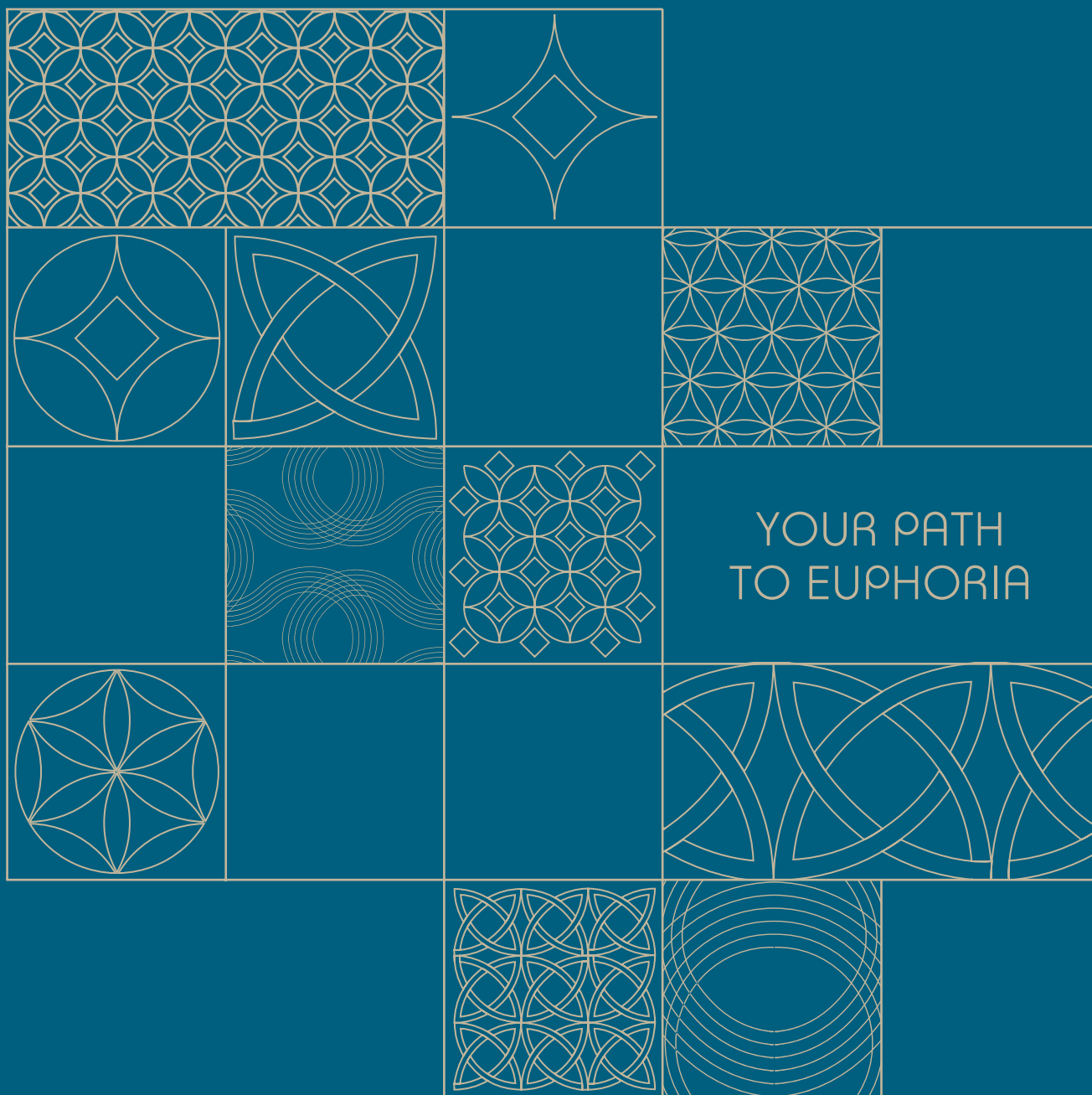
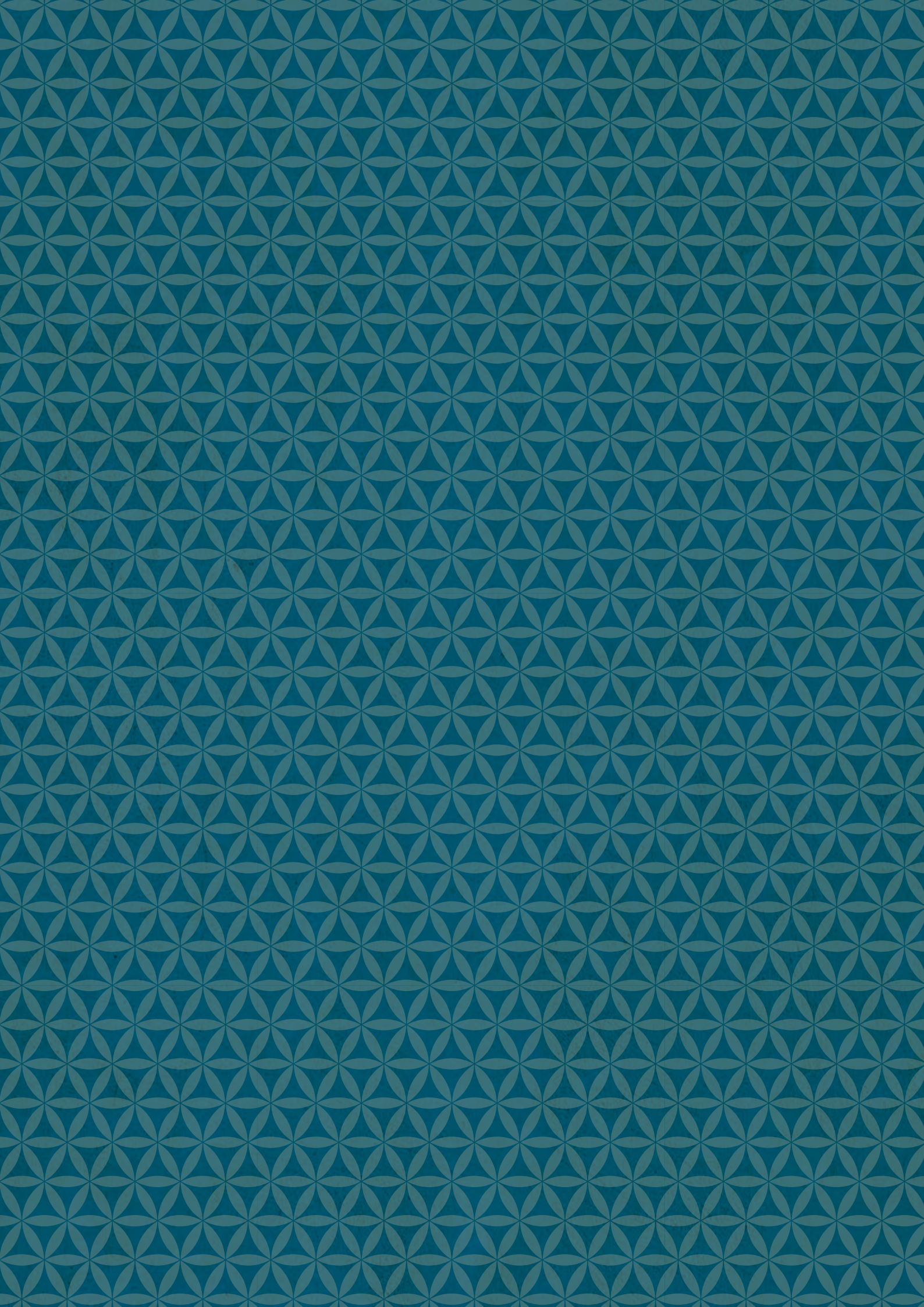


