

Spa & Wellness



AIVITA
NATURAL PRODUCTS



KASSANDRA
PALACE SEASIDE
RESORT





Welcome to our spa...

In the inviting and luxurious environment of our spa complex you will discover the most delightful way to feel completely rejuvenated. Enjoy relaxing massages and signature treatments for face and body. The spa menu offers a great range of relaxing massages, therapeutic massages, body massages and facial treatments for all skin types, beauty treatments including holistic facials and waxing as well as manicure and pedicure services. Visitors wishing to enjoy an amazing spa experience can combine all of the above with a deluxe ritual at reasonable prices offered by professional therapists in the romantic and tranquil ambiance of the spa.

The Spa of Kassandra Palace Hotel offers a great range of high quality services ensuring utmost rejuvenation of body, mind and soul at all times.



APIVITA
NATURAL PRODUCTS

APIVITA is the first Greek natural cosmetics' company. Its name which reflects the entire philosophy of the brand, derives from the words Apis {bee} and Vita (life), meaning "the life of the bee". Inspired by the bee society, Greek nature and Hippocrates' holistic philosophy on health and beauty, APIVITA has developed and established more than 300 natural products based on pure bee products, certified plant extracts and organic essential oils.



- **Swedish Massage**

This type of massage is one of the most famous in Europe. Swedish massage stimulates the skin and nervous system and soothes nerves at the same time.

55 minutes €85

Massages

- **Anti-stress Neck and Back**

Minimum time, maximum tension-relieving results. Specifically targeting the back, shoulders and neck areas, where you need it most.

30 minutes €50

- **Deep Tissue Massage**

Alleviate stress, ease aching muscles and revive the senses. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.

55/90 minutes €90/€115

- **Thai Yoga Massage**

Incorporates the use of the massage therapist's body to release blocked energy and promote relaxation. Through stretching and passive joint movement can restore the flow of positive energy and provide relief for strained or tightened muscles.

60 minutes €110



- **Peaceful Pregnancy Massage**

This unique pregnancy massage, an intuitive, sensitive and relaxing massage, is a profoundly nurturing and tranquil oasis. Hydrates the skin that is expanding to accommodate a growing baby.

60 minutes €85

- **Cranial Massage**

Cranial massage is designed to alleviate stress with deep relaxation, improving perceptiveness of the senses and appeasing anxiety, stress, concentration difficulties and insomnia.

30/55 minutes €50/85

- **Four Hands Massage**

Relaxing massage on the whole body obtained by stimulating movements of two therapists on each side of the body.

55 minutes €115

- **Reflexology Massage**

Inspired by a selection of different Asian massage styles, this combination of strokes stimulates circulation, relieves tired and painful feet.

45/60 minutes €70/95

- **Candles Massage**

In a serene aromatic atmosphere, warm-candling massage creates an unforgettable experience. The fine creamy hot wax flows over the body, nourishing deep into the skin, while a combination of massage, stretching, gentle pressure and long continuous movements relax the muscular system and stimulate blood circulation, helping the body expel all tensions.

55 minutes €90



APIVITA
NATURAL PRODUCTS

Massages & Body Treatments

● **Apivita Aromatherapy Massage**

Invigorating and relaxing massage using a blend of essential oils especially formulated to balance your body's energy while treating your senses to delightful and aromatic fragrances.

55 minutes €90

● **Apivita Signature Massage**

A combination of traditional massage techniques – such as shiatsu and reflexology – along with more modern methods – including deep tissue massage and aromatherapy massage. Relaxation and refreshment for body and spirit.

70 minutes €95

● **Caldera Hot Stone Massage**

An indulgent massage combination using hot volcanic stones and plant-derived oils enriched with essential oils. A unique experience that has gained faithful followers, offers ultimate relaxation and energy rebalancing. The targeted movements and pressures with hot stones relax the muscles, while massaging and the use of oils hydrate and deeply condition skin.

70 minutes €95

● **Royal Honey Treatment**

Luxurious anti-aging treatment with fresh royal jelly and honey, straight from the APIVITA beehives. Royal jelly, known as the elixir of youth, offers intensive nourishment, repair and renewal even to the most demanding skins. A holistic, honey-sweet beauty experience that improves skin texture and offers an incomparable feeling of relaxation and euphoria.

60 minutes €80

● **Deep Hydrating After sun Treatment**

A refreshing treatment that deeply hydrates and regenerates skin.

