



MYRTHIA THERMAL SPA MENU OF SPA EXPERIENCES & THERAPIES

**Welcome at Myrthia Thermal Spa.
We invite you to re-discover your body and balance your mind
for a healthier and happier prolonged life.**

PHILOSOPHY

In the Mediterranean Myrtle was symbolic for love and immortality. It was an essential plant and used extensively for many diseases as occupies a prominent place on writings of Hippocrates. The Myrthia Thermal Spa is born out of faith and understanding on tradition and passion for wellness. The design reflects a contemporary style blended with natural elements of wood, marble and water offering to our guests interactive, healthy and memorable experiences. The Myrthia Thermal Spa utilizes the benefits of local source water enhanced by the spa treatments and our wellness therapists to create bespoke personalized wellness programs focusing on the individual guest needs to promote optimal well-being and act proactive for a healthy lifestyle.

TREATMENTS

The foundation of our spa experience is the uniqueness of each individual. We respect that every guest has different needs and our highly trained wellness therapists are committed to excellence, infused with enthusiasm and take pride in delivering personalized, dedicated service. Our therapies combine traditional and modern techniques and designed to meet the needs of each individual and to bring balance into the body and mind of all of our guests.

PRODUCTS

The Myrthia Thermal Spa utilizes the benefits of special thalassotherapy and spa products and is exclusively cooperating with Valmont, Algoane & KOS. Most of our skin care lines contain natural ingredients, are paraben free, powerful and effective. The Swiss luxury anti-ageing cellular cosmetics of Valmont combined with algae and sea water products of Algoane full of minerals & well known for its properties since the times of Hippocrates, blended with the cultivating art of unique scents from KOS, provide a journey of rejuvenation and a healthy-looking balanced skin.



SPA EXPERIENCES

Signature Journey into Life

Water means life since the human body contains 70% of water wherein precious minerals and trace elements are in the same proportion as of sea water. Life is the way we move, feel and act. We invite you to discover the healing power of water for a healthier and happier life. Reconnect yourself with nature and experiment this soothing “coming home” feeling.

MIRAGGIO WATER SOURCE JOURNEY

60minutes

55Euros

A signature journey with the use of thalasso & thermal water sources followed by the thermal well-life suite.

Hydrotherapy Circuit

Follow the Thalassotherapy and Thermal circuit: start from the thalasso pool on 30°C with 17 hydro jets and a water resistance walking path. We also offer individual or small group fitness programs with the use of special underwater gym equipment. Continue the journey in our 4 contrast pools, each containing thermal source water pumped directly from a source below the spa at 32°C. The geothermal water is rich in minerals specifically effective at treating skin and musculoskeletal disorders. Four kneipp foot baths are available with heated benches to relax and improve circulation and prevent varicose veins and phlebitis through the change of water from cold (10°C) to hot (38°C).

Thermal Well-Life Suite

The Thermal Well-Life Suite is a specific zone with a selection of cold and hot experiences to be enjoyed separately or in a sequence before or between the use of hydrotherapy pools. It offers a Steam room on 45 degrees with 100% humidity, heated benches & individual throne chairs and capacity of 8-10 guests; a Finish Sauna on 90-100 degrees with dry environment and capacity of 10-12 guests; two individual experience showers with lighting and sound effects in combination with cold and hot water jets to promote relaxation and stimulate the senses; a cold plunge walking path on 10 degrees to improve circulation, relax sore muscles, increase body's energy levels and tighten the pores; a herbal sauna on 45 degrees with up to 50% humidity and natural herbal essences with heated benches and walls & a Tepidarium on 37 degrees with 20% humidity, heated benches and foot rests.



SIGNATURE THALASSO JOURNEYS

Re-discover your body and energize your mind. Special customized packages utilizing the benefits and effects of the water along with the powerful ingredients of traditional French Thalassotherapy brand Algoane. Mineral trace elements included in sea salts and seaweed at the heart of Algoane body masks and wraps deeply regenerate the body and refill the organism with energy.

