



OUR PHILOSOPHY

The Elixir Spa of the Grecotel Group, inspired by the Minoan civilization, the oldest in Europe, offers an exquisite blend of relaxation, class and top service. Drawing inspiration from the ancient Greek alchemists, our methods embody the philosophy of longevity and personal exploration towards inner wellness: harmony of mind and spirit.

Elixir Beauty Spa provides highly curated menus and treatment protocols designed to offer unique pampering experiences, the result of three decades of empirical research and tangible exploration to achieve the ultimate balance of body and spirit.

The local tradition and the natural richness of the land invite you to immerse yourself in an oasis of tranquility and luxury that unites the timeless elements of earth, sun and water.

This trinity had profound significance for the ancient Greeks: not only was it vital to the practical aspects of life, but it was deeply rooted in their spiritual beliefs.

"Our greatest journey we make it with our soul" N. Kazantzakis



Merging unique bio-actives with natural and rare, organic Greek & Mediterranean ingredients, award-winning Spa Brand Ariadne Athens.

SIGNATURE TREATMENTS

Inspired by the rituals of Ancient Greece and the land's mythical nature we are proud to present a series of bespoke treatments. Immerse yourself in the spirit of our setting using extracts and essential oils recovered by the lush flora and local ingredients.

MINOAN PRINCESS

Let us make you feel like a real Prince or Princess. Indulge in the genuine earthy notes of Greece, luxuriate in the benefits of rare herbs, and relax in the velvet textures that cover your skin, as every step of this treatment imbues your senses in a world of opulence. The treatment includes an exfoliation with olive and roses, followed by the application of a rich body mask, containing a refreshing cocktail rich in organic honey, which contributes to the hydration, regeneration and tightening of the skin. The relaxing head-to-toe massage with warm pouches that complement the treatment with aromas of clary sage, honey and rosemary, literally endows an experience designed for royals.



MASSAGES

PALACE MASSAGE

Inspired by the grooming rituals of Classical beauties. This treatment consists of a full body massage, using techniques inspired by the calming influence of the sea's movement.

NEW HEALING DESTRESS MASSAGE

Surrender to the soothing power of touch and sensation, and let your body flow back into its natural rhythm. The warm body massagers made of black obsidian glide effortlessly over your skin, releasing tension and offering a profound sense of relief. A botanical elixir of essential oils caresses your body, gently absorbing into the skin. The rhythmic, harmonious movements begin with the tools, then flow into the hands, delivering a wave of pure tranquility and awakening your senses to a new level of relaxation.

DEEP TISSUE MASSAGE

Relieves stress that causes muscle tension. This therapy rejuvenates the body by using deep pressure massage. Deep muscle group massage using fingers, fists, forearms & elbows. The result is complete rejuvenation, toning, and relaxation that also relieves pain, reduces stress and fights inflammation by improving posture and sleep quality.

SEA BREEZE AROMA MASSAGE

A lavish body massage using essential oils made from plant and herb extracts. The oils have either detoxifying, stimulating or relaxing properties chosen to suit individual needs. The aroma from the oils has a therapeutic effect, inducing a feeling of utter mind & body peace.

LYMPHATIC MASSAGE

A detoxifying treatment is performed specifically on the legs. It activates the circulation and the lymph glands flushing out excess liquids, making the muscle tissue firmer. Ideal for combatting cellulite and stimulating your blood flow systems.

CANDLELIGHT MASSAGE

Find your mind and body's inner peace in a warm place, gently lit by the flame of a candle. The soothing scent and light shadows of creamy wax will lead you on a sensory journey: oils awaken your senses and deeply nourish your skin, enhancing the massage experience.

MOM-TO-BE MASSAGE

Indulge in a caring touch that is in complete harmony with the very special period of your pregnancy. Mom To Be massage relieves the stressed zones and at the same time strengthens the blood circulation. The specialized, soft and nurturing handling of this technique offers a safe treatment that embraces your needs as well as your baby's.

ULTRA FACE & SCALP MASSAGE

This relaxing massage performed with essential oils on the pressure points of the neck, scalp, ears, and face concentrates on soothing away tiredness, stress, and excess tension. A wonderful treatment for headaches, and stiff and tired muscles, as well as obtaining harmony, both body and mind.



