

PHĀEA BLUE PALACE



SPA MENU

Phāea offers a conscious
experiential journey through the
true light of Greece where the
balance of body and mind brings
perfect harmony to your true self.

Explore Phāea wellness community and experience
the innovative holistic approach to wellbeing. We have
created meaningful holistic wellness experience,
bringing like-minded people together for an emotional
unforgettable journey.

Καλώς ήρθατε • (kalós írthate) • Welcome

WELLNESS MENU

Discover Your Path to Inner Harmony.

Welcome to Phāea Blue Palace, where tranquility meets rejuvenation. Indulge your senses and nourish your soul with our range of treatments and facilities designed to elevate your wellbeing.

Surrounded by beautifully curated gardens that frame the beauty of the Aegean Sea, we invite you to embark on a journey of holistic well-being and self-discovery, where every moment is dedicated to your relaxation and revitalization.

Harmonize your inner self with the tranquil beauty of our surroundings.



THE BRANDS

Custom, Results Driven Therapies
from renowned brands.

ADVANCED SWISS SKINCARE FOR FACE

Valmont is a luxury Swiss skincare brand renowned for its high-quality, innovative formulations and advanced anti-aging solutions. Founded in Switzerland in 1985, Valmont combines the expertise of Swiss cellular research with the finest ingredients to create skincare products that deliver exceptional results.

FOR SKIN HEALTH TREATMENTS, FACE & BODY

Anne Semonin, pioneers of personalized skincare routines since 1985. Their natural, vegan and luxurious products are devised and created in France. They combine essential oils, trace elements, natural active and innovative biotechnological ingredients -all are carefully selected for their high quality, safety, efficacy, and sustainability.

FOR MASSAGE & BODYWORK TREATMENTS

The KOS PARIS brand was born out of a passion for rare plants, cultivated with respect, which have proven their effectiveness and the desire to develop a line of high quality natural cosmetics that combine the power of active ingredients from the plant world, with rich textures and respect for the environment.





PHĀEA IMMERSIONS

Embark on a timeless journey with our exclusive holistic packages, meticulously crafted to immerse you in the world of Phāea.

RENEWAL ΑΝΑΝΕΩΣΗ • ANANEOSI

150min | €340

Ideal for those who want to make a fresh start and gain energy and confidence. The Ananeosi starts with an energy and vitality body scrub to refresh your skin, followed by Oil Ceremony Massage of 60min duration and finishing with a Rejuvenating Facial.

LIGHT ΦΩΣ • FOS

180min | €390

Ideal for those who want to take care of their skin with natural and advanced ingredients to gain brightness. This immersion starts with a Deep moisture wrap to make the skin shining, followed by a hot stone massage and a cryotherapy facial.

Φ • Phi **210min | €420**

The symbol of perfect harmony for a journey to bring balance to your mind and body. Our symbol of balance, Phi, creates the perfect balance in our body and mind. This immersion starts with the Pure Wine indulgence journey, followed by the Ultimate Facial Experience.

PHĀEA TAILOR MADE THERAPIES

This journey reflects our commitment to simply being, which is a reflection of your true self. The treatment begins with a meeting with one of our wellness therapists, during which discusses about your lifestyle: including nutrition, movement, sleep, and mindfulness. This talk allows our therapist to propose the perfect treatment to meet specific needs.

SKIN HEALTH – FACIAL & BODY COLLECTION

YOUTH ELIXIR

90min | 350€

A must for after sun exposure. This protocol fills the epidermis with water to reveal vibrant, supple, re-plumped skin. The Hydration achieved with a precise massage focused on the lymphatic system. The massage is always performed with slow and gentle care. The main movements include slow pressure, circular pressure and smoothing motions along the lymphatic circuit and draining towards the lymph nodes. Each gesture is performed with high precision thanks to the H2O BOOST concentrate. This ultra-potent massage serum propels its mixture of triple DNA, hyaluronic acid and moisturizing ingredients deep into the skin.

In this version, to ensure long-lasting results, the iconic regenerating mask treatment collagen veil releases its magical essence while the beautician massages the shoulders with supremely relaxing strokes. The pinnacle of skin transformation!.