A 2hour-water source journey includes an aquatic circuit of 45minutes using various hydrotherapy equipment followed by a 50minutes treatment package including a detox scrub, a wrap, ending with a 10minutes shiatsu massage of the back.

After consulting our wellness therapists and assessing your energy needs, you will be guided toward the choice of the mostly recommended Thalasso program among the following four packages:

2hours 120Euros

DETOX THALASSO TREATMENT

After a detox scrub, enjoy the anti-oxidants properties of this Algoane detox wrap the ingredients of which wakame, goji extracts and green tea, drain and evacuate toxins from the body.

SLIMMING THALASSO TREATMENT

After a detox scrub, a hot wrap of fresh Fucus algae paste with essential oils (rosemary, eucalyptus, lavender) unlocks the process of water-retention. Intense perspiration allows the body to lose weight up to 1 kg.

ENERGY FILLING THALASSO TREATMENT

After a detox scrub, experience the Remineralizing algae wrap which restores suppleness to the skin and replenishes the body with minerals and trace elements.

RELAXING & SOOTHING THALASSO TREATMENT

After a detox scrub, an Oligo-active mud mask is applied on the back, for pain relieving. The mud releases heat and replenishes the body with trace elements for relaxation and energy refill.

Our recommendation: for total bliss, extend the pleasure of this 2hour Thalasso journey adding up a 30min body massage for a small extra charge of 30€



SPA SUITES RITUALS

Take advantage of privacy and luxury along with traditional and advanced treatment services in an environment that promotes relaxation and rejuvenation. We are proud to introduce our two state-of-the-art VIP spa suites, of 65sq.m. & 70sq.m respectively, with 2 treatment beds for all kind of spa treatments, lounge area, dressing area, 2 showers, a Jacuzzi & Rashoul mud Therapy, and special hydrotherapy area with a thalasso bath tub and a dry float bed.

Enjoy alone or with your loved ones' precious time that allows you to rejuvenate and re-discover yourself.

Ritual of Hydro-Bliss

2,5hours

335Euros for couple

Unwind and relax into the Jacuzzi allowing the heat to take care of your body and prepare it for the mud application in the Rashul chamber. Self-heating mud mask will relieve pain or aches in no time while regenerating your body.

Then choose between a 1hour full body massage or a 1hour facial to prolong the benefits of the mud & water treatments and achieve a deep state of relaxation.

Ritual of Hydro-Purification

2,5hours

370Euros for couple

Experience the benefits of whirlpool bath before submitting your body to the dry-floating, no-weight experience. All the tensions, aches and pains are evacuated and a blissful state overcomes the body. A regenerating hydrating wax mask will repair and hydrate your skin in the same time.

Then we invite you to choose between a 1hour full body massage or a 1hour facial to prolong the benefits of the hydrotherapy session and achieve a deep state of relaxation.

Our recommendation: you can add an extra 30min body scrub **OR** a 25min hydrating traveler facial, or even both short treatments to any ritual in order give your ritual a detoxifying or beauty dimension and extend the spa suite journey to a half-day spa package. Extra charge of **40€ or 80€**.

DAY SPA EXPERIENCES

Discover the Myrthia Spa splendid facilities and experience a wide array of treatments to understand which one best suits your needs of stress relief, relaxation, beauty or regeneration.

HALF DAY

3 hours

200Euros per person

Combine a 2hours Thalasso signature journey of your choice including full use of aquatic & thermal facilities with a 1hour Holistic full body massage or a 1hour facial treatment following the advice of our well-trained beauticians.

FULL DAY

4 hours

300Euros per person

Combine a 2hours Thalasso signature journey of your choice including full use of aquatic & thermal facilities with a 1hour Holistic full body massage. After a tasty healthy lunch break, end this blissful day with a 1hour facial treatment following the advice of our well-trained beauticians.