# SPA MENU

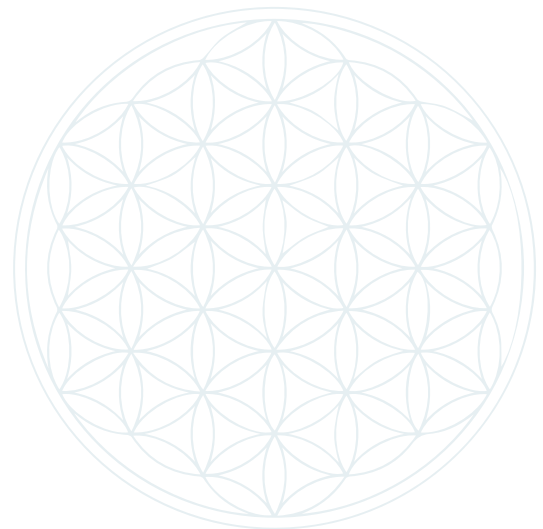


euphoria  
RETREAT



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## CONSULTATIONS

### PERSONAL WELLBEING OLFACTORY SESSION - 30'/50€

This concentrated psycho-aromatherapy session uses a broad range of single essential oils to go deeper into decoding your attitudes, leaving you with tools and realisations for reaching your higher potential.

### NUTRITIONAL GUIDANCE - 30'/70€

During this session with our nutritionist, we will focus on all aspects of your diet, eating patterns and lifestyle habits, current health concerns, and your goals. All of this helps us create your personalised nutritional plan, specifically tailored to your needs.

### WELLNESS CONSULTATION - 30'/75€      55' /150€

This consultation is the initial step towards better understanding and identifying the areas of your life that may need additional attention and healing support. We will be discussing your daily life and goals and with the help of our Five Element and bioenergetic tests we can personalise your spa programme and offer initial suggestions for reaching your higher potential and happiness.

### EUPHORIA FEEDBACK - 25'/70€

At the end of all Programmes, lasting 3 days or more, our mentors will give you final lifestyle recommendations, to help you enjoy and maintain the healthy changes you experienced at Euphoria Retreat.

### 3GL PLUS - NUTRITIONAL ANALYSIS & ASSESSMENT - 60'/350€

(INCLUDING 3GL PLUS-LAB TEST & ASSESSMENT, URINE TEST, RESPIRATORY EQUILIBRIUM)

Euphoria Retreat has worked in collaboration with Eucrasia, an innovative Greek company, Global awarded, in the field of Health Tourism to devise our signature approach to personalised nutrition. We have developed a unique protocol to assess the three most important biomarkers for metabolic health: glucose, glutathione (the body's two main endogenous antioxidants) and glycogen. We measure glucose and glutathione from a few drops of blood. A capillary ergometric scanning indirectly calculates glycogen efficiency. With a urine sample we measure more than 12 active metabolites and metabolically significant amino acids. We call this 3GL Plus, a method that promotes metabolic resetting by a unique and comprehensive Medical-Nutrition-Exercise program to restore and maintain metabolic balance. This information forms the basis of our nutritional approach for each of our guests on our Programmes.

### TRANSFORMATION CONSULTATION - 60'/180€ 90'/250€

During this fascinating and profound hour of self-assessment, your transformational therapist will show you how the Five Elements of both ancient Hellenic medicine: Ydor, Air, Pyr, Gaia, Aethir, and Traditional Chinese Medicine: Water, Wood, Fire, Earth and Metal, are expressed in you in terms of your physical issues and personality traits. You will learn which elements are dominant for you and how all of them can be balanced to enjoy more harmony and fulfilment in life.

### HOMEOPATHIC CONSULTATION - 55'/180€

Homeopathy is a holistic medicine that treats 'like with like'. Ailments are treated with tiny doses of a highly-diluted substance that, in larger doses, could have caused the original ailment. Experience the holistic approach for reversing certain conditions, with our resident homeopathic doctor.



## MEDICAL AND HOLISTIC CONSULTATION

55'/180€ SHORT VERSION OF BIO-ENERGETIC TESTING WITH QEST 4 (SEE BELOW)

85'/260€ FULL BIOFEEDBACK PROFILING WITH QEST 4 (SEE BELOW)

This in-depth consultation assesses your health potential from three perspectives: medical, homeopathic and bio-energetic (with Qest4 see below). This allows us to get a complete picture of your unique constitution which helps us tailor, exercise, treatments and general recommendations for your maximum health potential.

## BIO-ENERGETIC TESTING WITH QEST 4 - 45'/150€

Biophysics shows that all cells resonate at different frequencies and can transmit and receive electromagnetic energy. The communication between cells plays a big part in the function of all body systems. Healthy and unhealthy cells have very different resonant frequencies. Stress, fungi, bacteria, toxins, hormonal imbalances and viruses can all affect electromagnetic response and resonance at the cellular level. They can interfere with proper absorption and metabolism of nutrients, which in turn can lead to allergies, inflammation and disease. Qest 4 is the most advanced, flexible and user friendly bioenergetic testing that scans the electromagnetic signatures emitted by organs, tissues and cells. There is a wide variety of test signatures that cover points relating to internal organs, food preferences, environmental contaminants, nutritional factors, toxins, emotional patterns, vitamin deficiencies and many more.

## LASER TREATMENT (WITH QEST 4)-15'/45€:

Bioenergetic treatment to balance bio-energetic frequencies, as determined first by the Bioenergetic Test with Qest 4.

## EUPHORIA SIGNATURE TREATMENTS

### EUPHORIA RELAXING AROMA MASSAGE - 50'/132€

This sensorial massage, with our signature blend of natural and essential oils, uses gentle techniques for relaxing the body, calming the mind and inviting a quiet sense of joy.

### MUSCLE AND TENSION RELEASE MASSAGE - 50'/132€

This intense full body massage uses bespoke techniques for releasing tension, pain and stiffness, with focus on joints and connective tissue, leaving you feeling energised and free.

### EUPHORIA INSPIRING FACIAL - 50'/147€

Our signature facial combines natural Greek products, infused with sea algae, organic plant extracts and herbs, with a novel technique, to make your skin glow and mind float away. It's derived from a Chinese beauty ritual using silk worm cocoons on the therapists' finger tips, to gently exfoliate, tone and massage your skin. We apply gua sha facial techniques to stimulate blood circulation and detoxification and we work on your hands and arms including some euphoric touches to open your imagination. A perfect solution for both inner and outer beauty.





