

revitalise

IKOS SPA
BY ANNE SEMONIN

IKOS OLIVIA SPA

Uncomplicated, fresh and welcoming, “Ikos Spa” treatments are designed to feed your skin with all the essential beauty ingredients. The purest essential oils, trace elements and plant extracts from our luxury Spa brand, Anne Semonin Paris, are combined with the expertise of our skilled therapists in order to create, especially for “Ikos Spa”, the finest beauty treatments that give immediate and long lasting results and a stunning healthy glow to your skin.

MEDITERRANEAN BLISS

Wellness treatments can be wonderfully evocative of a long and lazy Mediterranean summer. A refreshing facial can feel like a cooling plunge in an idyllic turquoise cove. A deliciously relaxing massage? Like sneaking off for a secret nap under a shady lemon tree. With our Mediterranean Bliss treatments, revitalizing marine ingredients and uplifting notes of lemon, grapefruit and mint transport you to sunny shores and dreamy hideaways, while innovative techniques ensure you emerge revived, refreshed and ready to enjoy a sunset aperitivo.

MEDITERRANEAN LIFTING FACIAL

90min / 150€

Anti-age, Lift, Luminosity

Expect instant gratification as your feet slip into a warm pouch filled with silken body cream. A facial cupping will lift and tighten the skin, making you look as if you've just enjoyed the world's longest and most relaxing siesta. Hands and feet are treated to a lavish massage while an olive peel-off mask soothes and moisturizes your newly revealed skin.

MEMORIES OF A MEDITERRANEAN SUMMER

90min / 165€

Detoxify, Refresh, Renew

This body treatment begins with an invigorating body brush before your therapist delicately administers a scrub and moisturizing body mask. Similar to a snooze on soft golden sand, a soothing scalp massage will silence busy minds and release tension. A short but relaxing body massage will help you slip further into a place of balmy idyll.

OLIVE GROVE BODY & FACE THERAPY

90min / 160€

Release Tension, Relax, Restore

If you're looking for a rejuvenating facial as well as a relaxing body ritual, this treatment is definitely for you. After a back scrub, your therapist gently pummels away pressure during a relaxing back massage. A personalized facial is followed by the application of an olive peel-off mask. While the mask works to boost radiance, you'll enjoy a soothing scalp & hand or foot massage.

SUN-KISSED COLLECTION

Whether you'd like to prepare your skin for a languid sunbathing session by the pool or ensure you return from your vacation with a golden, long-lasting tan, our before and after sun treatments won't disappoint. Our therapies are devised with sun worshippers in mind and revolve around innovative exfoliation and moisturizing techniques that will leave you with smooth, beach-ready skin, not to mention an envy-inducing glow.

BEACH-READY BODY & FACE

75min / 165€

Radiance, Renew, Tanning Preparation

The secret behind the most gorgeous tan is preparation and this face and body ritual ensures you're suitably prepared to sunbathe and relax under the blazing sun. Your body is gently brushed and scrubbed so you'll tan evenly while a cleansing facial and mask work to regenerate the skin. You'll emerge beach-ready and with your body and face flaunting a head-turning glow.

BOTANICAL BLISS BODY & FACE

75min / 150€

Radiance, Soothe, Cool, Prolong Summer Tan

Inside-out hydration is essential for maintaining your skin's suppleness and prolonging your hard-earned tan which is why this treatment starts with a deeply moisturizing body mask. You'll be treated to a soothing scalp massage while a calming face mask diminishes the damage caused by UV light. The application of 'Glow' adds a glamorous finishing touch to this soothing, calming treatment.

AFTER-SUN SOOTHER

90min / 175€

Radiance, Relax, Soothe

Soothe your body and senses after a hard day on the beach with a moisturizing body mask and lavish after-sun facial. A scalp and full-body massage will take the edge of a scorching summer's day while the use of beta-carotene will calm your skin and enhance your tan. Vitamin-laden products will ensure you leave with regenerated, healthy skin, with a touch of Glow that will add a lashing of gorgeous glamour.