Rates are subject to change. All prices are in Euro and are inclusive of 23% tax



STAY WELLNESS EXPERIENCES

Our commitment to a healthier lifestyle totally reflects into our 2, 4, 6 days' wellness programs specially designed to meet the needs of an international traveler. You can use the precious time allowed in vacation to take care of a particular health concern or to improve greatly your inner balance and make the most of your stay at Miraggio Thermal Spa.

Every program includes a tailor-made daily use of all facilities (pools, aquatic circuit, fitness) of the Myrthia Thermal Spa after consulting one of our wellness therapists, plus a variety of hydrotherapy, massages, face and body treatments.

Depending on the length of your stay and your personal orientation, you can choose one of the following wellness programs:

No Stress - Relax

A relaxation escape to enjoy no stress moments with multiple use of seawater and massage treatments.

2 days 274Euros

Daily use of Thalasso & Thermal pools and Thermal Well-Life Suite
Three sessions of relaxation Thalasso bath tub programs
Two 30minutes massages for head and feet
One 60minutes full body relax massage

4 days 499Euros

Daily use of Thalasso & Thermal pools and Thermal Well-Life Suite
Four sessions of relaxation Thalasso bath tub programs
Two 30minutes head and feet massage
Two 60minutes full body relax massage
One 60minutes Algoane Facial treatment

6 days 711Euros

Daily use of Thalasso & Thermal pools and Thermal Well-Life Suite
Six sessions of relaxation Thalasso bath tub programs
Three 30minutes head and feet massage
Three 60minutes full body relax massage
One 60minutes Algoane Facial treatment



Healthy Back – Pain Free

Special design program to relax, stretch and soothe back aching pain coached by physiotherapists and fitness instructors. It is an effective and preventative program for chronic or temporary pains.

4 days 528Euros

Daily individual stretching and hydro jets program & Thermal Well-Life Suite
Two Thalasso Bath tub programs
Two oligo-active mud body wraps on a dry float bed
Two 30minutes spinal back massage
One Marine Waves Algoane body treatment
One Thalasso Soothing Algoane body treatment

6 days 776Euros

Daily individual stretching and hydro jets program & Thermal Well-Life Suite
Three Thalasso Bath tub programs
Three oligo-active mud body wraps on a dry float bed
Three 30minutes spinal back massage
One Marine Waves Algoane body treatment
One Thalasso Soothing Algoane body treatment
One 90minutes Physio Massage

Slimming & Detox

An intensive program to lose weight, increase skin tone, elasticity and blood circulation combining fitness coaching, hydro-jets and targeted spa treatments.

6days 893Euros

Daily individual hydro jets program & Thermal Well-Life Suite
Three Personal Training sessions
Three Thalasso Bath Tubs programs
Three Valmont Body sculpting massage
Two Thalasso Body Slimming treatments
One 90minutes Physio Massage

We invite you to ask for a spa consultation to assess your energy needs and chose the most adapted wellness program. Our recommendation is to combine the famous Mediterranean diet with the special Fresh Juices Menu prepared by Amanda Hamilton.



THE THERAPIES

The fundamental principle of our therapies is the integration of all elements of wellness to promote optimal wellbeing of body and mind. Active treatments such as baths, massages, body rituals, facials applied with advanced techniques & state-of-the-art ingredients enhancing the result.

FACIALS

VALMONT FACIALS

Result-driven Valmont facials stand on specific massage protocols, the famous butterfly movement, to eliminate toxins and revive blood circulation while high-tech ingredients are combined to natural resources of Switzerland to achieve a spectacular anti-aging result. Skin glow is restored, wrinkles are eliminated, skin is firmer and intensely hydrated.

