



ANANEOSIS

THALASSO SPA CENTRE



ATRIUM

PRESTIGE



Ananeosis  
an ancient Greek word for physical and  
mental rejuvenation

## *Welcome to the Ananeosis Spa*

**at Atrium Prestige  
Thalasso Spa Resort & Villas**

Ananeosis Spa, a place where luxury meets relaxation and balance of body and mind, where time stands still and the view and sound of water dominates the senses.

Situated in the island of Rhodes, Atrium Prestige Ananeosis Spa mirrors the influences that characterize this unique land. Ancient Greeks, Byzantines and later the Medieval Knights create a cosmopolitan heritage like no other in the Mediterranean Sea. Classic architecture and decor host a modern thalassotherapy spa where the power of water is combined with traditional Mediterranean remedies for the ultimate pampering.

Spa services include customized facials, anti-ageing treatments, body rituals, as well as a thalassotherapy experience and nail services.

Our staff would be delighted to explain to you all our treatment and services in detail and respond to any of your enquiries. You can book your appointment by visiting the Spa reception or dialing extension 12 from your room.

Visit the Ananeosis Spa today and cleanse yourself of stress while getting lost in the secret sensuousness of one of our spa's luxurious treatments.

### **Daily Entrance Fee: 15 €**

The entrance fee includes unlimited daily usage of the multifunctional pool, sauna and steam room.

Kindly note that when you book any Spa treatment the above cost is included.







## *Rejuvenating spa rituals*

### **Iles Pacifique Relaxing Ritual**

80min - 110 €

This luxurious treatment, inspired by the Pacific Ocean's islands, begins with a gentle vanilla-scented body scrub blended with pure white sand, sea salt and coconut husks to clean and soften the skin. The traditional massage that follows combines rhythmic Lomi-Lomi movements and warm sand pouches to loosen the muscles. Flower scented Polynesian oil with subtle golden pearls is swept over the skin to nourish it and leave a sunkissed glow.

### **Mer des Indes Harmonising Ritual**

80min - 120 €

Unwind during a journey to the sacred land of India! After a revitalizing polish treatment using a sugar, sea salt and ginger powder scrub with sandalwood fragrance follows a harmonizing massage with essential oils used in Ayurveda. This entirely manual massage looks to Marma science to release tension points and thereby restore mind and body harmony.

### **Atrium Head to Toe Signature Ritual**

100min - 130 €

A relaxing and rejuvenating treatment, ideal before extended sun exposure, that incorporates a full body and face exfoliation, a relaxing body massage with a deeply hydrating body cream that gets wrapped around the body for optimum absorption and a mini facial based on the skin type and needs. A true awaking of the senses.



## Private spa suite – Rituals for two

### **Total Face & Body Bliss** 120min - 320 € / price for couple

This indulging ritual starts with a 20min Jacuzzi session for two in our private VIP spa suite. You then enjoy a full body exfoliation using a scrub of your choice that is followed by a deeply nourishing body mask. While your body is covered in this moisturizing cocoon you will be further pampered with a 10min facial that meet your skin needs or a relaxing face and scalp massage. Your choice! This unique experience is completed with a full body rejuvenating massage of medium pressure.

### **Rejuvenating Touch** 90min - 260 € / price for couple

After a relaxing 20min Jacuzzi session for two in our private VIP spa suite, you will be treated with a full body aromatherapy massage using the oil blend of your choice. The ritual is completed with a 10min face & scalp massage that will leave you feeling totally relaxed.

### **Special Occasion Spa Suite Experience**

This is the perfect place for a unique couples' experience or to celebrate a special event. In the privacy of an idyllic space with showers and two treatment beds you can relax in your private Jacuzzi tub while enjoying a glass of champagne with freshly cut fruits and then enjoy any facial or body therapy of your choice from our a la carte spa menu.

The VIP suite can be booked for 30min (treatment time not included).

**Extra charge: 30€ per person for 30min extra usage**



## Parent & Kid Rituals

All children treatments are only available for kids between 5 and 13 years of age and only at the same time with a treatment booked by an adult person of the family.

### Treatments for kids

#### **After sun soothing care** 50min - 55 €

A body treatment aiming at restoring skin's condition and elasticity. The body is gently washed using a natural loofah sponge and then wrapped in a soothing BIO aloe, pomegranate and almond oil cream mask. A short body massage helps the child relax and promotes deeper absorption of the cream, leaving the skin nourished and soft.

