

PREPARING

LUGGAGE

- 1 BEAUTIFUL FACE**
Suitable for everyone. An exfoliating enzyme mask allows the person to attain a look of instant freshness.
- 2 SILKY BODY**
An anti-oxidant exfoliation that removes dead cells from the skin. It is recommended as a preliminary stage for all body treatments.
- 3 HERBS AND ORANGE EXFOLIATION**
Body exfoliation with Cretan herbs. Soothing and protective action.
- 4 ETHEREAL LIMBS**
After a long-distance flight, pamper your hands and feet with this short relaxing massage.
- 5 JET-LAG TREATMENT**
Foot bath with sea salts and scalp massage with Mediterranean essences.

PREPARATION WITH HAMMAM/BATH/AFFUSION

- 1 CATHARSIS-EXFOLIATION WITH AFFUSION**
Combine the exfoliation of your choice and indulge into it in our special affusion cabin.
- 2 ALL DAY HAMMAM**
Surrender to the beneficial properties of Hammam and improve your respiratory system.
- 3 AEGEO SENSE (BATH)**
Hydro-massage with salts and essences from the Aegean Sea. Feel the aura of the Aegean Sea in your body and spirit.
- 4 CLEOPATRA'S BATH (BATH)**
The famous Cleopatra's bath was the queen's secret for perfectly young and glowing skin.

ON BOARD

ALL SCRUBS CAN BE COMBINED WITH THE HAMMAM AND BE EXECUTED AT THE AFFUSION CABIN.

- 1 OLIVE OIL AND SALT - SKYROS**
Rejuvenate yourself through a deep body exfoliation with extra virgin olive oil and sea salt.
- 2 OLIVE AND LAVENDER EXFOLIATION - SPETSES**
Revive yourself through a deep body exfoliation with olive oil and lavender. The skin looks brighter and shiny.
- 3 SUGAR AND HONEY EXFOLIATION - NISSYROS**
Vanilla's soft scent combined with the natural texture of black sugar and honey, transform this body exfoliation into a senses' experience.
- 4 AFTER-SUN FACIAL - MILOS**
Enjoy the beneficial properties of Aloe Vera which hydrate and calm your skin through this mini facial treatment.
- 5 A BIT OF VITAMIN C - CHRYSSI**
Indulge in the Mediterranean culture with an orange-scented exfoliation and a Vitamin C face mask, in order to prepare your skin to receive the sun rays.
- 6 SEAWEED THERAPY - NAXOS**
A body mask based on algae and natural marine elements. Very rich in minerals, vitamins, trace elements and iodine for a slimming and detoxifying effect.
- 7 MUD MASK - SYROS**
A body wrap with mud mask that reduces all body aches. Particularly effective for rheumatism, arthritis, fatigue, muscle spasms and dermatitis.
- 8 CHOCOTHERAPY - PSARA**
Full pleasure with zero calories! A delightful treatment with a body mask based on chocolate. Hydration and antioxidant of the skin.
- 9 BODY MASK WITH COFFEE - SERIFOS**
A body mask based on coffee. Its slimming properties fight against local fat and cellulite.
- 10 TAILOR MADE MASSAGE - TINOS**
A personalized treatment for all ages. This tailor made massage is based on your needs and requests.

Face treatments

- 1 CLEANSING TREATMENT - IKARIA**
An anti-bacterial facial that removes impurities. It smooths and hydrates the skin, revealing a perfectly calm and soothed complexion.
- 2 DEEP HYDRATION - CHIOS**
A facial treatment based on vitamins. A very nutritive treatment that eliminates the fatigue signs, giving a fresh and radiant skin.
- 3 COLD THERAPY - AMORGOS**
This facial uses the age defying effects of cryotherapy. A flawless skin brightening experience with outstanding firming results.
- 4 COLLAGEN - KYTHIRA**
Excellent anti-wrinkle treatment with collagen. It smooths wrinkles and improves skin firmness. For better results, it is recommended that it is combined with Vitamin C treatment.
- 5 CAVIAR - MYKONOS**
A treatment that renews and rejuvenates skin tissues, stimulates metabolism, deeply hydrates, soothes cells and protects by reducing irritations, sun burning and localized swelling.
- 6 EYE TREATMENT - KEROS**
A treatment specially designed for the delicate eye area. It is a combination of a specialized massage technique and an anti-wrinkle mask, ideal for the reduction of the signs of ageing.