### FACIAL GUA SHA - 50'/132€

This therapy treats the face as an integral part of our bodies. It combines special draining and Chinese Gua Sha invigorating techniques, all designed to promote natural beauty and a healthy, beautiful complexion in support of our overall health.

### FIVE ELEMENT BALANCING - 50'/147€

We have developed this massage-style treatment from the Theory of the Five Elements of ancient Greek and traditional Chinese medicine, which separates nature into five categories each with distinctive characteristics which are also reflected in patterns of human health and behaviour. Different people associate more closely with different elements according to their physical and psychological patterns. We determine imbalances in your dominant element and use different bodywork techniques, rhythms and pressures to create harmony and flow on a physical and emotional level.

### SANCTUARY FOR BUSY MINDS - 50'/147€

This deeply relaxing session combines various energy techniques to relieve stress and bring a profound state of calm. Your therapist starts by opening the energy channels on your feet, moves up your body and focuses particularly on your head. It is said that when confronted with continual stress, the hypothalamus (the "brain's brain") literally shrinks. Our techniques help restore this area of the brain, reducing fearful thinking around trust, joy and safety. It is also good for hormonal balance, jet lag and sleep.

### EUPHORIA BYZANTINE HAMMAM RITUAL

90'/160€      90'/ 235€      120'/320€

This ultimate hammam experience is performed in our inner marble sanctum, rich in the atmosphere of our Byzantine past. You spend some time alone enjoying the warmth, moisture and stillness of this precious space, then, depending in the duration of your treatment, our caring therapists perform a scrub, wash and massage ritual on the heated plinth, with exotic scents and changing rhythms.

\*Private use of hammam:

- €160 (per hour) for 1 person, on top of the treatment price
- €100 (per hour) for 2 persons, on top of the treatment price

### ROYAL EUPHORIA BODYWORK - 80'/220€

This treatment uses on- and off-body techniques to release stagnant energy and balance its flow. Your therapist will also work on acupressure points and meridians to eliminate congestion in your internal organs and stimulate overall blood circulation. This is a truly holistic boost for body and mind.





## MASSAGES

### FOOT MASSAGE - 25'/65€

This foot massage is very effective for relaxing your body and mind. Your therapist uses the tenets of reflexology to apply pressure on key points in the foot to encourage proper energy flow throughout the body, relieving anxiety and bringing about a deep sense of calm.

### HEAD AND NECK MASSAGE - 25'/65€

This holistic massage manipulates the soft tissues in the neck, shoulders and scalp, to alleviate physical and mental stress.

### SCALP AND BACK MASSAGE - 25'/65€

This rejuvenating massage focuses on areas most prone to stress and tension. Your therapist will work intuitively to release your back, shoulders and neck using a fusion of different techniques that leave you feeling relaxed and re-energised.

### LYMPHATIC DRAINAGE - 50'/132€

The lymphatic system is vital for proper immune and circulatory function, which can be impaired by poor diet and lack of activity causing fluids and toxins to get trapped there. This treatment works gently on the lymph, all over the body, to circulate fluids and eliminate waste products. This creates a healthier environment for cells to function properly, while reducing swelling and leaving you feeling lighter and more mobile.

### DEEP TISSUE MASSAGE - 50'/147€    80'/220€

A powerful massage using deep, penetrating strokes to effectively relieve tension in specific parts of the body. This technique is particularly effective for reducing muscle stiffness due to over-exertion, improving circulation and reducing fluid retention. Detoxifying essential oils support the potency of this treatment and recondition the skin.

### DETOX CUPPING MASSAGE - 50'/147€

This detox massage, using suction cups on different body parts, is an effective technique for releasing blockages and eliminating stagnant energetic and lymphatic build-up. It's an invigorating technique to boost organ function, stimulate circulation and improve skin tone. It also helps reduce the appearance of cellulite.

### REFLEXOLOGY - 50'/147€ (UPON REQUEST)

This ancient holistic approach applies pressure on energetic reflex zones and points on the feet, face and head, that correspond to specific body organs. Reflexology returns vitality to the organs, regulates the nervous system and improves concentration, memory and sleep quality.



### HOT STONE MASSAGE - 80'/220€

This relaxing and soothing massage technique uses heated, smooth lava stones and essential oils to massage strategic points on the body to ease muscle tension and soothe damaged soft tissue. It also relieves stress and encourages tranquillity.

### REFLEXOLOGY WITH FACE REJUVENATION MASSAGE - 80'/220€ (UPON REQUEST)

This therapy blends deep knowledge and experience in reflexology with rejuvenating facial techniques for a truly transformative session.

### QUARTZ COMPRESS MASSAGE - 80'/240€

This highly nurturing massage takes place on our Quartz Bed which envelops your body in warm quartz sand that has its own energetic frequency for balancing the body. Hot quartz compresses are massaged into your skin and your therapist will play the singing bowl whose vibrations enhance the relaxing sensations for your body and mind.

### THAI MASSAGE - 50'/147€ 80'/220 €

Performed on the floor with loose, comfortable clothing to allow movement, this bodywork therapy uses manipulation, stretches and acupressure massage to release muscular tension and restore movement and flexibility. While it realigns the physical body, this massage is relaxing and energising and encourages a peaceful mind.

### THAI FOOT MASSAGE - 25'/65€

An enjoyable, relaxing, and rejuvenating experience that heals the mind, body, and soul. Thai foot massage techniques detoxify and purify the body, helping relieve stress and tension through the myriad nerve endings in the feet, where the pressure is applied. This balancing treatment fosters good physical health and mental serenity.

### THERAPEUTIC MASSAGE - 50'/147€ 80'/220 €

Following a consultation with the therapist, this localised, deep tissue massage involves specific stretches, pressure application and mobilisation techniques where most needed.



## SPECIALIST THERAPIES

### ACUPUNCTURE - 50'/147€

This core practice of traditional Chinese medicine uses tiny needles inserted in specific points on the body to stimulate energy flow along the body's energy pathways, or meridians. When energy flow is adjusted correctly it can support the body's natural functioning and own healing capabilities, which will ultimately relieve pain and a range of physical and emotional conditions, even illness.





### CRANIOSACRAL THERAPY (UPON REQUEST) - 50'/(147€)

In this subtly profound treatment, your therapist does gentle movements with his hands on the head, and the sacrum, neck, shoulders, chest and legs to release cerebrospinal fluid. This unleashes a fresh stream of energy that unlocks psychosomatic blockages and heightens harmony and awareness.

### PHYSIOTHERAPY (UPON REQUEST) - 50'/147€

This holistic approach assesses and treats new or old injuries to joints, muscles and connective tissues in the body. A physiotherapy session includes a thorough examination, manual therapy and a home exercise programme to empower your own ability to heal.

### OSTEOPATHY (UPON REQUEST) - 50'/(160€)

Our central nervous system, brain and spinal cord are protected by our skeleton. If the vertebrae of the spine are not moving properly, the surrounding muscles and nerves are effected. By manipulating and massaging both bones and muscles, osteopathy helps unblock the vertebrae and encourage healthy muscle function. It is especially recommended for musculoskeletal pain in arms, legs and jaws, as well as a tight diaphragm.