#### **Body massage** 25min - 40 €

A gentle relaxing full body massage to release tension and moisturize the skin with the use of a special BIO almond oil ideal for children.

#### **Kid's Manicure** 25min - 20 €

#### **Kid's Pedicure** 25min - 20 €

A gentle cleaning and soothing of the skin at the area of the hands or feet and around the nails. The treatment includes a classic polish of your choice.

(extra nail jewelers are charged 0.5€ / piece)





## Luxury facials

### Exquisite Miracle eyes

45min - 80 €

A special treatment specifically designed for the delicate eye area, which brings together a unique combination of eye contour masks and a specialized lymphatic massage, ideal for reducing the signs of ageing and melting away stress. A cryotherapy treatment that diminishes puffiness and refresh the eyes.

### Spirulina Boost Detoxifying treatment

60min - 100 €

This smoothing detoxifying treatment targets the fine lines and wrinkles for a deeply moisturized and supple skin. The face receives an energizing Spirulina and marine Magnesium booster that reduces the impact stress and environmental pollution have on the complexion. The specialized massage energizes the epidermis to revive radiance and smooth the signs of skin fatigue.

### Hyalu-Procollagen Wrinkle-Correcting facial

60min - 110 €

A four step wrinkle by wrinkle treatment combining three hyaluronic acids, marine pro-collagen and unique roller booster tools. The correcting serum is infused using special stretching movements and wrinkles are worked on with the application of the marine mask and the use of the roller booster tools to amplify the smoothing and filling effect. The skin feels plumped and even established wrinkles look visibly smoother.

### Cryotime Freeze

60min - 120 €

This facial uses the age defying effects of cryotherapy with the Anne Semonin's 100% Active Serum to reinforce the skin's firmness at a cellular level. Complemented by a neurocosmetic containing Wild Indigo which stimulates the release of B-endorphins, it is flooding the body with a total sense of well-being.

### Precious Pearl Ultra-Lifting facial

90min - 140 €

This ultimate wrinkle-fighting facial will restore the skin's lack of firmness and tone, leaving the facial contours in top condition. This brand-new treatment includes a series of comprehensive lifting and drainage massage techniques that are a godsend for those suffering from tight facial muscles and a tired complexion. The perfect remedy for mature skins



## Face & body solutions

### BIO Soothing treatment with natural Greek Aloe

100min - 120 €

A unique treatment using local BIO-certified aloe products in combination with other local produce like almonds, honey and pomegranate all sourced from biological crops. A full body scrub with almond oil, aloe, honey and almond seeds is followed by a soothing and nourishing aloe and calendula mask. The treatment finishes with a relaxing full body massage with almond oil and the application of an extra hydrating lotion containing aloe vera, almond oil and pomegranate. A super-natural and nourishing treatment that will leave your skin soft and supple.

### Glowing mother to be

85min - 100 €

Nurture your body at this precious time with a specially designed therapy to treat muscle aches, reduce fluid and imbue total rejuvenation of the face and body. The pregnancy specific massage and tailored facial combine into one seamless pleasure melting away fatigue and revealing a radiant you.

### Marine Algae face & body treatment

80min - 110 €

Revitalize, detox, and renew with this signature ritual. A special patented seaweed wrap covers the body, infusing its minerals, vitamins, and micro-nutrients to the skin. In the meantime, the face receives an energizing algae and marine Magnesium mask infused with essential oils that reduces the impact of stress and environmental pollution on the skin. This treatment boosts blood circulation and energizes the epidermis to revive radiance and smooth the signs of skin fatigue





## *Body treatments*

### **Body Exfoliation experience**

25min - 40 €

Perfect before sun exposure to ensure even and long-lasting tan. Choose from our collection the scrub that suits your skin's needs and appeals to your senses. This treatment will eliminate dead skin cells, refine texture, and leave the skin beautifully soft.

### **Anti-fatigue Back Remedy**

60min - 85 €

An exceptional solution created to alleviate tension stored in the back, neck and shoulders. The exquisite composition of heat, minerals and oil blends allows the generous application of self-heating mineral mud on the back to release stiffness and fatigue in the muscle tissue. A bespoke back massage both energizing and relaxing leaves the whole body with a complete sense of well-being.