MASSAGE IN VILLA

The following treatments are available in the comfort of your room. Please note that the treatments have an extra charge of 50% for the service. The service is available during the Spa's operating hours.

PALACE MASSAGE

DEEP TISSUE MASSAGE

SEA BREEZE AROMA MASSAGE

OXYREVITAGE AGE TREATMENT

MANICURE

PEDICURE

ELIXIR OUTDOOR EXPERIENCE

Now you can enjoy a unique experience listening to the waves next to the Cretan Sea, which can offer you moments of wellness, releasing your energy, strengthening your body and clarifying your spirit...

PALACE MASSAGE

DEEP TISSUE MASSAGE

SEA BREEZE AROMA MASSAGE

LYMPHATIC MASSAGE

ULTRA FACE & SCALP MASSAGE



FOR TWO

Surprise your partner with a signature treatment for two. Choose between our unique treatments according to your needs.

LOVE POTION

Succumb to the touch of romance and get into the mood for love. Share an unforgettable experience with your partner: on twin massage beds, enjoy a full body scrub, followed by a wash with a warm towel. To close, indulge in a sensual relaxing partner massage with essential oils that the ancients believed had aphrodisiac effects.

PASSION RITUAL

The passion ritual for 2 combines the rejuvenating effect of fragrances with the wealth of aromatherapy and the caress of warm herbal extracts. Relax in the scent-laden atmosphere and bask in the pleasure of a warm creamy wax film that nourishes the skin while a soothing massage helps the body eliminate tension.

OUR SWEET ANNIVERSARY

Chocolate spa becomes addictive – a chocolate lover's dream! A sense of physical and mental wellness. The combined benefits of chocolate on the skin detoxify, tone, and soften the skin, uplifting your mood and strength with the aromatic characteristics of high-quality chocolate. The sweet treat is completed by offering chocolates & strawberries to awaken all sensory zones.



BODY & SOUL ELIXIRS

Specially designed programs for a truly unique pampering experience in exclusive settings. They offer both ancient and modern techniques to relieve the body and feed the soul meticulously.

ANCIENT SPIRIT ELIXIR

A detox treatment that enhances metabolism. A light body scrub exfoliates and prepares the skin for a highly targeted lymphatic massage that follows and tones the blood circulation. Applying a mineral mask with dolomite argil rich in elements and vitamins which will detoxify and tone the skin.

Please arrive 30 minutes before your appointment as the use of our sauna is recommended before the treatment.

ELIXIR MARINE RITUAL

A journey to the sea: a three-salt exfoliation, made of selected salt for its richness in minerals and trace elements releases the epidermis from dead cells. Followed by a remineralizing seaweed wrap and a regenerating massage using beeswax and essential oils.

ELIXIR OF VINEYARDS

Enjoy an exfoliating blend of grape seeds with anti-aging and detoxifying benefits and a deeply nourishing and relaxing massage to rejuvenate and strengthen the skin. Experience a comprehensive facial treatment for unparalleled radiance that leaves your skin smoother and firmer. The oxygenating and antioxidant properties of this treatment enhance the energy and defense of your skin, protecting it from the sun and pollution.

BODY SLIMMING AND FIRMING

Complete body treatment to redraw the silhouette, reduce the appearance of cellulite, tone and give a feeling of lightness and well-being to the body. This body mask has a 'sauna' effect and acts effectively on fatty areas. The skin transforms from the first application onwards: the epidermis is firmer, smoother, and softer. Please arrive 30 minutes before your appointment as the use of our sauna is recommended before the treatment.



SPECIAL THERAPIES

RF BODY LIFT & TIGHTENING WITH THE FIRST APPLICATION

RF body treatment offers dramatic improvement in skin sagging and localized thickness. We start with a dry exfoliation to stimulate microcirculation, apply a special gel and then use the radio frequencies on selected areas of the body. The treatment is completed with hydration and massage, leaving the skin soft, firm and smoother.

THALLLASEA TREATMENT

Exfoliate with a refreshing scrub infused with local citrus fruits for a revitalizing Vitamin C experience. The lavish body massage that follows concentrates on soothing away tiredness, stress and alleviating tension, inducing a nascent uplifting sensation in the body and mind.