### WATSU - 50'/160€

This one-on-one session, floating in a warm water pool, has multiple benefits such as improving mobility and flexibility and relieving emotional or physical conditions. You are cradled by your therapist who gently moves your body while blending massage techniques with joint mobilisation, stretching and free flowing movements. This is a highly relaxing and profound treatment on many levels.

### ACUPUNCTURE WITH RECONNECTIVE HEALING - 50'/180€

Once needles are inserted in acupuncture points your therapist will place his hands a short distance from your body, intentionally moving energy in order to encourage mental, physical and emotional equilibrium.

## ENERGY HEALING

### CHAKRA BALANCING TREATMENT - 50'/147€

This ancient, hands-on healing form of energy work focusses on the body's seven major energy centres, or chakras, located along the body's central axis. When these centres spin freely with energy we feel mentally and physically energised. When they are blocked we tend to experience repetitive patterns of negative thought and emotion.

### RECONNECTIVE HEALING - 50'/147€

Reconnective Healing is a non-touch form of energy healing to support physical wellbeing, mental clarity, emotional inner peace and spiritual life progress. A highly-evolved form of universal energy interaction, it uses frequencies of light and information to renew mind, body and spirit.

### REIKI - 50'/147€

Reiki is a Japanese word meaning 'Universal Life Energy'. When our life energy is low, we tend to feel unwell, becoming more vulnerable to illness. Your reiki practitioner channels energy, both within and around you, to accelerate your body's natural healing capacity, to release tension and encourage balance and inner harmony. Reiki is particularly recommended at times when you feel physically out of sorts or disconnected from your emotions.

## EMOTIONAL GUIDANCE AND HEALING SESSIONS

### THETA HEALING - 80'/220€

Theta Healing is a powerful meditative technique that reprogrammes your subconscious mind from self-limiting beliefs that are holding you back from happiness, wellness, love and abundance. In this specific healing meditation your expert practitioner will use her energy and intention to empower you for positive change. This can be a truly life-affirming experience.

### ENERGY AND PSYCHIC CHANNELING - 60'/180€

Energy and psychic channelling is a transformative session for healing and rebuilding areas of your life that you feel may be holding you back. This therapy uses your own and your expert practitioner's energy, working at a deep vibrational level to influence thoughts and emotions and to inspire new ways of looking at old problems. Powerful, energetic shifts leave you with a positive mindset to approach life differently from both a physical and emotional perspective.

## COSMETIC FACIALS

### SKIN INSTANTS LAB - 20'/45€

We offer the Biologique Recherche Skin Instant Lab® analysis that measures hydration, lipid barrier, elasticity, sebum and pigmentation levels using gentle probes linked to specialist computer software to determine your Skin Instant® and the best product and treatment techniques.

### REMODELING FACE MACHINE® - 30'/60€

The Biologique Recherche Remodeling Face® Machine uses state-of-the-art bio-electrotherapy, combining three types of electric current: galvanic current improves the absorption of active ingredients; low and medium frequency currents re-shape and tone the epidermis; athermic pulsed high frequency current re-vitalises the epidermis. These three currents are used either separately or in combination, together with Biologique Recherche products, to treat facial muscles and different skin types.

### HYDRATING LIFTING FACIAL - 60'/160€

Highly recommended for dehydrated, sensitive Skin Instant®, the Soin Lissant facial helps to stimulate the skin's natural defence system by working in harmony with the lymphatic and circulatory system. It's also an excellent anti-stress treatment that will leave your skin feeling reconditioned and glowing.

### LIFTING AND SCULPTING FACE TREATMENT - 60'/160€

Recommended for normal to oily Skin Instant®, the Soin Lift C.V.S facial is ideal for accelerating cell renewal which helps to restructure, firm, hydrate and protect against exterior aggressions. This lifting technique, also uses the Remodeling Face Machine® to stimulate the tone and structure of the skin leaving you feeling youthful, energised.

### TONING AND REDIFINING TREATMENT - 60'/160€

Recommended for dull, devitalised Skin Instant®, the Soin MC110 facial is all about plumping, revitalising and boosting the elasticity of your skin thanks to feeding it high levels of antioxidants, using a vibratory massage technique that will leave you with a smoother, brighter and defined complexion.

### SOIN VIPO2 OXYGÉNANT - 60'/160€

Recommended for devitalised, sluggish Skin Instant® of city dwellers, smokers and travellers or anyone who is lacking that certain glow, Soin VIPO2 Oxygénant is a luxurious oxygenating and balancing ritual that features our full VIPO2 range. A perfect combination of micro-exfoliation, oxygenation and bio-energy massages for a moment of well-being that will oxygenate the epidermis, relax your features and leave you glowing with health.



### SIGNATURE TRIPLE LIFT TREATMENT - 90'/240€

Recommended for normal to thick Skin Instants® searching for overall glow and tone, BR Signature Triple Lift Treatment is an exceptional resculpting treatment combining two reconditioning and face-lifting boosters with the Remodeling Face® machine. This complete treatment, aiming to accelerate epidermal reconstruction, leave the structure of the face defined and the texture of the skin refined.

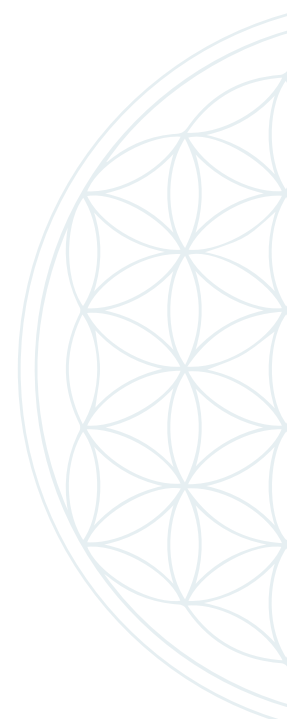
## BODY TREATMENTS

### SCRUB RITUAL (RELAX OR ENERGY OR DETOX) 50'/132€

This skin softening ritual, with natural Greek cosmetics, feels like a beautiful massage as much as a scrub. Guaranteed to relax you inside and out.

### ANTI-C SLIMMING TREATMENT - 80'/220€

This ultimate anti-cellulite treatment targets stubborn fatty deposits. It starts with the Lotion P50 Corps Treatment to prepare the body, before layering the active Booster Minceur concoction. This is followed by stimulating massage techniques that oxygenate the skin and provide effective sculpting. The ritual concludes with the Crème Anti-C to further boost the lymphatic system, leaving skin smooth and toned.





## ALGAE SLIMMING AND DETOX BODY TREATMENT

80'/220€

This thermal-effect wrap releases marine active ingredients that remineralise, tone and purify the body, leaving you with a wonderful sense of well-being and comfort. Not only does this wrap help shed excess water, it also dissolves localised, unwanted fat, making this ideal to boost a slimming regime.

## LIFTING AND SCULPTING FULL BODY TREATMENT

80'/220€

The products and techniques in this treatment have been developed specifically to treat areas of skin that lose elasticity. You can select to work on your full body or focus on specific areas such as buttocks and thighs, stomach and arms or bust only. The Lotion P50 Corps Treatment prepares the skin for the bio-reflex massage CVS body product, that exfoliates dead skin cells, tones and refines.

