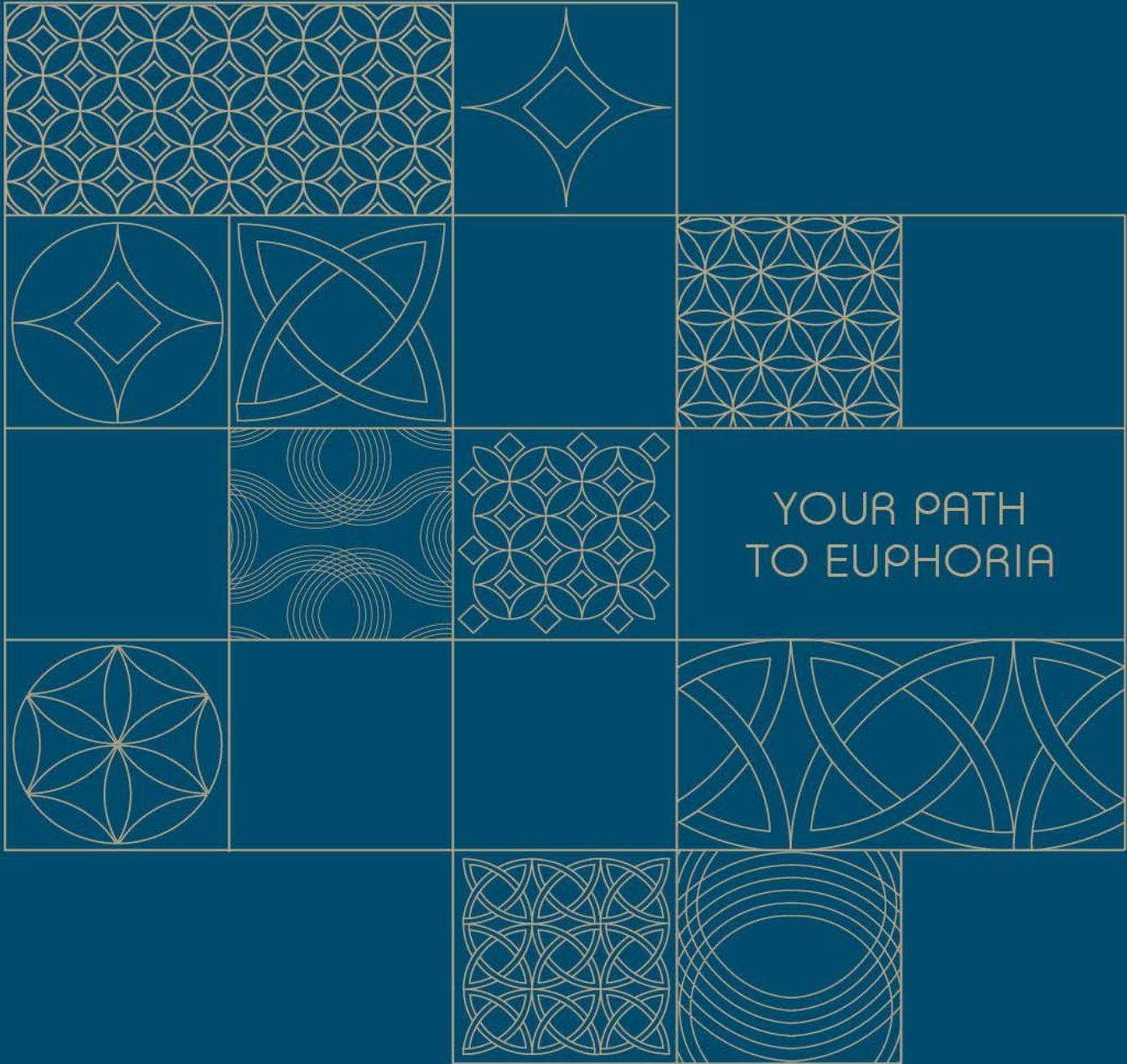


# SPA MENU



euphoria  
RETREAT

# PHYSICAL STRESS & FATIGUE

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

|                                    |          |          |           |
|------------------------------------|----------|----------|-----------|
| Euphoria Relaxing Aroma Massage    |          | 50'/150€ | 80'/215€  |
| Muscle & Tension Release Massage   |          | 50'/150€ | 80'/215€  |
| Five Element Balancing treatment   |          | 50'/175€ | 80'/250€  |
| Royal Euphoria Bodywork            |          |          | 80'/250€  |
| Euphoria Byzantine Hammam Ritual   | 60'/210€ | 90'/305€ | 120'/410€ |
| Foot massage                       |          |          | 25'/75€   |
| Head & Neck                        |          |          | 25'/75€   |
| Scalp & Back                       |          |          | 25'/75€   |
| Reflexology                        |          |          | 50'/165€  |
| Deep Tissue massage                |          | 50'/165€ | 80'/230€  |
| Hot Stone massage                  |          | 50'/165€ | 80'/230€  |
| Quartz compress massage            |          |          | 80'/250€  |
| Watsu                              |          |          | 50'/210€  |
| Acupuncture                        |          |          | 45'/175€  |
| Sanctuary for busy minds           |          |          | 50'/165€  |
| Medical & Homeopathic Consultation |          |          | 55'/198€  |
| Private Forest Fit and Energy Walk |          |          | 50'/150€  |
| Thai massage                       |          | 50'/185€ | 80'/260€  |
| Pressotherapy                      |          |          | 30'/100€  |

