

ΔVO

spa



Massage

Relaxation

Ideal for tightening of the skin, it makes your skin glow and alleviates stress symptoms. It lowers blood pressure, improves peripheral circulation and gastrointestinal mobility.

Duration: 60' / 70€ 90' / 90€

Swedish

With its roots in China, the Swedish massage is adapted to the needs of today. Perfect for relaxation, it will rid your body and mind of stress and everyday tension.

Duration: 60' / 70€ 90' / 100€

Neuromuscular

A wise choice for elimination of muscle pain, improvement of agility and general wellness. It helps improve quality of sleep and alleviates headaches and migraines. It also helps speed up recovery after surgery or injuries.

Duration: 60' / 70€ 90' / 100€

Deep tissue

A combination of Swedish massage techniques and shiatsu massage. Ideal for rigidity of muscles. Relief of chronic stress and unblocking of the deeper layers of muscle mass and fascia.

Duration: 60' / 75€ 90' / 105€

Athletic

Deep, intense and vigorous massage for a strong and agile body. Relief from chronic muscle pain, performance improvement and protection from injuries.

Duration: 60' / 85€

King Minoas ritual massage

A holistic approach with therapeutic effects that takes you on journey to ancient Crete. A combination of dynamic pressure with wild herbs used by the Minoans for muscle recovery and spiritual well-being.

Duration: 60' / 110€

Anti-cellulite

Specialised techniques for gluteus muscles and thighs. It is characterised by intense and deep sequences of movements for reduction of fat removal of toxins & water retention. The skin is rejuvenated and feels young & fresh.

Duration: 45' / 70€

Couple massage

For you and your partner. Enjoy a massage of your choice together with your other half.

Duration: 60' - 90' from 130€

Candle massage

Melted by heat, warm wax will allow all the healing ingredients to enter deep into your skin. Highly hydrating and nutritional, the nutrients of the beeswax and the essential oils will highly benefit your skin. Decongests & relaxes the muscles, stimulates blood flow & alleviates tension & stress.

Duration: 60' / 85€ 90' / 110€

Herbal Packs

Exotic. Ancient technique originating in Southeast Asia. The herbs and essential oils are ideal for relaxation, toning of the muscles and body.

Duration: 60' / 105€ 90' / 140€



Holistic body treatments

We have created various combinations of pure, natural, organic herbs and essential oils for rejuvenation, revitalisation and mental health as well as healing, body relief and therapy.

Detox and scrub with carob and Cretan herbs

- Deep body peeling with carob seeds for the smoothing of the skin, rejuvenation and hydration.
- Body massage for relaxation with essential oils from sedge, arnica, oregano, mint and other Cretan herbs.

Duration 70' / 100€

Revitalisation and Rejuvenation with clay and bergamot

- Body peeling with clay for the removal of dead tissue, toxins and improvement of blood circulation. Skin rejuvenation maintaining its natural moisture.
- Body massage with natural oils from bergamot, for the stimulation of the endocrine system, relief from stress and the promotion of mental health.

Duration: 80' / 110€

Deep hydration with an elixir of herbs, virgin olive oil and beeswax

- Massage with Cretan herbs and flowers such as labdanum, jasmine and Rosa Damascena (rose).
- A soft and smooth layer of olive oil and beeswax rich in vitamin A and E.
- Deep skin scrub and peeling with basil.

Duration 90' / 110€

Skin restoration and body treatment after direct exposure to the sun with aloe vera

- Moderate creamy skin scrub. Deep skin hydration with aloe vera for the care, healing and restoration of the damaged skin. With anti-inflammatory properties for hydration and skin nourishment.
- Soft and smooth massage with Organic Virgin Shea Butter, lavender and coconut palm oil for restoration and healing of the damaged skin.