ANNE SEMONIN EXQUISITE FACIAL COLLECTION

Discover this unique collection of facial therapies that combines elegant French skincare with results-driven, made to measure therapies which transform and re-sculpt your face contour. Every facial includes an exclusive Anne Semonin lymphatic massage, designed to gently release toxins from the dermal tissues, increasing blood flow and resulting in radiant skin. This specialist massage, classic ingredients and a holistic approach make each Anne Semonin facial a tailored experience, just for you.

GOLDEN FIRMING FACIAL

90min / 165€

Plump, Lift, Radiance

Your skin will be treated to the light reflecting properties of 24k gold and plumping effects of hyaluronic acid. The refinement of pores and reduction of wrinkles through an advanced collagen stimulating complex are also on this illuminating facial's menu. The firming treatment focusses on performance over pampering and will deliver on its promise of smooth, glowing skin as a result.

EXQUISITE LIFTING FACIAL

85min / 150€

Anti-age, Regenerate, Radiance

With its mind-bending mix of cryotherapy, advanced ingredients rich in amino acids, drainage and lifting techniques, this facial will combat signs of aging in a way that will make you walk out with your best face ever.

BESPOKE SIGNATURE FACIAL

90min / 140€

The quintessence of tailor-made skin care

This totally tailored ritual delivers an experience as wonderfully unique as you are. Rather than just selecting specific types of products, your therapist will blend aromatic essences and trace elements to create mixtures which target your skin's specific needs. Whatever your personal skin woes, this bespoke treatment ensures visible results, not to mention a dreamy healing touch.

DETOXIFYING FACIAL

60min / 110€

Detoxify, Drain, Prevent Premature Aging

This detoxifying treatment, naturally powered by essential oils and trace elements, will rid your skin of impurities and city toxins, in the blink of an eye. This means that you'll walk out with your most refreshed, healthiest-looking skin ever.

PURIFYING MINERAL MARVEL

75min / 120€

Deep Cleanse, Decongest, Mineralize

Reap the benefits with this purifying treatment which mixes steam and extraction techniques with products that contain marine elements and do wonders for your skin, such as Anne Semonin's peeloff mask. The mask's high concentration of minerals and algae will reveal smooth, calm-looking skin and pores that appear more refined.

CRYO TIME FREEZE

55min / 110€

Tone, Brighten, Radiance

Your skin will be visibly firmer and glow beautifully after this facial which features Anne Semonin's Super Active Serum, a gel which harnesses some of the world's most potent natural ingredients. Aside from its age defying results through cryotherapy, the treatment uses neuro-cosmetics which stimulate the release of B-endorphins and boost your sense of wellbeing.

MADE-TO MEASURE FACIAL

50min / 100€

A luxury facial treatment which is individual and utterly bespoke

Combining serums, masks and creams which have been carefully selected to suit your skin's specific needs to a tee, this bespoke treatment corrects and re-balances the skin, resulting in a dramatically more radiant, even-toned complexion. Uniquely personalized, this intense treatment of deep cleansing, rejuvenation and moisturizing will result in visibly clearer and more luminous skin, with effects that will last long after you've left our spa.

ALL ABOUT EYES

25min / 60€

Depuff, Brighten, Smooth

This skin-care journey de-puffs and refreshes the eye area while simultaneously easing stressed minds through a combination of contour masks, a hands-on lymphatic massage and cryotherapy ice cubes.

BESPOKE EXPRESS FACIAL

25min / 60€

Refresh, Firm, Health-Boost

The treatment involves a cleanse, exfoliation and face mask application and is proof that instant radiance can be achieved on, quite literally, your lunch break. Your therapist will hydrate your skin in the most efficacious way and leave your skin looking fresh and rejuvenated, and in only half an hour to boot. This treatment is suitable for all skin types.

