



ESPERIDES
RESORT • CRETE

SPA ETIQUETTE

SPA OPERATING HOURS DAILY 10:00 - 19:00

For assistance or details about the spa, kindly contact our spa reception. To guarantee your preferred appointment, we suggest booking ahead of time.

AGE REQUIREMENT

The spa is appropriate for guests 16 years and older

PREGNANCY

Expecting mothers are kindly requested to inform us in advance, allowing our spa team to recommend suitable treatments.

APPOINTMENTS & CHECK

Please arrive at least 15 minutes prior to your appointment to complete a wellness consultation and enjoy a moment of relaxation in our peaceful setting.

PRIOR TO ARRIVAL

For optimal results and enjoyment of your spa treatment, please have a light snack rather than a heavy meal before your appointment. Alcohol consumption is also not recommended.

PREPARATION

To avoid any inconvenience, we kindly ask that you keep your jewelry in your room safe, as we cannot be held accountable for lost items. Men should shave before facial treatments to achieve the best results.

DURING YOUR STAY

Our spa is designed to be a peaceful retreat, so we ask that you respect the quiet ambiance by keeping conversations at a low volume. Smoking indoors and camera use are not allowed. Please turn off mobile phones for a truly relaxing experience.

AFTER YOUR THERAPY

For the best results and to prevent skin sensitivity, avoid sun exposure for a minimum of three hours after your aromatherapy treatment.

PAYMENT

Guests may choose to pay by credit card or cash, as they prefer.

CANCELLATION POLICY

Please note that to accommodate all guests fairly, cancellations must be made at least 24 hours in advance. Cancellations with less notice will be charged 50% of the treatment cost, and no-shows or cancellations within four hours will be charged in full.

MAKE
YOURSELF A
PRIORITY



aphrodite
WELLNESS

DONT JUST BE ALIVE.
BE WELL

POWERED BY

AQUAVITA
SPA RETREATS

FACIAL TREATMENTS

ALOE VERA AFTER SUN

Moisturizing and soothing facial treatment with 86% active organic Aloe juice, specially designed for sensitive skin. Calms, nourishes and leaves the skin cool and soft, especially after sunbathing.

☪ 30'-50' // 50-70€

HYALURONIC FACIAL TREATMENT

Moisturizing and anti-wrinkle facial treatment with Hyaluronic fillers, Oligopeptides (Botox & Retinol - like effects) and extracts of white Tea and Flowers. For effective hydration and increased elasticity. As well as improving the appearance of wrinkles and fine expression lines.

☪ 50' / 80€

GOLDEN LINE ANTIAGING & FIRMING

Luxurious antiwrinkle, firming and brightening face care. Based in Gold, silk proteins, marine Collagen «wrinkle-fillers», antiaging oligopeptides and natural antioxidant extracts.

☪ 50' / 80€

OILY SKIN CARE

Care for oily - acne-prone - blemished skin. Suitable for all ages.

☪ 30' - 50' // 50-70€

BODY WRAPS

HERBAL BODY MASK

Nourishing and moisturizing cream-mask for body care. A veil of protective, soothing and moisturizing herbs, emollient oils, dried flowers and aromatherapeutic essential oils, invigorates body and spirit, giving a sense of well-being.

☪ 30' / 50€

CHOCOLATE BODY MASK

Nourishing and moisturizing body care based on natural cocoa and grapefruit.

☪ 30' / 50€

GINGER BODY MASK

Luxury body treatment with gold, ginger and silk proteins for hydration, firming and toning.

☪ 30' / 60€

BODY SCRUBS

HERBAL BODY SCRUB

Body Scrub with natural crystal-clear herbal extracts and natural essential oils. Cleanses by removing dirt and dead surface cells. The skin becomes brighter, smoother and softer.

☪ 30' / 50€

CHOCOLATE BODY SCRUB

Body Scrub gel with chocolate ingredients. Thanks to the granules it contains, it deeply cleanses the skin, helping it to renew itself faster. The skin becomes brighter, smoother and softer.

☪ 30' / 50€

GINGER BODY SCRUB WITH SILK

Body Scrub gel with Ginger ingredients, silk protein and special exfoliating granules for deep cleansing of the skin.

☪ 30' / 60€

MASSAGES

AROMATHERAPY

Carefully selected essential oils, combined with a rhythmic and soothing massage technique, relieve tension, awaken the senses, and provide ultimate tranquility.

☪ 50' - 80' // 80-110€

DEEP TISSUE

An intensive massage with focused pressure techniques, mobilization, and targeted movements to release muscle tension and promote relaxation.

☪ 50' / 90€

BACK, NECK AND SHOULDERS

It reduces the stress and the strain on the back, neck and shoulders. Helps in the total muscle relaxation.

☪ 30' / 50€

HEAD MASSAGE

Experience the ultimate relaxation with a luxurious scalp massage, offering stress relief, headache relief, better sleep, scalp nourishment, mental clarity, and a deep sense of well-being. Reawaken your mind, body, and spirit with this serene ritual.

☪ 20' / 40€

FOOT MASSAGE

A specialized foot pressure technique allows the therapist to restore balance and harmony between the body and spirit.

☪ 30' / 50€

MAMA'S HEAVEN

A carefully tailored pregnancy massage that provides relaxation, support, and a profound sense of connection between mother and baby.

☪ 50' / 80€

SIGNATURE TREATMENTS

COUPLE EXPERIENCE

Enjoy a unique couples experience. In a peaceful, private setting, you and your partner will experience a calming treatment that reduces tension, promotes deep relaxation, and nurtures your connection.

☪ 75' / 130€

ABSOLUTE REVITALIZING CARE

A mesmerizing touch for your skin, a unique ritual for your senses, a mystifying journey for your soul! With the power of ginger and silk, which gently exfoliate the skin, preparing the body for the unique blend of the mask, containing 23K gold leaves, hyaluronic acid, and silk proteins. This treatment aims to provide the most luxurious and highly effective anti-aging therapy for both the face and body.

☪ 100' / 170€

