



Paradise Spa



TREATMENTS





Paradise Spa



It feels
like heaven

EVERY ONE OF US HAS OUR OWN NOTION OF PARADISE,
AND FEELINGS OF RELAXATION AND TRANQUILLITY.
NEVERTHELESS, THERE ARE THINGS WE ALL PERCEIVE
AS PLEASING AND BENEFICENT TO OUR WELL-BEING,
AND WHICH CONSEQUENTLY EVOKE A STRONG DESIRE
TO RELIVE THEM AGAIN.

A SOOTHING AND RELAXING MASSAGE, THE SCENT OF
ESSENTIAL OILS AND THE AGREEABLE SOLACE OF THE SEA
IN AN AMBIENCE RICH IN TALES TO TELL. THE GENTLE
SMILES OF MASTERS OF TRADITIONAL MASSAGE, AND THE
MAGICAL TOUCH OF THEIR HANDS, INSPIRE A HEAVENLY
SENSATION OF SAFETY, COMFORT AND RELAXATION.

PARADISE IS EVERY SINGLE ATTENTION THAT EXALTS
A STATE OF HAPPINESS AND CONTENTMENT WITHIN US.



7	<i>Massages</i>
9	<i>Body treatments</i>
10	<i>Facials – women</i>
12	<i>Facials – men</i>
13	<i>Treatment for pregnant women & Post delivery treatment</i>
14	<i>Anti-cellulite treatment</i>
16	<i>Hand and feet treatment</i>
17	<i>Hair removal & other treatments</i>
17	<i>Men programmes</i>
18	<i>Paradise programmes for couples</i>
19	<i>Spa packages</i>
23	<i>Spa Saunas, Steam Baths & Rituals</i>
24	ADDITIONAL INFORMATION

Massages

Four-hand massage

50 / 80 MINS.

Sensational experience of four-hand massage with a combination of various massage techniques and essential oils. Through its healing effects, the massage improves general well-being and health. The synchronous movements of two therapists additionally enhance the pampering sensation.

Traditional Thai Sa-Wuan massage

60 / 90 MINS.

Dry finger pressure massage, together with gentle stretching improves vitality and relieves tension. It enhances the blood circulation and harmonises body energy. The therapists use special techniques which were once intended only for members of the Thai Royal Family.

Thai aromatherapy body massage with lymphatic drainage

60 / 90 MINS.

Special massage technique with essential oils for the lymphatic system stimulates body detoxification, and simultaneously reduces water retention and improves blood circulation. It is extremely effective against cellulite, as well as heavy and swollen legs.

Hand and feet reflexology massage

40 / 60 MINS.

By pressing particular points on the hands and feet, this massage technique stimulates the natural healing process and relieves tension. Simultaneously, it provides body balance, reduces stress and improves the blood circulation. By relieving pain, it provides a light sensation in the feet.

Thai herbal pack massage

30 / 50 MINS.

Heated Thai herbal packs in combination with massage have a beneficial effect on individual's general well-being. They stimulate blood circulation, release muscle tension and relieve joint pain related to rheumatism, arthritis etc.

Lomilomi Nui massage

60 / 90 MINS.

Traditional Hawaiian massage consisting of rhythmic fluid movements is reminiscent of the Hula dancing ritual. A special massage technique using elbows and forearms allows the therapist constant contact with the body in order to relieve stress and relax the spirit.

Indian scalp, neck and decollete massage

30 MINS.

This beneficent massage relieves stress, eases headaches and improves general well-being, because it relieves head and neck tension, as well as relaxes the decollete. The acupressure massage technique and essential oils invigorate and regenerate the scalp and strengthen hair from roots to tips.

Anti-stress back and shoulder massage

30 MINS.

Dry massage with pressure, focused on the locomotory portion of the back and shoulders, relieves pain and tension. Aimed at relaxing, it relieves stress, as well as stimulates blood circulation and the nervous system in order to restore vital strength and give fresh impetus.

Ponklay or Mediteranea aromatherapy massage

60 / 90 MINS.

Total body massage using a blend of essential oils and various massage techniques deeply relaxes and stimulates the balance of body and spirit. The selection of essential oils depends on the individual's needs and requirements, as well as their character.

Hot stone massage

30 / 60 / 90 MINS.

This massage is performed using warm volcanic stones of various sizes. The warmth of stones, together with essential oils, provides complete body relaxation as well as a warm, comfortable sensation; it also stimulates circulation.

Swedish massage

25 / 40 / 70 MINS.

Total body massage consists of gentle and more intensive effleurage, petrissage, friction, taponement, compressing and vibration techniques. It provides both physical and psychological effects, because it improves lymphatic and blood circulation, relieves pain in muscles and joints and exerts a beneficial effect on the nervous system.

