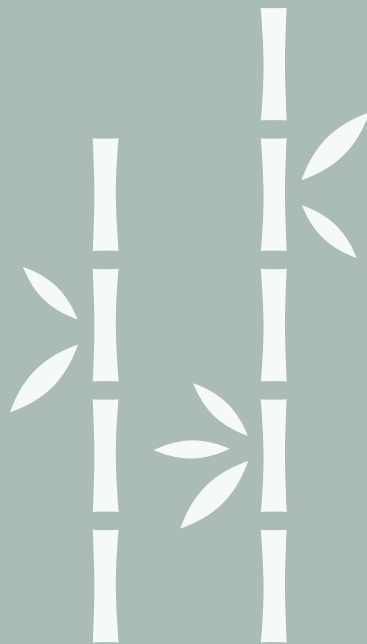


VASIA SPA

vasia HOTELS & RESORTS



2022 MENU

Welcome to **VASIA SPA**,
an area of over 1500 sq.m. dedicated to beauty,
tranquility & rejuvenation.

Our therapies, along with a selection of top quality
cosmetic products, provide the ultimate in wellbeing
& pampering experiences for all;
men, women, teens & kids.

With a Thalassotherapy Area, 9 Treatment Rooms
and a peaceful Relaxation Area, Vasia Spa truly is
THE place in which to unwind and recharge! Let
yourself be soothed & toned in an atmosphere of
total luxury.....



DAY PACKAGES

Chill out day 3hours 30min total time 175€

60min thalassotherapy, sauna and steam bath use

60min traditional massage with warm Cretan Olive oil

25min specific skin needs facial treatment

±40min semi-permanent manicure or pedicure treatment

30min Zen Time - totally unwind with a glass of Prosecco & Greek-style light snack

Serenity day 3hours 45min total time 180€

60min thalassotherapy, sauna and steam bath use

25min body scrub

60min choice relaxing or medium-pressure massage

50min Personalised facial to address specific skin needs

30min Zen Time - totally unwind with a glass of Prosecco & Greek-style light snack

Pampering Package for two

2*90min thalassotherapy, sauna and steam bath use

2*85min choice relaxing or medium-pressure massage

2*30min Zen Time - totally unwind with a glass of Prosecco & Greek-style light snack

3hours 25min total time - 300€ total price for two

Dual delight for two

2*60min thalassotherapy, sauna and steam bath use

2*55min choice relaxing or medium-pressure massage

2*30min Zen Time - totally unwind with a glass of Prosecco & Greek-style light snack

2hours 25min total time - 200€ total price for two



MASSAGE PACKAGES

Massage mood 330€ for single use

6*60min thalassotherapy and sauna use

6*25min choice relaxing or medium-pressure massage

15% discount on extra treatments + spa retail

Massage mania 480€ for single use

6*60min thalassotherapy and sauna use

6*55min choice relaxing or medium-pressure massage

15% discount on extra treatments + spa retail

*All the treatments in each package can ONLY be used by one person, they cannot be shared with others.



MASSAGES

Relaxing Massages

Aromatherapy

This is a relaxing body massage with gentle, soothing strokes and slow tempo. A selection of essential oils are also used to further enhance both spiritual and physical relaxation.

25min back massage 45€ | 55min full body massage 70€ |
85min full body and head massage 120€

Mediterranean Head Massage

This gentle massage therapy concentrates on the central nerve system of the head, in order to relieve stress and anxiety, calm headaches and reduce migraine symptoms .

25min head massage 45€ | 55min head and back massage 70€

Pregnancy Massage

A tailor-made massage for the mother to be, which can be performed in the 2nd trimester only. Gentle movements, soft touch and slow tempo, will relieve stress and anxiety, improve sleep quality, relieve back pains and reduce leg cramps.

25min back massage 45€ | 55min full body massage 70€

Medium-pressure Massages

Therapeutic Massage

This is an advanced massage technique with both lighter and deeper pressure, and slow strokes to reach much deeper layers of muscle and fascia. It is an ideal treatment if you feel a lot of tension and muscle soreness, or pain. Therapeutic massage improves stiffness and loosens painful “knots”. Helps to treat muscle pain and relieves stress and anxiety.

