



CRETA PALACE  
GRECOTEL LUXURY RESORT

## *Elixir Beauty Spa*

### Body & Soul Elixirs

*Specially designed programmes for a truly unique experience and pampering in exclusive settings. They offer both ancient and modern techniques to relieve body and soul.*

#### **ELIXIR OF LIFE 1 HOUR & 20'/135€**

Restores body energy, revitalising, moisturizes & improves skin firmness. An alchemist's secret from Antiquity, which blends the four elements of life: water, air, earth & fire. The best-known goal of the alchemists was the transmutation of common metals into gold. This exclusive skin therapy harnesses nature's most luxurious element - GOLD and the delicate scents of wildflowers from the plains and desert with incredible revitalizing effects that rejuvenate skin and boost vitality. A gentle body exfoliation using apricot peeling, minerals, and passion flower to leave the body glowing. Smoothness, suppleness

and body energy are restored with the application of a rich body mask. Finish with a light massage with replenishing body cream for deep moisturizing, while sipping the Potion of Life!

#### **ELIXIR MARINE RITUAL 1 HOUR & 20'/110€**

A journey to the sea: a three-salt exfoliation, made of selected salt for their richness in minerals and trace elements release epidermis from dead cells. Followed by a re-mineralising seaweed wrap and a regenerating massage using beeswax and essential oils. The laminaria body wrap regulates the metabolism, re-mineralizes, moisturizes and protects the skin.

#### **ANCIENT SPIRIT ELIXIR 1 HOUR & 20'/125€**

Detox Treatment which enhances metabolism. A light body scrub exfoliates and prepares the skin for the Special 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.

# Massages & Therapies

## ELIXIR AROMA MASSAGE 50'/90€

Light body-brushing with pure essential oil performs a natural exfoliating scrub. The lavish body massage that follows concentrates on soothing away tiredness, stress and alleviating tension, inducing relaxation to the body and mind.

## PALACE MASSAGE 60'/95€

This treatment, inspired by the grooming rituals of the Classical-era beauties, consists of a total body aromatherapy, a drainage massage, head and face massage, reflexology on feet/hands/ears, and Shiatsu.

## DEEP TISSUE MASSAGE 30'/70€ , 60'/130€

Relieves stress that causes muscle tension. This amazing therapy rejuvenates the body by using deep pressure massage – no wonder it's the favourite massage in the best spas worldwide! Deep muscle groups are massaged using fingers, fists, forearms or elbows. The result is complete rejuvenation, toning and relaxation that relieve pain, reduce stress and fight inflammation by improving posture and sleep quality.

## AROMA MASSAGE 30'/60€, 50'/85 €

A complete body treatment 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 well being.

## LYMPHATIC MASSAGE 30'/ 55€, 50'/75€

A detoxifying treatment performed specifically on legs. It activates the lymph glands to flush out liquids, thus making the muscle tissue firmer. Ideal for reducing cellulite and stimulating your body systems.

## KIDS' MASSAGE 20'/45€, 40'/75€

A unique treatment specially designed for children. Touch is a natural healing therapy. The Kids Massage is ideal for boys and girls aged 5 to 16 years. Natural hypoallergenic oil is applied with a gentle massage. The qualified therapists gently massage the muscles and joints (hands - back - legs - face - neck - scalp - hair). Regular treatments help to reduce tension and offer a sense of relaxation resulting in tranquil, restful and quality sleep. The massage stimulates the immune system, moisturizes the skin, helps in muscle and bone development and enhances movement and flexibility. Treatment for youngsters and teenagers provides a sense of relief and security, while regular use can help the child gain balance and maturity.

## HEAD & FACE MASSAGE 20'/50€

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

## For Two ♥

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

## LOVE POTION 60'/160€

An absolutely sensual ritual to tantalize and delight! Succumb to the touch of romance at Elixir Spa and get into the mood for love. Share an unforgettable experience with your partner: on twin massage beds, enjoy an orange and sugar body scrub, followed by natural sponge wash with rosewater. For a perfect finale indulge in a sensual relaxing partner massage with aphrodisiac essential oils that will free your mind, relax your body, and transport you both straight to bliss.