Sports massage

40 / 70 MINS.

A massage performed on the entire body, in particular on the back, neck, shoulders and thighs, which are more exposed to stress and tension. It relaxes and eases tense and painful muscles after physical exercise. The pressure intensity depends on the individual's requirements.

Body Treatments

Green clay drainage wrap

90 MINS.

Green clay, together with the ginseng and brown algae extract, activates the process of body detoxification and water drainage. Due to stimulation of the microcirculation, the wrap promotes fat dissolution, fights cellulite as well as promotes skin regeneration and rejuvenation.

Paradise embrace of healing mud and algae

60 MINS.

The natural authentic mud supplies minerals, vitamins, proteins and moisture to the skin, and simultaneously activates the detoxification of the body and fat dissolution. It contains organic substances that protect skin and restore its radiance. A special treatment relieves stress and has an anti-ageing effect.

Decollete and firm breast treatment

60 MINS.

A gentle chamomile peeling and collagen lotion purify and tone the breast area, whilst the soothing aromatic oil massage regenerates and invigorates the skin. Application of a vitamin E mask, together with the thermal-modelation effect, restores the skin's natural energy and firms the breast.

Anti-heavy legs wrap

40 MINS.

Heavy legs can be attributed to tiredness, as well as poor lymphatic and blood circulation. The legs are massaged with a refreshing gel containing haematite, ginkgo, arnica, horse chestnut, camphor and menthol extracts. The application of an efficient lotion restores a light and fresh sensation to the legs.

Aloe vera wrap

30 MINS.

Aloe vera gel provides the skin, dehydrated by exposure to the sun and elements, with a fresh and comfortable feeling. In addition, aloe vera supplies nutrients, restores and stimulates the regeneration of the skin, as well as moisturises and restores its texture and vitality.

Relaxation and harmony body scrub

30 MINS.

The body scrub is performed using a blend of ancient mineral salt and a balm made of semi-precious stone with a high manganese content, which has a soothing effect on the skin. Skin supplied with a wealth of minerals feels soft like silk and nourished.

Sensual thalasso rosemary body scrub

30 MINS.

Small sea-salt spheres and rosemary, together with essential oils, thoroughly clean and soften the skin. They restore its healthy look and make it supple. In addition, the treatment enhances the spirit and has a beneficent effect on well-being.

Sensual Thai spice body scrub

30 MINS.

The origins of this healing ritual reach way back into Thai history. The therapy was preserved to this day due to its extraordinary healing and beneficial effects. A blend of Thai herbs and spices eliminates impurities from the skin, nourishes and restores its suppleness and softness.

Facials – Women

ALL SKIN TYPES

Relax

RELAXING MASSAGE

45 MINS.

A special and unique massage technique, composed of 42 steps, is inspired by dance. The massage includes face, décolleté, neck, shoulders and arms, and simultaneously stimulates facial muscles. This treatment provides complete relaxation for the face and spirit.

Cleanse

EPIDERMIS CLEANSING TREATMENT

60 MINS.

The skin surface is cleaned and tonified. A gentle, yet efficient, peeling with pineapple enzymes removes all impurities and dead cells from the epidermis. The treatment is completed with a cleansing mask, which additionally purifies the skin, allowing it to regain its freshness and smoothness.

COMBINATION AND OILY SKIN

Purify

PURIFYING RITUAL

90 MINS.

This ritual for oily skin with prominent impurities deeply purifies the pores. Thanks to professional cosmetics, the impurities are removed, inflammations reduced and pores deeply purified. The skin becomes smoother, fresh and healthy looking.

Matify

OILY SKIN MATIFYING RITUAL

90 MINS.

Ritual for inflammation-free combination or oily skin with excess sebum and greasy shine. It reduces the sebum secretion, rebalances the function of sebaceous glands, tightens the pores, prevents the formation of pimples, matifies the skin and improves makeup hold.

DEHYDRATED SKIN

Hydrate and Nourish

HYDRATING AND NOURISHING RITUAL

90 MINS.

Cleaning of the skin surface is followed by a gentle purifying peeling, micro-abrasion with crystals and a semi-precious stone balm, and culminates with the application of a cleansing mask. The ritual is completed with a relaxing massage and a pure collagen moisturising mask. The result is supple, moisturised, soft and radiant skin.

SENSITIVE SKIN

Soothe

SOOTHING AND IMPROVED SKIN RESISTANCE RITUAL

90 MINS.

Cleaned skin is subject to gentle micro-abrasion with crystals and a semi-precious stone balm. The massage cream has a therapeutic effect on sensitive skin. The application of a gentle mask soothes sensitive and irritated skin, reduces its sensitivity and improves skin's resistance.