25min back massage 50€ | 55min full body massage 75€
85min full body and head massage 130€

Vitalizer

A medium-pressure massage, that focuses on muscle relaxation. Vitalizer uses kneading, friction, and gentle shaking motions to boost your mood, decrease stress, relieve headaches and improve sleep quality.

25min back massage 50€ | 55min full body massage 75€

*Upgrade with the use of the Thalassotherapy Area with an extra 15€ for 60minutes

MASSAGES

Experience Massages

Soy Candle Massage

A specially designed soy oil candle is used during this relaxing and aromatic treatment. A soft massage is applied to ease tension, nourish and hydrate the skin. It is a truly rejuvenating experience, with anti-ageing properties and health benefits for the skin.

55min full body massage 100€ | 85min extra long full body massage 160€

Hot Stone Massage

A deeply relaxing massage with herb infused olive oil and warmed Basalt stones. During the treatment, both hot stones and hand strokes are used; in addition, hot stones are placed on specific parts of your body.

The warmth from the stones penetrates deeper into the tissues, offering a profound relaxation to your body. Hot stone massage improves sleep quality, relieves stress and anxiety, calms muscle tension and can boost immunity.

55min full body massage 100€ | 85min extra long full body massage 160€

Traditional Massage with warm Cretan Olive oil

A medium-pressure massage, that offers deep physical and mental relaxation. The warm olive oil penetrates deeper into the tissues, offering a profound relaxation to your body. Kneading, friction, and gentle shaking motions will ease muscle pain, decrease stress, relieve headaches and improve sleep quality.

30min back massage 60€ | 55min full body massage 90€ |

85min full body and head massage 150€



MASSAGES

Wellbeing Journeys continue your spa experience at home...

Start your experience with a signature welcome protocol! Continue, with a muscle-relaxing and stress-relieving medium pressure full body massage. During your wellbeing journey natural massage oils and lotions will be used to deeply moisturize your skin, invigorate your body and stimulate your senses.

Choose your journey and gift box set:

60min full body massage + gift box set 120€ (total price)

Journey to ALIA

aromas: mimosa, vanilla and ylang-ylang

Journey to ANTHIE

aromas: peony, amaryllis and jasmine

Journey to AURORA

aromas: magnolia, lily and
brazil roses

gift box set includes:

Body Lotion 200ml

Body Mist 100ml



FACIALS

Skin Rebirth 45yrs +

A high performance treatment for face and décolletage, that will deeply moisturize and regenerate your skin. This treatment starts with a facial cleanse and a gentle exfoliation, followed by a jade roller face massage with a serum application and a facial mask. This treatment is finished off with another serum application and a face cream for your specific skin needs, leaving your complexion healthy and radiant.

IDEAL FOR → mature skin, fine lines + wrinkles

BENEFITS → advanced anti aging, cell turnover increase, deep hydration

50min 70€

Ageless Skin 35yrs +

This treatment consists of special massage techniques and advanced ingredients, in order to stimulate the skin's natural defense and resist the signs of ageing. Treatment begins with a face cleanse and a mild peel, and continues with a face massage with a serum application and a facial mask. This facial ends with a further application of serum and a skin specific cream, leaving your complexion fresh and luminous.

IDEAL FOR → tired and dehydrated skin, sun damaged skin

BENEFITS → anti aging, prevents sagging, improves skin elasticity

50min 65€

Supreme Hydrating 25yrs +

A hydrating, nourishing treatment, that will tone your skin and bring back its natural glow! This treatment starts with a cleansing ritual and a mild peel, followed by a face massage with a serum application and a skin specific mask. This facial ends with an application of another serum and a skin moisturizer, leaving your complexion healthy and fresh.

IDEAL FOR → dull, tired and dehydrated skin

BENEFITS → hydration, less excess oil, less acne breakouts

50min 60€



FACIALS

Hydrating 16yrs +

A gentle and refreshing facial treatment, which starts with a cleansing ritual and a mild peel. Continuing with a face massage with a serum application, it finishes with a skin moisturizer, leaving your complexion fresh and luminous.

IDEAL FOR → dull and dehydrated skin

BENEFITS → hydration

25min 45€

Sparkling Eyes

An exclusive eye treatment, which involves a unique combination of specific eye care products and massage techniques. The treatment includes a cleansing ritual, a gentle peel, a natural lifting eye potion, moisturizer and a jade roller eye massage.