## RITUAL PASSION 60'/160 €

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 warmed candle oil that nourishes the skin while a soothing massage helps the body eliminate tension. A sensory experience just for couples, which will have you 'walking on clouds'.

## Special Therapies *including free use of sauna*

### SOMMELIER'S BODY COCOONING 60'/130€

This pampering body rejuvenation will regenerate the skin to its best. An invigorating body scrub of grapes skins is followed by a nourishing and anti-ageing body wine mask while you drift away with a wonderfully soothing scalp massage... The naturally anti-oxidant benefits of this treatment will enhance body, maximise hydration, plump and smooth to perfection, while nurturing your body in a cloud of well-being.

### BODY SLIMMING AND FIRMING 60'/100€

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. The movements encourage the mask to heat up, providing excellent stimulation of the metabolism. The cocktail of laminaria seaweed and the essential oils reduces the tensions and get for the body relaxation and well-being by the massage. The skin is soft, supple and more tonic. Associated with the massage, this body oil reduces the cellulite.

### BACK RITUAL 60'/90€

A cleansing and relaxing ritual combination of enveloping movements and the use of a 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. Its enveloping warmth and crackling foam gives the skin a real feeling of well-being.

### AFTER-SUN TREATMENT 30'/70€

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

## Facial Treatment

### PURE GOLD AND COLLAGEN FACIAL 75'/170€

The ultimate skin brightening treatment using the powerful properties of 24 Carat Gold and Pure Collagen. The facial begins with a plumping Pure Collagen Mask combined with a lifting and toning massage. 24 Carat Gold Leaf is applied and massaged into the skin using gentle, circular movements. The treatment ends with a spritz of Pure Collagen Spray to give a youthful glow.

### OLIGO SKIN PROTECT 55'/120€

Detoxifying, balancing, age preventing The ultimate in building your skin defenses using anti-oxidants, this treatment instantly hydrates and balances, boosting oxygenation to the skin cells. Using the exclusive Anne Semonin Oligo range of products, an advanced formula combining dynamic ingredients such as algae and chlorella, ensures a clear skin, thoroughly protected from the urban environment.

### SOOTHING SKIN SAVIOUR 50'/115€

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 the luxurious Anne Semonin cream

mask. The generous application of the algae and kaolin clay formula smoothes and nourishes skin revealing a perfectly calm and soothed complexion.

### AGE DEFEND 50'/130€

Anti-ageing, ultra firming, toning Define the ageing process with this quintessential regenerating facial therapy. Signs of aging dissolve as essential oils and minerals are gently massaged into the skin improving tone and elasticity. Mature skins will appreciate the extracts of Mexican wild Yam root and vitamin A & E which provide the ultimate defense against environment aggressions and help maintain a youthful radiance all the way to a cellular level.

### PRECIOUS PEARL ULTRA LIFT 85'/140€

Anti-ageing, regenerating, radiance enhancing. This ultimate wrinkle-fighting facial will restore the skin's lack of firmness and tone leaving your skin and face contours in top condition. This advanced treatment includes a series of comprehensive lifting and drainage massage techniques that are a real gift for those suffering from tight facial muscles and a tired complexion. The perfect remedy for mature lacklustre skin.

### EXQUISITE MIRACLE EYES 45'/100€

Brightening, distressing, refreshing An exquisite treatment specifically designed for the delicate eye area. A unique combination of contour masks and specialized lymphatic massage, ideal for reducing the signs of ageing and melting away stress. Cryotherapy ice cubes diminish puffiness and refresh the eyes. Finally, a divine application of miracle eye cream completes the total eye care experience.

### OXYREVITAGE AGE TREATMENT 60'/110€

Anti-wrinkle treatment for dry, tired and dehydrated skins. The proper combination of active retinol and vitamin C releases oxygen. The epi-

dermis is rebuilt, bright, vigorous and protected from photoaging. An ideal treatment for the summer months.

### DERMOSTAMINE TREATMENT 60'/115€

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

### OIL FREE TREATMENT 60'/90€

Treatment for oily and mixed skins. Antiseptic ingredients and lactic acid have the purpose of cleansing and nourishing the skin for spectacular glow.