T I R E D S K I N

Anti-stress

RITUAL TO RESTORE ENERGY, VITALITY
AND A HEALTHY LOOK

90 MINS.

This ritual includes gentle micro-abrasion with crystals and energy oil, a cleansing mask, invigorating massage, a pure collagen mask, and a revitalising or thermal effect mask. The ritual stimulates cell function in the epidermis and dermis.

F I R S T S I G N S O F A G I N G

Smooth

PREVENTIVE ANTI-AGING RITUAL TO REDUCE
FINE LINES AND SMOOTH THE SKIN

90 MINS.

The ritual reduces and smoothes fine lines and wrinkles on the face. It is a preventive treatment which reduces the first signs of aging, improves the skin structure and preserves its youthful appearance. The skin is made supple and soft, and the first lines are smoothed.

M A T U R E S K I N

Firm

LUXURIOUS LIFTING RITUAL TO REDUCE
MATURE SKIN WRINKLES

90 MINS.

This luxurious lifting ritual for mature skin smoothes the wrinkles and redefines the contours of the face, improves the elasticity and tone of the skin, reduces the depth of wrinkles and prevents the formation of age spots. It prevents premature skin aging and maintains the skin firmness and smoothness. Luxurious lifting for mature skin.

A F T E R S U N T R E A T M E N T

After Sun

SOOTHING AFTER SUN TREATMENT

45 MINS.

An efficient treatment that protects the skin and strengthens its natural defence system. It soothes and generously nourishes sensitive skin, and is highly recommended after exposure to the sun, surgical procedures as well as for traumatised skin.

Facials – Men

Relax

RELAXING MASSAGE

45 MINS.

Inspired by dance, this is a special and unique massage technique, composed of 42 steps. The massage includes face, chest, neck, shoulders and arms, and simultaneously stimulates facial muscles. This treatment provides a complete relaxation of the face and spirit.

Optimale Energize

ENERGISING AND REVITALISING FACE
TREATMENT

60 MINS.

First, the skin is cleaned and tonified. A gentle, yet efficient peeling eliminates all impurities and dead cells from the skin's surface. A refreshing mask invigorates, and an intensive cream energises the skin. The result is fresh, smooth and clean skin.

Optimale Firm

LUXURIOUS LIFTING RITUAL TO REDUCE
MATURE SKIN WRINKLES

90 MINS.

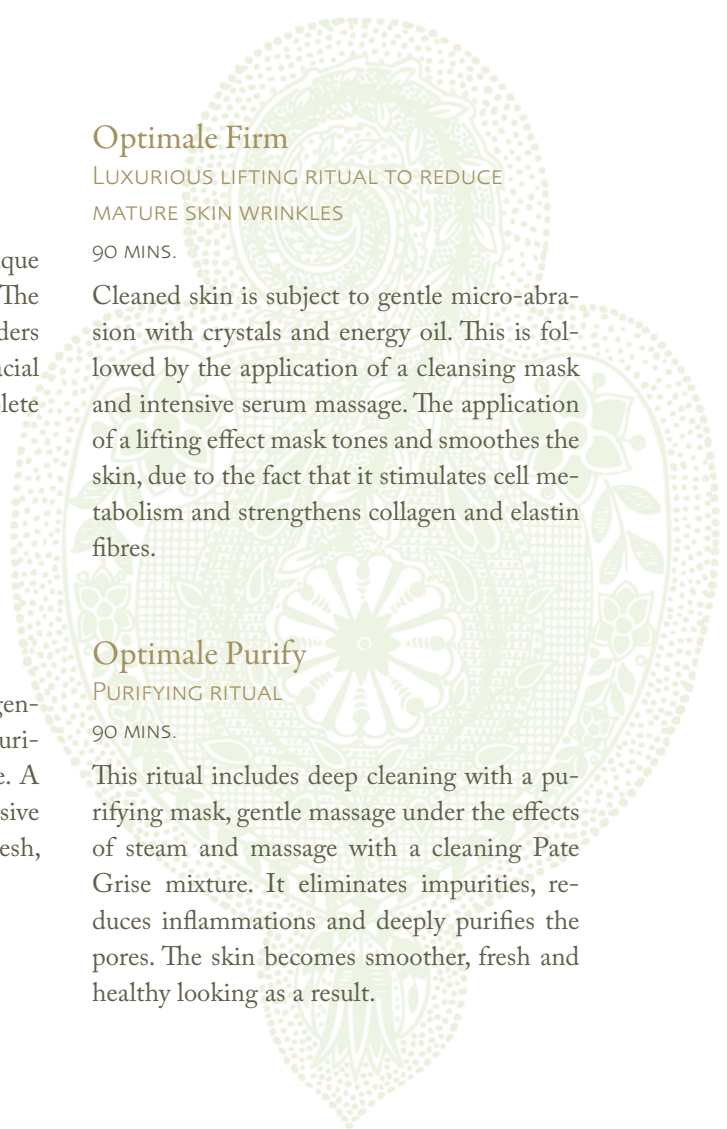
Cleaned skin is subject to gentle micro-abrasion with crystals and energy oil. This is followed by the application of a cleansing mask and intensive serum massage. The application of a lifting effect mask tones and smoothes the skin, due to the fact that it stimulates cell metabolism and strengthens collagen and elastin fibres.