BACK RITUAL

A cleansing ritual combination of enveloping movements and the use of self-heating mud to relax the deep muscles and relieve joint tension. The self-heating oligo-active mud detoxifies the body and creates a profound feeling of relaxation in areas of muscle tension.

RELIEF LIGHT LEGS

Refreshing notes of spearmint mingle with the velvet texture of sugar crystals to slowly stimulate the blood flow and offer a cooling sensation, as the body scrub smooths away dry, flaky skin. Potent red grape blends with local herbs in a rich in antioxidants gel mask that renews the skin. A pampering massage experience using the moisturizing properties of coconut oil to deeply hydrate. Finally, a calming yogurt powder mixed with the gel mask offers ultimate comfort for tired legs.

SUN-KISSED SKIN RITUAL

This after-sun body treatment soothes and refreshes the skin after sun exposure! A specific body wrap with hibiscus flower extract repairs the skin, and a complete body moisturizing massage soothes the sunburn. Intensely hydrated, the skin is soft, and the body is perfectly relaxed.



FACIAL TREATMENTS BY LUXURY SKIN CARE PRODUCTS

RADIOFREQUENCY (RF) CLAMPING & REJUVENATION THERAPY

RF facial treatment is the ultimate solution for tightening, anti-aging and skin regeneration. Using advanced high frequency radio waves, this treatment activates natural collagen production, smoothes the skin and gives a visibly renewed appearance, restoring the elasticity and feeling of freshness you had forgotten.



PRIMIA COSMETICI

The history of Primia, a family company, began in 1965 through who nourishing a strong attraction for the world of aesthetics and turned their passion into their business. In 2007 the Primia Cosmeciti brand was founded, a dynamic brand, whose strong points are rigor, scientificity, effectiveness and safety of the products, innovation based on constant technological research and respect for the skin, always considering the characteristics of the individual to offer personalized and lasting results.

OXYREVITAGE AGE TREATMENT

Anti-wrinkle treatment for dry, tired, and dehydrated skin. The proper combination of active retinol and vitamin C releases oxygen. The epidermis is rebuilt, bright, vigorous, and protected from photoaging. An ideal treatment for the summer months.

DERMOSTAMINE TREATMENT

A Face treatment for those worried about age signs. It fights surface and deep wrinkles and helps to regenerate skin cells through plant liposomes.

HYDRATENSE TREATMENT

Deep hydration treatment with Hyaluronic acid, herbal extracts, ginger and chamomile. Hyaluronic acid activates the deeper layers of the epidermis for hydrated and improves its elasticity.



BIOTIKA TREATMENT

The microbiome is the identity of our skin and the microflora is the protective barrier. The active ingredients of the Biotika line are strictly of vegetable origin ideal for all skin types, even the most stressed and sensitive ones and especially for all ages. The ingredients of Vitamin E and Grape Stem cells from Italian Unripe Grape effectively counteracts free radicals by increasing the long-term antioxidant capacity of the skin, while Aloe Vera gel with calendula extracts make it perfectly for dry and sun-damaged skin because they offer active nourishment.

AGE DEFENCE TREATMENT BY DAIMON BARBER

Discover the rejuvenating effects of Daimon Barber's AGE DEFENCE treatment, designed to cleanse, hydrate, and revitalize your skin. This innovative treatment helps restore vitality while improving skin health and texture. Build your personalized skincare routine with our nourishing formulas, crafted to support your unique needs and deliver long-lasting results.

ADD ON

You can add any of the below choices to your selected treatment. Ask our specialist about personal recommendations!

HAIR SPA TREATMENT BY MOROCCAN OIL

COLLAGEN EYE PATCHES

BODY SCRUB

EXPRESS FACE REJUVENATE

FACIAL MASSAGE (GUA SHA TOOLS, ROLLER)







BEAUTY SERVICES

- BEAUTY MAKE UP GLAMOUR MAKE UP
- BRIDAL MAKE UP BRIDAL TRIAL MAKE UP
- EXTRA LASHES APPLICATION

SALON TREATMENTS

- MANICURE LONG LASTING MANICURE SPA MANICURE PEDICURE
- LONG LASTING PEDICURE SPA PEDICURE COLOR CHANGE
- LONG LASTING COLOR CHANGE LONG LASTING REMOVER

