

# DAIOS COVE WELLNESS & SPA

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HOLISTIC CARE FOR A HEALTHIER YOU

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# THE DAIOS COVE WELLNESS & SPA EXPERIENCE

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The island of Crete is renowned for its people's generosity, hospitality and Cretan lifestyle. "A healthy mind in a healthy body" is our philosophy, which is why we believe in providing our guests with a range of therapeutic and wellbeing experiences.

At Daios Cove Wellness & Spa we combine natural products, therapeutic and movement treatments and wellness facilities to facilitate optimal wellbeing and promote a healthy lifestyle.

# THE FACILITIES

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The Daios Cove Wellness & Spa is 2.500 square metres, combining communal and private spaces, including facilities for aesthetic treatments, relaxation, fitness & movement.

## **Treatment rooms**

Five single treatment rooms each featuring a shower, state-of-the-art treatment equipment and a cosy, inviting atmosphere. Two private spa suites including sauna, steam room, relaxation area, bath, shower, Raxul and treatment area for two guests. One specially designed and equipped Thai massage room and a beauty salon for hair, hands and feet care.

## **Fitness centre & movement studio**

A spacious, light-filled fitness centre is equipped with the latest in cardiovascular and weight equipment from Technogym, while a movement studio with floor-to-ceiling windows and a garden view is equipped with the Kinesis wall and other specialised equipment for personal and group exercises.

## **Water circuit & thermal spa suite**

Water is an essential element of your wellbeing journey. We provide a heated indoor pool for swimming and hydro movement exercises, complete with a sea view; a Wellness & Spa area with a heated hydro-jets pool; and a thermal spa suite with Finnish sauna, soft sauna, Mediteranneo — a combination of sauna and steam bath — Nimfea reaction showers where guests can experience different water pressures and temperatures, ice fountain and changing rooms for male and female guests. Use of the facilities each day — with a specific programme tailored to your needs — helps detoxify your body and gives your mind a sense of relaxation and wellbeing.

# THE SPA PRODUCTS

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## L'EXPÉRIENCE ANNE SEMONIN

“Because each skin is unique”, every Anne Semonin programme is customised and starts with a personal interview and a diagnosis of your skin. Your beauty therapist will create your own “beauty prescription”, depending on the needs of your skin at that time, and your lifestyle.

The Anne Semonin treatment collection combines an ingenious blend of aromatic essential oils, trace elements and marine ingredients with the classic French touch and a holistic approach to treating the individual needs of your body and skin. Anne Semonin treatments are designed to be “tailor made” and will not only revitalise the skin, but energise and balance the mind and spirit, providing total relaxation.

After your spa experience, a simple Anne Semonin regime is carefully prescribed, whereby the therapist will recommend how to customise products to create perfect blends for optimum efficiency. This can then be carried out at home on a daily basis.

# THERMAL SPA SUITE

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Experience our signature journey with the use of the hydro jets pool followed by the thermal spa suite. Combine the healing properties of the water and the effects of the movement from hot to cold on the human body and mind. A feeling of wellbeing will promote a healthier and happier life.

## Water Circuit & Thermal Spa Suite

60min

25 €

Follow the hydro jets pool circuit in our specially designed heated pool and enter the thermal spa suite - a specific zone with a selection of cold and hot experiences, including a Finnish Sauna, a soft sauna, a Mediteranneo, an ice fountain, Nimfea reaction experience showers and a steam bath, which can be enjoyed separately or in sequence.

**Our recommendation:** you can use our Fitness & Movement studio followed by our indoor swimming pool to improve your mobility and circulation.

# SIGNATURE JOURNEYS

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Our Spa team highly recommends treatments that are inspired from the Cretan tradition, blending ancient techniques with locally sourced products.

## Aloe Vera Facial For You

60min

120 €

This unique facial treatment features real leaves of Aloe Vera from organic Cretan farms. This treatment is given in three steps.

**Step 1:** A unique and natural method of exfoliation

**Step 2:** A hydrating and soothing use of Aloe Vera gel from a freshly cut Aloe Vera leaf

**Step 3:** Holistic anti-ageing benefits of massage, based on the stimulation of collagen.

This intensive treatment will improve your skin texture, revealing a smoother, younger-looking skin.

