



# *Elixir Alchemy 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.*

### **Ancient Spirit Elixir 1 Hour & 20'/125€**

Slimming, body toning, reducing cellulite and obesity, revitalising, increases metabolic rate. 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.

### **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.

## Signature Treatments

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

### **Minoan Princess 60'/120€**

An exhilarating experience of relaxation and wellness that releases and calms, both, body and mind! Give your precious self the ticket for a journey in the richness of Cretan flavors and aromas, such as sage, Malotira Mountain tea and other local herbs. The treatment includes the application of a rich body mask, prepared by the therapist for you on the spot, containing a refreshing cocktail rich in organic honey, bee pollen, royal jelly, which contribute dramatically to the renewal, regeneration and tightening of the skin. The mask's lavish benefits are complemented by an elaborate massage with Dittany oil infused with Cretan Crocus, and warm Herbal Pouches full of Cretan herbs, that leave the skin silky and smooth. The alluring ritual ends with the application of a refreshing gel containing red grape and Raki from Crete that leaves the body's skin deeply hydrated, while also stimulating your senses!

# 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.

## Amirandes Massage 60'/95€

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

## 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. 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.

## Relax & Reflex 30'/ 70€

Let yourself indulge in the relaxing process of reflexology on your feet, combined with the care of warm towels and peeling. A combination of pressure points and special massage techniques done on the feet and calves will stimulate the blood circulation and will also remove the tension through the nervous system giving a sense of lightness on your feet and filling you with energy. This Asian technique is an ideal choice for those who need a complete care of the feet and calves, giving relaxation, hydration and a feeling of wellbeing.

## Head & Face Massage 20'/50€

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 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 the Elixir Alchemy Spa and get into the mood

for love. Share an unforgettable experience with your partner: on twin massage beds, enjoy a lavish aromatic body scrub, followed by natural sponge wash with essential oils. For a perfect finale indulge in a sensual aromamassage with aphrodisiac essential oils that will free your mind, relax your body, and transport you both straight to bliss.

## Passion Ritual, 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*

### Deep Moisturizing Hair Treatment 60€

An excellent hair treatment that restructures, strengthens, moisturizes and protects the hair. It is also a treatment for hair loss that nourishes and stimulates the hair follicle. The active ingredients that contains such as silk, cider vinegar, yeast extract and special BR oxygenating complex (that is patented by the company), help the dry and fragile hair to stay healthy and shiny. It offers a complete restructure to the hair from the root to the end. At the scalp, the active ingredients that contains such as nettle extract, burdock and vitamin B2, stimulate the hair growth and development of new hair. Also, it provides an immediate restoration, nutrition in depth, intense shine and silky texture to the hair. It's an ideal treatment for damaged hair after dyes, several coiffure techniques and after intense exposure to the sun and sea.

### Holistic Detox Body Treatment 1 Hour & 20'/140€

Relax and find your inner peace and calm breathing the stimulant essential oils that give off through this combined treatment. The marine active ingredients of algae and phytoplankton as well as the specially designed blend of essential oils constitute the perfect holistic treatment. It offers full detoxification to your body, visible cellulite reduction as well as toning and repairing of your skin.

### Relief Sunburn Treatment 60'/120€

Unique soothing treatment for immediate sunburn relief. Calms irritation and significantly reduces intense redness and prevents peeling. Hydrates and refreshes the skin giving it back elasticity. Immediate effects that let you enjoy the sun again. Combines powerful antioxidants, regenerating and moisturizing elements such as Vitamin C, E, astaxanthin, concentrated aloe vera, evening primrose oil. Enjoy the sun and its beneficial properties safely. Always protect your skin to avoid unpleasant effects.

### 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.

### Lap Of Luxury Sea Scrub 40'/80€

This sensorial experience will wrap your whole body into softness and silkiness. Enriched with essential oils, this pleasant care begins with a complete body scrub to get rid of dead cells and smooth the skin, and will gently end with the application of a rich body milk to leave your skin luminous and velvety. Skin is renewed and more beautiful.

## Face 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.

### Essentials Face Therapy 50'/100€

This delightful break in daily life offers a moisturizing and soothing facial to fight pollution negative effects and urban stress. Thanks to its exclusive anti-pollution complex Urban Advance (Shea butter, sweet probiotic, mint endorphin), this care will provide you with a privileged moment to bring real comfort to your skin, leaving it fresh and radiant. Perfect to discover Sampar and enjoy a relaxing pleasant time for all skin types.

### Age Antidote 60'/110€

The Age Antidote facial is a complete care ritual integrating special anti-ageing ingredients such as Bio-peptides to help resurface the skin, Hyaluronic Acid to plump and hydrate the skin or Adenosine to get an immediate lifting effect. This specific anti-ageing care is ideal to fight against all age signs: wrinkles and fine lines, radiance loss, discomfort, tonicity and firmness loss. A real cocooning care to get rid of age signs the smoothest way.

### Pure Perfection 30'/60€

This purifying treatment is recommended for combination to oily skin or skin prone to blemishes that is shiny and often meets blackheads, dilated pores and imperfections problems or that needs a post acneic treatment. As a result, the skin is fresh and purified from the inside, pores are tightened and the complexion is mattified. Indulge your skin with this healthy facial care for a radiant pure skin.

### Bright & Light 50'/80€

Give to your skin the brightening holidays result! Dull and lackluster view will be replaced by radiant luminosity. Get a uniform skin with highlighted moisture effects.