Optimale Purify

PURIFYING RITUAL

90 MINS.

This ritual includes deep cleaning with a purifying mask, gentle massage under the effects of steam and massage with a cleaning Pate Grise mixture. It eliminates impurities, reduces inflammations and deeply purifies the pores. The skin becomes smoother, fresh and healthy looking as a result.



Treatments For Pregnant Women & Post Delivery Treatment

Anti-stretch mark programme for firm skin – post delivery

40 MINS.

Pregnancy, increased weight and hormonal changes promote the appearance of stretch marks and reduce the skin's firmness. The intensive treatment with natural products restores firmness and reduces the depth and extent of stretch marks.

Anti-heavy legs wrap

40 MINS.

Heavy legs can be attributed to tiredness, as well as poor lymphatic and blood circulation. Legs are massaged with a refreshing gel containing haematite, ginkgo, arnica, horse chestnut, camphor and menthol extracts. The application of an efficient lotion restores a light and fresh sensation to the legs.

Thai post delivery treatment

120 MINS.

Scrub containing refreshing Thai spices eliminates toxins from the body. The following step is lymphatic drainage in order to promote blood circulation, as well as to reduce cellulite and heavy legs. The treatment is completed with a heated Thai herbal pack which soothes, as well as relieves back pain and muscle tension.

Anti-cellulite Treatments

Reduction of soft cellulite

90 MINS.

The removal of dead cells through scrubbing is followed by an intensive anti-cellulite cinnamon cream massage and body wrap, which, through warmth, activates the lymphatic system and promotes water drainage. The treatment is first perceived as gentle cooling, which gradually transforms into pleasant warmth. The programme is completed with an anti-cellulite oil massage.

Reduction of stubborn cellulite

90 MINS.

The exfoliation of dead cells and rubbing lipolitic cecropia on the parts most damaged by cellulite is followed by the application of anti-cellulite grapefruit and cecropia cream, which stimulates water drainage extremely well, as well as exerts a beneficent and firming effect on the skin. The wrapped body at first perceives a gentle cooling effect, which gradually transforms into pleasant warmth. The programme is completed with an anti-cellulite oil massage.

Slim up

A MECHANICAL TREATMENT TO REDUCE CELLULITE AND SHAPE THE BODY

3-day anti-cellulite programme

250 MINS.

DAY 1

- Mediterranean steam bath 15 MINS.
- Sensual thalasso rosemary body scrub 15 MINS.
- Green clay drainage wrap 90 MINS.

DAY 2

- Anti-cellulite massage with anti-cellulite oil 40 MINS.

DAY 3

- Body wrap & massage 90 MINS.

5-day anti-cellulite programme

520 MINS.

DAY 1

- Mediterranean steam bath 15 MINS.
- Sensual thalasso rosemary body scrub 15 MINS.
- Green clay drainage wrap 90 MINS.

DAY 2

- Slim up 40 MINS.
- Anti-cellulite massage with anti-cellulite oil 40 MINS.

DAY 3

- Slim up 40 MINS.
- Body wrap & massage 90 MINS.

DAY 4

- Slim up 40 MINS.
- Paradise embrace of healing mud and algae 60 MINS.

DAY 5

- Body wrap & massage 90 MINS.

7-day anti-cellulite programme

690 MINS.

DAY 1

- Mediterranean steam bath 15 MINS.
- Sensual thalasso rosemary body scrub 15 MINS.
- Green clay drainage wrap 90 MINS.

DAY 2

- Slim up 40 MINS.
- Anti-cellulite massage with anti-cellulite oil 40 MINS.

DAY 3

- Slim up 40 MINS.
- Body wrap & massage 90 MINS.

DAY 4

- Slim up 40 MINS.
- Paradise embrace of healing mud and algae 60 MINS.

DAY 5

- Thai aromatherapy body massage with lymphatic drainage 90 MINS.

DAY 6

- Slim up 40 MINS.
- Body wrap & massage 90 MINS.

DAY 7

- Anti-cellulite massage with anti-cellulite oil 40 MINS.