### HYDRATENSE TREATMENT 60'/100€

Enhanced deep hydration treatment with Hyaluronic acid, herbal extracts, ginger and chamomile. Hyaluronic acid activates the deeper layers of the epidermis for better bonding of collagen and elastin fibers. The skin is hydrated, improves its elasticity and gains a natural and healthy look.

### MEN'S TREATMENT 60'/80€

This comprehensive treatment is adapted specifically for men's skin and involves highly concentrated marine oligo-elements. It releases tension, removes traces of fatigue and strengthens the natural radiance of the skin. This cream mask combines white clay and seaweed to purify and absorb impurities while taking care of sensitive and delicate skins. The epidermis is rebalanced, and the complexion is radiant and glowing once again. Aimed at sensitive and fragile complexions, this mask soothes and rebalances the skin on the face. In order to quickly reduce any discomfort, this pleasantly cool mask contains seawater which prevents inflammation and soothes sensitive skin. Foam gives the skin a real feeling of well-being.

## Special Packages

### BRIDAL

3 HOURS 250€

- 10' Body Scrub
- 20' Body mask, 50' Aroma Massage
- 50' Facial Treatment
- 30' Manicure

### ALL DAY TOTAL RELAX

2 HOURS 200€

- 10' Body Scrub
- 50' Aroma Massage
- 50' Facial Treatment

### MEN'S GETAWAY

3 HOURS 230€

- 20' Body Scrub
- 60' Aroma Massage
- 60' Men's Treatment
- 40' Pedicure

### SALON TREATMENTS

Manicure	30'/35€
Long Lasting Manicure	40'/45€
Pedicure	45'/50€
Long Lasting Pedicure	50'/60€
Color Change	15€
Long Lasting Color Change	25€
Long Lasting Remover	10€

### WAXING

Upper lip	10'/20€
Legs & Bikini & Underarms	60'/65€
Legs & Bikini	45'/50€
Lower Legs	20'/30€
Underarms or Bikini, Arm	15'/25€
Eye brown shaping	15'/10€
Back	30'/35€
Full Legs	40'/40€