### C.v.s Lift Treatment 80'/160€

A unique innovative lifting that has been applied, only, in 45 minutes. Feel the oval of your face lifting and well-shaped, the color of your skin is glowing and bright, the fine lines and wrinkles to fade away, the eyelids

are lifted and your eyes look is more youthful. A treatment that takes its power through the active ingredients that contains such as: hyaluronic acid, herbal complex, silk extract and seaweeds. As well as through the specific sculpting techniques of the facial muscles by specialized therapists. A unique experience that you must live.

### Soin Lissant Treatment 90'/150€

A treatment of immediate restoration of the thin, sensitive skin showing signs of premature aging. The Soin Lissant Treatment uses active, moisturizing, invigorative and protective substances such as pumpkin extract, Omega 3-6 Complex and silk proteins. It smoothes the appearance of fine lines and wrinkles. This unique technical application of the specific smoothing movements makes this care treatment the perfect touch for your skin.

### Oxygenating Treatment 60'/130€

This luxurious ritual provides a perfect combination of oxygenation, bio-energy and smoothing wrinkles. A wonderful moment of well-being and relaxation that makes you shine full of health from the very first day of the treatment. It contains active ingredients such as Marine Elastin, the special BR oxygenating complex, regenerative proteins and phytoplankton that make this treatment very active. So it can strengthen the functions of the skin, the cell regeneration, its revitalization as well as smoothing wrinkles, which makes your skin glows and your entire facial features look very youthful. It tones the eye area and reduces the dark circles under the eyes and smoothes the fine lines and wrinkles. This treatment is ideal for the men's skins as well as the tired, dull skin with wrinkles.

### Men's Treatment 60'/80€

This comprehensive treatment is adapted specifically for men's skin and involves highly concentrated marine oligo-elements. It 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. 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

### ESCAPE PACKAGE

3 Hours / 250€  
10' Body Scrub  
20' Body mask,  
50' Aroma Massage  
50' Facial Treatment  
30' Manicure

### TOTAL BODY RELAX

4 Hours / 280€  
20' Body Scrub  
20' Body Wrap  
30' Body Relax Massage  
20' Head Relax Massage  
60' Facial Treatment  
15' Eye Brow Shape  
75' Manicure & Pedicure

### MEN'S GETAWAY

3 Hours / 230€  
20' Body Scrub  
60' Aroma Massage  
60' Men's Treatment  
40' Facial Treatment  
40' Pedicure

### SALON TREATMENTS

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

### WAXING TREATMENTS

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

## Special Programs

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

2 Days / 220€

Day 1: Sauna, 20' Body Scrub, 20' Body Wrap, 30' Relax massage  
Day 2: Sauna, 20' Body wrap, 50' Aroma massage

4 Days / 450€

Day 1: Sauna, 20' Body Scrub, 20' Body Wrap, 30' Relax massage  
Day 2: Sauna, 20' Body wrap, 50' Aroma massage  
Day 3: Sauna, 20' Body wrap, 50' Essentials Face Therapy  
Day 4: Sauna, 60' Minoan Princess

6 Days / 780€

Day 1: Sauna, 20' Body Scrub, 20' Body Wrap, 30' Relax massage  
Day 2: Sauna, 20' Body wrap, 50' Aroma massage  
Day 3: Sauna, 20' Body wrap, 50' Essentials Face Therapy  
Day 4: Sauna, 80' Elixir Marine Ritual  
Day 5: Gym, Sauna, 60' Back Ritual, 60' Deep Moisturizing Hair Treatment  
Day 6: Sauna, 60' Minoan Princess, 30' Pure Perfection

### SUPER - SLIM PROGRAMME

2 Days / 240€

Day 1: Sauna, 20' Body Scrub, 20' Body Wrap, 30' Lymph massage  
Day 2: 20' Sauna, 60' Ancient Spirit Elixir

3 Days / 320€

Day 1: Sauna, 20' Body Scrub, 20' Body Wrap, 30' Lymph massage  
Day 2: 20' Sauna, 60' Ancient Spirit Elixir  
Day 3: 20' Sauna, 80' Elixir Marine Ritual

6 Days / 700€

Day 1: Sauna, 20' Body Scrub, 20' Body Wrap, 30' Lymph massage  
Day 2: 20' Sauna, 60' Ancient Spirit Elixir  
Day 3: 20' Sauna, 80' Elixir Marine Ritual  
Day 4: 20' Sauna, 80' Ancient Spirit Elixir, 20' Head & Face Relax Massage  
Day 5: 20' Body wrap, Sauna, 50' Lymph massage  
Day 6: 20' Sauna, 80' Slimming Holistic Body and Firming

### OPENING HOURS: DAILY 10:00 - 19:00 HRS

Reception Elixir Alchemy Spa:  
directly on extension 7908 or via the Reception Desk on extension 32

# 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.

### Ayurvedic Facial 60'/100€

Let the ancient tradition of Ayurveda calm your mind, as we cleanse and balance skin. This utterly relaxing facial will soothe your senses, while treating skin with a blend of essential oils. This includes an Ayurvedic cleansing, steaming, face massage and face pack. Various oils/creams and face packs are used according to the skin type.

### 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 28 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 Lapa 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 Alchemy 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 Spa unless accompanied and with the consent of an adult.

## KINDLY NOTE

- Mobile phones are not permitted in Elixir Alchemy 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 Alchemy 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 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 Alchemy Elixir 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 Alchemy Elixir 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 αφαιρείτε 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 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 Alchemy 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 Alchemy 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 ΑΝΝΥΛΙΑЦΙΑ

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 Спа центр Эликсир только с разрешения опекуна и только в сопровождении взрослых.

## ΠΟЖАЛУЙСТА, ОБРАТИТЕ ВНИМАНИЕ

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