Duration: 85' / 110€

Skin tightening and anti-aging body therapy with essential oils, honey and Cretan dark chocolate

- Multifunctional therapy with carob treatment and honey for the treatment of free radicals and the regulation of body hydration.
- Specialised massage therapy with essential oils from tangerine and incense for intense anti-aging treatment and restoration for a robust and revitalised skin.

Duration: 100' / 130€

Cherry Blossom

Experience traditional Japanese-inspired care. A gentle and impressive wellness session that becomes enchanting with the subtlety and refinement of Cherry Blossom.

Duration: 60' / 70€

Tiar

Inspired by French Polynesia, this collection takes you on a genuine journey of sensuality reflected in the refined and distinct scent of the Tiar flower.

Duration: 60' / 70€

Make up

Natural make up

Earth-tone makeup to accentuate natural characteristics.

Price: 50€

Night make up

With the emphasis on your eyes or lips for the perfect night out.

Price: 60€

Bridal make up

Get gorgeous for the most important day of your life.

Price: After consultation with the makeup artist



Manicure

Spa manicure

Scrub, mask and hand massage.

Duration: 50' / 40€

Spa pedicure

Scrub, mask and feet massage.

Duration: 60' / 50€

Manicure - Pedicure

Polish and design of your choice.

Duration, 90' / 60€

Semipermanent Manicure - Pedicure

Longer lasting polish and design of your choice.

Duration: 120' / 90€

Semi permanent removal 10€

Pedicure for men

Scrub, mask for tired feet with calluses and cuticles.