IDEAL FOR → dark circles, fine lines + wrinkles

BENEFITS → relaxed and radiant eye area, can reduce the appearance of fine lines + wrinkles

25min 45€ | add for 30€ to any facial treatment, no extra time required

Skin Diagnosis – Skin Scanning

A skin diagnosis will offer you a face mapping, which is a detailed face skin analysis. Face mapping divides the face into different zones and analyzes each zone separately. The aim of the process is analyzing the skin, as well as identifying any skin concerns, in order to offer the correct home care and professional treatment.

25min 40€



FACIALS

Made for Men

Made for Men - Intensive Care 35yrs +

A face therapy that slows down the aging effects on the skin, caused by anxiety, stress and an unhealthy lifestyle. This treatment begins with a face cleanse and a mild peel, and continues with a face massage with a serum application and a facial mask. Finally, there is a second serum application, and a skin specific cream, leaving your complexion healthy and fresh.

IDEAL FOR → tired and dehydrated skin, sun damaged skin

BENEFITS → anti aging, prevents sagging, improves skin elasticity

50min 65€

Made for Men - Supreme Refresher 25yrs +

A tailor-made facial to address the needs of men's skin, especially dullness, sensitivity and shaving issues. This treatment starts with a cleansing ritual and a mild peel, followed by a face massage with a serum application and a skin specific mask. This facial ends with another application of serum and a skin moisturizer, leaving your complexion brighter and refreshed.

IDEAL FOR → dull, tired and dehydrated skin

BENEFITS → hydration, less excess oil, eliminates blackheads and acne, improves shaving experience

50min 60€



BODY TREATMENTS

Body Exfoliation

Traditional Body Scrub

A must treatment to get a natural tan easier and also to retain it!

Body exfoliation + hydration are the key elements for a successful tan, that will last longer. Treatment starts with a handmade scrub from local ingredients, containing brown sugar and warm olive oil. To finish, a body moisturizer is applied.

PROCESS → body scrub • shower • body moisturizer

BENEFITS → removes dead cells, boosts circulation, increases cell turnover, hydrates, smoothes and softens your skin

25min 35€

+30min Relaxing or Medium Pressure Massage | 55min 80€

+60min Relaxing or Medium Pressure Massage | 85min 105€



BODY TREATMENTS

Body Wrap

Body wraps are created to enhance the appearance and the complex of the skin. They're offered to improve skin ailments, cellulite and weight fix; to draw toxins out of your body and deeply moisturize.

Select in between our one-of-a-kind treatments according to your needs and requirements.

Jasmine & Gardenia Supreme Body Hydrating

PROCESS → body scrub • body mask • body moisturizer

BENEFITS → fully replenishes skin's moisture levels, restores hydration and smoothness to dry and damaged skin

50min 70€

+30min Relaxing or Medium Pressure Massage | 80min 115€

+60min Relaxing or Medium Pressure Massage | 110min 140€

Dark Chocolate Body Antioxidant

PROCESS → body scrub • body mask • shower • body moisturizer

BENEFITS → anti-aging effect, prevents free radicals damage, moisturizes and nourishes the skin, chocolate aroma revitalizes your senses

60min 75€

+30min Relaxing or Medium Pressure Massage | 90min 120€

+60min Relaxing or Medium Pressure Massage | 110min 145€

24 Carat Gold-Dust Body Anti-ageing

PROCESS → body scrub • body mask • shower • body moisturizer

BENEFITS → lift - tones - rejuvenates the skin, ultimate Anti-Ageing effect

50min 80€

+30min Relaxing or Medium Pressure Massage | 80min 125€

+60min Relaxing or Medium Pressure Massage | 110min 150€



BODY TREATMENTS

Botanical Sculpt Slimming

PROCESS → body scrub • sculpt oil massage on problematic areas • sculpt cream

BENEFITS → stimulates the blood flow to increase metabolism, fights cellulite and excess fat, firms and tones the body, offers a smoother skin appearance

50min 70€

+30min Relaxing or Medium Pressure Massage | 80min 115€

+60min Relaxing or Medium Pressure Massage | 110min 140€

Continue your spa experience at home!
Slimming cosmetics available at Spa Reception



MINI SPA

8-12yrs old

Kid's Massage

This is a gentle massage for the back, face and scalp with olive oil. Kid's massage is healthy, relaxing and offers an array of benefits to the children.