Hand and Feet Treatment

MANICURE

Natural NailSpa manicure

30 MINS.

Express manicure for perfect look. The treatment includes nail shaping and polishing, as well as cuticle care. Hands are additionally protected with active substances, whilst nails by the application of treatment nail polish.

Spa manicure and aromatic hand peeling

45 MINS.

Well cared for hands and shaped nails are an expression of personal appearance. Intensive treatment with soothing massage and peeling is followed by anti-aging aromatic paraffin therapy and the application of polish to protect nails. Your hands will be relaxed and sensationally soft, whilst your nails glamorous and elegant.

Luxurious ParadiseSpa manicure

60 MINS.

Luxurious ritual for well cared for hands and perfectly shaped nails. Intensive treatment with soothing massage and peeling is followed by anti-aging aromatic paraffin therapy and the application of polish to protect nails. Your hands will be relaxed and sensationally soft, whilst your nails glamorous and elegant.

MANICURE EXTRAS

Application of nail polish 10 MINS.

French nail polish 20 MINS.

PEDICURE

Natural NailSpa pedicure

40 MINS.

Express pedicure for perfect feet. The treatment includes nail shaping and polishing, as well as cuticle care and removal of hard skin. Feet are additionally protected with active substances, whilst nails by the application of treatment nail polish.

Luxurious ParadiseSpa pedicure

60 MINS.

Luxurious ritual for well cared for feet and perfectly shaped nails. The treatment includes pampering with salt bath, gentle feet peeling and energetic massage. The application of mask is followed by the treatment of hard skin, nail shaping and the application of treatment nail polish.

PEDICURE EXTRAS

Application of nail polish 10 MINS.

French nail polish 20 MINS.

Hair Removal & Other Treatments

WOMEN

Legs – full	45 MINS.
Legs – half	30 MINS.
Bikini – basic	20 MINS.
Underarms	15 MINS.
Arms	30 MINS.
Lip	10 MINS.
Brow shaping	20 MINS.
Eyelash tinting	15 MINS.
Brow tinting	15 MINS.

MEN

Chest	20 MINS.
Belly	30 MINS.
Shoulders	30 MINS.
Back	40 MINS.
Underarms	15 MINS.
Legs – full	45 MINS.
Arms	40 MINS.
Brow shaping	20 MINS.

Men Programmes

Adam

75 MINS.

- Optimale face treatment
- Back, shoulder and scalp massage

Businessman

105 MINS.

- Steam bath
- Optimale face treatment
- Ponklay or Mediteranea aromatherapy massage

Paradise Programmes for Couples

These treatment programmes are designed for couples who want to spend their precious time and moments of relaxation together.

You will be perfectly pampered in the comfort of a luxurious VIP area, and served with a choice of refreshing sparkling wine or calming tea. Upon completion of the programme, you will be invited to a bar to enjoy a fresh fruit beverage and magnificent view of the Mediterranean's infinite blue.

In addition, the bar provides delicacies of spa cuisine, such as refreshing salads, low-cal sandwiches, fruit and vegetable beverages, etc.

Paradise for Adam and Eve

120 MINS.

- Bio sauna
- Jacuzzi
- Ponklay or Mediteranea aromatherapy massage

Rendez-vous

120 MINS.

- Bio sauna
- Jacuzzi
- Traditional Thai Sa-Wuan massage

Harmony

140 MINS.

- Bio sauna
- Jacuzzi
- Relaxation and harmony body scrub
- Thai herbal pack massage



Spa Packages

All spa packages are designed to attain optimal results. Namely, they are a combination of various treatments that work in synergy. After a consultation as to your medical condition, you will be recommended a package that best suits your requirements as well as the amount of time you are able to dedicate to improving your well-being.

Upon the completion of the treatment programme, you can relax over a cup of herbal beverage.

ONE-DAY SPA PACKAGES

Touch of Asia

1 DAY / 90 MINS.

- Thai steam bath 15 MINS.
- Sensual Thai spice body scrub 15 MINS.
- Ponklay aromatherapy massage 60 MINS.

Mediterranean Touch

1 DAY / 90 MINS.

- Mediterranean steam bath 15 MINS.
- Sensual thalasso rosemary body scrub 15 MINS.
- Mediteranea aromatherapy massage 60 MINS.

Paradise Relaxation

1 DAY / 145 MINS.

- Paradise embrace of healing mud and algae 40 MINS.
- Ponklay or Mediteranea aromatherapy massage 60 MINS.
- Relax face treatment 45 MINS.

Slender Body

1 DAY / 145 MINS.

- Mediterranean steam bath 15 MINS.
- Green clay drainage wrap 90 MINS.
- Anti-cellulite massage with anti-cellulite oil 40 MINS.