The treatment includes a full body massage with a combination of plant oils that moisturizes and nourishes the skin, leaving it soft and smooth.

A wrap with fossil body mask refreshes and soothes irritated skin after sun bathing and provides the body skin with deep moisture. Following, a short facial with the express mask with aloe rejuvenates the skin and provides a feeling of freshness. Recommended for dry dehydrated skin, and ideal after extended sun exposure.

60 minutes €90

● **Aegean Wind Treatment**

A wonderful journey to the deep blue of the Aegean Sea. A herbal scrub with Cretan sea salt and lavender, rich in minerals and trace elements, removes dead cells from the skin while leaving it soft and rejuvenated.

The unique APIVITA relaxing caldera hot stones massage, with volcanic stones and organic almond oil enriched with essential oils, offers an ultimate relaxing and energy balance.

80 minutes €100



APIVITA
NATURAL PRODUCTS

Facial Treatments

● **Mediterranean Skin Food**

Holistic treatment menu based on the nourishing, antioxidant ingredients of the Mediterranean diet, offering beauty and well-being. Depending on its specific needs and type, the skin is revived and invigorated effectively, glowing with freshness and radiance.

55 minutes €80 / EXPRESS 30 minutes €50

● **Revitalizing Eye Treatment**

Anti-aging and decongesting treatment against wrinkles, dark circles and puffiness around the sensitive eye area. The targeted APIVITA massage in combination with the action of the products, stimulates microcirculation, providing immediate results for a more rested, youthful and radiant eye look.

30 minutes €50

● **Men's Facial Treatment**

A refreshing, holistic combination of intensive facial treatment and back massage that offers relaxation and a feeling of euphoria. APIVITA Men's Care line with cardamom and cedar deeply cleanses, energizes and hydrates skin, diminishing wrinkles and dark circles in the eye area.

55 minutes €70

● **Bee Radiant Age Defense**

Antiaging treatment for glowing skin which contributes to fibroblasts' stimulation, increasing the production of collagen, elastin and other skin core structural proteins. Epidermis becomes thicker, firm and soft and allows the light to penetrate and to reflect by giving an inner healthy glow. The treatment is enhanced by an internal activation of energy points of the body, with the use of hot stones.

55 minutes €80

● **Beevine Elixir**

Anti-wrinkle and firming anti-aging treatment that utilizes the powerful antioxidant properties of red wine and resveratrol. As a main active ingredient in red wine, resveratrol activates collagen production to visibly reduce lines and wrinkles, while acting, in combination with the APIVITA anti-aging massage, as an indulging, natural, repairing elixir of youth with immediate results.

55 minutes €90

● **Queen Bee Firming Treatment**

Luxurious holistic anti-aging treatment- inspired by the bee dance - ensures best cellular communication between the skin layers acting on 6 levels and treating all causes to aging skin. Highly concentrated in natural actives and the exceptional benefits of royal jelly, the new Queen Bee is an elixir of life and youth for skin, restoring firmness and elasticity while offering lifting effect. Intensive hydration and radiance supplement the exceptional benefits of this treatment. The unique APIVITA lifting massage and a targeted energy point activation technique boost cell renewal, invigorate and stimulate microcirculation.

65 minutes €100



Body Scrubs

● Exfoliation

Exfoliation is important for the invigoration and renewal of the skin as it removes dead cells, stimulates microcirculation and detoxifies, leaving skin silky-smooth and soft.

- Pure Jasmine exfoliating treatment
- Royal Honey exfoliating treatment with sea salts
- Herbal Sea Salt exfoliating treatment with sea salt & organic lavender flowers

30 minutes €50

Bath Therapy

● Skin Nourishing Bath / Jacuzzi

A great benefit of a hot tub is the potential to help ease the tensions. The heat widens blood vessels, which sends nutrient-rich blood throughout the body. Warm water also brings down swelling and loosens tight muscles. And the water's buoyancy takes weight off painful joints.

30 minutes €35

Packages

● Face and Body for Ladies

Candles Massage	55'
Bee Radiant Age Defense	55'
Body Scrub of your choice	30'
<i>2 hrs 20 min €190</i>	

● Face and Body for Gentleman

Deep Tissue	55'
Men's Facial Treatment	55'
Apivita Foot Ritual	30'
<i>2 hrs 20 min €180</i>	

● Top to Toe

Body Scrub of Your Choice	30'
Caldrera Hot Stone	60'
Express Mediterranean	30'
Skin Food	
Regular Pedicure	40'
<i>2 hrs 40 min €195</i>	

● Romance Package

Experience side by side in our romantic couples' room. Great for special occasion, birthday, anniversary or just a romantic evening.