## Special Programs

### "ELIXIR" RELAX – ANTI-STRESS PROGRAMME

2 Days / 260€

Day 1: 20' Body Scrub, 20' Body Wrap, 30' Aroma massage

Day 2: 50' Facial Treatment, 50' Aroma massage

4 Days / 480€

Day 1: 20' Body Scrub, 30' Aroma massage

Day 2: 20' Body wrap, 50' Aroma massage

Day 3: 60' Back Ritual, 50' Facial Treatment

Day 4: 80' Elixir of Life, 30' Manicure

6 Days / 680€

Day 1: 20' Body Scrub, 30' Aroma massage

Day 2: 20' Body wrap, 50' Aroma massage

Day 3: 60' Back Ritual, 50' Facial Treatment

Day 4: 80' Elixir of Life

Day 5: 80' Elixir Marine Ritual, 45' Pedicure

Day 6: 50' Facial Treatment, 30' Manicure

10 Days / 1.050€

Day 1: 20' Body Scrub, 30' Aroma massage

Day 2: 20' Body wrap, 50' Aroma massage

Day 3: 60' Back Ritual, 50' Facial Treatment

Day 4: 20' Body Wrap, 60' Palace massage

Day 5: 30' Aroma massage, 50' Facial Treatment

Day 6: 85' Precious Pearl Ultra Lift

Day 7: 80' Elixir of Life, 45' Pedicure

Day 8: 80' Marine Ritual, 20' Head & Face massage

Day 9: 80' Ancient Spirit Elixir, 45' Exquisite miracle eyes

Day 10: 20' Body wrap, 30' Aroma massage, 30' Manicure

### SUPER – SLIM PROGRAMME

2 Days / 260€

Day 1: 20' Body scrub, 20' Body Wrap, 50' Lymph massage

Day 2: 80' Ancient Spirit Elixir

4 Days / 480€

Day 1: 20' Body Scrub, 20' Body wrap, 50' Lymph massage

Day 2: 80' Ancient Spirit Elixir

Day 3: 80' Elixir Marine Ritual

Day 4: 60' Body Slimming and Firming

6 Days / 680€

Day 1: 20' Body Scrub, 20' Body wrap, 50' Lymph massage

Day 2: 80' Ancient Spirit Elixir

Day 3: 80' Elixir Marine Ritual

Day 4: 80' Ancient Spirit Elixir, 20' Head & Face Massage

Day 5: 20' Body wrap, 50' Lymph massage

Day 6: 60' Body Slimming and Firming

Day 7: 20' Body wrap, 50' Lymph massage

Day 8: 80' Ancient Spirit Elixir

Day 9: 80' Elixir Marine Ritual

Day 10: 60' Body Slimming and Firming

**OPENING HOURS: DAILY 10:00 - 18:30 HRS** You May Contact The Elixir Beauty Spa Directly On Ext. 33/7010

# Ayurveda

## “The Mantra for Health & Happiness”

### **Welcome to a journey of self realization...**

*A whole new dimension of Spa opens up as we learn to touch and communicate with you in a manner that honors your uniqueness and body type. The spa-experience then becomes a context where your true nature can blossom and unfold. Inevitably, this is what each one of us seeks. Our wide range of luxurious face and body treatments are customize product selection and treatment for your body nature. Ayurveda is a science dealing not only with treatment of some diseases but is a complete way of life. This system of science stress on the prevention of body ailments in addition to curing them. This tradition of natural healing system has been a part of culture and daily life in India since the Indus valley civilization (BC. 3000). It is the most natural way to refresh you, eliminate all toxic imbalances from the body, and regain resistance and good health. Ayurveda is based on the universal principles and is a living, growing body of knowledge, which promotes positive health, natural beauty and long life. It concentrates on the mental, physical and also spiritual harmony of an individual creature as a whole and also of the universe. This is the only system, which removes the ailment from the root cause.*

### **We offer something more than just a good treatment...**

### **We present a journey of self discovery...**

## Body Massages & Treatments

### **Abhyangam 60'/75€**

This is the basic Ayurveda massage. Experts massage lukewarm Ayurvedic oil on the head and body. Enhances proper blood circulation and relaxes mind.

### **Uzhichil 60'/90€**

This is done by applying pressure on the vital points (marma), muscles. The masseur applies pressure with the fingers, thumb or palm at certain points having high concentration of life energy. This massage is superb for overworked, tired, stressed muscles to help stretch the body and alleviate fatigue.

### **Elakkizhi 75'/130€**

One of the most relaxing and refreshing massages that you can enjoy. This is a massage with warm roasted leaf bags after 40 minutes of basic massage from head to toe with Ayurvedic oils. This is very good for relieving spasm and stiffness of muscles, lubricating the joints, strengthen the spinal muscles and relieves joint pain especially backache. Enhances peripheral blood circulation, cleanses the channels of circulation and expels toxins through the sweat.

### **Navarakkizhi 75'/160€**

Massage with Ayurvedic oils for the whole body is done in the first phase of this treatment. This is followed by massage with warm rice

(medicinal rice, Navara) bags dipped in milk and a herbal decoction. Oil massage follows as the next phase. This massage nourishes tissues, softens the skin, enhances complexion, strengthens body muscles, cures the stiffness of the joints, and improves digestive power.

### **Sirodhara 75'/115€**

This is a unique massage of Kerala in which a steady stream of medicated oil is poured on the forehead in a peculiar pattern. This is done after 30 minutes of basic massage for whole body. It is mainly done for relaxing the mind. Very effective for mental relaxation, sleep disturbance, head ache, hair problems and skin diseases.

### **Udvarthanam 75'/105€**

Massage with special herbal powder after 40 minutes of oil massage. This is done like a scrub for exfoliation; break cellulite; deplete the fat, strengthens the muscles. Removes impurities, dead skin cells and stimulate circulation. This prepares the body for further treatments.

### **Spine Care 60'/100€**

Spine massage starts with an application of warm herbal poultice after anointing oil. Luke warm oil is allowed to stay on the low back / upper back or neck for 30 minutes in a dam made with dough. This therapy relieves occupational tension buildups, stiffness, spasm, pains and aches. This is very effective for sciatic pains and spondylosis.

## Signature Massages

### **Anti Voyage Fatigue 90'/200€**

This massage is designed to relieve the stress and strain due to long journeys. This is helpful to relieve the muscle pains and aches, swelling on the feet, headache, sleep disturbance, constipation and other discomforts of jetlag.