## MINERAL MOLDS FOR CELLULITE, DETOX AND BODY TONING

120' / € 280

A highly effective treatment against cellulite and localized fat deposits. It raises the internal temperature in the problematic area, increases blood supply and metabolism, and helps eliminate toxins. The next step of the treatment is an occlusive wrap for slimming, toning, and anti-cellulite.

\*Mold has two compositions: Blue and Pink. The blue is a cooling cast that works on tightening the skin and soothing the overall appearance of the skin, while the pink is a thermal cast that targets water retention and cellulite.

The mold is applied to sections of the body. Either the lower part of the body which would target the abdomen, legs (inner and outer thighs) and the gluteus or the upper part which would target the abdomen, the arms and back.

## CLAY BODY TREATMENT TO REDUCE BODY SWELLING

120' / € 280

Body treatment that reduces swelling and revitalizes with micronized clay for a sculpting effect. The "occlusive" effect of clay stimulates sweating and therefore helps to eliminate liquids and toxins in excess, also making skin smoother and firm.



## HYDROTHERAPY

### PERSONAL BATHING EXPERIENCE- 25'/45€

Our personal bathing experience uses a sequence of under water jets and a blend of essential oils, all chosen to enhance the sensations and the desired results of your other treatments – be it to relax, energise or detox. These baths are a beautiful addition to your spa experience.

### EUPHORIA MULTI-SENSORY EXPERIENCE

Using a specialist piece of spa technology, this is a must-have experience that touches all your senses. While lying in a pod you will enjoy a sequence of: Vichy shower, mud mask, aromatherapy and colour therapy, a vibratory body massage, silence and steam. This immersive sensation works beautifully on your body, mind, skin and psyche.

25' IN THE MULTI-SENSORY CAPSULE /50€

50' CAPSULE EXPERIENCE WITH BODY MASK AND HYDRATING LOTION /€132

## BODY MOVEMENT AND FITNESS

### INDIVIDUAL TRAINING

### PRIVATE FOREST FIT AND ENERGY WALK - 50'/80€

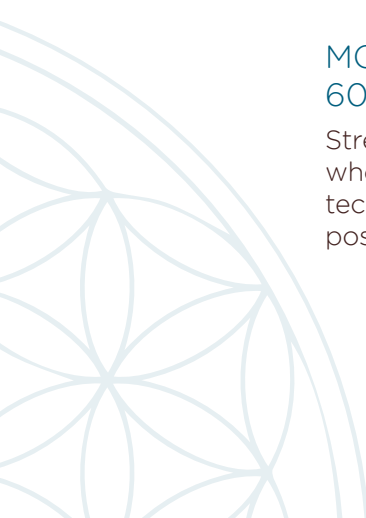
This personal, guided walk in the forest of Euphoria Retreat aims to reconnect you with the healthy life energy inside of you and all around you. Using your body's natural rhythms, this experience encourages transformational learning and healing through movement and somatic awareness. You will use the power of your breath, your mind and movement, to balance and enhance the flow of your energy for health and happiness.

### FITNESS ASSESSMENT AND ADVICE WITH A PERSONAL TRAINER - 60'/95€

A private class with a personal fitness trainer. The trainer plans every step of your workout and inspires you to reach your targeted wellness goals.

### MOVEMENT CLASS (AERIAL YOGA OR YOGILATES) 60'/95€

Stretch, renew and restore your body. With this class you will address your whole body through strengthening exercises, breathing and relaxation techniques that are helpful for maintaining focus and improving balance, posture, and overall energy.





## PERSONAL TRAINING SESSIONS (FITNESS-PILATES-YOGA) - 60'/95€

This is a private class with a Personal Fitness Trainer, who plans every step of your workout and inspires you to reach your specific goals.

## PRIVATE MEDITATION SESSION - 50'/95€

This guided meditation with one of our masters is customised specifically for you and your current needs. Throughout the experience you are learning how to meditate while you release stress, clear old energy blocks and expand your creativity. You will learn specific breathing techniques and postures that you can continue at home.

Meditation is an excellent daily tool and one-on-one attention is the best way to learn this life-long practice with so many benefits.

## ERGO-PHYSIOLOGICAL SCANNING - 20'/160€

This scanning device assesses key physiological parameters such as cardio-respiratory function, fat burning efficiency, metabolic health and muscle composition, while you exercise. This evaluation helps generate your most efficient exercise plan for your particular needs.

## BODY MOVEMENT AND FITNESS

### GROUP SESSIONS (PRICES PER PERSON)

#### ENERGY MOVEMENT - 25'/30€

Learn how to instantly boost your energy levels using a finger tapping sequence on the energy centres on your head and upper body.

#### MIND DETOX OR MEDITATION - 45'/40€

Meditation experts will guide you in various meditative healing practices, that help us slow down the rhythm of our thoughts and increase our awareness in the present moment.

#### EMOTIONAL TRANSFORMATION AND SELF-AWARENESS THROUGH THE FIVE ELEMENTS - 120'/160€

In these daily, two-hour group sessions you will experience and learn about the characteristics of each element of Traditional Chinese Medicine - Water, Wood, Fire, Earth, Metal - and how they are reflected in your body and emotions. This is also an experiential time for inspiration and group discussion.



# FINISHING TOUCHES

## INFRARED SAUNA - 20'/45€

An infrared sauna is gentler than a traditional sauna, yet its heat penetrates body tissues more deeply, purifying the skin, flushing out toxins, stimulating blood flow, boosting metabolism and alleviating physical aches and pains.

## PRIVATE FLOTATION - 20'/45€

Enjoy a sense of weightlessness and sensory deprivation in our salt flotation pool. This deeply meditative experience, with no gravitation pull on your body, helps calm an overly stimulated mind. The many other benefits include relief from physical pain, a boost in mental clarity, a drop in anxiety and improved sleep. On a physiological level, flotation restores chemical and metabolic balance to the body, boosting immune function.

## QUARTZ POWER NAP - 20'/45€

Enjoy the energy of heated quartz grains while napping on our Quartz Bed, which cocoons your body in crystals. This spa technology uses the healing effects of nature for some peaceful 'me-time'. It's an ideal add-on for any treatment.