MAIN DESTINATION

Body massages

- 1 CRETAN MASSAGE**
A profound massage from top to toes based on Cretan olive oil, orange and raki extracts. A travel back in time through the ancient techniques of this treatment, giving revitalization and balance to your body and soul.
- 2 ANTI-STRESS MASSAGE - PAROS**
An ideal choice for first-timers, this classic massage is the foundation of all western massage techniques. The therapist exercises gentle to medium pressure while using nourishing aromatic oils to stimulate blood circulation and to promote relaxation.
- 3 DEEP TISSUE MASSAGE - ANAFI**
This sport massage, which increases muscular flexibility, is suitable for both men and women. A powerful experience designed to fit individual needs and to reduce stress and muscular tension.
- 4 BACK, NECK AND SCALP MASSAGE - PATMOS**
This back massage combines classic techniques with the Asian philosophy to release stress and tension. It is followed by an Indian scalp massage for deep relaxation.
- 5 ANTI-CELLULITE MASSAGE - KALYMNOS**
Specialized abdominal, hip and thigh drainage massage techniques in order to eliminate the appearance of cellulite, boost circulation and reduce fluid retention. Leaves the skin firmer and smoother to touch.
- 6 MASSAGE FOR COUPLES - SKOPELOS**
We invite you to a unique romantic journey of senses. Aromatic and essential oils joined together for a welcoming atmosphere. Specially created for honeymooners and couples, this aromatherapy massage offers you inner peace and harmony. An unforgettable memory.
- 7 PREGNANCY MASSAGE - PERISTERA**
A massage specially designed for pregnancy, aiming to give you comfort and wellness. An inspired treatment that connects mother and child with the power of contact.
- 8 HOT STONES - SANTORINI**
This alternative treatment uses smooth, heated volcanic Basalt stones which absorb and retain heat. For a deeply invigorating sensation, the therapist combines the warm stones with relaxing massage techniques to soothe the nervous system and induce a sense of total well-being.
- 9 AYURVEDA MASSAGE - DILOS**
The whole Indian wisdom and rite is encompassed in this treatment. The warm Shirodara essential oils fall into the center of your forehead, slow and stable, liberating your mind and senses.
- 10 THAI MASSAGE - TILOS**
This rhythmic massage - aged 2500 years - embodies stretching, yoga exercises and massage techniques, relieving muscle tension, reinforcing flexibility and resting your mind, body and spirit.
- 11 FOUR HANDS - THASSOS**
Enjoy the delightful four hands massage and feel the sense of two specialized therapists on your body. Wellness, alleviation and serenity in mind, soul and body.

spa menu

CHOOSE THE SPA TREATMENTS THAT YOU PREFER AND...

...PREPARE YOUR JOURNEY WITH...

aegeo SPAS

JOURNEY'S

HIGHLIGHTS

- 1 AEGEO RITUAL - RHODES**
A signature treatment that you can find in all our spa centers across Greece. A full body scrub with lavender prepares your skin for the beneficial elements of the Aegean Sea body mask. This exquisite combination is followed by a bespoke massage with blended oils suitable to your needs. Make this journey your own destination.
- 2 ODYSSEU'S JOURNEY - KOS**
Divine delight for men. A tailor made body massage paired with a mini facial treatment, providing an absolute relaxation. During the massage, special cosmetics for men are applied to rejuvenate the skin, like an angel's touch.
- 3 GOLDEN RADIANCE - GIALI**
Golden luxury on your body! A golden veil embraces you, highlighting your skin beauty. The body massage that follows, makes this treatment an ultimate experience.
- 4 HYDRATION RITUAL - SAMOS**
A milk bath and a body scrub with chocolate chips, followed by a body massage that melts chocolate on your skin, offering hydration and radiance.
- 5 NAIAD'S FLOWERS - IONISSSES**
A rejuvenating body and face treatment that encompasses an essential oil bath with flower extracts, a body mask and a massage with Aloe Vera extracts, offering deep hydration.
- 6 MY CHILD AND I - SALAMINA**
Rejuvenating hydrotherapy for the parent and the child, followed by an aromatherapy massage for the first, and a chocolate massage for the child.
- 7 THE ULTIMATE JOURNEY - AEGEO SPAS**
A heavenly anti-stress face and body experience. Aromatic oils dance across the skin in a symphony of texture and scents, soothing and potting your body from top to toes. This synergy continues with a blissful, nurturing massage therapy enriched with pomegranate oil. This ritual concludes with a perfect care for eyes and lips.