### **Scrub N' Trim 90'/200€**

This massage is designed for reducing weight. This includes an herbal powder scrub after an exotic and vaso-dilating massage with warm herbal bags in oil / decoction. Repeated sessions help in over weight.

## Head & Face Treatments

### **Nasya & Dhooma 40€**

Three to ten drops of herbal juice or medicated oil are applied through nose. This is followed with application of medicated steam for few seconds. This treatment is highly effective for certain kinds of headaches, sinusitis, facial paralysis, mental disorders, neck problems, allergic respiratory diseases etc.

### **Herbal Face & Head Massage 30'/50€**

There is not usually time for a full face and head massage as part of a full-body massage. You might like to try it on its own or in combination with a neck and shoulder massage.

### **Ayurveda Kaajal 20€**

Ayurveda recommend daily use of a natural kaajal and collyrium for the health and beauty of eyes. This includes putting herbal eye drops in the eyes and an eye wash with herbal water. Reduces puffiness and disperse congestion.

## Express Treatments

### **Scalp Massage 15'/25€**

A gloriously relaxing yet invigorating experience. Let our therapist iron out the stress and strains of life as she massages the scalp - one of the main tension holding sites of the body with or without Ayurveda oils in the traditional Indian style.

### **Neck & Shoulder Massage 15'/25€**

For many people, the neck and shoulders are common areas of soreness and tension. Working at a desk or a computer all day helps to create such problems. This massage with or without herbal oil relieves your tension build ups.

### **Ayurvedic Neck & Shoulder Care 25'/50€**

In this treatment fresh herbs are cooked in ayurvedic oils and packed into bags, which are applied over the neck and shoulder after hand massage. This relieves the spasm and stiffness of neck, shoulder and upper back muscles. This is very effective for cervical spondylosis.

### **Legs & Feet Massage 15'/25€**

Our legs and feet frequently get ignored and small twinges and discomforts often go unheeded. Massage provides the means to ease these tensions and revitalize this weight-bearing part of the body. Feel the joy of pampering in the soles of your feet and the very tips of

your fingers with exotic rituals.

### **Ayurvedic Leg Massage 25'/50€**

In this treatment fresh herbs are cooked in ayurvedic oils and packed into bags, which are applied over the legs and feet after the traditional hand massage. This relieves spasm, stiffness, muscle cramps, sciatic pain, and knee & ankle pain. This massage improves lymphatic and blood circulation and effective on swollen feet.

## Various Treatment Packages

### **For 1 To 5 Days**

#### **Ayurveda Refreshment Program 1 Day 215€**

Elakkizhi - 75 minutes (In the morning)

Ayurveda Herbal Tea Sirodhara - 75 minutes (In the evening)

#### **Ayurveda Refreshment Program 3 Days / 445€**

This includes the combination of traditional massages; Herbal Soothe, Tranquility, Body Revive along with time tested herbal teas for the total refreshment of body and mind.

#### **Body Slimming 5 Days / 880€**

From the perspective of Ayurveda, losing weight is not about starving or suppressing the appetite. It is about balancing your fat metabolism. You don't have to starve yourself or exercise until you drop. Balance is the key and with a therapy which is tailor made to suit your constitution. Treatments include body massage by special herbal powders and internal herbal medicine. There can be a possible weight reduction of around 2-3 kilos in 1 week.

#### **Stress & strain relief program 5 Days / 880€**

An effective and prominent treatment for the release of day-to-day strain and stress. It calms your mood, brings relaxation of the body and mind, It slows down the pace.

## Ayurvedic Treatments

### For Children

#### **Kaumara Abhyangam 30'/50€**

A special body massage which restores the moisture to the skin, soothes the nerves, strengthens the bones and nourishes the tissues.

#### **Anna Lepa 45'/80€**

A rejuvenation technique that causes the entire body to perspire by using medicated rice cooked in herbal decoction and milk and applied all over the body with gentle oil massage. This clears the obstruction in the channels of the body, improves blood circulation, removes wastes from the body, improves complexion, strengthens digestion and restores vigor. It makes the entire body strong, sturdy and well developed. It helps to sharpen the senses.