A parent or guardian is required during the treatment.

BENEFITS → improves sleep, boosts the immune system, relieves anxiety, calms headaches and muscle tension

25min 35€

Fantasy Facial

This pampering treatment starts with a gentle cleansing followed by a relaxing facial massage. Ends by an application of a skin moisturizer.

A parent or guardian is required during the treatment.

BENEFITS → relaxation & happy face!

25min 35€

Kid's Express Manicure or Pedicure

This service includes nail tidy, (hands or feet) massage and polishing!

A parent or guardian is required during the treatment.

*no sharp metals are used.

BENEFITS → relaxation & happy face!

15min 15€ (per treatment)

Mummy & Me Massage! | Daddy & Me Massage!

Connect with your child and spend quality time together!

Enjoy a 25minutes relaxing massage at the same time with your child, in the Massage Suite.

25min 80€ (total price)



Continue your childrens'
experience at home!
Kid's cosmetics available
at Spa Reception

TEEN SPA

13-15yrs old

T-Massage

This is a gentle massage for the back, face and scalp with olive oil. T-Massage is relaxing and beneficial to the teens.

A parent or guardian is required during the treatment.

BENEFITS → improves sleep, boosts the immune system, relieves anxiety, calms headaches and muscle tension

25min 40€

T-Facial

This pampering treatment starts with a gentle cleansing followed by a relaxing facial massage. Ends by an application of a skin moisturizer.

A parent or guardian is required during the treatment.

BENEFITS → hydration & relaxation

25min 40€

T-Manicure or Pedicure

This service includes nail tidy, (hands or feet) massage and polishing!

A parent or guardian is required during the treatment.

± 30min 20€ manicure | ± 30min 25€ pedicure



Continue the
experience at home!
Teens cosmetics
available
at Spa Reception

THALASSOTHERAPY

Thalassotherapy Pool Treatment

Thalassotherapy comes from the Greek word 'thalassa', which means 'sea'.

It is the use of warm seawater to cleanse, soothe and revitalize the skin as well as the body.

The 60minutes thalassotherapy treatment starts with the use of the warm seawater hydrotherapy pool; this includes the use of the hydro-jets, that lie above and below the water and massage your body.

Continue with the use of the sauna and finish with the cold seawater pool.

BENEFITS → improve sleep quality | enhance both spiritual and physical relaxation | boost your immune system | ease muscle aches and pains | increase the range of movement

60min 50€

Tip: Continue with a massage after your thalassotherapy treatment!
Your muscles will be warm and certainly easier to manipulate. Your massage will be more enjoyable and effective.



MANICURE

Shellac Manicure

This gel polish is resistant to scratches, fading, and discoloration; can stay shiny for up to 14 days after application.

PROCESS → hand soak • nail and cuticle care • exfoliation • hands massage • shellac polish color of your choice

± 40min 40€

Classic Manicure

PROCESS → hand soak • nail and cuticle care • exfoliation • hands massage • polish color of your choice

± 30min 30€

Gentlemen's Manicure

PROCESS → hand soak • nail and cuticle care • exfoliation • hands massage

± 30min 30€

Shape and Re-Varnish Manicure

Ideal treatment in between your regular manicure sessions.

PROCESS → nail shape refresh • polish color of your choice

± 15min 20€

Shape and Shellac Re-Varnish Manicure

Ideal treatment in between your regular manicure sessions.

PROCESS → nail shape refresh • shellac polish color of your choice

± 20min 25€



PEDICURE

Shellac Pedicure

This gel polish is resistant to scratches, fading, and discoloration.

PROCESS → foot bath • nail and cuticle care • hard skin removal • exfoliation • foot massage • shellac polish color of your choice

± 40min 45€

Classic Pedicure

PROCESS → foot bath • nail and cuticle care • hard skin removal • exfoliation • foot massage • polish color of your choice

± 30min 35€

Gentlemen's Pedicure

PROCESS → foot bath • nail and cuticle care • hard skin removal • exfoliation • foot massage

± 30min 35€

Shape and Re-Varnish Pedicure

Ideal treatment in between your regular pedicure sessions.