EXQUISITE SKIN CORRECTOR

55min / 110€

Brighten, Firm, Moisturize

Using the exclusive Anne Semonin Brightening Complex, this corrective treatment lights up your complexion, minimizes sun and age spots and, ultimately, unlocks a brighter, more even-toned you. The complex antioxidants neutralize air pollutants' damage and its sea-sourced minerals are the reason you'll notice a visible radiance for days on end.

FACE DRAINAGE & SCALP MASSAGE

45min / 85€

Drain, Sooth, Calm

A truly soothing and aromatic Scalp Massage combined with the Anne Semonin lymphatic face drainage massage to improve relaxation and promote a sense of calm and wellbeing.

FACE UPLIFTING & SCALP MASSAGE

45min / 85€

Firm, Relax, Radiance

The Uplifting Face Massage involves flowing techniques which act as a natural face lift. This can be used as an alternative to surgery, helping you feel and look younger. It is designed to be a gentle non-invasive approach to looking younger. It works primarily by freeing constrictions both within the facial muscles and in the connective tissue.

GLOWING MOTHER - TO - BE COLLECTION

Cherish your body during the most miraculous months of your life with our nurturing Mother to-be Collection. The specially devised treatments alleviate muscle pain and reduce fluid retention while careful attention is given to a feeling of total relaxation.

PREGNANCY & BEYOND SPA RITUAL

90min / 150€

Pamper, Rejuvenate, Radiance

Give yourself a well-deserved break with this pampering session designed to offer relief from sore muscles and swollen joints during pregnancy. A wonderfully healing and regenerating treatment, the prenatal massage technique and tailored facial will leave your face with instant luminosity and your body feeling relaxed and deliciously rejuvenated.

INTENSIVE GLOW TO GO

50min / 100€

Calm, Regenerate, Enhance

If your skin's experiencing an increase in dryness, breakouts, dark spots and/or a lackluster complexion, this soothing facial will come to your rescue by hydrating skin cells and reviving your maternal glow. After the application of a nourishing oil to relax your neck and shoulders, a heavenly scalp massage will calm you in such a way, you'll feel totally at peace.

PREGNANCY MASSAGE

50min / 115€

De-stress, Unwind, Relax

Nurture your body at this precious time with a specially designed therapy to treat muscle aches, reduce fluid and imbue total rejuvenation of the body. The pregnancy specific massage is a seamless pleasure melting away fatigue and revealing a radiant you.

ANNE SEMONIN EXQUISITE MASSAGE COLLECTION

Anne Semonin draw inspiration from around the world to offer you a blissful, effective, premium massage experience. Choose from our unique therapies, each brilliantly combining an innovative fusion of massage techniques and oil blends, delivering a treatment that works specifically for you every time.

PURE REJUVENATION

25min / 55min / 80min 85€ / 115€ / 135€

Protect, Regenerate, Smoothen

Specially designed to combine long, rhythmic strokes with a delightful cranberry/olive massage oil, this treatment boosts skin regeneration and promotes deep relaxation. Enhanced by strong performers Omega 3 and 6, as well as vitamins A & E, the oil further complements the feel-good benefits of the massage. This lavish treatment is ideal for pregnant or breastfeeding women.

AROMA ENERGIZER

25min / 55min / 80min 95€ / 125€ / 150€

Uplift, Energize, Release Tension

Using an uplifting body oil rich in ginger, the most revered root in Ayurveda, and vitamin E, the therapist performs massage steps which focus on knuckle and thumb pressure to loosen tight and tense muscles. This toning massage is truly one of our most energizing treatments.

REGAIN YOUR POWER

55min / 125€

Function, Restore, Empower

Specially designed massage right after your sporting activity. Your therapist will use massage treatments and stretching techniques on all the muscles worked, restoring their elasticity and strength, achieving maximum restoration of your body's functionality.

VITAL DETOX

55min / 80min 115€ / 135€

Detoxify, Stimulate, Refresh

Ready yourself for the ultimate massage to renew, refresh and detoxify. Performed with a lemongrass and peppermint massage oil, the therapist uses lymphatic techniques to release toxins, stimulate circulation and leave the body feeling light and refreshed.

