



*xenodocheio*  
**Milos**

THE SPA & WELLNESS SUITE

# THE SPA & WELLNESS SUITE

AT XENODOCHEIO MILOS

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Our SPA & WELLNESS Suite reflects the values of 'evexia', meaning well-being in Greek. We believe what goes into our body reflects directly on our skin, therefore we have curated a menu of therapies that respect the body's complex physiology and the skin's natural renewal process. Our well curated menu of therapies is powered by ELEMIS, the No1 British Luxury Skincare brand, and includes an array of Massages, Facials and Body Treatments that will help you unwind and reveal the best version of you. Inspired by the Mediterranean and the wealth of natural and active ingredients that our Greek flora gives us, our therapies combine techniques inspired from all around the world, with the aim to leave you feeling completely re-invigorated. You can also rest and renew in our steam/hammam, part of our Wellness Suite, or indulge with one of our complete Skin & Body Packages.

**Explore our menu and let us help you choose the best treatments for you.**

**ELEMIS**

# WELLNESS RITUALS

Powered by ELEMIS (No1 British Luxury Skincare Brand)

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## SIGNATURE RITUALS

### SKIN NUTRITION

**(Face & Body) 90'**

*A top to toe  
rejuvenating experience*

### PHILOXENIA

**Aromatherapy Massage 60'**

*Be our guest to  
this relaxation nirvana*

This Ritual begins with a thorough body exfoliation using a salt scrub infused with Lime, Ginger and absolutes of Jasmine, that feels like you are in a true Greek garden, whilst removing any dead skin cells from the body and revealing smooth, radiant skin. It is followed by a Pro-Glow Brilliance Facial, powered by Superfoods, Superfruits and Superveggies, to deeply detox and refresh the complexion. The result? Skin thriving with good health from top to toe.

€180

Our Aromatherapy Philoxenia Massage is a deeply relaxing, mindful treatment that will 'convince' your body to surrender all toxins and enter an absolute state of calm. Using a blend of essential oils inspired by the Mediterranean, this aromatic experience includes absolutes of bitter orange, cardamom and ginger, that work together to sharpen concentration and balance breathing and focus. A truly mesmerizing experience of aromatherapy that begins with inhalation breathing and is impeccably completed with a mist of Aloe Vera all over the body.

€130

# QUICK SPA EXPERIENCE

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## **Pre- Meeting Neck & Shoulder Fix 25'**

A super-power tension release on shoulders and neck that lifts away any aches, pains, and allows a more flexible motion in the upper body. One to choose before a special meeting to allow clearer thinking and a relaxed motion.

70€

## **Muscle Relief Deep Tissue Back Massage 30'**

Tailored entirely to your needs, this massage session leaves you feeling grounded and focused. We will select an ELEMIS luxury aromatic oil according to your selections, be they muscle pain or stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation.

80€

## **After Traveler Lower Legs & Foot Recovery Massage 40'**

This treatment takes away pains and aches from heavy legs that suffer from fluid retention, mainly due to extensive traveling or prolonged body posture concerns. A great idea for those looking to feel lighter and stronger in 40-minutes, and those that want to increase circulation from the base of the body that usually carries unreleased tension and heaviness.

85€

# MASSAGE THERAPY

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## **Muscle Relief Deep Tissue Massage 60'/90'**

*The embodiment of aromatic mastery*

Tailored entirely to your needs, this massage sessions leaves you feeling grounded and focused. We will select an ELEMIS luxury aromatic oil according to your selections, be they muscle pain or stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation.

€125/€160

## **Sleep Recovery Massage 60'**

*Rediscover the value of sleep*

An aromatherapy hydrating body massage that brings everything back to the potency of essences, using a deeply relaxing blend, to let your mind and body restore itself. Palmarosa, Amaranth and Bacuri Oil, envelop the body in a veil of calm, which promotes a good night's sleep. Especially recommended for those with troubled sleep or those who love a good night's sleep after traveling.

€130

# MASSAGE THERAPY

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## **Energetic Hot Stone Massage 60'**

*An immersive relaxation experience*

Balinese stones bathed in the ELEMIS Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin. Achieves all over deep relaxation, with penetrating heat from the stones and introduces you to a new level of touch and relaxation.

€140

## **Peaceful Pregnancy Massage 75'**

*Peace of mind for mothers-to-be*

We have put together a uniquely nurturing and subtle pregnancy massage. An intuitive, sensitive and relaxing massage hydrates and moisturises your expanding skin to accommodate a growing baby. Only nurturing aromatics are imparted, along with wisdom, empathy and respect.

€150

# FACE THERAPY

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## **Pro-Glow Smooth**

60'

*the HIIT Workout for your Skin*

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth, and rejuvenated.

€150

## **Pro-Glow Brilliance**

30'/60'

*your Recipe for Radiance!*

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer-looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant, and healthy.