PROCESS → nail shape refresh • polish color of your choice

± 15min 20€

Shape and Shellac Re-Varnish Pedicure

Ideal treatment in between your regular pedicure sessions.

PROCESS → nail shape refresh • shellac polish color of your choice

± 20min 25€

Extra Services

GEL POLISH REMOVAL (add onto existing treatment) 10€

SCRUB & MASK TREATMENT 10€

FRENCH POLISH (add onto existing treatment) 3€

HAIR SALON

PRICELIST 2022

Cut

WOMEN'S CUT & BLOW DRY (wash included)	25€
CHILDREN'S CUT & BLOW DRY (wash included)	17€
SPLIT ENDS TRIMMING MEDIUM	30€
SPLIT ENDS TRIMMING LONG	35€
SPLIT ENDS TRIMMING XLONG	*

For Men

MEN'S CUT (wash included)	18€
SHAVED HEAD WITH RAZOR	20€
SHAVED HEAD WITH RAZOR & CLEAN SHAVED FACE	35€
BEARD TRIMMING	10€

Hair Styling

	S	M	L	XL
WASH & STYLE	18€	20€	22€	26€
hair straightening or hand-styling with foam				
EVENING HAIRSTYLE - curls or French pleat	25€	27€	29€	32€
SPECIAL HAIRSTYLE - hair up	50€	to	70€	
BRIDAL HAIRSTYLE - trial included	150€			

Colouring

	S	M	L	XL
FULL HAIR COLOUR	40€	45€	50€	*
FOIL HIGHLIGHTS	55€	60€	65€	*
FOIL HIGHLIGHTS HALF HEAD	45€	50€	55€	*
OMBRE COLOUR		60€	75€	*
GOING FROM COLOURED HAIR TO BLEACH BLONDE	50€	55€	60€	*
ROOTS RETOUCHING	40€			
BALAYAGE TECHNIQUE	X	60€	70€	80€
REFLE - TONIC	25€			

Special Services by consultation only

	S	M	L	XL
KERATIN PERMANENT STRAIGHTENING	150€	180€	210€	*
HAIR BOTOX	120€	150€	180€	*
DAMAGED HAIR REPAIR TREATMENT	55€	to	66€	

SPA ETIQUETTE

AGE REQUIREMENT

Children under 14yrs old are not allowed to use the Thalassotherapy Area. Children under 16 yrs old are not permitted to use the gym. Teenagers from 16-17 may only use the Fitness Center if supervised by an adult.

ARRIVAL

Guests are advised to arrive 15 minutes before their treatments.

LATE ARRIVAL

As a courtesy to other Spa guests, late arrivals will only receive the remaining available appointment time and will be charged the full service fee.

FITNESS CENTER

Suitable footwear and clothing, such as trainers, t-shirt and shorts are essential. Gym towel required.

CANCELLATION

Guests should notify the Spa a minimum of 6 hours to cancel or re-schedule to avoid a charge. Morning appointments must be cancelled by 18.00hrs the evening before. All non show appointments will be charged at full value.

GIFT CARDS

Vasia Spa gift vouchers are available.

HEALTH

Each guest will be asked to fill in a medical questionnaire prior to treatments. Any information disclosed will be kept confidential. Please notify us well in advance if you are pregnant or have any special health issues.

HEMECARE

To continue your Spa experience at home, all products used in the treatments are available from the Spa Reception.

IN-ROOM THERAPIES

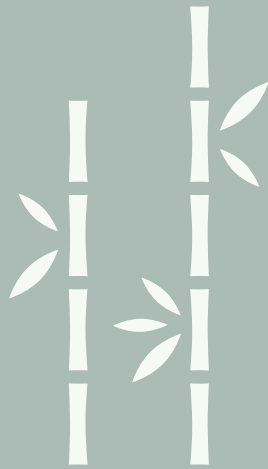
30% surcharge will apply to all prices. Please contact Spa reception for bookings and any additional information you may require.

*Spa Menu changes may occur in line with our TOP PRIORITY; your health, safety and wellbeing.

OPENING HOURS

Monday - Saturday: 10.00hrs - 18.00hrs

VASIA SPA



address

VASIA RESORT & SPA
72 400 SISSI, LASSITHI
CRETE
GREECE

contact info

+30 28410 71001

www.vasiahotels.gr
info@vasiahotels.gr