



CANAVES OIA  
SANTORINI

SPA & WELLNESS

## PHILOSOPHY

Canaves Oia Spa, set in a space of iconic beauty whereas the refined atmosphere of Santorini and the majestic aura of the Aegean meet, provides a holistic approach to wellbeing.

Here you will find an unrivalled choice of spa therapies, beauty treatments, yoga and fitness classes to promote optimal health and wellbeing performed by our team of spa professionals and personal trainers.

Designed inside a natural cave, Canaves Spa features 2 treatment rooms, a nail studio, a Rasul Steam bath, a Sauna and an amazing external Couple's treatment room with a unique view at the Caldera. Our team of spa professionals and the delicately selected practices from around the world are harmonized to offer our guests an unforgettable spa experience.

Canaves Oia Santorini presents to you the perfect environment to immerse yourself in complete relaxation with yoga and meditation techniques for optimum health. The Fitness center offers an innovative selection of fitness equipment as well as indoor and outdoor facilities filled with sunlight, ensuring a one-of-a-kind workout experience with our personal trainer and yoga instructor, for an impeccable wellbeing, fitness and rehabilitation offering.

**A unique experience at Canaves Oia, Luxury Resorts would not be complete without a relaxing visit at Canaves Oia Spa.**

## MADE FOR TWO

### ULTIMATE COUPLE'S AWAKENING

A couples' ritual that will deliver both of you into a perfect realm of harmony & balance. The romantic starry sky with the scented steam will leave you wonder while you relish in a rich cream peel infused with all precious elderflower has to offer. Your muscles and tension will melt away while you enjoy an 80' empowering massage with invigorating strokes in our couple's room. A hydrating facial will follow combining slow lymphatic draining face massage. This ritual will reawaken the ageless beauty that belongs to all of us.

3hrs | €800 per couple

### GETAWAY IN THE CAVE

Enjoy a romantic getaway at the caves of Canaves Oia Spa with your beloved partner. Apply to your significant other our signature masks and hide together at our Rasul Steam Bath, infused with aromatic scents, starry sky, where romance has no end. To finish off this spectacular journey in our couple's suite, you can choose to continue with a 55' Valmont facial OR a 55' Full Body Massage. Facial Choices: Energy of the Glaciers, Luminosity of Ice, Intense Hydration of the Bisses, Purity of the Alps.

Massage Choices: Armonia, Balancer, Empower Me, Energizer.

1hr 40min | €415 per couple

### SPA WITH A VIEW

Live the ultimate relaxing experience Santorini has to offer by experiencing, with your beloved partner, any of our 55 minutes Massages combined with a reposing Head and Sculp Massage while enjoying the spectacular Caldera View. At the end of your treatments, we offer you a refreshing beverage or a glass of champagne that you can enjoy at the dedicated external relaxation area where the blue waters and blue sky meet and together with the Caldera, create a view like no other.

70min | €460 per couple

## EXCLUSIVE SIGNATURES

### ABSOLUTE SPA RITUAL

The ultimate skin and body therapy for outstanding results. Enjoy a unique Valmont advanced Anti-age facial incorporated with a highly concentrated face massage booster and a firming Collagen Mask and combine it with the powerful effects of 'Armonia', our personalized full body Massage depending on your needs. Experience pure relaxation with dramatic results!

2hrs 15min | €350

### JET LAG RECOVERY

This ultimate recovery treatment is everything your body needs to re-energize and enjoy your holiday. We begin with an exhilarating skin brushing to stimulate cell metabolism & promote the breakdown of toxins that is followed by an empowering full body massage and finish off with an awakening eye & head massage.

1hr 15min | €190

### RELAX & DETACH

Spoil yourself from top to toe relishing in all that Canaves Oia Spa has to offer. The Bali Paradise Rasul ceremony is the perfect way to get started before any treatment. Combining freshly blended fruit extracts & milk powder that together create a beautiful mask for the entire body while aromatic steam & the starry sky offer a sense of healing and deep relaxation. A full body tailored massage according to your needs using a unique rich oil blend specifically picked for you combined with a touch of cream give the mind and body the perfect & complete aftercare. Inspired by Balinese Beauty Rituals, your skin will soak into the delicate scents of tropical flowers in an "express radiance" facial.

2hrs 10min | €285

## EXQUISITE FACE

### ENERGY OF THE GLACIERS

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

55min | €170

### LUMINOCITY OF ICE

For a skin as clear and pure as ice. Based on the new Luminosity range, and facial reflexology massage technique, this facial works to clarify the complexion and improve the texture of the skin while providing overall anti-aging action.