Body Scrub of your choice	30'
Apvita Aromatherapy Massage	60'
Skin Nourishing Milk Bath	30'
<i>2 hrs €270</i>	

● Dark Chocolate

Massage combined with chocolate is a treatment for deep hydration, nourishment and wellness. Natural chocolate has antioxidant action, stimulates the production and secretion of endorphins in the brain and helps fight stress. It's a delicious head-to-toe treat for your skin!

Exfoliating Scrub	25'
Chocolate Massage	50'
Chocolate Wrap	15'
<i>1 hrs 30 min €130</i>	

Hands & Feet

● Apivita Foot Ritual

Refreshing and invigorating treatment for rested feet. A brief but splendidly relieving ritual that relaxes and conditions feet and cracked heels. Massage with reflexology pressures on energy pressure points, offers a unique sense of relief and relaxation.

30 minutes €50

● Nail Care

Nail polish	€15
Regular manicure	€29
Spa manicure (Peel-Massage-Mask)	€35
Semi permanent manicure	€40
Regular pedicure	€39
Spa pedicure (Peel-Massage-Mask)	€45
Semi permanent pedicure	€45
Shellac remove	€10

● Waxing

Bikini Wax	€25
Full Leg & Bikini Wax	€45
Half Leg/Full leg Wax	€25/35
Under Arm Wax	€15
Upper Lip & Chin Wax	€12
Eyebrow Wax	€12
Back Wax or Chest	€25
Arm Wax	€12

Spa for Children

● Massage For Children

Designed especially for the younger adults.

30 minutes €35

● Chocolate Massage

For those who adore the chocolate

30 minutes €45

● Facials For Teenagers

Treatments that are tailor made according to the individual skin type.

40 minutes €50

● Manicure & Pedicure

Manicure or Pedicure for Children
€15



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HOW TO SPA

Who will assist me selecting a treatment? The Spa reception is available to assist you with your spa service selection, including the sequence of treatments.

“How to make a reservation” The Spa is open from 09.30 to 19.30 hrs. Please for your convenience, book your appointment directly at our spa reception or dial our Spa reception on 42 or send us an email to spa@kassandra-palace.gr with any queries or for any further assistance you require. We highly recommend that you book in advance to ensure you secure your preferred time and treatment.

“Upon your arrival” We kindly request that you arrive 15 minutes prior to your treatment, in order to complete your health assessment form.

“Dress code” For hygienic reasons, we kindly remind you that taking a shower before any treatment is very important. The personnel will provide you with towels, disposable underwear and slippers. You are kindly requested to have a swimming suit with you in case you intend to enjoy our water spa facilities.

“Don’t forget” All jewelry should be removed before the treatments so make sure to leave yours in the safety deposit in your room before entering into the Spa.

“Spa Products” Why not take a little bit of Spa home with you and extend your spa experience after your holidays. A variety of experience products are available to purchase from our Spa reception.

“Experience in your room” In room treatments are charged 25% additional in the chosen therapy/treatment at the time. The booking must take place 24 hours in advance.

“The young adults” Selected treatments are available for children as long as they are accompanied by an adult. If there are any specific treatments required, please speak to our Spa Therapists who will endeavor to tailor make the treatment to your requirements.

“It’s easy” To pay for your treatments - just charge them to your room and relax until it’s time to go home. Cash and credit card payment is also accepted.

“If you can’t make your Spa moment...” Don’t worry, just give us 12 hrs notice for individual treatments and 24 hrs notice on packages that you want to cancel, otherwise 50% of the treatment price may be charged to your account. No shows 100% of the treatment price will be charged.

“Sshhh” In order to maintain that Spa feeling, mobile phones are not permitted in the Spa at any time and in order to preserve our pure air, smoking is not permitted either.

“The Thermal Suite” is included when you book any of our treatments. Otherwise, the cost per day is 6 euro.

“The gym” Open every day from 9:30 to 19:30 hrs. For safety reasons we request that children under 15 years are accompanied by an adult. Sportswear and athletic shoes are required for training.



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