VALMONT VITALITY OF THE GLACIERS

105 minutes 160Euros

A Biological Lift and Deep Hydration face treatment, with spectacular results based on Swiss tradition in Cellular Rejuvenation. A patented pure native collagen mask is used along with a specific massage technique for the face, smoothing fine lines, restoring tone, glow and suppleness.

PURITY OF THE ALPS by VALMONT

55 minutes 85Euros

This facial is focused on deep skin cleansing with the ultimate freshness and purity of formulas incorporating Glacial Spring Water from Switzerland. It hydrates and soothes the skin thanks to the application of the Purifying mask.

VALMONT INTENSE HYDRATION

55 minutes 85Euros

This facial provides immediate release from signs of dehydration like tautness and sensations of discomfort. The intense hydration mask combined with hyaluronic acid leave the skin soft and supple. Includes a hydrating massage and a draining massage of the face.

BRIGHTNESS OF ICE by VALMONT

55minutes 95Euros

For a skin as clear and pure as ice. Based on the Expert of Light range, this facial works to clarify the complexion and improve the texture of the skin while providing overall anti-aging action. The protocol is inspired by Asian practice of doubling each phase of cleansing, massage, mask application.



ALGOANE FACIALS

Algoane facials combine the richness of the ocean, especially the firming and regenerating power of algae like spirulina and laminaria digitata with Shiatsu inspired massage movements which achieve deep relaxation and enhance the results of repairing and regenerating masks.

ALGOANE HYDRATING TRAVELLER

25minutes 40Euros

Relaxing and hydrating facial to replenish the moisturizing level of the skin and relax the features after a tiring day. The Hydra-relaxing mask will pamper your skin and leave it soft and glowing. Special version for men.

ALGOANE ORANGE COCOONING

55minutes 85Euros

Deep nourishing facial experience for tired and dry skins. The nutritive effect of the treatment is boosted by the application of a nourishing mask full of nutrients and Vitamin E. The skin is glowing, wrinkles and fine lines disappear.

ALGOANE MARINE COLLAGEN

55minutes 85Euros

A facial treatment with a jellifying peel-of mask of marine collagen to restore youth to mature skins. The combination of collagen with polysaccharides ensures that the skin recovers firmness and elasticity.

Our recommendation: choose our Beauty package for a stunning Lifting & Whitening anti-age result through 4 Valmont facial treatments and benefit from a special price:

425Euros

- Purity of the Alps 55mn
- Vitality of the Glaciers 90min x 2
- Brightness of Ice 55mn



MASSAGES

Miraggio Thermal Spa has selected Kos-Paris organic oils to offer the most memorable massage experience thanks to plant oils based on biological ingredients, silk-like texture and fine fragrances taking you out to a multi-sensorial trip.

HOLISTIC MASSAGE

50minutes / 80minutes

90/120Euros

Tailor-made full body massage treatment aimed at relaxing or energizing the body. Your therapist will adapt soft, medium or deep pressure according to your energy needs.

You can choose between Kos “Ceremony of Oils” relaxing massage or Kos “In-depth Sport” massage depending on your life style habits.

We recommend you to add up 30minutes of scalp or foot massage to enhance the massage experience to leave you feeling deeply relaxed.

Extra charge 30€

SIGNATURE MIRAGGIO MASSAGE

50minutes

100Euros

Tap into the rich resources of Greek nature and discover this organic massage oil created only for you. With olive oil, grapeseed oil and beneficent essential oils of myrtle and sage, this full body massage experience will enchant you with Greek scents, and nurture unforgettable Miraggio memories.

HOT STONES MASSAGE

80minutes

130Euros

The relaxing power of manual massage is enhanced by the use of energetic stones, used as an extension of the therapist’s hands as they glide over the body as part of this flowing massage technique, allowing the benefits to be felt at a deeper level.

Our recommendation: in the event that you should buy more than 3 full body massages during your stay you will benefit from a discount starting from 15%. We invite you to ask for a spa consultation at the reception to assess your massage needs.