55min | €170

### INTENSE HYDRATION OF THE BISSES

A must for after sun exposure. This corrective hydrating facial combines a slow lymphatic draining face massage with most advanced active principles like hyaluronic acid and plants extracts from the Alps. Skin is soothed and calmed and regains radiance.

55min | €160

### PURITY OF THE ALPS

Purity facial is ideal for deep skin cleansing either you have a naturally oily skin type, or you need to feel your skin clean and refreshed at the end of your vacation. Skin regains its freshness and clarity.

55min | €160

## EXQUISITE FACE

### ELEVATED FACIAL

Elevate any of the above Facials to a Premium experience by including a Super Concentrated Massage Booster tailored to your needs and Valmont's Master of anti- ageing; the Collagen Mask.

1hr 15min | €255

### L'ELIXIR DES GLACIERS MAJESTIC

This facial represents the ultimate refinement in skin care. It is an intensely nourishing, re- sculpting and rejuvenating care based on core Valmont expertise allied to the quintessence of Elixir products, Valmont's premium Series. Besides the Elixir face mask and the Prime Renewing Pack mask (Valmont's best seller), it includes the famous firming Collagen mask as well as a lifting and anti-wrinkle massage, the Japanese Ko-Bi-Do.

1hr 30min | €350

### FACE EXTENDERS

BRIGHTER EYES  
15min | €65

INDIAN HEAD MASSAGE  
30min | €85

RASUL RITUAL  
45min | €60

## EXQUISITE BODY

### PEAKS OF SLIMNESS

Indulge in a perfect body exfoliation with respect of mature and dry skins, based on rose oil full of fatty acids, for a maximum hydrating effect. Continue with 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. The perfect balance between slimming and relaxation, it includes application of "Fit & Tone" duo, the slimming serum D-Solution Booster and firming cream C-Curve Shaper. The perfect detox treatment to realign your body!

1hr 30min | €175

### AFTER SUN ESSENTIAL

Recover from high sun exposure or prepare your body for a perfect tan with this full body gentle exfoliation combined with an Aloe Vera body wrap and an 'express radiance' facial while your body gets re-hydrated.

1hr 10min | €155

### REFINING FULL BODY EXFOLIATION

Choose between the energizing Lemon, the rebalancing Orange Blossom or the calming Lavender scrub to get rid of dead skin cells for a silky-touch skin. Ideal to enjoy it alone or combined with any Massage Ritual.

30min | €70

# RASUL EXPERIENCES

## ORIENTAL CLEANSING AND SKINCARE CEREMONY THE ORIGINAL FROM HASLAUER

Seduce into a dream from “One Thousand and One Nights”. In the Rasul®, an invention by the wellness pioneer Paul Haslauer, not only is skin pampered and perfectly cared for but your mind and soul can also let go. Paul Haslauer has turned a thousand of years old Oriental cleansing and skincare ceremony into a modern system that has become an essential element of many spa businesses: the Rasul®. The Oriental ambience of the Rasul® alone will impress. Ornatly painted, handmade ceramics, spectacular colors, towering minarets and a deceptively real looking starry sky entice you into a world from “One Thousand and One Nights”.

# RASUL EXPERIENCES

## BALI PARADISE

The Bali Paradise Ceremony usher's guests into a world of divine opulence. It combines freshly blended fruit extracts, oil blends & herbs for a therapeutic ritual, creating a mask for the entire body. The aromatic infused steam will send guests into a deeply relaxed dream-like state during this unique exotic therapy. The ceremony ends with a wonderful warm, tropical shower from the starry sky above and an application of nourishing body lotion. This treatment can be enjoyed either alone or with a partner.

45min | €60 per person, €100 per couple

## PASSION FOR ELDERFLOWERS

This complete elderflower ritual delivers you into a perfect realm of harmony & balance. Excellent for those who suffer from stress & anxiety. The starry sky and gently scented steam helps your mind and body relax, while you relish in a rich cream peel infused with all this precious flower has to offer. An application of an elderflower body lotion promotes the results and benefits to last longer. This treatment can be enjoyed alone or with a partner.

45min | €60 per person, €100 per couple

## THE TERRA SIGILLATA

This treatment offers three freshly prepared mineral muds of the highest value, each as precious as gold. The guests rub the muds on the skin creating a mask over the entire body during the ceremony while the room fills with gentle steam and enticing scents of fresh herbs. While relaxing, guests feel the special caring properties of each mud. The ceremony ends with a wonderful warm, tropical shower from the starry sky above and an application of nourishing body lotion. This treatment can be enjoyed either alone or with a friend.

45min | €60 per person, €100 per couple

## MASSAGE EXPERIENCES

### ARMONIA

Let go of tension, stimulate your senses and motivate your mind. This tailor-made massage will align your body and mind using essential oils based on your needs. The pressure is adapted by incorporating a blend of different techniques based on what your muscles are craving. Let the therapist bring harmony and align you to the present.