## Cretan Renaissance Ceremony

120min

210 €

An exclusive and complete Cretan treatment of renaissance, derived from natural herbs that are found in the Cretan earth, including rosemary, lavender and oregano. An exfoliation with local salt is followed with a wrap in red wine. After the skin is smooth and detoxified, the treatment is completed with a relaxing massage with linen pouches filled with dry herbs that release their aromas during the treatment, creating an aromatic cloud that relaxes the mind and soothes the spirit. This pampering treatment is specifically designed to detoxify and exfoliate the skin, followed by nourishment which leaves your skin instantly glowing.

# FACIAL COLLECTION

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Encounter this unique collection of facial therapies that combine elegant French skincare with results-driven, made-to-measure therapies, which transform and re-sculpt your face contour. Every facial, suitable for both men and women, includes an exclusive Anne Semonin lymphatic massage, designed to gently release toxins from the dermal tissues and increase blood flow, resulting in radiant skin. Fusing this specialist massage, classic ingredients and a holistic approach, each Anne Semonin facial is a tailored experience, just for you.

## Marine Mineral Purifier

90min

140 €

Deep cleansing, decongesting, remineralising

Traditional steam and extraction techniques are combined with the power of marine elements, resulting in a deeply purifying treatment. The advanced Anne Semonin peel-off mask, with the highest concentration of minerals and algae, leaves the skin instantly calmed, decongested and silky smooth.

## Soothing Skin Saviour

60min

100 €

Calming, hydrating, restoring

The secret to soothing even the most delicate skin lies in the exquisite blending of minerals and essential essences. Skin is prepared with gentle cleansing and exfoliation before delighting in the application of a luxurious cream mask. The generous application of the algae and kaolin clay formula smooths and nourishes the skin, revealing a perfectly calm and soothed complexion.



## Cryo Time Freeze

60min

120 €

Immediate radiance, toning, brightness

A flawless skin brightening experience, this facial uses the age-defying effects of cryotherapy with Express Radiance ice cubes to reinforce the skin's firmness at a cellular level. Complemented by a neuro-cosmetic containing wild indigo, this elegant touch stimulates the release of B-endorphins, flooding the body with a total sense of wellbeing.

## Exquisite Miracle Eyes

30min

60 €

Brightening, de-stressing, refreshing

An exquisite treatment specifically designed for the delicate eye area which brings together a unique combination of contour mask and specialised lymphatic massage, ideal for reducing the signs of ageing and melting away stress. The eye Express Radiance ice cubes diminish puffiness and refresh the eyes. Finally, a divine application of miracle eye cream completes the total eye care experience.

**Our recommendation:** for total rejuvenation, you can add an extra 30-minute back or foot massage.

# MASSAGE COLLECTION

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Anne Semonin draws inspiration from around the world to offer you a blissful, effective, premium massage experience. Choose from four unique therapies, each brilliantly combining an innovative fusion of massage techniques and oil blends, delivering a treatment that works specifically for you, every time.

## **Aroma Energiser**

Uplifting, energising, tension-releasing

60min/90min 100 €/140 €

## **Pure Rejuvenation**

Protecting, regenerating, smoothing

## **Vital Detox**

Detoxifying, stimulating, refreshing

## **Relax & Renew**

De-stressing, unwinding, restoring

## **Volcanic Thermal Stones**

Relaxing, warming, powerful

80min 140 €

Muscles yield to the gentle yet powerful warmth of the black basalt stones, releasing tension and imbuing a total sense of relaxation. The heated stones, infused with centuries of ancient energies, are skillfully combined with the perfect blend of essential essences designed to stimulate the senses and unwind both body and mind.

## Thai Massage

90min

120 €

Inspired by the spiritual tradition practised by Buddhist monks some 2,500 years ago, this treatment uses stretching and intense compression techniques along the body's energy lines. To keep the tradition alive, it is delivered on a Thai mat laid on the floor and you wear a loose outfit provided by the Spa. Indulge in true rejuvenation and the healing benefits of this ancient massage, designed to relieve muscle and joint tension and balance your body and mind.