BODY RITUALS COLLECTION

BODY SCULPTING BY VALMONT

60minutes 110Euros

A one-hour body sculpting massage, with anti-cellulite, anti-orange-peel, draining and firming action thanks to a mix of gentle movements respecting mature skins and specific original palper-rouler motions is realized with specific Valmont Body Time Control products.

MARINE WAVES

60minutes 110Euros

A ritual inspired by the sea. Holistic treatment approach where face and body are both taken care of, achieving deep relaxation and revitalization. Alternative use of hot and cold, massage with hot stones and wavelike movements together with the action of marine ingredients and seaweed, (a mask of marine mud is applied on the back during the facial) carry you away to a sea journey, on the ground.

THALASSA RITUAL

80minutes 120Euros

A genuine signature massage inspired by the massage traditions of California and Thailand follows a Crystal Peeling of salts in flower oils for a rejuvenating effect. The undulating wave-like movements help to achieve a deep state of relaxation.

GREEK ORANGE DEEP HYDRATION ENVELOPMENT

50minutes 85Euros

This refreshing spa experience starts with a grapefruit peeling and is completed by an orange wrap of a moisturizing wax full of beeswax and plant oils. A refreshing fruity-scented nurturing cream is applied to soothe body skin after sun exposure.



HYDRO BATHS & SCRUBS

Hydrotherapy, either with sea or thermal water, is one of the most ancient healing methods, recommended by Hippocrates along with regular body massage practice. It eliminates toxins, increase blood circulation and relieve tensions, creating a protective armor for the body.

THALASSO BATH TUB

20minutes 30Euros

Enjoy a rejuvenating thalasso hydro-bath into our innovative and state-of-the-art bath tub and feel the results of hydro massage along with the properties of a thermal powder rich in trace elements, blended with organic ingredients.

Our recommendation: we invite you to start with a scrub for elimination of dead cells and impurities, better penetration of active ingredients in the skin, to continue with a hydro-bath for rejuvenation and to finish with a holistic massage for total rejuvenation.

120minutes 153Euros

ALGOANE BODY SCRUB COLLECTION:

CRYSTAL PEELING WITH FLOWER OILS

30minutes 50Euros

A multi-sensory trip aimed to obtain a new skin. Dead Sea and Atlantic Ocean salts are enveloped in marigold and sunflower oils and are delicately perfumed by orange tree flowers. This scrub ideally prepares the skin for tanning.

TROPICAL SUGAR PEELING

30minutes 50Euros

A peeling with Caribbean brown sugar mixed with vanilla oil carries you away to a tropical paradise. The skin is hydrated with the new hesperidia scented moisturizing butter.

GRAPEFRUIT PEELING

30minutes 50Euros

The fruity scent of this grapefruit and sea salts peeling awakes the senses while essential oil of mandarin exerts a calming effect. The skin is hydrated with the new hesperidia scented moisturizing butter.



BEAUTY SALON – FINISHING TOUCHES

Hand & Foot Care

We are on our feet all day and they absorb a great deal of pressure resulting in poor circulation and swelling. Similarly, our hands are exposed to the elements and are often extremely dry and tight due to being used in almost every daily action that we undertake. Our hands and feet treatments have been developed with this in mind and are suitable for both men and women.

Gentleman's Manicure	20 minutes	25
Miraggio Manicure	40 minutes	50
Miraggio Pedicure	50 minutes	60
Pedicure for Gentlemen	35 minutes	40
Manicure/Pedicure Combination	90 minutes	95
Manicure/Pedicure Combination for Gentlemen	60 minutes	70
Nail Polish Change	15 minutes	15

Hair Removal

Lip/Chin/Under Arm	15 minutes	15
Bikini	20 minutes	20
Brazilian	45 minutes	45
Hollywood	60 minutes	60
Half Leg	30 minutes	30
Full leg	45 minutes	45
Combination: Full Leg, standard Bikini, under arm	60 minutes	70