55min | €180    1hr 20min | €210

### LAVA SHELL MASSAGE

A LAVA Shells treatment takes you on a journey unlike any other. The radiant heat that transmits from the hot seashells to your body melts away tight muscles while soothing aromatherapy oils calm the mind and envelop the senses. You may not always find time for that well-deserved vacation, but you can treat your mind and body to one.

1hr 15min | €195

### EMPOWER ME

Cinq Mondes' techniques inspired from the millennia old Indian tradition, relies on a combination of invigorating strokes. Enjoy this hot oil massage with blends of vanilla and cardamom, relieve muscles, encourages sound sleep and leaves skin silky-soft.

55min | €180    1hr 20min | €210

## MASSAGE EXPERIENCES

### ENERGIZER

Immerse in a world of tranquillity performed with a traditional Tropical Nuts Melting balm according to an ancestral Ritual massage from Bali. This escape by Cinq Mondes includes gentle Thai pulling and stretching movements and pleasant surprising head massage in a towel.

55min | €190    1hr 20min | €220

### CANDLE MASSAGE

Surrender yourself to a magical warm candle massage with an exquisite perfumed ambiance, creating a truly memorable experience. This creamy oil wax deeply nourishes the skin whilst a combination of various massage pressures, stretches and continuous movements, relaxes the muscular system, eliminating daily stress and turning it into a sensorial escape.

1hr 15min | €195

### BALANCER

A body massage treatment inherited from The Polynesian healers and inspired by Lomi-Lomi, which uses deep pressure from the therapist's forearms and long continuous movements. Tiare flower notes accompany you all along this blissful experience by Cinq Mondes.

55min | €180    1hr 20min | €210

### MOTHER -TO-BE MASSAGE

Nurture your body at this precious time with a specifically designed massage to treat muscle aches, reduce fluids and enhance the mind and body, bringing back balance & wellness. We work gently to melt away fatigue and reveal a new you.

1hr | €175

# MASSAGE EXPERIENCES

## BODY PREPARATION

REFINING FULL BODY EXFOLIATION  
30min | €70

RASUL RITUAL  
45min | €60

## BODY EXTENDERS

INDIAN HEAD MASSAGE  
30min | €85

LIGHTER LEGS MASSAGE  
30min | €85

EXTEND MASSAGE  
15min | €50

EXPRESS RADIANCE BEAUTY RITUAL FACIAL  
30min | €80

# BEAUTY SERVICES

## HANDS & FEET

Spa Manicure  
€75

Spa Pedicure  
€85

Nail Polish  
€30

Shellac Removal  
€15

Choose between soak off gel  
or normal nail varnish

## WAX

Eyebrows / Lip / Chin  
€20

Underarm  
€20

Arm wax  
€35

Half Leg wax  
€30

Full Leg wax  
€50

Bikini line  
€30

Brazilian  
€55

# YOGA & FITNESS

## RECHARGE & RESTORE

### RISE & FLOW YOGA

Wake up your mind and open up your body. Move with your breath in a flowing sequence and improve your balance, flexibility and muscle endurance. You will leave the class feeling energized, uplifted and focused.

60 min | €80 per person, €140 per couple

### DEEP RELEASE SUNSET YOGA

Relax and unwind with this slow paced, more passive practice that seeks stillness by holding seated and lying postures longer. This practice targets the connective tissues of the body and allows a gain in flexibility and mobility and relieves tensions.

60 min | €80 per person, €140 per couple

### BREATHING & MEDITATION

Start the day with intention and invite in clarity and a sense of appreciation. This practice will begin with the breath, that is the bridge between the body and the mind and that will prepare us to dive deeper into a guided meditation. Release all expectations and embark on a journey of introspection.

45 min | €70 per person, €115 per couple

# YOGA & FITNESS

## REVITALISE & RESHAPE

### MAT PILATES

This series of effective low impact exercises tone every part of the body with an emphasis on core strengthening. It will improve your muscles strength, endurance and your posture and will help prevent injuries.

45 min | €70 per person, €115 per couple

### CARDIO HIIT

Challenge yourself with this high- intensity cardiorespiratory training that alternates between brief bursts of dynamic exercise and short periods of active recovery. This rewarding full body workout will make you push your limits.

35 min | €60 per person, €100 per couple

### BODY STRENGTHENING

Feel the burn with this 3x10min workout that will sculpt and strengthen your abs, legs and glutes and arms using bodyweight and weights.