WAXING TREATMENTS

- UPPER LIP LEGS & BIKINI FULL LEGS LOWER LEGS BACK
- UNDERARMS OR BIKINI, OR LOWER ARM EYEBROW SHAPING

DAY SPA RITUALS

BRIDAL 3 HRS

- 15' BODY SCRUB 60' SEA BREEZE AROMA MASSAGE
- 60' FACIAL TREATMENT 45' PEDICURE

MEN'S GETAWAY 2 HRS

• 60' DEEP TISSUE • 60' DAIMON BARBER'S AGE DEFENCE FACIAL TREATMENT



FAMILY BONDING

Vacations are the time to be with your loved one...at all times! There is nothing more fun than enjoying moments of wellness and relaxation with your family, all together, in the name of utter mind & body tranquility. The packages apply to families.

OUR TIME

JOYFUL KID'S MASSAGE 50' - KID PEDICURE 45' SEA BREEZE AROMA MASSAGE 50' - MANICURE 45'

SWEET FAMILY

CHOCOLATE HUG 60' - EXPRESS FACE FRUIT TREATMENT 30' CHOCOLATE THERAPY 60' - EXPRESS FACE TREATMENT 30'



BACHELOR BLISS

Friendship is one of the strongest bonds in our lives. Share these moments with them before the big day! For him and or her.

CRETAN RIPPLE

- Herbal tea
- Hydro Pool
- Sauna
- Body citrus scrub
- Sea breeze Aroma massage
- · Healthy Smoothie

SPARKLE SKIN SAVIOR

- Herbal tea
- Hydro Pool
- Sauna
- · Pinot Noir Body scrub with grape seed and raffle powder
- Body Massage with Grape & Blackcurrant seed oil
- Express Radiance facial Vine Stem Cells & Pinot Noir & Blackcurrant hyaluronic acid
- Glass of sparkle wine assortment of fruit & cheese

SuperUomo COMPLEXION

- Herbal tea
- Hydro Pool
- Sauna
- Body Scrub
- · Ancient Greek Massage
- Glass of sparkling wine assortment of fruit & cheese

Prices are per person.

A deposit of 50% of the final amount by bank transfer is required for booking. It is also desirable to have a guest list with the names of the participants to better organize the Bachelorette.



PALACE WELLNESS PACKAGES

WEEKEND SPA 2 DAYS

Day 1: 30 'Body scrub, 50 'Sea Breeze Aroma massage

Day 2: 60' Facial Treatment, 30' Manicure

RELAX 4 DAYS

Day 1: 120' Minoan Princess

Day 2: 60' Facial Treatment

Day 3: 60' Palace Massage

Day 4: Spa Manicure & Spa Pedicure

ANTI-STRESS 6 DAYS

Day 1: 120' Minoan Princess

Day 2: 60´ Biotika Face Treatment

Day 3: 60' Deep Tissue

Day 4: 80´ Elixir Marine Ritual

Day 5: 60' Candle Massage

Day 6: Spa Manicure & Spa Pedicure

EXPRESS DETOX 3 DAYS

Day 1: 60' Body Slimming & Firming & 20' Face Lymph massage

Day 2: 30 'Body Wrap, 60 'Lymph massage

Day 2: 80' Ancient Spirit Elixir

VITAL DETOX 6 DAYS

Day1: 60´ Body Slimming & Firming & 20´ Face Lymph massage

Day 2: 60' Ancient Greek Massage

Day 3: 60' Body Slimming & Firming

Day 4: 40' Relief Light Legs & 60' Face treatment

Day 5: 80' Ancient Spirit Elixir

Day 6: 60' Deep Tissue & 30' Lymph massage

DON'T HESITATE TO CREATE YOUR PERSONAL PROGRAM WITH OUR EXPERT SPECIALIST



KID'S SPA MENU

Offer your kids and teens health benefits with these specially curated therapies just for them! A parent or guardian must be present in the room during service. Age limit from 7 to 12 years.

JOYFUL KID'S MASSAGE

The Kids Massage is ideal for boys and girls aged 7 to 12 years. Natural hypoallergenic oil is applied with gentle strokes on the muscles and joints.

CHOCOLATE HUG

With the chocolate massage the body is immersed in one of the most enjoyable and fun treatments! After the massage with the chocolate mousse, a quick shower followed by applying a chocolate cream that leaves the skin soft and smooth with a sweet scent of chocolate! Loved by adults and youngsters alike.

