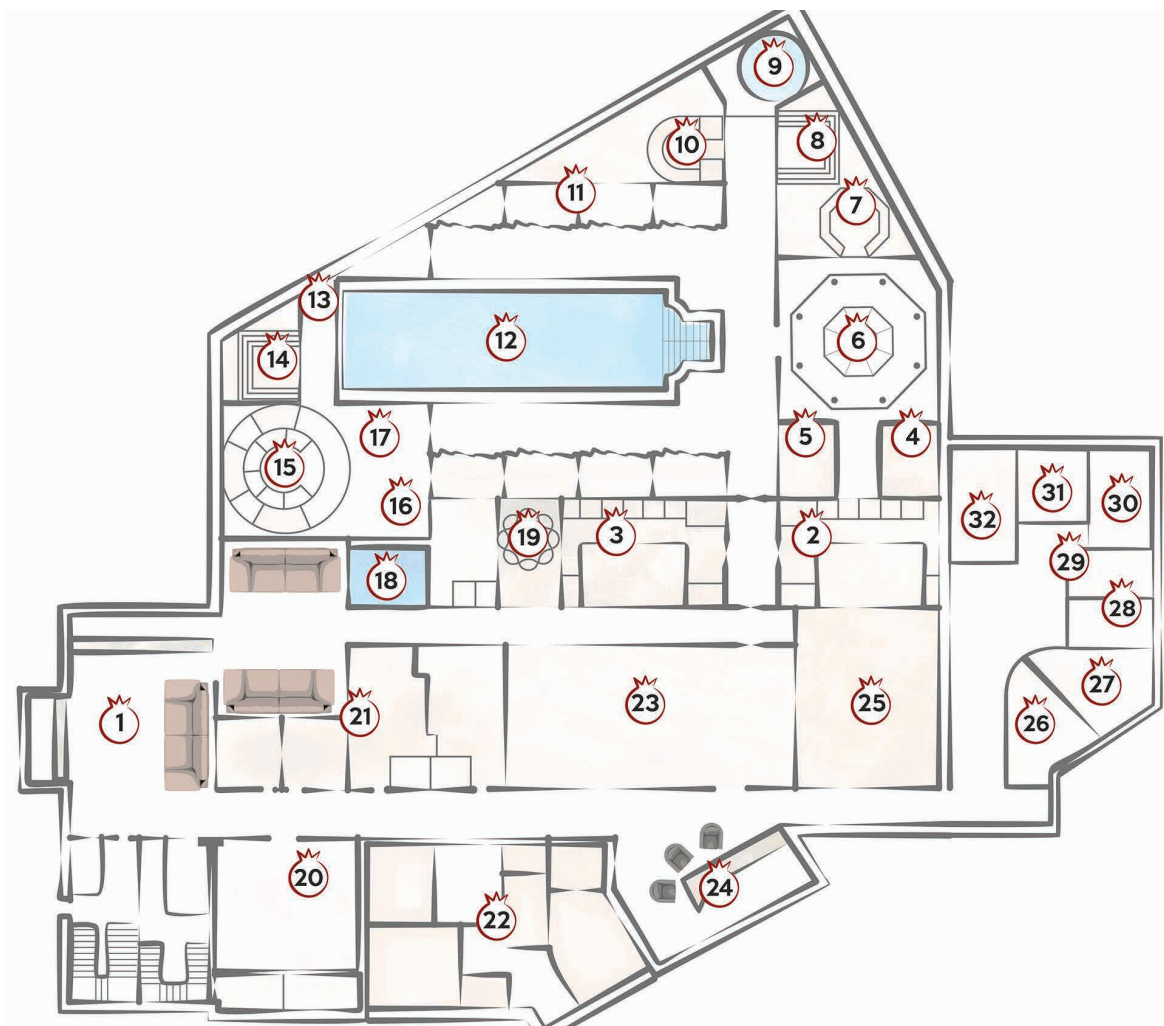
For your own safety, we recommend that you avoid alcohol consumption prior to your arrival in the Spa area.

Before your come to the Spa centre, please leave your valuables (jeweller, money, etc.) in a safe place in your room (safe box).

If treated of health problems or you are pregnant, please inform any of our consultants accordingly for your proper guidance.

We recommend you to arrange an appointment for the treatments to ensure availability. Please call extension "840" directly from your room to be connected to the Spa reception.

Spa Map



- | | |
|----------------------------|--|
| 1. Reception | 17. Pebbles path |
| 2. Women's changing room | 18. Pool with cold water |
| 3. Men's changing room | 19. Egyptian bath |
| 4. Hammam | 20. Beauty saloon |
| 5. Himalayan salt bath | 21. Massage rooms Jaso, Naida |
| 6. Byzantine hammam | 22. Massage rooms Armonia, Geia, Kalipso |
| 7. Hammam | 23. Gym |
| 8. Finnish sauna | 24. Vitamin Bar |
| 9. Hydrotherapy | 25. Yoga room |
| 10. Ice fountain | 26. Wet capsule |
| 11. Separe | 27. Dry capsule |
| 12. Seawater swimming pool | 28. Starvac |
| 13. Cold water bucket | 29. Acoustic wave |
| 14. Russian sauna | 30. Charcot shower |
| 15. Kneipp concept | 31. Floating |
| 16. Tropical shower | 32. Charcot shower |



POMEGRANATE
wellness spa hotel

Opening hours
Daily from 10:00 a.m. to 20:00 p.m.

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