

# CANAVES OIA

E P I T O M E



SPA MENU

# OUR PHILOSOPHY

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Epitome Spa, welcoming a new kind of luxury and 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 unrivaled 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. The traditional Cycladic architecture, combining natural and earthy materials with modern design and style, creates a sense of pure relaxation whilst it helps our guests feel grounded and rebalanced. 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 Epitome 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.

Experience life's finest things with a relaxing visit at Epitome Spa.

# MADE FOR TWO

## ULTIMATE COUPLE'S AWAKENING

2hrs 50min  
€820 per couple

A couple's ritual that will deliver both of you into a perfect realm of harmony & balance. Your skin gets pampered and renewed with our aromatic full-body exfoliation of your preference. Your muscles and tension will melt away while you enjoy an 80' empowering massage 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.

## THE PERFECT GETAWAY

1hr 25min  
€450 per couple

Enjoy a romantic getaway with your beloved partner and let yourselves relax, unwind and reconnect. Your experience starts by preparing your skin with a refining exfoliation that will leave your skin smooth and replenished. To finish off this spectacular journey in our couple's suite, you continue with any of our 55' full-body massages. Massage Choices: Armonia, Balancer, Empower Me, Energizer.

# EXCLUSIVE SIGNATURES

## ABSOLUTE SPA RITUAL

2hrs 15min  
€410

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.

## JET LAG RECOVERY

1hr 15min  
€250

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. We finish off with an awakening Eye Collagen mask and head massage that will completely recharge you.

## RELAX & DETACH

2hr 10min  
€310

Spoil yourself from top to toe relishing in all that Epitome Spa has to offer. An aromatic full-body exfoliation is the perfect way to get started before any treatment. A full-body tailored massage according to your needs using a unique rich oil blend specifically picked for you gives the mind and body the perfect and complete aftercare. Inspired by Balinese beauty rituals, your skin will soak into the delicate scents of tropical flowers in an "express radiance" facial that will leave your skin replenished and renewed.

# EXQUISITE FACE RITUALS

## INTENSE HYDRATION OF THE BISSES

50min  
€160  
1hr 15min  
€270

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

## ENERGY OF THE GLACIERS

50min  
€160  
1hr 15min  
€270

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

## LUMINOSITY OF ICE

50min  
€160  
1hr 15min  
€270

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.

\*The 1hr 15 min option includes the famous firming Collagen Mask that uses the latest medical data to imbue the skin with reparative, dermo-tensor collagen. An icon of Valmont expertise that instantly revitalizes, smooths and transforms the face.

# EXQUISITE FACE RITUALS

50min  
€160  
1hr 15min  
€270

## FIRMNESS OF THE HILLS

This protocol improves the firmness of the skin to reveal a younger-looking face with better defined volumes. The combination of products and motion give incredible results! Younger skin structure after a single treatment: +10.2%, 30 minutes after conclusion of the treatment. The skin appears denser more elastic and feels firmer. The contour of the face is better defined. The volumes are remodeled.

1hr 30min  
€380

## L'ELIXIR DES GLACIERS MAJESTIC

This facial represents the ultimate refinement in skin care. It is an intensely nourishing, resculpting 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.

## FACE RITUAL EXTENDERS

BRIGHTER EYES 15min | €70

INDIAN HEAD MASSAGE 20min | €70

LIGHTER LEGS MASSAGE 20min | €70

# EXQUISITE BODY RITUALS

## PEAKS OF SLIMNESS

1hr 30min  
€190

Indulge in a perfect body exfoliation with respect to 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!

## AFTER-SUN ESSENTIAL

1hr 10min  
€170

Recover from high sun exposure or prepare your body for a perfect tan with this full body gentle exfoliation combined with a restorative body wrap and an 'express radiance' facial by Cinq Mondes while your body gets rehydrated.

## REFINING FULL-BODY EXFOLIATION

30min  
€80

Choose between Energizing Aromatic Scrub with Spices, Sublime Scrub with Tiaré and Monoï, hydrating Purée de Papaya, or deep cleansing Black Soap Beldi, the scrub that better fits your mood to get rid of dead cells for a silky-touch skin. Ideal to enjoy it alone or to complete any Massage Ritual.

# MASSAGE RITUALS

## ARMONIA

55min  
€190  
1hr 20min  
€220

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

## EMPOWER ME

55min  
€190  
1hr 20min  
€220

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 that relieves muscles, encourages sound sleep and leaves skin silky-soft.

## ENERGIZER

55min  
€190  
1hr 20min  
€220

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

## BALANCER

55min  
€190  
1hr 20min  
€220

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

## LAVA SHELL MASSAGE

1hr 15min  
€210

A ritual that takes you on a journey unlike any other. The radiant heat that transmits from the hot natural 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.



# MASSAGE RITUALS

1hr 15 min  
€210

## 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.

55min  
€190

## 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.

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## BODY PREPARATION

REFINING FULL BODY EXFOLIATION 30min | €80

## MASSAGE RITUALS' EXTENDERS

INDIAN HEAD MASSAGE 20min | €70

LIGHTER LEGS MASSAGE 20min | €70

EXTEND MASSAGE 15min | €50

EXPRESS RADIANCE BEAUTY RITUAL FACIAL 30min | €85

# BEAUTY SERVICES

## HANDS & FEET

Spa Manicure | €75

Spa Pedicure | €85

Nail Polish | €30

Shellac Removal | €15

\*Choose between soak off gel or normal nail polish

## WAX

Eyebrows / Lip / Chin | €20

Underarm | €20

Arm wax | €35

Half Leg wax | €30

Full Leg wax | €50

Bikini line | €30

# Recharge & Restore

## YOGA & FITNESS

60 min  
€90/ person  
60 min  
€160/ couple

### 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  
€90/ person  
60 min  
€160/ 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.

45 min  
€80/ person  
45 min  
€140/ 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.

# Revitalize & Reshape

## YOGA & FITNESS

45 min  
€80/ person  
45 min  
€140/ couple

### 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.

35min  
€70/ person  
35 min  
€120/ 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.

35min  
€70/ person  
35 min  
€120/ 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.

# SPA PACKAGES

3 hrs  
€350

## SELF-CARE RETREAT

Treat yourself with a full day of wellness. Start the day with Yoga and Meditation or a personalized fitness session. Finish off and rejuvenate with a spa visit and enjoy the restoring benefits of a deep cleansing full-body exfoliation 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.

2hrs 30min  
€250

## DETOX RETREAT

Feel renewed and energized through a combination of yoga practice and cardio workout followed by a visit at Epitome Spa. There, you will enjoy the Peaks of Slimness body treatment, which combines a body exfoliation, based on rose oil full of fatty acids with 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.

# 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, 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.



# OUR PARTNERS

## KOS PARIS

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 top-of-the-range natural cosmetics that combine the power of active ingredients from the plant world, rich textures and respect for the environment. Coming from the field of raw natural materials, founder, Sophie Allouche, has surrounded herself with highly skilled perfume chemists and chemical engineers as well as an ethnobotanist to develop and design products for the highest quality body and facial treatments, which incorporate artisanal knowledge along with respect for the environment and the human body.

## EXCLUSIVELY SPA

Canaves Oia Spa was designed by 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.



# SPA POLICIES & ETIQUETTE

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- 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.
- 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.

## WHEN TAKING A TREATMENT:

- Please arrive 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 are 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 Monday – Sunday from 10:00 - 19:00





## LET'S GET IN TOUCH

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