Duration: 50' / 40€

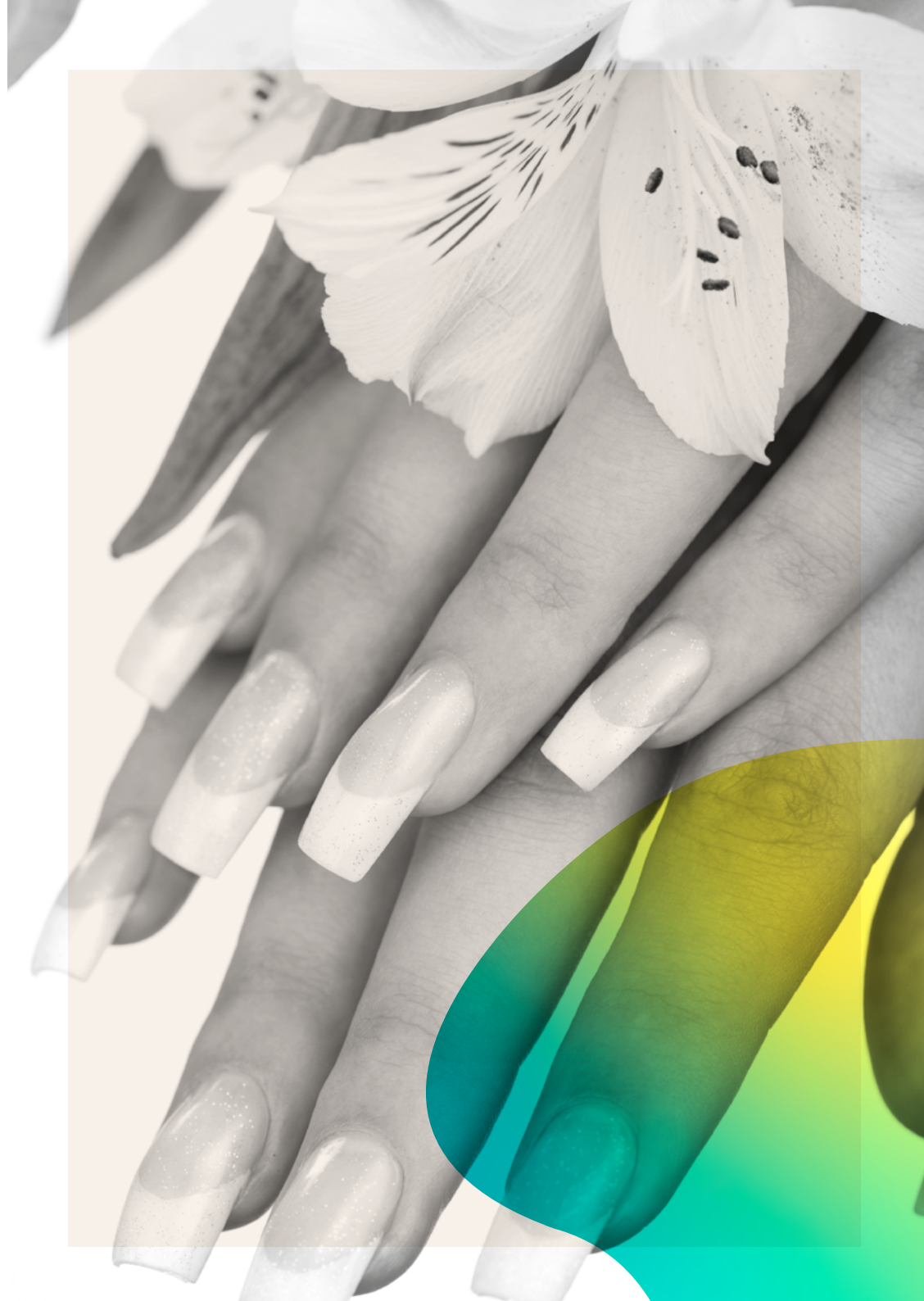
Pedological pedicure

Nail preparations, removing callus and sclerosis.

Duration: 60' - 90' / 60€

Wedding Packages

Wedding packages for total relaxation and wellness for the most important day of your life. Both for the bride and the groom as well as the maid of honor and the best man. Contact us to customise your wedding package to meet your needs.



Facial treatments

Fresh touch

- Mild scrub for the removal of dead skin cells and better blood flow.
- Increased moisturization and elasticity for dehydrated skin with the use of the ancient rockrose, cistus (laudanum), sealing moisture inside and keeping your skin fresh and highly moisturized.

Duration 50' / 50€

Glow and oxygen

- Mild liquid scrub for the removal of dead skin cells. Oil extracted from the seed of cretan grapes boasting antioxidant properties that will prevent the damage caused by free radicals. Fresh lavender scented oils for the stimulation and invigoration of the face.

Duration 50' / 50€

Ph Rebalancing with dittany

- Liquid scrub for the removal of dead skin cells.
- Dittany based treatment for balancing and regulation of skin Ph.
- Dittany is multifunctional and has antimicrobial, as well as anti-inflammatory properties.

Duration 50' / 50€

After sun oasis

Skin restoration after long exposure and sun damage.

Prolonged and repeated exposure to the sun depletes your moisture levels, reduces the production of collagen and elastin and causes premature photoaging. Avocado oil, Sesame oil and Aloe Vera, restore moisture, generate the production of collagen and elastin in the skin. Shiny glow, body dew and fresh sensation.

Duration 50' / 50€

Anti-aging treatment with Olive Tree Caviar

- Application of a mild scrub on the face to remove all the dead skin cells so that the skin is well prepared to absorb all the active elements of the treatment.
- Massage with Dittany essential oil and olive-oil based face mask.
- 'Crete's Liquid Gold'. Antioxidant properties, rich in vitamins and trace elements - a complete natural anti-aging skin treatment with effects similar to Botox.

Duration: 50' / 70€

Facial Express

The aim of this specific express treatment is to rejuvenate your face, revitalize it in a way that your skin becomes shinier and you feel more relaxed and fresh. This treatment is adapted to your type of skin so that all the elements are effectively absorbed.

Duration: 30' / 45€



The logo consists of a solid black square. Inside the square, the letters 'A', 'V', and 'O' are written in a white, bold, sans-serif font. The 'A' is a simple triangle with a horizontal bar, followed by 'V' and 'O'.

AVO