FRUIT SPA EXPERIENCE

A fresh and fruit spa experience perfumed with the irresistible fragrance of fruit. A complete spa treatment for everyone that combines a full body massage and a hydrating face mask to feel sweetly energized but also mindfully relaxed.

LITTLE GLOW FACIAL

Touch is a natural healing process. Our face needs special care after sun exposure. A natural gentle facial using food-grade ingredients under the guidance of a spa therapist. Learn some tips and ideas for taking care of your skin so it maintains a healthy balance when at home.

KID MANICURE

The perfect clean hands! After nails are buffed, they are massaged with a heavenly-scented hand cream. Perfect fingers are finished off with a sweep of polish in your color of choice.

KID PEDICURE

The perfect clean feet! After nails are buffed, they are massaged with a heavenly-scented foot cream. Perfect toes are finished off with a sweep of polish in your color of choice.

MUM WITH ME or DAD WITH ME

There is no better place than the Spa for the little one to spend a special day with mommy or daddy! Side by side indulge in a 50minute body massage.

MUM WITH ME or DAD WITH ME PACKAGE

There is no better place than the Spa for the little one to spend a special day with mommy or daddy! The package includes a body scrub, a light massage and a face treatment.

SPA ETIQUETTE

OPENING HOURS

Spa: Daily 10:00 am to 6:30 pm

Gym: Daily 8:00 am to 8:00 pm, supervised from 8:00 am to 6:00 pm

SPA CONTACT

GRECOTEL CRETA PALACE
Missiria 74100 Rethymno, Crete, Greece
T +.30 2831055181

E-mail: spa.cp@grecotel.com

SPA RESERVATIONS

Please contact the Elixir Beauty Spa Reception directly on extension 7010 or via the Reception Desk on extension 0. Bookings in advance are recommended to secure your preferred treatment time.

PREPARATION

We recommend that you leave all jewelry and valuables in your room before coming to the spa.

Male guests are advised to shave before all facial treatments to ensure that maximum results are achieved.

ARRIVAL

Please arrive 15 minutes before your treatment. You will be asked to complete a lifestyle questionnaire. If you wish to prepare your skin with our facilities, we recommend arriving 30 minutes before your treatment appointment time. Being late for your appointment may shorten the length of your treatment depending on scheduling. You will be provided with a bathrobe, towels, slippers and disposable undergarments by your therapist.

TREATMENT

During treatments, please let your therapist know if you're comfortable or uncomfortable, too warm, or too cold, or if the pressure is too light or too firm. Your comfort and care are our greatest concern and priority.

If you have a particular injury or physical condition, please inform the therapist who can suggest appropriate adjustments to the treatment for your comfort and to enhance the treatment's effectiveness.

If you have any questions, your therapist will gladly answer them.

AFTER YOUR TREATMENT

We recommend using our relaxation room after your treatment to enjoy refreshing juices or a variety of herbal teas. Our professional therapists are at your disposal for any further wishes you might have.

We recommend that you do not sunbathe or exercise after any massage or body treatment for at least six hours.

To extend your spa experience at home, a variety of spa products are available for purchase at the spa retail store. Do not hesitate to ask us for guidance and recommendations.

PAYMENT

For in-house guests, all treatments can be charged to your room and will appear on your account at the time of departure from the hotel. For external quests credit cards or cash are accepted at the spa reception.

Taxes are included in all our services.

CANCELLATION

We request a minimum of 12 hours cancellation notice for a single treatment or ritual. If you fail to cancel or reschedule your appointment, you will be charged 100% of the cost for the scheduled service.

CHILD REGULATION

Children between the ages of 7 to 12 can attend specific treatments which can be selected from our spa menu and are exclusively performed with the consent and escort of a guardian. Spend quality time with your child by enjoying a family's body treatment in our double cabin.

For safety reasons, entrance to Elixir Beauty Spa is not permitted for children under the age of 12.

Children aged 12 to 16 years can use the GYM facilities when accompanied by a parent.

KINDLY NOTE

In consideration of other guests, smoking and active mobile phones are not permitted in Elixir Beauty Spa. This is the time for your body and mind to release the worries and stress of the day.