INDIAN HEAD MASSAGE

45min / 100€

Relax, De-stress, Release Tension

Indian Head Massage is a valuable technique for combating stress and loosening tension in the shoulders, neck and head. It relaxes the mind, controls excess energy and allows you to focus. Working up the spine and over the head will send messages from the brain to relieve mental and physical tiredness and rebalance energy flow.

4-HANDS POLYNESIAN MASSAGE

75min / 170€

Sooth, Relax, Release Stress

A sublime four-hand massage experience from the shores of French Polynesia to ease away the stress and strains of everyday life. The traditional flowing and soothing movements lull you into a deep state of peace and tranquility, as soft palms and forearms remove tension from tight muscles. This unique healing massage is performed by two massage therapists working with intuition and expert skill in complete synchrony to restore your energy and strengthen your health and wellness.

HOT POULTICES MASSAGE RITUAL

75min / 125€

Pamper, Rejuvenate, Relax

Small linen pouches are filled with all the goodness of grapeseed, grape essence and aromatic essential oils and rhythmically massaged over your body. Combined with heat and gentle pressure, this unique therapy relaxes tense minds and tight muscles and leaves the whole body with a complete sense of well-being.

FOOT & LEG MASSAGE RITUAL

50min / 100€

Renewing energy levels

Following a self-heating, slightly bubbling foot mask, a foot massage will stimulate the reflex zones and thus the whole body. This therapy is completed by a relaxing shoulder, neck and hand massage.

ANTISTRESS BACK REMEDY

55min / 115€

Release Tension, Restore, Relax

Shut the door on the world outside with this miracle treatment created to alleviate tension in the back, neck and shoulders. After a self-heating, effervescent mud mask releases muscle stiffness and stress, you'll further slip into a world of bliss with a massage. Both energizing and relaxing, this stressboosting treatment leaves the whole body with a complete sense of well-being.

TRADITIONAL THAI MASSAGE

75min / 150€

Energize, Increase flexibility

A distinct massage treatment, based on acupressure alternating with gentle stretching positions. This is an excellent massage to loosen muscle tightness, increase mobility around the joints and restore blood flow throughout the body.

EXQUISITE INDULGENCE BODY & FACE COLLECTION

Whether you're looking for indulgent relaxation or a session with targets a specific skin concern, we've devised a collection of luxury rituals that will leave you looking radiant and with lasting feel-good results. This curated collection shines through its combined treatments: matches-made-in heaven which blend bespoke facials with body massages or revitalizing scrubs with cocooning wraps. Treatments incorporate intensely restorative creams, serums and lotions which are not only deeply covetable but boast a dreamy scent and work wonders for your skin.

GOLD DUST FACE & BODY

105min / 185€

Relax, Rejuvenate, Tone

The most lavish treatment of your dreams starts with a full body massage using a gold massage balm. After your facial, choose between a lifting massage or detoxifying lymphatic drainage. A scalp massage, performed while a peel-off mask refines and brightens, will leave you in an even deeper state of relaxation. The application of a 24-karat gold serum adds a glamorous finishing touch.

XEROLIPO BODYSCULPING

60min / 150€

Slim, Tone, Sculpt

XeroLipo is a non surgical bodysculpting system. Using the latest laser technology and neuromuscular stimulation, Xerolipo can shift stubborn pockets of fat with results visible in just one treatment and impressive results over a course of treatments. The treatment is safe and painless, you simply relax for 60 minutes as the technology 'melts' away your fat in the targeted area. It is suitable for both men and women. For optimal effect we recommend at least 5 treatments, which can be performed every 2 days.

TOP TO TOE RITUAL

90min / 140€

Relax, Regenerate, Soften

This relaxing treatment starts with a soothing scrub and back massage and is followed by a made-to-measure facial. A cossetting leg and foot massage will ease the stresses of your busy urban life and make your limbs go all tingly.