CLEAN & SOOTH FACIAL

90min | 190€

This facial is focused on deep skin cleansing with the ultimate freshness and purity of formulas incorporating Glacial Spring Water.



REJUVENATION FACIAL

60min | 150€

A deep regenerating face treatment, with spectacular results based on Cellular Rejuvenation. A specific oxygenation massage technique for the face, smoothers up fine lines, restoring tone, glow and suppleness.

TIME FREEZE – CRYOTHERAPY FACIAL

60min | 150€

Your skin will be visibly firmer and glow beautifully after this facial. 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.

GENTLEMAN'S REVIVING LIFT

60min | 150€

Your skin will be treated to the plumping a firming effect while collagen stimulating complex will refine pores and reduce wrinkles, promising a smooth, firm and glowing skin.

THE ULTIMATE FACIAL

90min | 190€

A luxurious facial ritual which targets your skin's specific needs. Bespoke blending of aromatic essences and trace elements combine with a tailored eye, face and décolleté treatment to perfectly balance, hydrate and revitalize, while offering the ultimate in skin protection.

BODY COLLECTION

Embrace the blend of tradition and modernity by combining facials with our body treatments for a holistic experience. This harmony ensures skin health and balance, leaving a lasting impression.

ENERGY & VITALITY BODY SCRUB

30min | 90€

Wave goodbye to dull, uneven skin with an energizing and detoxifying express scrub treatment. Sea salt, acerola, and pumice stone particles work together to exfoliate the skin and enrich your body with vitamins and minerals.

DEEP MOISTURE BODY WRAP

30min | 90€

While the algae-rich & aloe vera Deep Moisture Mask will replenish nutrients, stress will be eased away through a relaxing scalp massage. This cooling treatment is designed to calm the irritated face and body skin and restore hydration levels.

CRYO-LIPOLYSIS FIRM & TONE

90min | 190€

A specialized treatment designed to stimulate the body's system and target areas of fluid retention, cellulite, and uneven skin tone. A pre-wrap scrub of sea salt infused with lemongrass and peppermint, followed by a body wrap in a cocoon of Spirulina micro- algae combined with powerful cryotherapy techniques, ensure immediate results.

PURE WINE INDULGENCE

120min | 250€

A grapeseed body polish combined with a warm red grape body mud, will prepare your velvet skin to receive a hypnotic head to toe nurturing massage experience. Powered by polyphenols, antioxidants found in grape skin and seeds, 20 times more active than vitamin C, this treatment is the ultimate way to achieve silken and glowing skin. A glass of wine is the perfect ending to a wine experience!



MASSAGE & BODYWORK

DEEP PEACE

60min | 140€ / 90min | 180€

This Massage reconciles body and mind and brings deep peace. Gentle, based on the awakening of the senses, encourage a total letting go. Our Zen Body Massage targets weary muscles and eases tension, helping you to unwind and de-stress. The techniques vary from long strokes to firm pressure or a light touch, to cater to every individual needs. With our special blend of massage oils, we promise to leave you with a deep sense of well-being and serenity that you will carry throughout the day.

OIL CEREMONY

60min | 140€ / 90min | 180€

Enveloping protocols, stretching movements to release stress and tension, soft kneading motions...we have designed a full-body relaxation massage that revitalizes and balances the body and mind. Associated with delicately scented oils, this massage transports you on an extraordinary well-being journey.

DEEP TISSUE

60min | 140€ / 90min | 180€

The Deep Tissue Massage is designed to relieve muscle tension. It is performed using firm and slow deep fingers and forearm pressure. This type of massage is ideal for the treatment

of major muscle groups like the neck or lower back. It can also be used to relieve strain, muscles ache, tension and nods. Particularly recommended for persons who regularly practice a sport or a physical activity.

HOT STONES

90min | 190€

Hot stones massage uses a firm, slow technique with soothing, relaxing movements. This massage is ideal for relieving stress, detoxifying the body, improving circulation and stimulating energy. Facial tensions are released thanks to draining maneuvers. Body and mind are perfectly aligned and in harmony.