## Back, Neck & Shoulders Massage

30min

55 €

This massage truly helps to dissolve aches and strains. Medium to gentle pressing movements allied with the properties of our selected oils will release all your tensions in these areas.

**Our recommendation:** you can add an extra 30-minute body scrub or a 30-minute cryo facial — or both short treatments — to any massage in order to give your treatment a detoxifying or beauty dimension and extend your spa time. We invite you to ask for a consultation from one of our wellness Spa therapists to assess your needs.

# BODY COLLECTION

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A sumptuous collection of advanced body treatments, carefully selected to address specific needs. Whether revealing a natural glow, toning and firming or age defence, each treatment is a truly individual journey.

## Ultimate Indulgence

120min

190 €

Unadulterated pleasure from top to toe! This treatment begins with a full body exfoliation followed by a tailored full body massage, with products of your choice. A skin specific facial completes the total experience for face and body with a foot or scalp massage. The outcome of this elegantly designed treatment is a flawless complexion and a deep release of stress and tension throughout the entire body.

## Heavenly Anti-stress Face and Body Experience

120min

210 €

A synergy of heat and cold is the essence of this truly exceptional experience combining a relaxing back therapy and anti-ageing facial. The creamy, rich mixture of self-heating clay and algae melts away deep-seated tension throughout the back of the body while the feet and legs are massaged. The senses are further stimulated with an advanced cryotherapy facial, using Anne Semonin Express Radiance ice cubes infused with powerful ingredients to support the skin at a cellular level, as the whole body experiences a rush of complete wellbeing.

## Silhouette Re-sculptor

90min

190 €

Anti-cellulite, firming, toning action

Sea Lotus extract, an innovative scientific discovery, holds the secret to smoother skin. A proprietary exfoliation is followed by an inspired combination of Lipoliss gel and stimulating Cryo-Lipoliss massage to target specific areas of fatty tissue. The energising abdominal massage and body-contouring mask further eliminate toxins that contribute to cellulite formation, resulting in a smooth and velvety soft skin.

Create your own spa treatment by choosing the suitable wrap or scrub treatment according to your skin needs at any time. Enjoy a truly individual spa journey.

## Hydra-Intense Wrap Experience

30min

65 €

## Pure Detox Wrap Experience

30min

65 €

## Nude Scrub

30min

60 €

## Mineral Scrub

30min

60 €

**Our recommendation:** you can add your wrap or scrub to any of our massage or facial collections to promote a holistic feeling for your body and mind. Ask for a consultation from one of our wellness Spa therapists.

# PRIVATE SPA SUITES

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## Raxul Spa Suite

(up to 2 persons) 60min

120 €

Your wellness Spa therapist will guide you in your desired spa experience based on steam bath, mist and tropical rain shower. In the Raxul cabin, chromotherapy, music therapy and aromatherapy provide you with a true holistic experience.

Select the suitable spa body treatment for you, from our body collection of scrubs and wraps to combine with the Raxul ultimate experience. Alone or with your loved one, enjoy a truly unique spa experience.

**Our recommendation:** extend your experience with a 30 or 60 minute massage.

## Wellness Spa Suite

(up to 4 persons) 60min

140 €

You will find at your disposal a sauna, a steam bath and a hydro massage bathtub for 2 with mechanical back massage. Invent your private spa experience as a couple or with friends (for up to 4 people). Enjoy music therapy, aromatherapy, temperature, humidity and a special self-treatment (self-applied) body mask during your precious time in this sanctuary.

**Our recommendation:** you and your loved ones can extend the wellness private spa experience by following one of the following spa programmes according to your needs. One of our wellness Spa therapists will be at your disposal at any time to custom-make your private time in our spa suite.

### The Relax Experience

30min

45 €

Includes the Mediterranean self-treatment body mask with Aloe Vera, which improves your skin's hydration and smoothness.

### The Tonic Experience

30min

45 €

With an amazing self-treatment mineral body mask endowed with the strength of seaweed.

### The Purifying Experience

30min

45 €

A self-treatment grape body mask ends this programme, nourishing and detoxifying your skin.