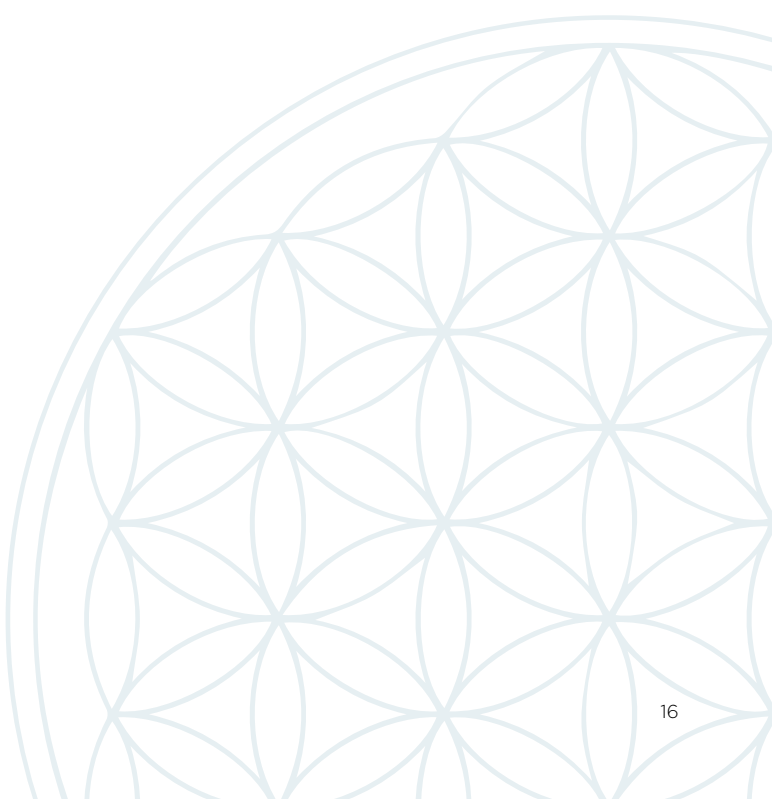
## SALT ROOM - 20'/45€

The benefits of relaxing in our Salt Room include improved breathing, a slower heart rate, mental clarity and sense of calm.

## SPA MANICURE AND PEDICURE

Hands and feet are treated with as much care and attention at Euphoria Retreat, as your mind, body and soul.

|                    |         |
|--------------------|---------|
| Manicure           | 45'/55€ |
| Pedicure           | 45'/55€ |
| Spa Manicure       | 60'/75€ |
| Spa Pedicure       | 60'/75€ |
| Nail Polish Change | 20'/25€ |





# PHYSICAL STRESS & FATIGUE

Recharge with these revitalizing therapy options designed to alleviate tension and stress.

|   |          |          |           |
|---|----------|----------|-----------|
| Euphoria Relaxing Aroma Massage                                   |          |          | 50'/132€  |
| Muscle & Tension Release Massage                                  |          |          | 50'/132€  |
| Five Element Balancing treatment<br>(Water element, Wood element) |          |          | 50'/147€  |
| Royal Euphoria Bodywork   |          |          | 80'/220€  |
| Euphoria Byzantine Hammam Ritual                                  | 60'/160€ | 90'/235€ | 120'/320€ |
| Foot massage  |          |          | 25'/65€   |
| Head & Neck   |          |          | 25'/65€   |
| Scalp & Back  |          |          | 25'/65€   |
| Reflexology   |          |          | 50'/147€  |
| Deep Tissue massage   |          | 50'/147€ | 80'/220€  |
| Hot Stone massage   |          |          | 80'/220€  |
| Quartz compress massage   |          |          | 80'/240€  |
| Watsu   |          |          | 50'/160€  |
| Acupuncture   |          |          | 50'/147€  |
| Sanctuary for busy minds  |          |          | 50'/147€  |
| Homeopathic Consultation  |          | 55'/180€ | 85'/260€  |
| Private Forest Fit and Energy Walk                                |          |          | 50'/80€   |
| Thai massage  |          |          | 80'/220€  |
| Ergo-physiological scanning                                       |          |          | 20'/160€  |

## Highly suggested wellness group activities

- Yoga & Pilates

# DIGESTIVE ISSUES

Suggestions to aid digestion and relief discomfort.

|  |          |          |
|--|----------|----------|
| Five Element Balancing treatment (Earth element) |          | 50'/147€ |
| Reflexology                                      |          | 50'/147€ |
| Acupuncture                                      |          | 50'/147€ |
| Homeopathic Consultation                         | 55'/180€ | 85'/260€ |
| Lymphatic drainage                               |          | 50'/132€ |
| Detox cupping massage                            |          | 50'/147€ |
| Homeopathic Consultation                         | 55'/180€ | 85'/260€ |
| Nutritional Guidance                             |          | 30'/70€  |
| Nutritional Analysis & Assessment (3GL)          |          | 45'/150€ |

## Highly suggested wellness group activities:

- Healing Food Workshop
- Nutritional Lecture



# FACE TREATMENTS

Restore your skin's radiance with a variety of treatments using the finest skin care products.

|   |          |
|---|----------|
| Euphoria Inspiring Facial                               | 50'/147€ |
| Biologique Recherche Hydrating Lifting Facial           | 60'/160€ |
| Biologique Recherche Lifting & Sculpting Face Treatment | 60'/160€ |
| Biologique Recherche Toning & Redefining                | 60'/160€ |
| Soin VIP O2 Oxygenant                                   | 60'/160€ |
| Biologique Recherche Signature Triple Lift treatment    | 90'/240€ |

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# BODY TREATMENTS

Detoxify, revitalize and rejuvenate with a selection of personalized body treatments.

|  |          |          |           |
|--|----------|----------|-----------|
| Euphoria Byzantine Hammam Ritual                           | 60'/160€ | 90'/235€ | 120'/320€ |
| Body Scrub Ritual  |          |          | 50'/132€  |
| Biologique Recherche Anti-C Slimming treatment             |          |          | 80'/220€  |
| Biologique Recherche Algae Slimming & Detox Body treatment |          |          | 80'/220€  |
| Biologique Recherche Lifting & Sculpting Body treatment    |          |          | 80'/220€  |
| Mineral molds for Cellulite, Detox & Body toning           |          |          | 120'/280€ |
| Personal Bathing experience                                |          |          | 25'/45€   |
| Euphoria Multi-sensory experience                          |          | 25'/50€  | 50'/132€  |
| Seaweed Emulsion Body Treatment                            |          |          | 120'/280€ |
| Detox & Remineralizing Body treatment                      |          |          | 120'/280€ |

# HEAD - NECK SHOULDERS

Tailored treatments to address specific tension areas.

|   |          |          |           |
|---|----------|----------|-----------|
| Five Element Balancing treatment (Wood element) |          |          | 50'/147€  |
| Head & Neck massage                             |          |          | 25'/65€   |
| Scalp & Back massage                            |          |          | 25'/65€   |
| Muscle & Tension Release Massage                |          |          | 50'/132€  |
| Deep tissue massage                             |          |          | 50'/132€  |
| Reflexology                                     |          |          | 50'/147€  |
| Acupuncture                                     |          |          | 50'/147€  |
| Euphoria Byzantine Hammam Ritual                | 60'/160€ | 90'/235€ | 120'/320€ |
| Infrared sauna                                  |          |          | 20'/45€   |
| Watsu   |          |          | 50'/160€  |
| Homeopathic Consultation                        |          |          | 55'/180€  |
| Bio-energetic Testing Qest 4: Test & Treatment  |          |          | 45'/150€  |
| • Vertebral profile                             |          |          |           |
| • TMJ stress                                    |          |          |           |
| • Emotional stressors                           |          |          |           |
| • Follow-up Bioenergetic treatment              |          |          |           |
| Thai Yoga massage                               |          |          | 80'/220€  |

## Highly suggested wellness group activities:

- Pilates





# MIDDLE & LOWER BACK ISSUES

Tailored treatments to address specific tension areas.

