

MASSAGES

AROMATHERAPY 55 min.

A gentle, relaxing body massage using the ideal combination of essential oils (eucalyptus, rosemary, sage, lavender etc.) to each individual's needs.

- **Anti-stress**
- **Relaxing or invigorating**
- **Calming effect**

REFLEXOLOGY (FOOT MASSAGE) 55 min.

A stimulating massage by applying pressure to the foot arches to improve the function of vital organs of the body.

- **Elimination of toxins**
- **Improving the function of vital organs**

THE ORIGINAL HOT & COLD LASTONE MASSAGE 55 min.

Warm, smooth, volcanic basalt stones, together with cool marble pebbles are placed alongside the spinal chord and body, in the palms of the hands and between the toes to create a flow of positive energy. You will experience the beneficial effects of alternating temperature and energy work during this massage. This is a physical and spiritual journey to relieve stiffness and offer you an amazing relaxation.

- **Complete relaxation**
- **Easing muscle tensio**

AFFUSION MASSAGE 2 OR 4 HANDS 25 min.

A relaxing 2 or 4 handed massage, using apricot oil, under a horizontal shower, exuding a fine mist of warm seawater.

- **Relaxation & anti-stress**
- **Easing of muscles**

MASSAGE WITH ORGANIC ESSENTIAL OILS 25 min.

A very soothing body treatment using special essential oils and working with long movements offering total relaxation and wellbeing. It erases tension and you will feel calm and released.

- **Complete Relaxation**
- **Anti-Stress**

*PHYSIOTHERAPY 25 min.

Rehabilitation/functional treatment by means of manual techniques or by applying electrotherapy to painful areas, according to medical instructions.

- **Enhanced suppleness of joints**
- **Re-education of certain movements**

PRESSOTHERAPY 25 min.

Massage of the lower limbs using specific boots with progressive pressure, stimulating the lymphatic and blood-circulation system.

- **Anti-cellulite & slimming effect**
- **Enhancement of blood circulation**
- **Reactivates the lymphatic system (in case of oedema and/or heavy legs)**

LYMPHATIC DRAINAGE 25 min.

Gentle, slow manual movements (pressure) applied to the ganglion network, in order to improve the lymphatic and tissue function.

- **Activation of the blood circulation**
- **Elimination of toxins**
- **Reactivates the lymphatic system (appropriate in case of oedema)**

*INNOVZEN INHALATION RELAX 15 min.

This All-in-One, unique and revolutionary concept, guides you towards a deep and slow breathing and brings amazing benefits to your mind and body. O2CHAIR is your companion for a healthier life.

- **Activates blood circulation**
- **Reduces blood pressure, heart rate, lactic acid in muscles**
- **Balances O₂ and CO₂ levels in the blood**
- **Relieves anxiety**



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MASSAGES, HYDROTHERAPY & BEAUTY TREATMENTS



ROYAL MARE THALASSO ROYAL OLYMPIAN SPA & THALASSO

MASSAGES

MASSAGE 25 or 55 min.

Stimulation of upper and underlying tissues. The therapist's hands skim, smooth, knead or palpate the various tissues, thus achieving either general relaxation or a therapeutic effect.

- **Relaxing or invigorating (whole body or specific areas)**

THAI 85 min.

Carried out while you are lying first on your back, then on your side and on your abdomen and finally while seated. The therapist uses palms, thumbs, elbows and feet to exert pressure on your energy lines and specific points of the body. Stretching various muscle groups, invigorating and loosening movements: this therapeutic massage is a complete and remarkable treatment.

Subject to medical advice.

- **Enhanced suppleness**
- **General relaxation**
- **Improvement of the blood circulation**

ABHYANGA 55 min.

Recommended for conditions of tension and stress, this treatment is a soothing massage of the whole body using warm sesame oil. From head to toe, there is not a single part of the body that is not soothed, caressed and gently "kneaded". Absolute relaxation guaranteed!

- **Relaxation**
- **Stress-reducing**
- **Soothing effect**

RADJAMANDARI WITH 4 HANDS 55 min.

A 4-hands Ayurvedic massage embracing the body with smooth rhythmical movements, easing the muscles, soothing the joints and eliminating toxins. Radjamandari massage is recommended at the beginning of your Thalasso treatment, as it will prepare body and spirit to fully enjoy the beneficial effects of your cure. An unforgettable experience!

- **Elimination of toxins**
- **Soothing effect**
- **Stress-reducing**

VISHESH 55 min.

Using warm sesame oil, this intense massage begins with gentle pressure applied to the head and face. Then, it is time to recline on your back and your body, arms and legs are subjected to a vigorous treatment. At the end of the session, you will experience a return to calmness and relaxation.

- **Toning and stimulating**
- **Drainage of toxins**

SHIROGRIVA® 55 min.