# Elixir Beauty Spa Guidelines

## PREPARATION

- Please arrive 15 minutes before your treatment. Before your treatment, you will be asked to complete a lifestyle questionnaire.
- You will be provided with a bathrobe, towels and slippers.
- Please remove all jewellery and clothing, leaving on your undergarments. For some treatments you will be provided with disposable undergarments by your therapist.
- The management will not be held responsible for the loss of any personal items.

## 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 is 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.

## CANCELLATION

We request a minimum of 4 hours' cancellation notice for a single treatment or 24 hours' advance notice for rituals. If you fail to cancel or reschedule your appointment, you will be charged for the scheduled service. Being late for your appointment may shorten the length of your treatment.

## CHILDREN'S POLICY

Persons aged under 18 years are not allowed in the Elixir Beauty Spa unless accompanied and with the consent of an adult.

## KINDLY NOTE

- 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.
- Smoking is not permitted in Elixir Beauty Spa.

## VORBEREITUNG

- Bitte kommen Sie spätestens 15 vor Behandlungsbeginn zum Empfang. Zuvor werden Sie gebeten, einen persönlichen Fragebogen auszufüllen
- Sie werden mit einem Bademantel, Handtüchern, und Hausschuhen versorgt
- Entfernen Sie bitte, bis auf Ihre Unterwäsche, alle Schmuckstücke und Kleidung. Für einige Behandlungen werden Sie von Ihrem Therapeuten mit Einwegunterbekleidung versorgt.
- Wertsachen sollten in Ihrem Safe aufbewahrt werden. Das Management kann für den Verlust von Gegenständen keine Haftung übernehmen

## BEHANDLUNGEN

- Sagen Sie Ihrem Therapeuten bitte Bescheid, ob Sie die Behandlung als angenehm oder unangenehm empfinden, wenn es Ihnen zu warm oder zu kalt ist oder der Druck zu leicht oder zu fest wirkt. Ihre Wohlbefinden steht im Mittelpunkt und hat immer Vorrang.
- Informieren Sie den Therapeuten über eventuelle Verletzungen oder physische Beeinträchtigungen, so dass die Behandlung entsprechend angepasst und die Wirksamkeit erhöht werden kann
- Sie haben Fragen? Der Therapeut steht Ihnen gerne Rede und Antwort

## STORNIERUNG

Wir bitten Sie für den Fall, dass Sie die Behandlung ausfallen lassen möchten, sich rechtzeitig zu melden. Die Abmeldefrist beträgt bei Einzelbehandlungen vier Stunden, bei Programmen 24 Stunden. Wenn Sie Ihre Behandlung nicht rechtzeitig annullieren oder einen Ersatztermin vereinbaren, müssen wir Ihnen die Behandlung in Rechnung stellen. Sollten Sie zu spät zu Ihrem Behandlungstermin kommen, wird dies die Dauer der Behandlung verkürzen

## ALTERSBESCHRÄNKUNG

Eintritt im Elixir Beauty Spa, für Kinder unter 18 Jahre alt, ist ohne Zustimmung nicht gestattet und müssen von einem Erwachsenen begleitet sein.

## BITTE BEACHTEN SIE

- Mobiltelefone sind im Elixir Beauty Spa nicht gestattet. Dies ist die Zeit für Ihren Körper und Geist, um die Sorgen und den Stress des Tages los zu lassen.
- Rauchen ist im Elixir Beauty Spa nicht gestattet.

## ΠΡΟΕΤΟΙΜΑΣΙΑ

- Παρακαλούμε να βρίσκεστε στο ραντεβού 15 λεπτά νωρίτερα, για την υποδοχή, την αλλαγή ρούχων και τη συμπλήρωση του προσωπικού σας ερωτηματολογίου.
- Στους πελάτες παρέχονται ρόμπες, πετσέτες και παντόφλες.
- Παρακαλούμε πριν τη θεραπεία να αφαιρέτε τα κοσμήματα και τα ρούχα σας εκτός από τα εσώρουχα. Για κάποιες από τις θεραπείες θα προμηθεύσετε εσώρουχα μιας χρήσης.
- Δεν φέρουμε καμία ευθύνη για αντικείμενα που τυχόν χάσετε.