|   |          |
|---|----------|
| Five Element Balancing treatment (Wood element)   | 50'/147€ |
| Scalp & back massage  | 25'/65€  |
| Muscle & Tension Release Massage  | 50'/132€ |
| Deep tissue massage   | 50'/147€ |
| Thai Yoga massage   | 80'/220€ |
| Hot stone massage   | 80'/220€ |
| Quartz compress massage   | 80'/240€ |
| Reflexology   | 50'/147€ |
| Acupuncture   | 50'/147€ |
| Watsu   | 60'/160€ |
| Homeopathic consultation  | 55'/180€ |
| Bioenergetic Profiling Qest 4: Test & Treatment   | 45'/150€ |
| <ul style="list-style-type: none"><li>• Vertebral profile</li><li>• Emotional stressors</li></ul> |          |
| Follow-up Bioenergetic treatment  |          |



# EMOTIONAL STRESS & SLEEPING ISSUES

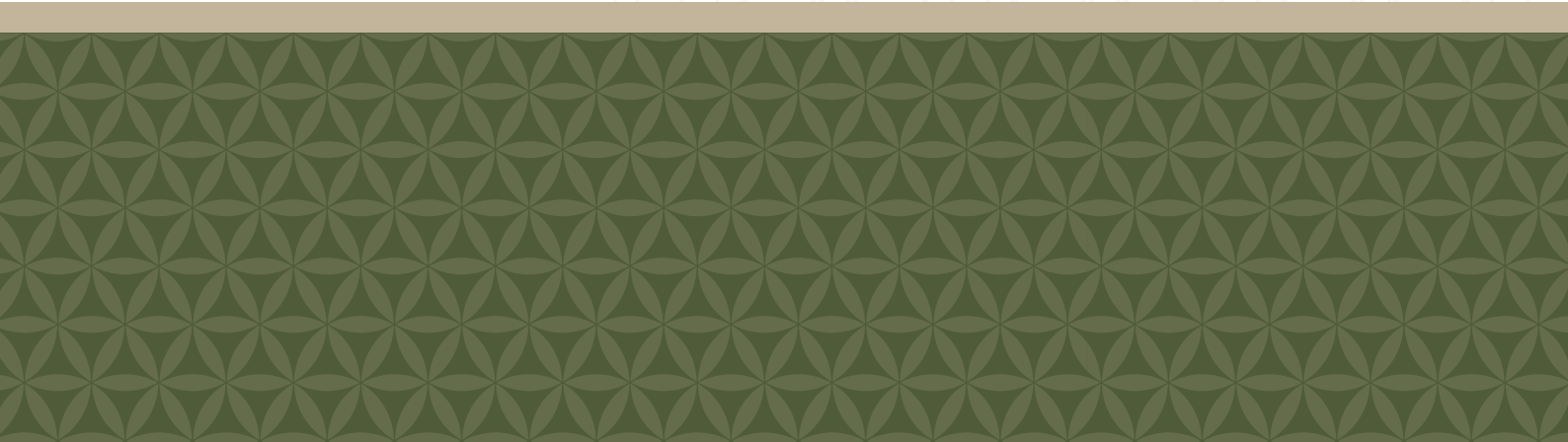
Emotional guidance and healing sessions that promote and support inner balance and harmony.

|   |                    |
|---|--------------------|
| Personal wellbeing olfactory session  | 30'/50€            |
| Transformation consultation   | 60'/180€, 90'/250€ |
| Theta healing   | 80'/220€           |
| Chakra balancing treatment  | 50'/147€           |
| Reiki   | 50'/147€           |
| Reconnective healing  | 50'/147€           |
| Homeopathic consultation  | 55'/180€           |
| Acupuncture   | 50'/147€           |
| Acupuncture with Reconnective Healing   | 50'/180€           |
| Energy and Psychic channeling   | 60'/180€           |
| Sanctuary for Busy Minds  | 50'/147€           |
| Mind Detox/Meditation Session   | 45'/40€            |
| Salt room   | 20'/45€            |
| Reflexology   | 50'/147€           |
| Bioenergetic Testing Qest 4: Test & Treatment   | 45'/15 0€          |
| <ul style="list-style-type: none"><li>• Emotional stressors</li><li>• EFT</li><li>• Neurotransmitters</li><li>• Hormonal profile</li><li>• Follow-up Bioenergetic treatment</li></ul> |                    |
| Private Floatation session  | 20'/45€            |

# DETOX

Detox at all levels with treatments designed to enhance your body's natural detoxification process.

|  |          |          |           |
|--|----------|----------|-----------|
| Five Element Balancing treatment (Wood element)            |          |          | 50'/147€  |
| Euphoria Royal Bodywork                                    |          |          | 80'/220€  |
| Detox Cupping massage                                      |          |          | 50'/147€  |
| Lymphatic drainage   |          |          | 50'/132€  |
| Reflexology  |          |          | 50'/147€  |
| Hot stone massage  |          |          | 80'/220€  |
| Quartz compress massage                                    |          |          | 80'/240€  |
| Reiki  |          |          | 50'/147€  |
| Infrared Sauna   |          |          | 20'/45€   |
| Euphoria Byzantine Hammam Ritual                           | 60'/160€ | 90'/235€ | 120'/320€ |
| Acupuncture  |          |          | 50'/147€  |
| Sanctuary for Busy minds                                   |          |          | 50'/147€  |
| Salt Room  |          |          | 50'/147€  |
| Biologique Recherche Algae Slimming & Detox Body treatment |          |          | 80'/220€  |
| Mineral molds for Cellulite, Detox & Body toning           |          |          | 120'/280€ |
| Nutritional Guidance                                       |          |          | 30'/70€   |
| Nutritional Analysis & Assessment (3GL)                    |          |          | 45'/150€  |
| Bioenergetic Testing Qest 4: Test & Treatment              |          |          | 45'/15 0€ |
| • Comprehensive analysis                                   |          |          |           |
| Ergo-physiological scanning                                |          |          | 20'/160€  |
| Private Floatation session                                 |          |          | 20'/45€   |



# RELAX & INDULGE

Let go and be in the flow!

|  |          |          |           |
|--|----------|----------|-----------|
| Euphoria Relaxing Aroma massage                  |          |          | 50'/132€  |
| Five Element Balancing treatment (Earth element) |          |          | 50'/147€  |
| Reflexology                                      |          |          | 50'/147€  |
| Watsu  |          |          | 50'/160€  |
| Hot stone massage                                |          |          | 80'/220€  |
| Quartz compress massage                          |          |          | 80'/240€  |
| Euphoria Byzantine Hammam Ritual                 | 60'/160€ | 90'/235€ | 120'/320€ |
| Acupuncture                                      |          |          | 50'/147€  |
| Sanctuary for Busy minds                         |          |          | 50'/147€  |
| Salt Room  |          |          | 50'/147€  |
| Euphoria Inspiring Facial                        |          |          | 50'/147€  |
| Thai Yoga massage                                |          |          | 80'/220€  |
| Thai Foot massage                                |          |          | 30'/65€   |
| Euphoria Royal Bodywork                          |          |          | 80'/220€  |
| Outdoor Holistic Experience                      |          |          | 120'/160€ |
| Spa Manicure                                     |          |          | 60'/75€   |
| Spa Pedicure                                     |          |          | 60'/75€   |
| Hair Salon                                       |          |          | 45'/50€   |