THE EXQUISITE BOUNCE BACK

75min / 165€

Relax, Detox, Immune Boost

This immune boosting treatment begins with a powerful spirulina body wrap which activates your natural killer cells and is followed by an express facial cleanse and the application of a balancing mask. A nourishing body massage and special facial-drainage technique calm and de-toxify while, the finishing touch, a heavenly match of Express Radiance Ice Cubes, Super Active Contour Serum and Cream will leave you with a rippling sense of relaxation.

COCOONING SCRUB & MASSAGE RITUAL

90min / 125€

Exfoliate, Nourish, Sooth

The treatment starts with a soothing sea salt, sand and pink quartz scrub which sweeps away dead skin cells and leaves silky, detoxified, glowing skin as a result. Then, personalized aromatic oils are applied all over your body which makes your skin feel as soft as a baby's. The revitalizing exfoliation and wrap are capped off with a full body massage to give you lots of get-up-and-go.

*Deep Tissue Massage upon request with an additional charge of 15€

EXQUISITE CELLULITE MINIMIZER

80min full treatment / 150€

Anti-Cellulite, Firm, Tone

55min excluding exfoliation / 110€

If your main concern is dimpling and uneven skin, this 3-phase treatment is definitely for you. Powerful cryotherapy techniques ensure immediate results: your legs feel refreshed, your skin will be more even and skin contour, firmer. A special massage using the natural powers of algae will get rid of toxins in a flash while a firming body mask will work to target problematic areas.

DEEP MOISTURE BODY COCOONING

60min / 100€

Hydrate, Soothe, Regenerate

A wonderfully gentle treatment suitable for even the most sensitive of skins. Choose from antioxidant or relaxing oil blended with the delicate Noirmoutier Sea Salt and enriched with marine minerals to exfoliate and nourish. An envelope of pink clay encases the body replenishing nutrients as it instantly heals and hydrates.

EXQUISITE SKIN DETOXIFIER

60min / 100€

Detoxify, Purify, Uplift

After an invigorating sea salt, lemongrass and peppermint scrub, you'll be cocooned in a spirulina algae wrap to release toxins and purify the skin. A scalp massage melts away tension while the wrap and an application of your choice of product combine to purify and energize the body, not to mention magically reduce inches.

REJUVENATING BODY COCOON

60min / 100€

Anti-Age, Firm, Regenerate

This rejuvenating treatment incorporates natural anti-oxidants to enhance body drainage and hydrate your skin. The ritual's invigorating body scrub and nourishing body mask give you an even texture which is smoothed to perfection.

WHITE SAND SCRUB

25min / 70€

Moisturize, Nourish, Soften

This express exfoliation uses rose quartz and white sand and imparts the kind of hydration you can feel for days. What's more, this efficient scrub not only nourishes your skin but leaves it feeling smooth and velvety soft.

GENTLEMAN' S COLLECTION

This is a treatment menu devised especially with men in mind, as we know you need "downtime" as well but should you see a treatment you like anywhere else on the menu just let us know.

MADE TO MEASURE GROOMING FACIAL

50min / 100€

Totally tailored to suit a gentlemen's skin and needs

Whether your face is showing telltale signs that you've been burning the midnight oil or you're keen to get rid of those pesky oily patches, your therapist will combat your skin's issues and ensure you'll leave looking fresher and more evenly-toned.

BUSY MINDS DE- STRESS

50min / 110€

De-Stress, Balance, Recharge

This treatment begins with a back therapy which releases tension and restores calm to busy minds. Then, a bespoke facial will reveal healthy-looking skin while a scalp massage will help you sink further into a place where deadlines don't exist.

VITALIZING GENTLEMAN'S TONIC

55min/80 min/ 135€ /175€

Relax, Drain, Energize

Recharge tired muscles and relieve tension with this potent blend of enriching oils. Spicy ginger oil penetrates the muscles, stimulating the blood flow, alleviating aches and releasing tightness from deep within the muscles.