SLIMMING DRAINAGE

60min | 140€ / 90min | 180€

A draining and reshaping massage using to a highly concentrated slimming oil is designed to reduce the circulatory system, detoxify and drain the lymphatic system.

MUM TO BE

75min | 160€

This nurturing massage is performed on lateral position from the third month. Performing techniques which will help to relieve tension and bring balance & wellness for the mother-to-be.



THE ART OF BEAUTY

At Phāea, we're dedicated to a holistic approach to beauty. That's why we've partnered with leading brands to offer innovative and results-driven therapies for hair, scalp, and hands & feet.



HAIR CARE

Botanical Therapies™

BOTANICAL REPAIR™ COLOR TREATMENT

80€

Bond Building and Protection through Color Service

BOTANICAL REPAIR™

20 min | 45€

5 x Stronger Hair , Bond Building and Repair

NUTRIPLENISH™ EXTREME HYDRATION

20 min | 40€

72-hour Hydration, Nutrition and Frizz Protection

SCALP SOLUTIONS™ HEAD SPA

50 min | 80€

Scalp Anti-aging, Hydration and Renewal treatment combined with the desirable Hair Treatment

STYLING

Regular Hair Styling 45€

Long Hair Styling 50€

Hair Styling Extensions 60€

Bridal Hair Styling 250€

Blow Dry 30€

Cuts

Haircut Ladies 50€

Haircut Men's 40€

Haircut Child 30€

HANDS & FEET CARE

Kure Bazaar is the leading nail varnish of a new generation, combining the ethics of a new, environmentally friendly formula with the vibrant colors of Paris fashion. Several years of research have led to a technological innovation that allows for a significant reduction in chemical substances, without compromising quality: the durability, gloss and shine of the colors are as exceptional as ever. The exclusive Kure Bazaar formula - up to 90% of which is of natural origin based maintains the vitality of nails by respecting their natural regenerative cycle.

KURE BAZAAR ORGANIC MANICURE
50min | 90€

KURE BAZAAR MANICURE
40min | 80€

YOUTH HYALURONIC MANICURE
75min | 120€

KURE BAZAAR ORGANIC PEDICURE
65min | 110€

KURE BAZAAR PEDICURE
55min | 100€

YOUTH HYALURONIC PEDICURE
75min | 120€

WAXING

Waxing lip, brow or chin €15

Waxing leg / arm €4

Waxing underarm €20

Waxing back or chest €40

Eyebrow shaping €15

Eyebrow / eyelash tinting €25



FITNESS & MOVEMENT

At Phāea Blue Palace, we prioritize your stamina and overall body condition. Our fitness and movement instructors are here to lead you through various exercise modalities, ensuring your body and mind stay in top shape. Explore our weekly schedule to discover our indoor and outdoor fitness facilities.

WELLBEING



FUNCTIONAL TRAINING

Discover how to train muscle groups together and not in isolation, as well as prepare the body for daily tasks by simulating and performing free movements or resistance..

RESTORATIVE WORKOUT

Improve your muscular strength, endurance, and balance with low impact exercises that focus on improving the strength and function of the body while incorporating either healing or preventative techniques into the program..

HIIT — HIGH-INTENSITY INTERVAL TRAINING

Promote the improvement of the cardio-pulmonary condition and increase caloric consumption. This workout is based on sessions of short and intense intervals of effort and recovery.

PERSONAL TRAINING

Achieve the best training results in the most effective and safe way. The private and personalized workout session is adapted to the objectives and personal capabilities of the guest.

MEDITATION

Take time to indulge in a serene encounter with yourself. Our meditation sessions are ideal for being in the present moment and benefit the mind, body and soul. Enjoy them at our Blue Room.

WALKING IN NATURE

Experience a combination of mindfulness, Cretan outdoor nature and Elounda gulf. Witness the beauty of Cretan nature as you walk amongst the unspoiled flora and fauna of Elounda. Relax and disconnect from the outside world, while reconnecting with what truly matters through movement surrounded by the energy of the place.

PRICES

Personal 60min | 60€

Couple's 60min | 70€

**Groups 60min | 20€ / person
(3pax minimum)**