PRICE LIST

	Duration	Price
SIGNATURE TREATMENTS		
Minoan Princess	105′	185€
MASSAGES		
Palace Massage	60′	130€
Healing Destress Massage	60′	150€
Deep Tissue Massage	30′/60′	95€/175€
Sea Breeze Aroma Massage	30 ⁻ /50 ⁻	85€/125€
Lymphatic Massage	30′/60′	75€/125€
Candlelight Massage	50 <i>′</i>	135€
Mom-to-be Massage	45´	105€
Ultra Face & Scalp Massage	20′	75€
MASSAGE IN VILLA		
Palace Massage	60′	195€
Deep Tissue Massage	30′/60′	145€/265€
Sea Breeze Aroma Massage	30′/50′	130€/190€
Oxyrevitage Age Treatment	60′	195€
Manicure	30′	55€
Pedicure	45´	75€
ELIXIR OUTDOOR EXPERIENCE		
Palace Massage	60′	130€
Deep Tissue Massage	30′/60′	95€ /175€
Sea Breeze Aroma Massage	30′/50′	85€/125€
Lymphatic Massage	30′/60′	75€/125€
Ultra Face & Scalp Massage	20 ′	75€
FOR TWO		
Love Potion	60 ′	245€
Passion Ritual	60′	260€
Our Sweet Anniversary	60′	250€

ELIXIR BEAUTY SPA

Dur	ation	Price
BODY & SOUL ELIXIRS		
Ancient Spirit Elixir	80′	140€
Elixir Marine Ritual	80′	120€
Elixir Of Vineyards	80′	170€
Body Slimming And Firming	60′	145€
SPECIAL THERAPIES		
RF Body Lift & Tightening with the first application	60´	150€
Thalllasea Treatment	60′	110€
Back Ritual	60´	120€
Relief Light Legs	40′	85€
Sun-kissed Skin Ritual	40′	120€
FACE TREATMENTS		
Radiofrequency (RF) Clamping & Rejuvenation Therapy	60´	150 €
Oxyrevitage Age Treatment	60′	130€
Dermostamine Treatment	60´	145€
Hydratense Treatment	60´	110€
Biotika Treatment	60′	115€
Age Defence	60´	110€
ADD ON		
Hair Spa Treatment By Moroccan Oil	20 ′	50€
Collagen Eye Patches	20′	55€
Body Scrub	20 ′	60€
Express Face Rejuvenate	30 <i>°</i>	80€
Facial Massage (Gua Sha Tools, Roller)	40′	70€

ELIXIR BEAUTY SPA

	Duration	Price
BEAUTY SERVICES		
Beauty Make Up		60€
Glamour Make Up		80€
Bridal Make Up		230€
Extra Lashes Application		30€
Bridal Trial Make Up		50€
SALON TREATMENTS		
Manicure		35€
Long Lasting Manicure		45€
Spa Manicure		50€
Pedicure		50€
Long Lasting Pedicure		55€
Spa Pedicure		60€
Color Change		15€
Long Lasting Change		25€
Long Lasting Remover		10€
WAXING TREATMENTS		
Upper Lip		20€
Legs & Bikini		55€
Full Legs		40€
Lower Legs		30€
Back		35€
Underarms Or Bikini Or Lower Arm		20€
Eyebrow Shaping		10€
DAY SPA RITUALS		
Bridal	3 Hrs	330€
Men's Getaway	2 Hrs	280€
FAMILY BONDING		
Our Time		120€ Per Person
Sweet Family		160€ Per Person

ELIXIR BEAUTY SPA

	Duration	Price
BACHELOR BLISS		
Cretan Ripple		100€
Sparkle Skin Savior		150€
Superuomo Complexion		200€
PALACE WELLNESS PACKAGES		
Weekend Spa	2 Days	315€
Relax	4 Days	515€
Anti-stress	6 Days	980€
Express Detox	3 Days	460€
Vital Detox	6 Days	1050€
KID'S SPA MENU		
Joyful Kid's Massage	30′/50′	55€ / 85€
Chocolate Hug	50′	100€
Fruit Spa Experience	60′	120€
Little Glow Facial	45´	90€
Kid Manicure	30′	25€
Kid Pedicure	45′	35€
Mum With Me Or Dad With Me	50′	190€
Mum With Me Or Dad With Me Package	90´	380€