FOR THE COMFORT, SAFETY AND UNDISTURBED  
RELAXATION OF ALL OUR GUESTS, PLEASE RESPECT  
THE FOLLOWING GUIDELINES AT ALL TIMES:

### GENERAL GUIDELINES

- Euphoria Spa is opened from 8am to 8pm daily.  
For spa enquiries or reservations please dial extension number 401.
- Upon arrival and prior to using the facilities, all guests will be required to complete and sign a health & lifestyle, Medical, or Wellness questioner.
- Euphoria Retreat and its environs are strictly NO SMOKING areas.
- To maximize the benefits of your Euphoria experience, mobile phones are not allowed in the spa areas. Please leave them switched off in your room or locker.
- Please leave all valuables in your room safe box. Euphoria Spa is not liable for loss of or damage to a guest's personal belongings.
- Please conduct all conversations at levels consistent with a relaxing spa environment.
- Always shower before using pool facilities and between sauna and steam rooms.  
Robe and slippers should be worn in all spa areas.
- Swimwear is compulsory in the steam, sauna and pool areas.
- A towel should always be placed on sauna, steam room and Hammam benches between your body and the bench.
- In the gym and fitness areas, comfortable sportswear is recommended, and appropriate footwear is required.
- Please do not add oils or other products to the sauna bucket water without first speaking to a member of staff.
- Ensure that you drink plenty of fluids to rehydrate after using the sauna, steam room and Hammam.
- Food & beverages are not permitted in the spa & fitness areas except smoothies and snacks at the pool relaxation area.
- Please check in at the spa reception every time you enter the spa.
- Please Arrive at least 20 minutes before your spa appointment so that you have time to check in, change into your robe and slippers, and relax.
- Bathrobes, Shower towels and slippers are placed in your lockers.
- Please wait for your therapist on the waiting area, on the second floor and arrive five minutes before the start of your session to enjoy it fully.



## LATE ARRIVAL WILL RESULT IN A SHORTENED OR AMENDED TREATMENT BEING OFFERED WITHOUT REFUND

- Underwear or suitable swimwear should be worn in the treatment room and during treatments. For some treatments your therapist will provide disposable undergarments, and suitable towel draping will be used at all times.
- During treatments, please let your therapist know if you are uncomfortable, too warm or too cold, or if her pressure is too light or too firm. Your comfort and care are our greatest concern and priority.
- If you have a particular injury or physical condition, please advise your therapist. Appropriate adjustments to the treatment will be made for your comfort and enhanced benefit.
- There is no pressure to talk during a treatment. If you have any questions or would like to talk, feel free to do so. If you prefer silence, that is entirely up to you.
- The Sphere Pool and Thermae experience are a very special asset of Euphoria Spa and it is an important part of our wellness offer. It is suggested as the first step of the daily Spa experience.
- All facilities are subject to availability.

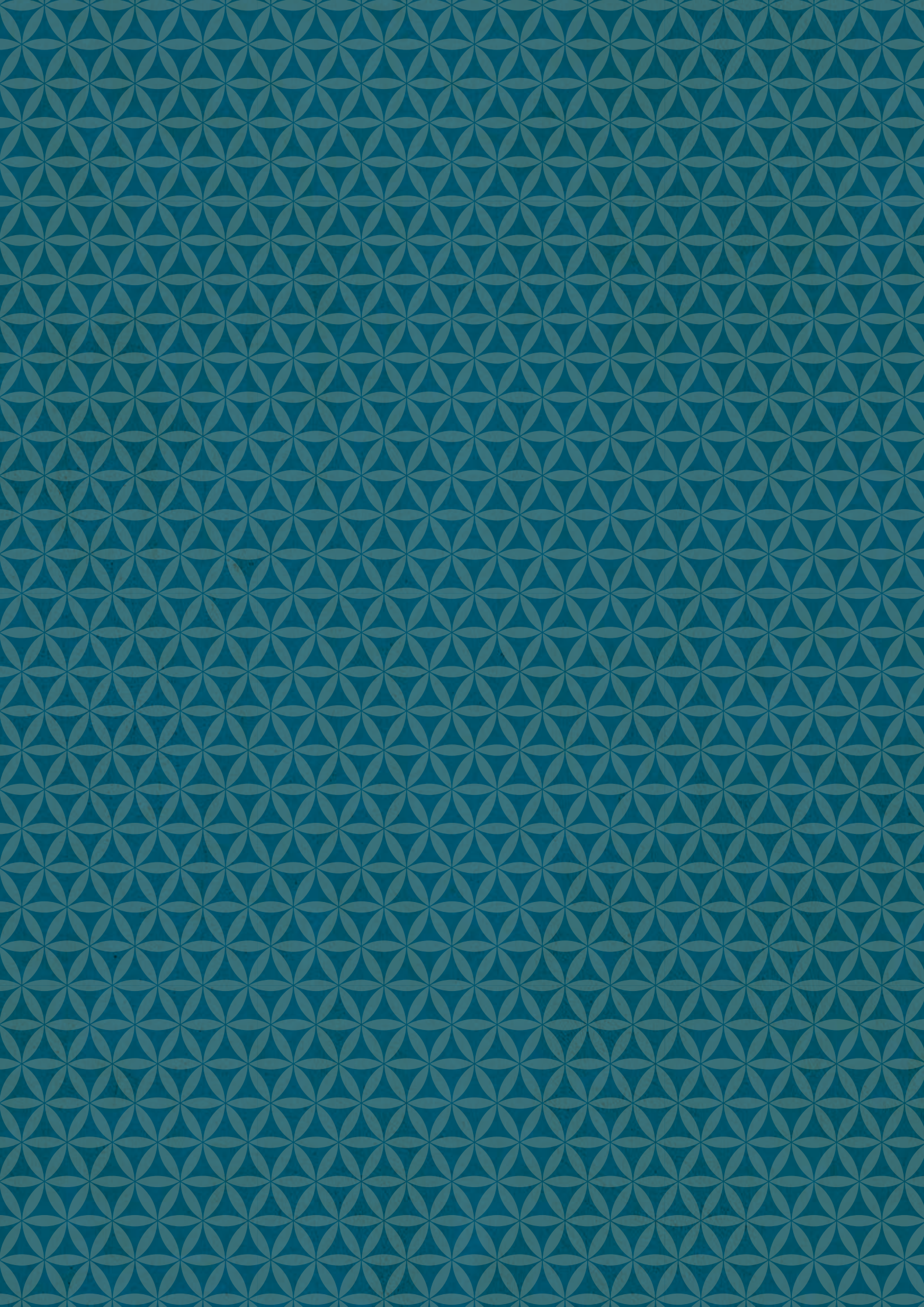
## SPA TOURS

Spa Tours are by appointment only.

## CANCELLATION POLICY

Please note that cancellation notice is required for all bookings and services, otherwise 100% of the total treatment will be charged. If you need to cancel or reschedule your appointment you are required to do it within 6pm of the previous day.

WE HOPE YOU WILL ENJOY THIS INTERLUDE  
OF PAMPERING AND RELAXATION.  
YOUR COMMENTS ARE ALWAYS WELCOME.





euphoria  
RETREAT