HAND RITUAL WITH MANICURE

25€

A softening hand treatment includes a manicure followed by hand bath and a gentle exfoliating mask with warmed aromatic oils and sea salt.

FOOT RITUAL WITH PEDICURE

30€

This conditioning foot treatment includes a pedicure followed by foot soaking and a nourishing exfoliating mask with warmed aromatic oil and sea salt, for revitalized and perfectly groomed feet.

COUPLES' RETREAT

The Couples Suite has been designed with privacy in mind. A double seated Steam Room heated to 45° will warm and prepare the body before a treatment and two treatment beds enable you to have your treatments at the same time.

SPA FOR TWO

1h 30min / 125€ (price per person)

Relax together in the privacy of your own VIP Suite.

Enjoy the warmth of the Steam Room to release tension before you drift away with an Anne Semonin "Made-to-Measure" massage where your therapist will blend a unique mix of Phyto-Aromatic oils to suit your needs..

DRIFT AWAY FACE AND BODY TREAT

2h / 160€ (price per person)

The ultimate in relaxation.

This treatment starts in the warmth of the private Steam Room before you drift away for an hour and half of Anne Semonin therapies. A unique express facial to replenish and hydrate the skin is followed by 55 minutes of sheer bliss of a "Made-to-Measure" full body massage with your favorite Botanical Body Oil to soothe, relax, restore or detox.

COUPLES ESCAPE

1h 20min / 130€ (price per person)

Enjoy the Anne Semonin "Made-to-Measure" massage where your therapist will blend a unique mix of Phyto- Aromatic oils to suit your needs and wishes.

JUST THE 2 OF US

2h 25min / 235€ (price per person)

This pampering body rejuvenation couples' ritual will regenerate the skin to its best.

An invigorating body scrub is followed by a nourishing and anti-ageing body mask while you drift away with a wonderfully soothing scalp massage. This therapy concludes with a Haute Couture full body massage to re-awaken your senses. The naturally anti-oxidant benefits of this treatment will enhance body drainage, maximize hydration, plump and smooth to perfection, while nurturing your body in a cloud of wellbeing.

TEENAGER COLLECTION

MAGICAL MANICURE

25min / 25€

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 favorite color.

PERFECT PEDICURE

30min / 30€

Nails are buffed and toes perfectly polished during this toe-tingling treat. Your feet will feel soft like feathers after they've been pampered with a sweet-smelling body lotion.

MY SO SOOTHING NECK AND BACK MASSAGE

25min / 50€

After a hard day on the beach enjoy a soothing neck & back massage with AS Botanical Body Oil – Anti Oxidant and Vitamin (without essential oils).

TEEN FACIAL

25min / 40€

Treat your face to a little TLC while hands and feet are pampered with a silky-soft massage at the same time.

MY FAVORITE MASSAGE WITH MUM/DAD

25min / 100€

Make your way to Ikos Olivia Spa for the perfect side-by-side relaxing neck & back massage.

FLAKE - AWAY BODY SCRUB

25min / 50€

A super relaxing body peeling will leave your skin feeling velvety soft and smelling yummy all day.

SPA BASICS

As we believe in total beauty, we want to ensure that your nails and hair receive the same special pampering, for a complete, healthy and well-maintained look.

HANDS & FEET

Manicure / French Manicure	30€/35€
Pedicure / French Pedicure	40€/45€
File and Polish	15€
Shellac & manicure	55€
Shellac & pedicure	70€
Hand shellac coloring	25€
Feet shellac coloring	30€
French shellac & manicure	55€
French shellac & pedicure	70€
Remove shellac	15€

WAXING

Eye Brow Shape	10€
Upper lip wax	10€
Under arm wax	15€
Full arm wax	20€
Bikini wax	25€
Bikini line wax	20€
Half leg wax	30€
Full leg wax	45€
Chest Wax	30€
Back Wax	30€

HAIR SALON BY "YIANNI HAIR SPA"

Female Haircut	35€
Male Haircut	30€
Child's Haircut	25€
Hair Styling	from 35€
Hair Spa Treatment	30€
Coloring	from 50€
Highlights	from 80€

HOW TO SPA...AND A FEW OTHER THINGS!