Feel Young

1 DAY / 185 MINS.

MORNING

- Fitness programme 30 MINS.
- Rhassoul ritual 20 MINS.
- Relaxation in a seawater swimming pool 30 MINS.

AFTERNOON

- Relax face treatment 45 MINS.
- Hand and feet reflexology massage 60 MINS.

3-DAY SPA PACKAGES

Relax Ponklay

3 DAYS / 225 MINS.

DAY 1

- Thai steam bath 15 MINS.
- Sensual Thai spice body scrub 15 MINS.
- Ponklay aromatherapy massage 60 MINS.

DAY 2

- Relaxation in a seawater swimming pool 30 MINS.
- Hand and feet reflexology massage 60 MINS.

DAY 3

- Relax face treatment 45 MINS.

Relax Mediteranea

3 DAYS / 225 MINS.

DAY 1

- Mediterranean steam bath 15 MINS.
- Sensual thalasso rosemary body scrub 15 MINS.
- Mediteranea aromatherapy massage 60 MINS.

DAY 2

- Relaxation in a seawater swimming pool 30 MINS.
- Hand and feet reflexology massage 60 MINS.

DAY 3

- Relax face treatment 45 MINS.

Slender Body

3 DAYS / 475 MINS.

DAY 1

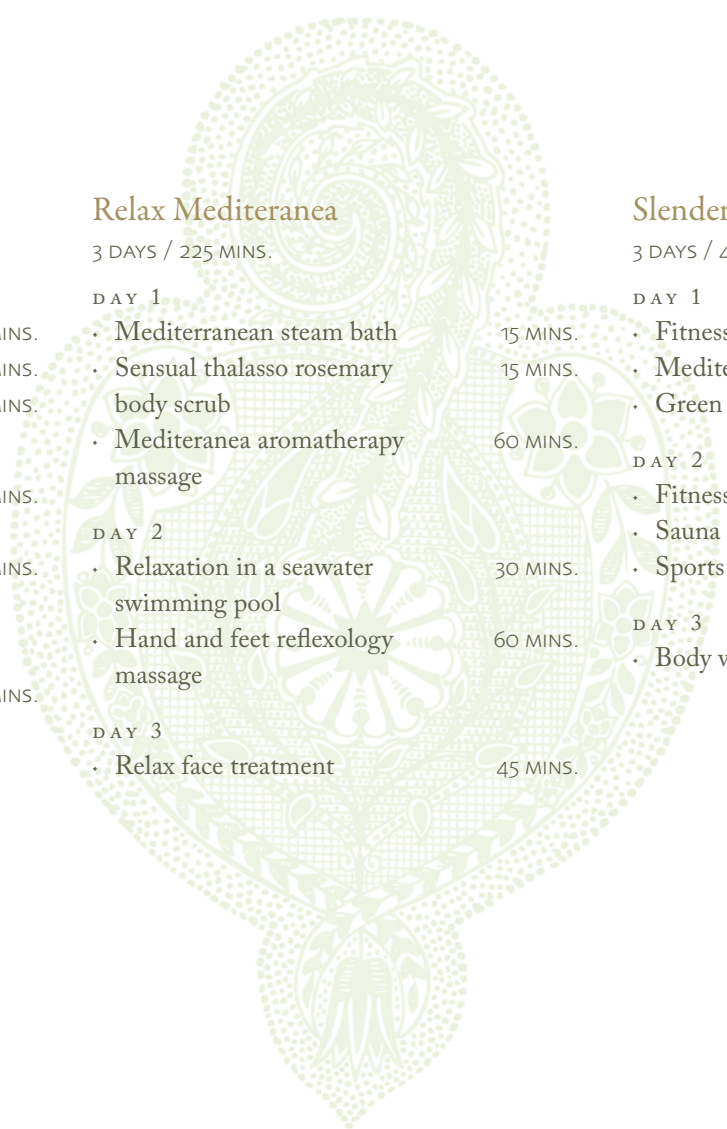
- Fitness programme 60 MINS.
- Mediterranean steam bath 15 MINS.
- Green clay drainage wrap 90 MINS.

DAY 2

- Fitness programme 60 MINS.
- Sauna & steam bath 90 MINS.
- Sports massage 70 MINS.

DAY 3

- Body wrap & massage 90 MINS.



5-DAY SPA PACKAGES:

Relax Ponklay

5 DAYS / 500 MINS.

DAY 1

- Thai steam bath 15 MINS.
- Sensual Thai spice body scrub 15 MINS.
- Ponklay aromatherapy massage 60 MINS.

DAY 2

- Relaxation in a seawater swimming pool 30 MINS.
- Hand and feet reflexology massage 60 MINS.

DAY 3

- Paradise embrace of healing mud and algae 60 MINS.
- Scalp, neck and decollete massage 30 MINS.

