

# SPA MENU

IN ROOM



CIEL

MYKONOS SPA



## MASSAGES ☺1h

**JETLAG:** A combination for travelers, focused on relief muscle tension and restore balance.

**SWEDISH:** Based on your personal physiology, this massage combines techniques & essence oils for total relaxation and healing.

**AROMA DREAM:** The experience of reawakening your senses starts with scented rain drops all over your face and body, followed by a soft massage with healing benefits of essence oils for a total relaxation.

**COCONUT:** An excellent moisturizer and a anti inflammatory treatment with raw organic coconut oil. Protect from drying. Rich in Vitamin D.

**DEEP TISSUE:** An effective combination of deep tissue massage techniques in order to work into the muscles, relief from pain and tension, adjusted to your personal needs.

**PREGNANCY MASSAGE:** This customized approach using organic coconut oil with calendula, calmes the tension, eases sore spots and improve mobility. A pampering experienced designed with the safety of mother and child in mind.

**DELOS ENERGY SINGING BOWL:** A relaxing spiritual experience focused on energy, followed by singing bowl vibration, heating mud on the waist area, binaural acoustic waves and a light touched massage, helps bring you to a more restful, uplifted state of mind.

**FOUR HANDS MASSAGE:** The most absolute intense experience. 4hands working together synchronized both sides of your body. One of a kind luxury massage journey.

## HEALING MASSAGES ☺1h

**CUPPING MASSAGE:** For cellulite or muscle problems. Drastic reduce of cellulite from the very first treatment session. Also increases blood circulation, looses muscle spasms and releases tension..

**MOXA TREATMENT:** A traditional therapy utilizing moxa or artemesia herb. Used to warm regions and acupuncture points with the intention of stimulating circulation through the points including a smoother flow of blood and qi. Ideal for cold or stagnant conditions.

**REHABILITATION MASSAGE:** A great treatment to enhance your rehabilitation. The mobilization of soft tissue in order to restore normal systemic and biomechanical-functional use. It can be used to assist in the treatment of most musculo-skeletal and associated problems. For chronic injuries, problematic areas, frozen shoulder etc.

## COUPLES MASSAGES

**HARMONY 1h:** Enjoy together a total relaxing massage experience. The most memorable journey of the senses from head to toe.

**MYKONIAN CHAMPAGNE EXPERIENCE 1.15min:** A unique experience into a world of luxury, romance and relaxation awaits for you. A heart of flowers on beds, music and candles for all senses, a 5 star Aroma massage with hot mud on pelvic area, head-face massage and a bottle of champagne with 2 glasses will absolutely spoil you!

**MYKONIAN WINE EXPERIENCE 1.15min:** Indulge yourself with nature's most desirable gift. Grapes all over your body! First a scrub from grape seeds and after that a mass of fresh grapes and their juices on you, with all the antioxidant properties and polyphenols. Let yourself go into a wine wonder world, with a head and feet massage and enjoy a great bottle of wine for two!

## FACIALS 1h

**HYDRATHERAPY:** A complete and specialized facial treatment that relieves from thirst and moisturizes while stimulates the proteins that contribute to cellular cohesion for strengthening of the skin. Feel it pure, moisturized and radiant.

**SENSITIVE CARE:** An ideal treatment for sensitive or sun kissed skin, that calms and relieves immediately. Acts instantly on irritations due to the great composition of soothing ingredients. Water from sea springs, algae sugars and coral extracts reassuring a smooth, fresh skin.

**AEGEAN GRAPE FRESHNESS:** An antioxidant facial treatment with red grape stem cells, vitamin E, hexapeptide and bioaccharide will give your skin deep hydration, regain elasticity, anti-age protection and wrinkle reduction while your skin looks shiny and refreshed.

## A BIT OF PLEASURE TREATMENTS

**HEAD AND FACE MASSAGE 30min:** A relaxing massage treatment focusing on the head's pressure points, offers spiritual relaxation, calmness, ideal for relieving stress. The anti-ageing secret to looking smoother and glowier.