A very special and unique massage derived from ancient Indian knowledge. Head, face and neck are treated to coordinate body functions using reflexology techniques, offering relaxation for body and soul. Results are immediate and amazing...You will instantly be relieved of stress, insomnia and headaches.

- **Complete relaxation**
- **Anti-stress**
- **Attenuation of insomnia**

BALINESE MASSAGE 55 min.

An ancient massage developed in Bali, which uses a combination of gentle stretching, kneading and acupressure techniques that allow to release tense and stiff muscles.

- **Anti-Stress**
- **General Relaxation**

ROYAL BALANCE 55 min.

The most unique massage ever created, inspired by all techniques of our classic as well our oriental massages in the centre.

Don't miss this "royal" experience.

- **General Relaxation**
- **Anti-Stress**

You are kindly requested to take a shower prior to each treatment.

() These treatments are only available at Royal Mare Thalasso in Crete!*

*(**) Please note that these techniques may cause redness and bruising. Not recommended for varicose veins and during pregnancy.*

HYDROTHERAPY TREATMENTS

SEAWEED BODY WRAP **30 min.**

Warm micro-processed seaweed (algae) is applied to the whole body and subsequently is wrapped in a thermo cover, allowing the active components to penetrate the skin.

- Loosening of muscles**
- Pain relief (arthritis & rheumatism)**
- Anti-cellulite**
- Elimination of toxins through perspiration**

GUÉRANDE MARINE MUD BODY WRAP **30 min.**

A warm sea mud from Guérande is applied to the following joints: shoulders, arms, wrists, hips, knees, ankles and along the spine. The whole body is then wrapped in a thermo cover, allowing the valuable components of this mud to penetrate the skin.

- Elimination of toxins through perspiration**
- Pain relief (arthritis, osteoporosis)**

CRYOTHERAPY **30 min.**

Application of micro-processed seaweed (algae) to the legs, enriched with a refreshing gel to improve the blood circulation and to relieve the “heavy legs” feeling.

- Relief of “heavy legs”**
- Blood circulation improvement**

HYDRO JET BATH **20 min.**

A special seawater bath with multiple, adjustable jets for local or overall hydro-massage. Sea water may be enriched with algae or essential oils.

- Relaxing or toning effect**
- Loosening of muscles**
- Drainage and improvement of blood circulation**

AROMATIC HYDRO JET BATH **20 min.**

A special seawater bath with multiple, adjustable jets for local or overall hydro-massage, enriched with a blend of aromatic oils.

- Loosening of muscles**
- Relaxation**

THALAXION BATH **20 min.**

Prototype hydrotherapy treatment with alternating hot and cold seawater massage, focusing on the areas such as: waste, hips, thighs and legs. Speeds up breakdown of cellulite, aids firming and improving the blood circulation.

- Stimulation of tissue (cellulite and slimming treatment)**
- Improves blood circulation**

AFFUSION SHOWER **20 min.**

Overall hydro-massage consisting of a fine mist of warm seawater applied to the whole body by means of a horizontal shower (additional charge: 2 or 4 hands massage).

- Relaxation**
- Easing of muscles**
- Soothing**

***AFFUSION WATERMASS** **25 min.**

This very gentle and relaxing slimming treatment is a synergy of water-massage, seawater and essential oils. It combines an active and fast-aesthetic effect of lymph modeling on cellulite and localized fat. A real feeling of well-being is reflected in the results of this innovative treatment.

- Lymphatic drainage**
- Stimulation of tissue (cellulite & slimming treatment)**

***UNDERWATER JET SHOWER** **20 min.**

To relieve muscular pain and stiffness, a hydro-massage is applied in a warm seawater bathtub using an underwater jet (under pressure) with specific movements, directed by a hydro-therapist.

- Loosening of muscles and joints**
- Lymphatic drainage**
- Stimulation of tissue (cellulite & slimming treatment)**

***JET SHOWER** **15 min.**

Powerful individual jet massage for the improvement of the blood circulation, combating cellulite or loosening the muscles, directed from a distance of 4-5 meters by a hydro-therapist.

- Relaxation of muscles & joints**
- Stimulating effect**
- Stimulation of tissue (cellulite & slimming treatment)**

***PEDILUVE** **15 min.**

Stimulation of the lower limbs through hydro-jets, alternately using hot and cold water to improve the blood circulation.

- Improvement of blood circulation**
- Absorption of oedemas**

***INHALATION** **15 min.**

Inhalation of seawater mist in the form of a nasal solution.

- Respiratory improvement**
- Builds resistance to atmospheric pollution**

***SEE MUD KNEADING (HANDS)** **15 min.**

Immersion of hands and wrists in warm sea mud to improve joint mobility and to relieve pain in case of arthritis.