### **Aromacean Marine Mud treatment**

90min - 100 €

This ultra-relaxing treatment combines Aromatherapy with a marine body wrap to improve health and well-being. The session starts with a full body aquatic scrub to prepare the skin for optimum penetration of marine elements. The Natural Marine Mud body wrap which is customised with your preferred essential oils is then applied to the body. You will be wrapped in a thermal blanket while it infuses its benefits. Once the wrap is removed, a light massage is carried out with special aquatic oil.

### **Cryolipoliss Slimming & Firming treatment**

60min - 100 €

Anne Semonin fights cellulite with a 3-phase treatment cure inspired by cryotherapy, an ultra-cold treatment designed to shock the body into action by stimulating the blood circulation. A detox massage using active ingredients of brown and red algae is followed by a firming body mask application targeting problematic areas. Legs are feeling refreshed, skin tone is visibly improved, and the skin contour looks firmer.





## *The massage Collection*

### **Relax and Renew - Soft pressure massage**

50min - 70 €

A relaxing soft massage that uses the techniques of the Swedish massage to release the body tension and restore the body and mind's well-being.

### **Pure Rejuvenation - Medium pressure massage**

50min - 80 €

A medium pressure massage based on the philosophy of Swedish massage for those who enjoy a stronger approach. The muscles get relaxed, the body unblocks the mind unwinds..

### **Deep Tissue massage - Strong pressure massage**

25min - 65 € / 50min - 90 €

A massage therapy that focuses on realigning deeper layers of muscles and connective tissue. The movements are slower and the pressure is deeper and concentrated on areas of tension and pain in order to reach the sub-layer of muscles.

### **Relaxing Back & Neck massage**

25min - 45 €

Targeting these specific areas where all tense concentrates, this massage releases stress, ease the muscles and restores body comfort and well-being.

### **Special Feet massage**

25min - 45 €

A rejuvenating massage for tired feet. A short but completely salutary ritual that relieves, relaxes and nurtures the feet using reflexology and drainage techniques.

### **Indian Head Massage**

40min - 65 €

This treatment begins with a rhythmic back massage to balance and re-align the energy flow to ease muscular aches and pains. It is then followed by a head and shoulders massage to awaken the energy points, de-stress the mind and establish a deep profound sense of relaxation.



## *Special massages*

### **Anti-cellulite massage**

25min - 65 €

Special targeted massage designed to increase blood circulation, eliminate toxins, stimulate the lymphatic system and reduce the appearance of cellulite. This massage alternatively squeezes and pinches the fat deposits and then kneads the muscles in the affected areas to roll the bulging fat away from the connective tissues. The skin surface feels smoother and toned.

### **Aromatherapy massage**

50min - 85 €

Invigorating and relaxing massage that fully utilizes the holistic approach of aromatherapy. Select a unique blend of essential oils (relaxing, revitalizing or muscle relieving) with exceptional benefits to your skin as well as your mood and let yourself get carried away in an unforgettable journey of the senses.

### **Candle massage**

50min - 85 €

A luxurious body massage with special aromatic candles for energy, relaxation and firming. Delicate, creamy warm candle flow on the body while a combination of manual massage, stretching, soft pressures and long strokes relax the muscles helping the body shed all tensions and the skin becomes silky soft and nourished.



### **Mummy to be massage**

50min - 80 €

Pregnancy is a wonderful time that requires specially designed treatments. A full body massage will be performed avoiding sensitive areas and without the need to lie on the stomach. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a relaxing scalp massage.

### **Hot Stones massage**

70min - 90 €

Muscles yield to the gentle yet powerful warmth of the black basalt stones, releasing tension and imbuing a total sense of relaxation. The heated stones, infused with centuries of ancient energies are skilfully combined with the perfect blend of essential essences designed to stimulate the senses and unwind both body and mind.

### **Energizing massage with rock crystals**

50min - 90 €

A massage performed using special Rock Crystals Stones that promotes a deep sense of wellness and relaxation due the energizing properties of the gemstones. A rhythmic massage inspired by age-old African techniques and "marine lithotherapy".

### **Aroma Face & Body massage**

80min - 100 €

This unique face and body massage draws on ancient ayuverdic techniques and use the art of Aromathology to influence your mood. The holistic massage leaves the face and body revitalized while restoring inner balance and harmony. This treatment gives the skin back its clean radiant complexion while having a relaxing or energizing effect on the body and mind.