DAY 4

- Sauna & steam bath 90 MINS.
- Lomilomi Nui massage 60 MINS.

DAY 5

- Relaxation in a seawater swimming pool 30 MINS.
- Thai herbal pack massage 50 MINS.

Relax Mediteranea

5 DAYS / 495 MINS.

DAY 1

- Mediterranean steam bath 15 MINS.
- Sensual thalasso rosemary body scrub 15 MINS.
- Mediteranea aromatherapy massage 60 MINS.

DAY 2

- Relaxation in a seawater swimming pool 30 MINS.
- Hand and feet reflexology massage 60 MINS.

DAY 3

- Paradise embrace of healing mud and algae 60 MINS.
- Anti-stress back and shoulder massage 30 MINS.

DAY 4

- Sauna & steam bath 90 MINS.
- Hot stone massage 60 MINS.

DAY 5

- Relaxation in a seawater swimming pool 30 MINS.
- Relax face massage 45 MINS.

Slender Body

5 DAYS / 715 MINS.

DAY 1

- Mediterranean steam bath 15 MINS.
- Sensual thalasso rosemary body scrub 15 MINS.
- Green clay drainage wrap 90 MINS.

DAY 2

- Fitness programme 45 MINS.
- Aromatherapy massage and lymphatic drainage 60 MINS.

DAY 3

- Fitness programme 45 MINS.
- Mediterranean steam bath 90 MINS.
- Paradise embrace of healing mud and algae 60 MINS.

DAY 4

- Fitness programme 45 MINS.
- Sports massage 70 MINS.

DAY 5

- Sauna & steam bath 90 MINS.
- Body wrap & massage 90 MINS.

7-DAY SPA PACKAGES

Relax Ponklay

7 DAYS / 680 MINS.

DAY 1

- Thai steam bath 15 MINS.
- Sensual Thai spice body scrub 15 MINS.
- Ponklay aromatherapy massage 60 MINS.

DAY 2

- Scalp, neck and decollete massage 30 MINS.
- Lomilomi Nui massage 60 MINS.

DAY 3

- Relaxation in a seawater swimming pool 30 MINS.
- Hand and feet reflexology massage 60 MINS.

DAY 4

- Paradise embrace of healing mud and algae 60 MINS.
- Anti-stress back and shoulder massage 30 MINS.

DAY 5

- Sauna & steam bath 90 MINS.
- Thai herbal pack massage 50 MINS.

DAY 6

- Relaxation in a seawater swimming pool 30 MINS.
- Ponklay aromatherapy massage 60 MINS.

DAY 7

- Anti-stress face treatment 90 MINS.

Relax Mediteranea

7 DAYS / 690 MINS.

DAY 1

- Mediterranean steam bath 15 MINS.
- Sensual thalasso rosemary body scrub 15 MINS.
- Mediteranea aromatherapy massage 60 MINS.

DAY 2

- Relax face massage 45 MINS.
- Spa manicure & aromatherapy hand scrub 45 MINS.

DAY 3

- Relaxation in a seawater swimming pool 30 MINS.
- Hand and feet reflexology massage 60 MINS.

DAY 4

- Paradise embrace of healing mud and algae 60 MINS.
- Anti-stress back and shoulder massage 30 MINS.

DAY 5

- Sauna & steam bath 90 MINS.
- Hot stone massage 60 MINS.

DAY 6

- Relaxation in a seawater swimming pool 30 MINS.
- Mediteranea aromatherapy massage 60 MINS.

DAY 7

- Anti-stress face treatment 90 MINS.

Slender Body

7 DAYS / 985 MINS.

DAY 1

- Mediterranean steam bath 15 MINS.
- Green clay drainage wrap 90 MINS.

DAY 2

- Fitness programme 45 MINS.
- Relaxation and harmony body scrub 15 MINS.
- Aromatherapy & lymphatic drainage 60 MINS.

DAY 3

- Fitness programme 45 MINS.
- Body wrap & massage 90 MINS.

DAY 4

- Fitness programme 45 MINS.
- Sauna & steam bath 90 MINS.
- Sports massage 70 MINS.

DAY 5

- Fitness programme 45 MINS.
- Body wrap & massage 90 MINS.

DAY 6

- Fitness programme 45 MINS.
- Sauna & steam bath 90 MINS.
- Paradise embrace of healing mud and algae 60 MINS.

DAY 7

- Relaxation in a seawater swimming pool 30 MINS.
- Hand and feet reflexology massage 60 MINS.

Spa Saunas, Steam Baths & Rituals

There is a wide range of saunas and steam baths aimed at your relaxation, pampering and well-being.