SOUVENIRS

- 1 LUCKY TREATMENT JOURNEY - AIGINA**
The Spa Lucky Treatment will transform your wish into reality. Before the treatment, close your eyes, make a wish in a low voice and let yourself consort with the surrounding warmth. The positive energy will pass to you through the therapist's hands with the four hands massage. The mystery continues with relaxing moves to the head-where your wish was born- followed by a lip treatment-where the wish was told. The mystical journey is completed with an eye treatment, so that you see your wish come true.
- 2 SMART MASSAGE - PEPPER**
A smart combination of a relaxing back, arm and feet massage and a special slimming massage for thighs, buttocks and belly. An ideal choice for women that want it all.

HOME SWEET HOME

- 1 VANILLA ESSENCE - KEA**
The sweet aroma of vanilla combined with honey makes this body wrap a treat for your senses. This therapy gently softens and nourishes the skin.
- 2 THE FRESHNESS OF ALOE - POROS**
Instant relief thanks to the healing properties of Aloe Vera. This refreshing envelopment is ideal to rehydrate your skin after sun exposure.
- 3 CHOCO DELIGHT - SYMI**
A delicious body massage based on chocolate. Its color, aroma and creamy texture melt on the skin, providing total hydration and nourishment. An ideal treatment for children.
- 4 FACE MASSAGE - IOS**
An ideal treatment to complete your journey by reaching total relaxation with a unique face and ear cuddling.

SPORADES CRUISE

relax

Price of

ONE DAY	TWO DAYS	THREE DAYS
145€	255€	360€

For more than three days the programme is repeated

A

- ◆ Aegeo Sense(bath)
20min / 40€
- ◆ Silky Body
15min / 30€
- ◆ Vanilla Aroma
Kea
20min / 35€
- ◆ Antistress Massage
Paros
50min / 85€

TOTAL TIME: 105min
DAY PRICE: ~~190€~~

B

- ◆ Cleopatra's Bath
(bath)
20min / 40€
- ◆ After Sun Facial
Hydration
Milos
25min / 45€
- ◆ Hot Stones
Santorini
60min / 105€

TOTAL TIME: 105min
DAY PRICE: ~~190€~~

C

- ◆ Hammam
35€
- ◆ Ayurveda massage
Delos
60min / 125€
- ◆ The Freshness
of Aloe
Poros
20min / 35€

TOTAL TIME: 100min
DAY PRICE: ~~195€~~

NORTH AEGEO CRUISE

beauty

Price of

ONE DAY	TWO DAYS	THREE DAYS
140€	245€	360€

For more than three days the programme is repeated

A

- ◆ Cleopatra's Bath
(bath)
20min / 40€
- ◆ Chocolate Feast
Symi
20min / 35€
- ◆ Beautiful Face
15min / 25€
- ◆ Deep Hydration
Chios
50min / 80€

TOTAL TIME: 105min
DAY PRICE: ~~180€~~

B

- ◆ Hammam
35€
- ◆ Silky Body
15min / 30€
- ◆ Vanilla Aroma
Kea
20min / 35€
- ◆ Cold Therapy
Amorgos
50min / 95€

TOTAL TIME: 105min
DAY PRICE: ~~195€~~

C

- ◆ Hammam
35€
- ◆ The Freshness
of Aloe
Poros
20min / 35€
- ◆ Collagen
Kythira
60min / 100€
- ◆ Ethereal Limbs
15min / 25€

TOTAL TIME: 115min
DAY PRICE: ~~195€~~

DODEKANISA CRUISE

rejuvenation

Price of

ONE DAY	TWO DAYS	THREE DAYS
150€	265€	370€

For more than three days the programme is repeated

A

- ◆ Aegean Sensation (Bath) 20min / 40€
- ◆ Olive and Lavender Exfoliation 25min / 40€
- ◆ Deep Tissue Massage Anafi 50min / 95€
- ◆ Ethereal Limbs 15min / 25€