- Enhanced suppleness of joints (arthritis)**
- Pain relief**

AQUAROYAL® **30 min.**

A magnificent aquatic walkway pool with seawater heated at 32-33° C. It consists of a circuit, where geysers, under-water jets, counter-current walkways, umbrella, waterfalls, Jacuzzi, massage jets, hydro-massage beds and seats provide a workout for revitalization and relaxation of your whole body.

- Improves blood-circulation**
- Stimulation of tissues (cellulite & slimming treatment)**
- Easing of muscles**

AQUAGYM **30 min.**

Gymnastics in warm seawater under the supervision of a qualified trainer. Specific exercises aim at gently stretching and strengthening your muscles.

- Toning AquaGym:** muscle tone, slimming and smoothing your silhouette
- Stretching AquaGym:** stretching and relaxation exercises, gentle muscle improvement
- Vertebral AquaGym:** loosening, stretching and toning exercises designed to alleviate back pain

AQUABIKE **30 min.**

Gymnastic exercises carried out on a water-bike in a heated seawater pool, to improve your condition, under the supervision of a qualified teacher.

- Loosening and / or toning of muscles**
- Improvement of the blood circulation**
- Tissue mobilization (anti-cellulite & slimming effect)**

***AQUAFIT EXPERIENCE** **30 min.**

Circuit training is one of the best ways to target core muscles, strength train and bum calories fast! The AquaFit Experience is a gym program carried out on water-bikes, aqua-ellipticals and aquatic-treadmills in a heated swimming pool, under the supervision of a qualified teacher.

- Toning of muscles**
- Improvement of the blood circulation**
- Tissue mobilization (anti-cellulite & slimming effect)**

AQUASTREAM **30 min.**

Various exercises carried out against powerful (adjustable) underwater jets with the guidance of a qualified trainer.

- Improvement of the blood circulation**
- Tissue mobilization (anti-cellulite & slimming effect)**
- Loosening and / or toning of muscles**

MEN’S BEAUTY TREATMENTS

MASCULINE BEAUTY HYDRATION **25 min.**

A purifying and deep moisturizing **THALI SOURCE Hydration** treatment, which mineralizes tired and dehydrated skin.

MASCULINE BEAUTY RECOVERY **55 min.**

A deep cleansing facial for all skin types including peeling, steam, massage and a mask restoring the skin texture.

BEAUTY / FACIAL TREATMENTS

BEAUTY HYDRATION **25min.**

A very effective **THALI SOURCE Hydration!** A purifying and deep moisturizing treatment, which mineralizes tired and dehydrated skin.

BEAUTY RELAX **25min.**

Massage for facial relaxation, using a nourishing cream and finishing with a **Moisturizing Plumping Mask** of THALION.

FOUR FINGERS "FACE LIFTING" MASSAGE **25min.**

A spectacular four finger massage, which improves skin tone and gives an energizing radiance.

EYE LIFT EXPERT **25min.**

The perfect eye treatment, which restores eye tissue and helps prevent wrinkles, while leaving the skin with an ultra youthful look.

ANTI-JET LAG ILLUMINATOR THALI(SENS) **55min.**

Experience an intense moisture, mineral-rich facial treatment, designed to rehydrate and replenish tired skin.

BEAUTY ESSENTIAL **55min.**

A firming and moisturizing treatment with peeling, serum, massage and mask to contour the face and to improve the texture and elasticity of the skin.

ABSOLUTE HYDRATION **55min.**

A cleansing facial, which restores and revitalizes the skin with algae-based products for every skin type. (Hydrating, nourishing, soothing, purifying).

ACNE CONTROL **55min.**

A very effective treatment against skin imperfections, which leaves skin visibly purer and recovers its freshness.

BEAUTY ANTI-AGE **55min.**

An ultimate treatment, which combines special massage techniques with nourishing mask, anti-wrinkle serum and a **Youthful Radiance Mask** with vitamin C of THALION, softening the fine lines and delaying skin ageing.

LIFT ABSOLUT **55min.**

An all-new, intensive anti-ageing solution to combat wrinkles and sagging skin. Its filling and smoothing action visibly reduces the signs of ageing. Using a restructuring personalized massage, the features are given a relaxed look. This treatment recovers its original radiance right from the first moment.

***LIFT 6® "FACE LIFT"** **55min.**

A magic ‘work-out’ to restore firmness and elasticity of the facial area and contour of the eyes, reducing expression lines.

BEAUTY ROYAL "LIFTING" **85min.**

A superior facial which includes a deep cleanse, peeling, steam, **Force Marine Serum** of THALION, an ultimate **Youthful Radiance Mask**, completed by a 4 fingers massage offering a “lifting” effect visible with the first application.

BEAUTY ROYAL “LE MUST” **85min.**

A deep cleansing facial for all skin types combining peeling, steam, hydrating mask, massage with a regenerating and oxygenating serum, completed by the **THALI SOURCE Nutri-Comfort Mask** to obtain a clear and bright complexion. The utmost relaxation!