Men

Back		20
Chest		30
Back & Chest		45

Hair Care & Barber service

Hair cut for Men		30
Hair cut for Women		45
Hair cut for Children		20
Shampoo and Style		50
Highlights & Coloring		50 to 100



FITNESS & MOTION

The Myrthia Thermal Spa is not merely a sanctuary offering pampering and rejuvenation for body and soul. It is also a place where personal fitness goals can be achieved with the help of our Fitness & Movement Specialists. Our specialists will evaluate in depth the guest's life style, movement patterns and personal goals in order to offer the most personalized experience. Total body awareness, movement optimization, improved performance in specific sports; flexibility, strength and endurance are some of the goals to be achieved through bespoke exercise programs.

Personal Training

The fitness center is equipped with the latest in cardiovascular and weight-training machinery including treadmills, elliptical trainers, stationary bicycles, rowing machine, Kinesis and TRX. Designed to make training a pleasure, the facility offers a separate area for stretching and an interactive group & personal training area. For those wishing to pursue individual health and fitness goals our Fitness Specialists are available to meet and assist you to create a bespoke personalized training program or outdoor activities. Personal training is available for all levels of fitness with prior booking at the Gym, to your Room, Outdoors or at the Beach Club.

Individual	60/90 minutes	Euro 60/90
Couple/Three persons	60/90 minutes	Euro 30/40 per person

Group Fitness & Movement Programs

Our Movement Therapy specialists have created group fitness & movement classes targeting to increase flexibility, ease the pain of sore muscles and increase stamina of your body. Every day we are offering 60 minutes group classes of Pilates, Yoga & Fitness.

Availability is limited up to 8 persons per class. Please contact the spa reception to book according to our weekly Fitness & Motion Group schedule.

60 minutes	Euro 30 per person
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SPA ETIQUETTE

SPA ENVIRONMENT

Miraggio Thermal Spa is an adult sanctuary. Guests must be 16 years of age or older. Active mobile phones or other electronic devices and smoking are not permitted in order to keep the spa area clean, quiet and to protect your privacy. All of our Spa Wellness Concierges are available to assist you in customizing your own personal experience.

HOURS OF OPERATION

Spa Facility: 08:00 a.m. - 20:00 p.m. Appointments Available: 10:00 a.m. - 20:00 p.m., last appointment at 19.00pm, Fitness Centre: 08:00 a.m. to 20.00pm

APPOINTMENTS

For spa enquiries or reservations please call 331 or +30 23744 40000. We highly recommend booking your treatment in advance to ensure that your preferred time and service is available. We can provide spa treatments in your privacy of your room upon availability with an extra charge of 20Euros.

CANCELLATION POLICY

We understand that schedules change and we will do our best to accommodate your needs. Since your Spa time is reserved especially for you, we kindly ask you to give a 4hour- notice cancellation on individual treatments and 24hour- notice on spa packages. Cancellations made within the above hours will be subject to the full charge of the treatment or packages booked.

SPA ARRIVAL - ENHANCEMENTS

We recommend that you arrive 30minutes prior your first scheduled appointment. This allows you to enhance spa experience with the use of water source & Thermal Well-Life Suite facilities and provides you time to relax before your treatment. Please leave your jewelry and valuables in your room safe or the hotel safe.

HEALTH MATTERS

Please inform us of any health conditions at the time of booking your appointment. Also, consumption of alcohol before, during or directly after spa treatments is not recommended. You will also be asked to complete a medical history form upon arrival at the spa so your wellness concierge can better customize your experience according to your needs.

SPA ATTIRE

You will receive a Miraggio Thermal Spa robe and slippers to wear between treatments and a locker for your personal belongings. For your comfort, undergarments may be worn during treatments, but rest assured our therapists are highly trained in correct draping procedures for your complete privacy. Swimsuits are required in some areas of the spa.