To help you enjoy your visit at Ikos Olivia Spa. For your convenience, we have compiled answers to common questions you may find helpful in choosing the types of treatment that best meet your individual needs.

SPA POLICIES

Should I make a reservation in advance?

Yes, and it is best to do so upon or prior to your arrival at the resort to ensure availability.

Who can guide me in choosing my treatment?

Our spa concierge can assist you in planning the perfect spa experience, including the best sequence for your treatments.

What is the Cancellation policy?

Out of consideration for all guests, a minimum of 24 hours notice is required to cancel or reschedule. Cancellation or time change within this time will result in a 50% fee being charged. "No show" appointments are charged at full price of the treatment booked.

Is there a service charge?

No service charge or gratuity is added to your bill; they are of course appreciated, however it is left at your discretion as a reflection of service quality.

What about payment for spa services?

We accept all major credit cards. You may also charge spa services to your hotel bill. For your convenience, payment is also accepted prior to your treatment.

What if I am late for my appointment?

Arriving late will simply limit the time available for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed. The full value of your treatment will be charged.

May I bring my child to the spa?

We regret that children under the age of 16 years are not able to use the spa facilities however we do offer a Junior Spa menu for children aged 12-16.

HEALTH QUESTIONS

What if I am pregnant?

Certain treatments should be avoided during pregnancy. If you are pregnant, please notify our spa concierge when you make your appointment, so they can offer guidance. Furthermore, some treatments may require a doctor's authorization.

What if I have special health considerations?

Please notify our spa concierge before scheduling your treatments if you have high blood pressure, allergies, any other physical ailments or disabilities, if you are on any medication, or if you are pregnant. If you have any concerns at all, please let us know. If at any time during your treatment you experience discomfort, please alert your therapist immediately.

UPON ARRIVAL

How to enjoy your treatment?

This is your time and you should delight in the experience to the fullest. Whether it's the room temperature, the amount of massage pressure or the volume of the music, please notify us of any discomfort or preferences.

PRIOR TO ARRIVAL

When should I arrive?

For your comfort and relaxation, we suggest that you arrive 45 minutes before your scheduled treatment. This will allow you to relax in our lounge and use the Thermal Experience. Should you not wish to use the Thermal Experience please arrive 15 minutes before your treatment to complete our spa consultation form.

What will I wear?

Please arrive showered, wearing your robe and slippers supplied in your room. If necessary, a robe, towel, slippers, shower facilities and secured locker will be provided. Swimming costumes are required to be worn in the Thermal Experience. Nudity is not permitted.

What should I wear during my treatment?

You will be provided with disposable underwear. During all treatments, the body is fully covered, except for the area being treated. Before and after you treatment, robes and slippers are provided.

What about my jewelry?

Jewelry and valuables should not be brought to the spa. If you are a hotel guest, please leave valuable items in the safe in your room. The hotel does not assume liability for any valuables left in the spa.

SPA ETIQUETTE

Our Spa environment is one of tranquility and relaxation. Please respect other guests' right to privacy and serenity by not using your mobile phone or pager. Smoking is prohibited throughout the spa. The thermal area, indoor swimming pool & gym operation is subject to change according to the current Covid-19 protocols.

FACILITIES

- Fitness studio including contemporary cardio-fitness facilities
- Indoor swimming pool with Swim Jets
- Relaxation area with tisanerie
- Thermal area comprising of steam bath and sauna
- Hair Salon by "Yianni Hair Spa"
- Nail salon
- Beauty corner offering Anne Semonin products

OPENING HOURS

Every day from 8am to 8pm
Spa treatments hours from 9am
Last treatment ends at 7.45pm

SPA CONTACT

63100 Gerakini, Halkidiki, Greece

Tel: external: +30 23714 40320

internal: 8801

www.ikosresorts.com,

info@ikosresorts.com

ikos™
RESORTS