## ΘΕΡΑΠΕΙΕΣ

- Κατά τη διάρκεια της θεραπείας παρακαλούμε ενημερώστε τους θεραπευτές μας για το αν αισθάνεστε άνετα ή όχι και αν η θερμοκρασία δωματίου σας ικανοποιεί. Το να αισθάνεστε άνετα είναι το κυριότερο μέλημά μας.
- Ενημερώστε τους θεραπευτές μας για τυχόν εκδορές, τραυματισμούς ή πόνους σε συγκεκριμένα σημεία του σώματός σας. Έτσι η αντιμετώπιση θα είναι η πρόποσα βάσει των δικών σας αναγκών.
- Αν έχετε ερωτήσεις ή απορίες οι θεραπευτές μας με χαρά θα σας τις λύσουν.

## ΑΚΥΡΩΣΕΙΣ

Σε περίπτωση ακύρωσης κάποιας συγκεκριμένης θεραπείας, πρέπει να μας ενημερώνετε τουλάχιστον 4 ώρες νωρίτερα από το ραντεβού σας, ενώ στα πακέτα θεραπειών 24 ώρες νωρίτερα. Χωρίς έγκαιρη προειδοποίηση θα επιβαρυνθείτε για το συγκεκριμένο ραντεβού. Σε περίπτωση που καθυστερήσετε αυτό ίσως μειώσει το χρόνο που θα έχετε στη διάθεσή σας για τη θεραπεία.

## ΚΑΝΟΝΙΣΜΟΣ ΓΙΑ ΠΑΙΔΙΑ

Απαγορεύεται η είσοδος στο Elixir Beauty Spa, σε παιδιά κάτω των 18 ετών χωρίς την συγκατάθεση και την συνοδεία κηδεμόνα.

## ΠΑΡΑΚΑΛΟΥΜΕ ΣΗΜΕΙΩΣΤΕ

- Τα κινητά τηλέφωνα δεν επιτρέπονται στους χώρους του Elixir Beauty Spa, άλλωστε μην ξεχνάτε πως ήρθατε να χαρίσετε στον εαυτό σας στιγμές χαλάρωσης στο σώμα και στο πνεύμα σας.
- Σας υπενθυμίζουμε ότι το κάπνισμα στο Elixir Beauty Spa απαγορεύεται. Σας ευχαριστούμε που δεν καπνίζετε!

## ΠΟΔΓΟΤΟΒΚΑ

- Пожалуйста, приходите за 15 минут до начала вашей процедуры. Перед процедурой, пожалуйста, заполните предлагаемую анкету.
- В Спа-центре Вам предоставляются: купальный халат, полотенца, и шлепанцы.
- Пожалуйста, снимите все драгоценности и украшения, а также одежду до нижнего белья. Для некоторых процедур терапевт Вам предоставит специальное нижнее белье.
- Администрация центра не несёт ответственности за утерю ваших личных вещей.

## ΠΡΟЦЕДУΡΥ

- Во время процедур, пожалуйста, не стесняйтесь сообщить врачу, о тех или иных удобствах или неудобствах, слишком холодной или горячей воде, низком или высоком давлении воды. Наш главный приоритет - забота о Вас и Вашем комфорте!
- Если у Вас имеется специфическая рана или физический недостаток, пожалуйста, не стесняйтесь сообщить об этом врачу, который предложит соответствующие условия для прохождения вами процедуры и повышения её эффективности.
- Ваш врач с удовольствием ответит на все Ваши вопросы.

## ΟΠΟΖΔΑΝΙΕ Ι ΑΝΝΥΛΙΑΝΙΑ

Убедительно просим Вас уведомить нас об отмене посещения не менее чем за 4 часа до начала процедуры или за сутки до посещения специальной программы. При более поздней аннуляции мы вынуждены выставить в счет полную стоимость аннулированных процедур. Если вы опоздали на процедуру, то время ее проведения соответственно сокращается.

## ΔΕΤΙ

Дети в возрасте до 18 лет могут посещать Elixir Beauty Spa только с разрешения опекуна и только в сопровождении взрослых.

## ΠΟЖАЛУЙСТА, ОБРАТИТЕ ВНИМАНИЕ

- На территории Спа - центра Elixir Beauty Spa пользование мобильными телефонами не разрешается. Это – время заботы о вашем теле и духе!
- Курение на территории Elixir Beauty Spa запрещено.