TOTAL TIME: 110min
DAY PRICE: ~~200€~~

B

- ◆ Cretan Massage 70min / 120€
- ◆ Hammam 35€
- ◆ Olive oil and Salt Skyros 25min / 40€

TOTAL TIME: 115min
DAY PRICE: ~~195€~~

C

- ◆ Hammam 35€
- ◆ Mud Mask Syros 25min / 45€
- ◆ Thai Massage Tilos 60min / 125€

TOTAL TIME: 105min
DAY PRICE: ~~205€~~

CYCLADES CRUISE

minceur/weight loss

Price of

ONE DAY	TWO DAYS	THREE DAYS
155€	270€	380€

For more than three days the programme is repeated

A

- ◆ Aegean Sensation (bath) 20min / 40€
- ◆ Olive and Lavender Exfoliation 25min / 40€
- ◆ Seaweed Therapy Naxos 25min / 45€
- ◆ Cellulite Massage Kalymnos 40min / 75€

TOTAL TIME: 110min
DAY PRICE: ~~200€~~

B

- ◆ Hammam 35€
- ◆ Catharsis-Exfoliation with affusion 50min / 60€
- ◆ Cellulite Massage Kalymnos 40min / 75€
- ◆ Ethereal Limbs 15min / 25€

TOTAL TIME: 125min
DAY PRICE: ~~195€~~

C

- ◆ Cleopatra's Bath (bath) 20min / 40€
- ◆ Body Mask with coffee Serifos 25min / 50€
- ◆ Smart Massage Piperi 75min / 110€

TOTAL TIME: 120min
DAY PRICE: ~~200€~~

PREPARING LUGGAGE

	min.	€
1. Beautiful face	15'	25€
2. Silky body	15'	30€
3. Herbs and orange exfoliation	15'	30€
4. Ethereal limbs	15'	25€
5. Jet-lag treatment	15'	20€

PREPARATION WITH HAMMAM/ BATH/ AFFUSION

6. Catharsis-exfoliation with affusion	50'	60€
7. All day hammam		35€
8. Aegean sensation (bath)	20'	40€
9. Cleopatra's bath (bath)	20'	40€

ON BOARD

1. Olive oil and salt - Skyros	25'	40
2. Olive and lavender exfoliation - Spetses	25'	40
3. Sugar and honey exfoliation - Nisyros	25'	40
4. After sun facial hydration - Milos	25'	45
5. A bit of vitamin C - Chrissi	25'	50
6. Seaweed therapy - Naxos	25'	45
7. Mud mask - Syros	25'	45
8. Chocolate therapy - Psara	25'	50
9. Body mask with coffee - Serifos	25'	50
10. Tailor made massage - Tinos	30'	50

main destination

FACE TREATMENTS

1. Facial cleanse - Ikaria	50'	80€
2. Deep hydration - Chios	50'	80€
3. Cold therapy - Amorgos	50'	95
4. Collagen - Kythira	60'	100
5. Caviar - Mykonos	60'	100
6. Eye treatment - Keros	40'	65€

BODY MASSAGES

1. Cretan massage	70'	120€
2. Antistress massage - Paros	50'	85€
3. Deep tissue massage - Anafi	50'	95€
4. Back, neck and scalp massage - Patmos	45'	70€
5. Cellulite massage - Kalymnos	40'	75€
6. Couples massage - Skopelos	2x50'	160€
7. Pregnancy massage - Peristera	45'	75€
8. Hot stones - Santorini	60'	105€
9. Aryurveda massage - Delos	60'	125€
10. Thai massage - Tilos	60'	125€
11. Four hands - Thassos	60'	160€

JOURNEY'S HIGHLIGHTS

1. Golden sheen - Gyali	70'	105€
2. Aegeo ritual - Rhodes	85'	135€
3. Odysseus's journey - Kos	75'	130€
4. Hydration ritual - Samos	85'	135€
5. Fairy's blossom - Oinousses	95'	145€
6. My child and I - Salamina	50'	130€
7. The ultimate journey - Aegeo Spas	105'	160€

SOUVENIRS

1. Lucky treatment journey - Aegina	120'	220€
2. Smart massage - Piperi	75'	110€

Home sweet home

1. Vanilla aroma - Kea	20'	35€
2. The freshness of Aloe - Poros	20'	35€
3. Chocolate feast - Symi	20'	35€
4. Facial massage - Ios	20'	35€