OCEAN SECRETS **85min.**

To reveal each woman’s beauty, Thalion has designed Ocean Secrets – an **Extraordinary Anti-ageing Facial**. This unique facial is based on an innovative massage that sculpts the contours of the face and tightens the skin.

BODY TREATMENTS

BODY SCRUB **25min.**

A deep body peel to remove dead cells allowing the skin to better absorb the rich minerals of the sea water and spa treatments, while leaving the skin smooth and silky.

HYDRATING BODY MASSAGE **25min.**

A relaxing body massage soothing away stress and tiredness and improving hydration through application of **Silky Moisturizing Milk** from THALION enriched with marine oils.

HYDRATING BODY "SPECIAL" **55min.**

The ultimate body hydrating care combining the two above mentioned treatments beginning with a body peeling and finishing with a body massage to obtain a well nourished and revitalized skin.

ORIENTAL MASSAGE **55 min.**

A total relaxing body massage using a special oil of sesame, argan and spiruline, which eliminates toxins from the body leaving the skin soft and tender.

ODYSSEE ANTI-AGE **55 min.**

A completely new anti-ageing solution, highly concentrated in marine AHA ingredients, which stimulates cell renewal to make your skin look young. With its unique modeling, it combines firming and lifting actions to strengthen the elasticity of the tissue and to restore the skin’s firmness.

DETOXIFYING MASSAGE **25 min.**

A body massage focusing on toning and firming, using the special **Dual Action Firming Body Cream** of THALION, with extracts of Spirulina and toning essential oils.

FIRMING BODY WRAP **55 min.**

A local body peel followed by a special firming algae-based detoxifying body wrap, visibly improving the skin texture, and a massage with the **Dual Action Firming Body Cream** of THALION.

FIRMING BODY "TRI-ACTIF" **55 min.**

An energizing and revitalizing treatment with a marine phytoplankton peeling which prepares the skin for an application of the “Three Action” body wrap (slimming, firming and re-mineralizing) completed with the **THALI SVELT Resculpting Body Cream** of THALION.

RITUAL DETOX **55 min.**

This ritual includes a detoxifying massage with a concentrate marine blend. Its unique formula leads to an in-depth detoxification that leaves the skin silky, smooth and refreshed.

****ANTI-CELLULITE MASSAGE** **25 min.**

A manual, intensive massage focusing on fighting cellulite on various parts of the body.

****ANTI-CELLULITE "SPECIAL"** **55 min.**

A spectacular treatment performed with a very high concentration of brown Laminaria seaweed body wrap to improve the texture of the skin, completed by anti-cellulite massage with the **Dual Action Firming Body Cream** of THALION.

CELLU CONTOUR – ANTI-CELLULITE **55 min.**

An intensive anti-cellulite treatment consisting of a detoxifying body scrub, an anti-cellulite massage followed by a serum and a hot-cold mask to visibly redefine contours, from the first application.

SLIMMING EXPRESS – PERLES **25 min.**

An innovative treatment which offers an immediate & visible slimming result. Due its out double action (exfoliating & slimming), your body will regain a perfect shape!

***VACUODERMIE® MASSAGE** **25 or 40 min.**

Improve your skin’s appearance and firmness with this non-invasive treatment. It works deep down in the tissue, using sliding and stationary techniques with various suction cups applied to the skin. Vacuodermie® will stimulate collagen and elastin production, leaving your skin youthful and radiant.

****ENDERMOLOGY – CELLU M6 (LOCAL)** **25 min.**

A treatment, which reduces topical cellulite and increases skin elasticity and blood circulation, completed with the **THALI’SVELT Resculpting Body Cream** by THALION.

****ENDERMOLOGY – CELLU M6 (ADVANCED)** **40 min.**

A very effective treatment, which will combat cellulite, improve the contour of the body, maintain the effects of cosmetic surgery and stimulate blood circulation.

ADDITIONAL TREATMENTS

HAND CARE PERFECTION **25 min.**

Revitalizing hand care treatment to improve hydration through a peel, moisturizing massage and firming algae wrap with toning essential oils.

HAND CARE WITH PARAFFIN **25 min.**

An ideal hand care treatment with a paraffin bath to nourish and repair dry, damaged and chapped hands.

FOOT CARE RESTORE WITH PARAFFIN **25 min.**

Foot care, restoring the elasticity and hydration of the skin, consisting of a peel, a paraffin footbath and a relaxing massage with moisturizing cream.

ROYAL S.O.S SUNBURN (FACE OR BODY) **25 min.**

A specific treatment adapted to areas which have been over exposed to the sun. Extremely soothing, nourishing and calming, it gives a refreshed sensation to the sunburnt skin.