35min | €60 per person, €100 per couple

## FULL DAY RETREATS

### SELF CARE DAY RETREAT

Treat yourself with a full day of wellness. Start the day with Yoga and Meditation or a personalised Fitness session. Finish off and rejuvenate with a spa visit and enjoy the restoring benefits of the Terra Siggillata Rasul Steam Bath followed by the 80' Energizer Massage, an escape by Cinq Mondes that includes gentle Thai pulling and stretching movements and pleasant surprising head massage in a towel.

€325

### DETOX DAY RETREAT

Feel renewed and energized through a combination of yoga practice and cardio workout followed by a visit at Canaves Spa. There, you will enjoy the Peaks of Slimness body treatment, which combines a body exfoliation, based on rose oil full of fatty acids and an one-hour body sculpting massage, with anti-cellulite, anti-orange-peel, draining and firming action. The perfect balance between slimming and relaxation. A healthy detoxifying juice will be offered to you at the end of your experience to maximize the results.

€235

## OUR PARTNERS

### VALMONT

Rejuvenation, skin regeneration and immediately visible results, from the first application, are the benefits of Valmont, the "Magician of Time". Since 1985, Valmont cosmetics' mission has been to offer amazingly effective high performance anti-aging treatments and products. A true anti-aging expert, for more than 30 years, Valmont has been perpetuating the unique expertise of Swiss cellular cosmetics – the legacy of the famous Valmont Clinic – with treatments that offer instant and lasting results of unparalleled quality. Switzerland's pure and protected environment is the cradle of these cosmetics, their exceptional qualities are derived from a subtle alliance between Alpine ingredients and cutting-edge scientific expertise. Highly exclusive, the Valmont brand is like no other, displaying uniqueness worthy of its charismatic owners Didier and Sophie Guillon, both driven by a passion for beauty and cosmetics.

### CINQ MONDES

Through its treatments and products, Cinq Mondes offers deep regeneration of body and mind to recreate a state of perfect balance. Fascinated by traditional medicines and cosmetics, Nathalie and Jean-Louis Poiroux journeyed around the world in search of the best Wellness and Beauty Rituals of the World's 5 major regions with exceptional time-honored Beauty traditions: India, China, Japan, Siam (Bali, Laos, Cambodia) and Morocco. All have ancient rituals that are still practiced today based on treatments and products from living knowledge transmitted and taught in cultures today.

### EXCLUSIVELY SPA

Canaves Oia Spa was designed and is under the management and operation of ExclusivelySpa™ - an international full-service company, handling the entire life cycle of spas and wellness centers, from concept to operation and periodical renovations, ensuring continuity and consistency in terms of standards and services. The partnership with the management of Canaves Oia has inspired a creative concept transforming a 17th century wine cave into a luxury spa without losing its inherent charm. The operational team of ExclusivelySpa welcomes you to the crown jewel of the company's portfolio ensuring an exceptional service to all guests of Canaves Oia Spa.

# SPA ETIQUETTE

## WHEN TAKING A TREATMENT

Please arrive in good time to enjoy the facilities and at least 15min prior to a treatment booking to ensure that you are ready to be collected by your therapist at the allocated time. Time lost due to late arrival will result in a shortened or amended treatment being offered without refund. We provide our guests with bathrobes, towels & slippers. Underwear or suitable swimwear should be worn into the treatment room and during treatments. For some treatments you will be provided with disposable undergarments by your therapist, and suitable towel draping will be used at all times. During treatments, please let your therapist know if you are comfortable or uncomfortable, too warm or too cold, or if their 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 explain it to the therapist. They can suggest appropriate adjustments to the treatment for your comfort and enhancement.

## CANCELLATION POLICY

Please note a 6hr cancellation notice is required for all bookings and services.

## SPA OPENING HOURS

Spa operates from 10:00 -20:00

- The Spa and its environs are strictly NO SMOKING areas.
- Phones are not allowed inside the spa. Please keep them in silent mode or switched off.
- Please conduct all conversations at levels consistent with a relaxing spa environment.
- Spa facilities & treatments are available to guests aged 16 and over.
- Please leave all items of value in your hotel room. The spa is not responsible for any loss of or any damage to a guest's personal belongings.
- Swimwear, is mandatory in the Sauna and robe and slippers should be worn in the common areas. A towel should always be placed when using the Sauna.
- Please do not add oils or other products to the Sauna bucket.
- Always shower before using the spa facilities.
- Please ensure you drink plenty of fluids to re-hydrate after use of the Sauna.
- Please do not leave toiletries in the showers.
- Shaving is not permitted in the changing rooms.
- Food & drink should not be brought into spa for consumption during your visit.
- All guests are required to complete and sign a Health & Lifestyle questionnaire upon arrival and prior the use of facilities & treatments.
- All facilities are subject to availability.





*Independently minded*

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