**FOOT REVIVAL 50min:** A treatment with marine flavonoids that stimulates blood microcirculation, reinforces capillary tone and relieves tired legs. Followed by a peeling with crystal salts, a fresh gel mask from feet to thighs and a healing massage will rejuvenate your legs again.

**BACK & NECK 35min:** The perfect treatment for back, neck, waist and arms. Soothes and calms pains and stress, reduces tension and improves blood circulation.

**MARINE BODY SCRUB 45min:** This rich cream-scrub helps prevent cellular fatigue while gently cleanses and exfoliates to reveal cleaner and softer skin. Texture is refined and the complexion is radiant. Ready to enjoy summer vacations.

## CIEL SPA RITUALS

**GREEK HIPPOCRATIC METHOD 1h30min:** Hippocrates considered as the father of physicians and had a high regard for massage. It was one of the primary treatments provided at the greek gymnasiums & baths. Anatripsis was one of his technics (meaning “to rub up”). A combination of pressures on dry skin, brushing with talk powder, cupping in acupuncture points, frictions, “thopies” and joints mobilization, along with olive oil, therapeutic herbs and essence oils to body and head will regaining mental and physical balance.

**AEGEAN GRAPE 1h30min:** Body scrub/body-face massage/facial treatment. Perfumed with the Greek summer memories. From the Greek winery Avantis Lenga Grape Spa products. Enjoy a innovative treatment and pamper yourself with wine & grape cosmetics with stem cells, polyphenols, resveratrols, grape water & vitamins. Let the majestic grapes from wine varieties syrah & malagouzia reinforce, tone and moisturize your skin with all grapes advantages.

**DELUXE CIEL 1h30min:** Facial/body treatment, body wrap. This superior treatment with active components of marine wealth, will help you detox, revitalize, and boost your body, while discharging all the toxins. A deep facial treatment based on sea zeolites and oxygenol will be your skins elixir. Your body will experience a deep exfoliation, a thermal cocoon with thousands active microcapsules that release sea ingredients and a cryotonic mask with all the benefits of sea treasures. This journey will whisk you away to a world of relaxation and will also restore your body and skin.

**GENTLEMAN’S RETREAT 1h30min:** Skin brushing/body-face massage/facial treatment. A royal experience from head to toe with a combination of several extravagant treatments in one escape. Skin brushing, Swedish massage and facial treatment will give a fresh and renewed skin.

**INSTA BEAUTY 1h30min:** Body /face massage, facial treatment. A beautiful experience will help you create the most amazing glowing skin for the perfect selfie on Instagram. A miracle mix of glow drops and nourishing oils will massage your face and body. A mini hydrating facial ,lip peeling, yalouronic mask and lip plumper ,with a glitter body spray as finishing touch ,will absolutelly turn you into a Insta beauty!

CIEL MYKONOS SPA PRODUCTS

lenga  
GRAPE SPA

PHYTOMER

## CIEL RESTART PACKAGES

The perfect way to restart and restore your equilibrium. Our spa packages are the ultimate way to de-stress and makes the perfect gift for loved ones. Take a breath, relax and enjoy! You are ready to take on anything!

### 2 DAYS PACK

#### DAY #1

FOOT REVIVAL 50min  
FACIAL HYDRATHERAPY 1h

#### DAY #2

MARINE BODY SCRUB 45min  
COCONUT MASSAGE 1h

### 3 DAYS PACK

#### DAY #1

FOOT REVIVAL 50min  
FACIAL HYDRATHERAPY 1h

#### DAY #2

MARINE BODY SCRUB 45min  
COCONUT MASSAGE 1h

#### DAY #3

DELOS ENERGY MASSAGE 1h  
HEAD/FACE MASSAGE 30min



### CANCELLATION POLICY

Dear guest.

If you wish to reschedule or cancel your appointments  
please notify reception 24 hours in advance!

For cancellations with less than 2 hours notice  
including missed appointments,  
the full price will be charged.