The dry saunas with higher temperatures and lower humidity include Finnish sauna, infrared sauna and bio sauna; the latter two with chromotherapy.

The wet or steam saunas characterised by higher humidity and lower temperatures encompass Thai herb steam bath, Mediterranean steam bath and the Oriental Rhassoul ritual.

By changing the aromas on a daily basis, our saunas and steam baths conjure up an experience of vivid and fragrant pampering.

The Hammam table, aimed at various body scrubs and wraps from indigenous ingredients and those deriving from distant Asia, provide a unique experience.

In you want to indulge in your spa experience to the fullest, relax in a seawater swimming pool offering the view of the sea and the sunset so that you can really feel the touch of the divine Mediterranean.

Finnish sauna

TEMPERATURE: 80 – 90 °C, HUMIDITY: 10 – 15%

The Queen of all saunas. High temperature and low steam content heat the body, and, by boosting perspiration, eliminate the toxins deep down. It is suitable for relaxation after physical activity as well as a preparation for massage (in particular sports and aromatherapy massage).

Bio sauna with chromotherapy

TEMPERATURE: 50 °C, HUMIDITY: UP TO 60%

You will experience the pleasant sensation of comfort and relaxation in the bio sauna with chromotherapy which by the gently changing of colours and light restores the balance of body and spirit. Lower temperatures and higher humidity stimulate opening of the pores and thus facilitate the elimination of water from the body.

Infrared sauna with chromotherapy

TEMPERATURE: 40 – 45 °C, HUMIDITY: 40 – 50%

Infrared radiation deeply penetrates the body and heats it. It is in particular recommended for individuals with cardiovascular conditions, because it increases the pulse rate and stimulates blood circulation. It is efficient in the reduction of cellulite and excess body weight, and has a beneficent effect on problematic skin, the healing of injuries, the easing of various pains and post-operative treatment of aesthetic surgery.

Thai herb steam bath

TEMPERATURE: 40 – 50 °C, HUMIDITY: 100%

The aroma of Thai herbs in combination with essential oils, together with steam, clean the respiratory tract and pores, promote blood circulation and have a soothing effect. The bath also relieves stress and has a beneficial effect on general well-being. High humidity content and heat improve the skin suppleness, therefore such a steam bath ritual is recommended as a preparation for a massage.

Mediterranean steam bath

TEMPERATURE: 45 – 55 °C, HUMIDITY: 100%

A steam bath containing the selected Mediterranean essential oils, together with the mist of brine from the Sečovlje Saltpans, has a beneficial effect on respiratory tract and body detoxification. It provides relaxation to the entire body and relieves muscle tension. Due to the high humidity, it opens the pores, which promotes the natural cleaning of the skin and the elimination of toxins and waste from the body.

Rhassoul ritual

Rhassoul is an extraordinary ritual employing various selected natural materials (saltpan mud, natural clay, honey, salt with rosemary or lavender...). The application and rubbing of natural materials thoroughly clean the skin and exert a beneficent effect on the body. A high humidity content in the bath additionally opens the pores and allows skin a better absorption of natural materials which generously nourish the skin and restore its suppleness and softness. Further to medicinal effects, the Rhassoul ritual also provides an opportunity to chat and socialise in a pleasantly tempered environment. Following the ritual, we recommend a cold water shower which boosts the circulation as well as stimulates the immune system and general well-being.

ADDITIONAL INFORMATION

RESERVATIONS

You can make reservation by phone or at the Paradise Spa wellness centre during opening hours.

ARRIVAL AT THE SPA

In order to fully benefit from your spa experience, we recommend you arrive 10 minutes before the start of your treatment. A late arrival does not unfortunately allow for an extension of the treatment time.

CANCELLATION

All cancellations must be made at least 24 hours in advance, failing which you will be charged 50% of the service.

HEALTH CONDITIONS

Please let us know of any health problems, allergies or wounds.

PREGNANCY

Please let us know if you are pregnant so that we can advise you on treatments accordingly.

MOBILE PHONES

Calm, tranquillity and relaxation are required in order to fully enjoy a spa experience in the Paradise Spa wellness centre. Therefore you may only use your mobile phone at the reception and changing rooms.

Please, talk quietly to preserve other customers' serenity.

LOST OR DAMAGED PROPERTY

We regret we cannot be held responsible for personal property that is either lost or damaged during your visit.

OPENING HOURS

Every day from 9 a.m. to 9 p.m.

RESERVATIONS

tel.: +386 5 695 10 51

fax: +386 5 695 10 52

paradisespa@h-bernardin.si

www.paradise-spa.si

We reserve the right to changes.

We apologise in anticipation for any eventual typographical errors.





St. BERNARDIN

ADRIATIC RESORT & CONVENTION CENTER

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