## FINISHING TOUCHES HAIR, HAND & FEET CARE

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Hair and scalp care treatments for women and men are available at our hair salon and can be combined with your spa services. We recommend you book in advance:

– Wash & Conditioner	15 €
– Hair Mask	20 €
– WASH - Women's Haircut	45 €
– WASH - Men's Haircut	30 €
– WASH - Children's Haircut	20 €
– Blow Dry & Style Short Hair	30 €
– Blow Dry & Style Medium Hair	35 €
– Blow Dry & Style Long Hair	40 €
– Bridal Hair Styling & One Trial In Advance	200 €

Traditional manicure & pedicure can be added to your spa services. We recommend you book in advance:

– Manicure	35 €
– Pedicure	45 €
– Nail Painting	15 €
– Spa Manicure	45 €
– Spa Pedicure	55 €
– Remove Shellac	20 €



## DEPILATION

– Leg Depilation	55 €
– Half Leg Depilation	30 €
– Bikini Depilation	30 €
– Brazilian	45 €
– Underarms Depilation	20 €
– Arms Depilation	35 €
– Back Depilation	40 €
– Upper Lip Depilation	15 €
– Eyebrow Shaping	15 €

# FITNESS & MOVEMENT

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The Daios Cove Wellness & Spa is not merely a sanctuary offering pampering and rejuvenation for body and soul. It is also a place where personal fitness goals can be achieved with the help of our Fitness & Movement Team. Our specialists will evaluate in depth the guest's lifestyle, movement patterns and personal goals in order to offer the most personalised experience.

## Personal Training

The fitness centre is equipped with the latest in cardiovascular and weight-training machinery, including treadmills, elliptical trainers, stationary bicycles, rowing machines, Kinesis and TRX. Designed to make training a pleasure, the facility offers a separate area for stretching and an interactive group and personal training area. For those wishing to pursue individual health and fitness goals, our Fitness Specialists are available to meet and assist you to create a bespoke personalised training programme of outdoor and indoor activities. Personal training is available for all levels of fitness with prior booking at the Gym, to your room, outdoors or at the beach.

Individual	60/90min	60 € / 90 €
Couple/three persons	(per person) 60/90min	30 € / 40 €

Group Fitness & Movement programmes	(per person) 60min	20 €
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Our Movement Therapy specialists have created group fitness & movement classes to increase flexibility, ease the pain of sore muscles and increase the stamina of your body. Every day we offer 60 minutes of group Fitness & Movement classes. Availability is limited to 8 people per class. Please contact the Spa reception to book according to our weekly Fitness & Motion Group schedule.



# SPA ETIQUETTE

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## APPOINTMENTS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

## SPECIAL CONSIDERATIONS

Most treatments can be adapted to accommodate pregnancy or injury. Please contact us with any queries and let us know if you have any medical or health concerns.

## TREATMENT PREPARATION

We recommend that you arrive at least 30 minutes prior to your scheduled treatment, allowing time to complete your holistic health assessment and to enjoy the facilities, and loosen and relax your muscles. Afterwards, take some time out in the tranquil environment of our Spa, allowing the benefits of your treatment to take effect.

## SPA ENVIRONMENT

Please refrain from smoking and turn your mobile phone off or to a silent setting while in, or around, the Wellness & Spa areas. The minimum age for taking a spa treatment is 16 years. Guests under the age of 18 years are required to have parental consent prior to the booking being accepted.

## CANCELLATION POLICY

We understand that schedules change and we will do our best to accommodate your needs. Since your spa time is reserved especially for you, we kindly ask you to give a minimum of 4 hours' cancellation notice so that someone else may enjoy that time. Cancellations made within 4 hours will be subject to the full charge of the treatment booked.

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## VALUABLES

We request that you leave your valuables in your room.

## OPERATING HOURS

The fitness centre is open from 07.30 - 20.00 hours daily. Please contact our Guest Relations team for access at any time outside of these hours. The Spa operates from 10.00 to 20.00 daily with the last booking at 19.00. After hours Spa appointments are subject to availability. Please dial extension 450 to make a reservation.

\* Rates are subject to change. All prices are in Euro and are inclusive of applicable tax.