## Wet area

### Bath Rituals

20min - 35 €

This relaxing underwater massage, through the different water jets aimed at various points of the body, helps tissue oxygenation, boosts circulation and encourages lymphatic drainage to eliminate toxins and revive the body. You can choose between algae for detoxifying, essential oils or a Cleopatra's milk bath for deep hydration.

### Vichy Shower

25min - 40 €

Indulge in a sensational trip of complete relaxation under a range of warm rain showers combined with chromotherapy that will drive away all the tension.

### Hydro Jet Shower

12min - 25 €

### Solarium Session

6-10min - 15 €



## Nail and waxing

### Waxing

Full leg	40 €
Half leg	25 €
Full arm	30 €
Half arm	20 €
Under arm	15 €
Classic bikini	25 €
Brazilian bikini	40 €
Over lip	15 €

### Nail treatments

Classic nail polish change	20 €
French nail polish change	25 €
Classic manicure	40 €
French manicure	50 €
Classic pedicure	50 €
French pedicure	60 €
Semi-permanent polish (hands)	55 €
Semi-permanent polish (feet)	65 €
Semi-permanent removal (hands or feet)	15 €
French Semi-permanent (hands)	60 €
French Semi-permanent (feet)	70 €

### Additional Hand massage

10min - 15 €

A relaxing hand massage with special cream to improve circulation and nurture the skin leaving your hands soft and beautiful.

### Additional Foot massage

10min - 15 €

Let yourself be pampered with a soothing foot and leg massage using special draining moves that will leave you feeling light and relaxed.



## SPA ETIQUETTE

### Operating hours

The Spa operates from 10:30am till 7:00pm daily. Spa treatments start at 10:45am and the last treatment should be finished by 6:45pm.

### Spa Entrance / Age restrictions

The use of the Gym area is free of charge for hotel customers. Kindly be informed that the gym and pool area are not supervised by a specialist/ please take care at all times.

Children under the age of 14 are not allowed to use the facilities.

### Book your appointment

To ensure availability for your treatments and book your preferred time, you are kindly advised to book your appointments in advance. For your convenience please dial extension 12 from your room. Our staff will be happy to assist you.

You are advised to arrive at the premises 10 min earlier than your appointment in order to get ready and fill in the necessary documents.

### Late arrival / Cancellation policy

In case of late arrival, your spa treatment time might need to be shortened to accommodate for the next appointment but will be paid in full. In case of cancellation, the spa needs to be notified at least 6 hours in advance so that no cancellation fee will be charged. Should you fail to inform us, the full charge will be automatically shown in your bill. In case of proven illness, the appointment may be rescheduled.

### Dress code

Changing rooms with lockers are provided in the spa area, where you can find complimentary bath robes and slippers. Disposable underwear is provided for your treatment. You are kindly requested to shower before your treatment or use of the facilities.

### Signage

Informative signage relating to different areas of the spa are meant to advise customers on the best use of the facilities and should be adhered with respect at all times. Failure to comply with the written instructions, may result to our staff requesting you to leave the premises.

### Health problems / Pregnancy

You are kindly advised to fill the medical form that will be handed over to you at spa reception and provide all possible relevant information. Please inform reception and your therapist for any health problems you might be facing or discomfort you might experience during your treatment.

In case of ongoing or possible pregnancy, the spa personnel must be notified in advance so you can be advised on the appropriate treatments and use of cosmetics.

### General guidelines

Running, diving and/or behaving in a dangerous way within the spa facilities is strictly forbidden and may result to unnecessary accidents. We hold no responsibility for your personal welfare.

The use of mobile phones and electronic gadgets is not allowed in the spa facilities as a courtesy towards the other customers.

You are kindly advised not to bring any valuables in the spa. We take no responsibility for any losses.

Smoking, eating and alcohol consumption is not permitted in the spa area.

Guests under the influence of alcohol or drugs will not be allowed in the premises.

### Method of payment

We accept cash or credit payments as well as direct charge to your room (valid only before check out). In that case you are kindly asked to present your card key holder with your room number.

### Make your own spa program

For any purchase of 5 treatments (manicure-pedicure, solarium & waxing are excluded) selected from this spa brochure, our spa offers a 15% discount. This offer is valid per person and cannot be combined with any additional spa offers that may be currently available.

### Gift vouchers

Gift vouchers are available at the spa reception upon request. Our personnel will be more than happy to help you make the perfect treatment choice based on your preferences.







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