€85/€120

# BODY THERAPY

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## **Aroma Spa Mediterranean Sea Wrap for Detox & Fluid Retention 75'**

*A Mediterranean sea treasure for your body!*

This seaweed treatment offers your body detoxification and deep cleansing inside and out, combining the richest of sea plants and marine algae with aroma-therapeutic actives. This treatment is excellent for improving the dimpled appearance of cellulite and reducing fluid retention. A warm seaweed body mask combined with a detoxifying blend of Juniper and Lemon essential oils is applied to the body, before you are cocooned in a comforting foil wrap, whilst being treated to a deep Thai drainage facial massage and de-stress scalp treatment.

€150

## **Intensely Cleansing Salt Scrub (Lime & Ginger or Frangipani Monoi) 40'**

*Enjoy the cleansing power of sea salt*

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. First, select the fragranced salt you prefer to gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. A smooth and responsive canvas, your skin is then ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.

€75



# THE RITUALS

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## **Party Prep Face & Body – 2hrs45'**

€340

- Steam Room 15'
- Body Exfoliation 30'
- Philoxenia Aromatherapy Massage 60'
- Pro-Glow Smooth 50'

## **City Escape – 90'**

€200

- Philoxenia Aromatherapy Massage 60'
- Pro-Glow Brilliance 30'

## **Face & Body Ritual for Two – 90'**

€160 / per person

- Steam Room 15'
- Massage of Choice 60'
- Booster Facial 15'

## **Body Detox Experience – 1hr40mins**

€210

- Steam Room 15'
- Body Exfoliation 20'
- Aroma Spa Mediterranean Sea Wrap for Detox & Fluid Retention 75'

## **The Birthday Spa Treat – 1hr45'**

€195

- Steam Room 15'
- Deep Tissue Massage 60'
- Pro-Glow Brilliance 30'

# SPA SUITE ETIQUETTE

*At xenodocheio Milos, the safety and comfort of all our guests is the uncompromised priority and purpose of everything we do. To best serve this vision, we have put together a set of policies and practices, which we kindly ask you to follow while present at our premises.*

## ONCE IN THE SPA SUITE

You are kindly requested to respect the privacy of other guests. Refrain from smoking or using mobile phone and cameras.

We also recommend you leave all valuables in your room. The Spa Suite does not assume liability for any valuables.

Privacy of other guests is not applicable as this is a suite which accommodates only one guest.

## HEALTH

COVID-19 safety measures are applicable in all xenodocheio Milos premises, thus the Spa Suite as well.

You are kindly asked to follow them at all times.

Also, please make sure you let us know of any health concerns, allergies, injuries or recent operations.

## THE EXPERIENCE

The Spa Suite therapist will provide towels, slippers and all amenities that are needed for you to make your Spa Suite visit an experience of maximum comfort and self-pampering.

## RESERVATIONS

We recommend advanced booking to ensure your preferred times are available. The Spa Suite provides walk-in bookings based on availability. It is best to arrive at least 15 minutes before your treatments to allow enough time for consultation.

To make a Spa Suite reservation, please contact the Spa Suite from your guest room by dialling Front Desk.

## GIFT CERTIFICATES

A relaxing self-care experience is the best gift you can give to your loved ones!

We offer Gift Certificates that make a wonderful gift for a special occasion.

Please enquire with our Reception for more details.

# SPA SUITE ETIQUETTE

## AGE

The minimum age for Spa Suite usage is 16 years. For any treatments booked for ages under 18 years, we require a Parent's approval and Signature.

## DELAYED ARRIVAL & CANCELLATION POLICY

Please remain conscious of the fact that any delayed arrival of yours may result in a reduction of treatment time as a courtesy to our next guest. We ask for a minimum of 6 hours' notice for cancellations. With fewer than 6 hours' notice, please be informed that you will be charged the full price.

## SAFETY & HYGIENE

At our Spa Suite we practise all safety procedures before and after your treatment, following all hygiene protocols and standards, that ensure your visit is free of worries and stress. Your health and well-being is always our top priority.

## IN-ROOM TREATMENTS

Many of our treatments can be performed in the comfort of your room. Please enquire at Spa Reception for details and note that there is an extra charge of €50.00 for any Spa In-Room appointment.

## OPENING HOURS

The Spa Suite operates between 11:00 am and 7:00 pm. Upon timely notice in advance, we will be able to satisfy your requests for treatments outside the above hours; Couples' treatments will have to be requested 24 hours in advance.

## SPA RETAIL BOUTIQUE

At our Spa Suite you will find a curated selection of ELEMIS products and suncare products available for purchase. Please ask for a complete Skin and Lifestyle Consultation to ensure you take the best at-home experience with you.



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[www.xenodocheiomilos.com](http://www.xenodocheiomilos.com)