## Highly suggested wellness group activities

- Yoga & Pilates

## DIGESTIVE ISSUES

Suggestions to aid digestion and relief discomfort.

|  |          |          |
|--|----------|----------|
| Five Element Balancing treatment (Earth element)     | 50'/175€ | 80'/250€ |
| Reflexology  |          | 50'/165€ |
| Acupuncture  |          | 45'/175€ |
| Abdominal Massage                                    | 25'/90€  | 50'/165€ |
| Medical & Homeopathic Consultation                   |          | 55'/198€ |
| Lymphatic drainage                                   |          | 50'/150€ |
| Detox cupping massage                                | 50'/185€ | 80'/265€ |
| Nutritional Guidance                                 | 30'/80€  | 60'/155€ |
| Nutritional Analysis, Respiratory & Assessment (3GL) |          | 45'/225€ |

### Highly suggested wellness group activities:

- Nutritional Lecture

## FACE TREATMENTS

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

|                                       |          |          |
|---------------------------------------|----------|----------|
| Euphoria Inspiring Facial             |          | 50'/165€ |
| Gua Sha & Tanaka                      |          | 50'/165€ |
| Rejuvance                             | 50'/175€ | 80'/250€ |
| BR Hydrating Lifting Facial           |          | 55'/185€ |
| BR Lifting & Sculpting Face Treatment |          | 55'/185€ |
| BR Toning & Redefining Treatment      |          | 55'/185€ |
| BR Soin VIP O <sub>2</sub> Oxygenant  |          | 55'/210€ |
| BR Signature Triple Lift Treatment    |          | 85'/275€ |

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## BODY TREATMENTS

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

|  |          |          |           |
|--|----------|----------|-----------|
| Euphoria Byzantine Hammam Ritual                 | 60'/210€ | 90'/305€ | 120'/410€ |
| Body Scrub Ritual                                |          |          | 50'/150€  |
| BR Anti-C Slimming treatment                     |          |          | 80'/250€  |
| BR Algae Slimming & Detox Body treatment         |          |          | 80'/250€  |
| BR Lifting & Sculpting Body treatment            | 30'/115€ | 50'/165€ | 80'/25€   |
| Mineral molds for Cellulite, Detox & Body toning |          |          | 110'/300€ |
| Personal Bathing experience                      |          |          | 25'/60€   |

## HEAD - NECK & SHOULDERS

Tailored treatments to address specific tension areas.

|   |          |           |
|---|----------|-----------|
| Five Element Balancing treatment          | 50'/175€ | 80'/250€  |
| Head & Neck massage                       |          | 25'/75€   |
| Scalp & Back massage                      |          | 25'/75€   |
| Muscle & Tension Release Massage          | 50'/150€ | 80'/215€  |
| Deep tissue massage                       | 50'/165€ | 80'/230€  |
| Reflexology                               |          | 50'/165€  |
| Acupuncture                               |          | 45'/175€  |
| Euphoria Byzantine Hammam Ritual 60'/210€ | 90'/305€ | 120'/410€ |
| Infrared sauna                            |          | 20'/50€   |
| Watsu                                     |          | 50'/210€  |
| Homeopathic Consultation                  |          | 55'/198€  |
| Thai Yoga massage                         | 50'/185€ | 80'/265€  |

### Highly suggested wellness group activities:

Pilates

## MIDDLE & LOWER BACK ISSUES

Tailored treatments to address specific tension areas.

|                                  |          |          |
|----------------------------------|----------|----------|
| Five Element Balancing treatment | 50'/175€ | 80'/250€ |
| Scalp & back massage             |          | 25'/75€  |
| Muscle & Tension Release Massage | 50'/150€ | 80'/215€ |
| Deep tissue massage              | 50'/165€ | 80'/230€ |
| Thai Yoga massage                | 50'/185€ | 80'/265€ |
| Hot stone massage                | 50'/165€ | 80'/230€ |
| Quartz compress massage          |          | 80'/250€ |
| Reflexology                      |          | 50'/165€ |
| Acupuncture                      |          | 45'/175€ |
| Watsu                            |          | 50'/210€ |
| Homeopathic consultation         |          | 55'/198€ |

## EMOTIONAL STRESS & SLEEPING ISSUES

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

|                                    |          |          |
|------------------------------------|----------|----------|
| Transformation Consultation        | 55'/210€ | 85'/275€ |
| Release of Trapped Emotions        |          | 80'/290€ |
| Chakra balancing treatment         | 25'/90€  | 50'/165€ |
| Reiki                              |          | 50'/165€ |
| Homeopathic consultation           |          | 55'/198€ |
| Acupuncture                        |          | 45'/175€ |
| Acupuncture with Energy Work       |          | 50'/210€ |
| Spiritual Awakening (upon request) |          | 55'/210€ |
| Sanctuary for Busy Minds           |          | 50'/165€ |
| Private Meditation Session         | 30'/95€  | 50'/150€ |
| Salt room                          |          | 20'/50€  |
| Reflexology                        |          | 50'/165€ |
| Private Floatation session         |          | 20'/50€  |

## DETOX

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

|  |          |          |           |
|--|----------|----------|-----------|
| Five Element Balancing treatment                     |          | 50'/175€ | 80'/250€  |
| Euphoria Royal Bodywork                              |          |          | 80'/250€  |
| Detox Cupping massage                                |          | 50'/185€ | 80'/265€  |
| Lymphatic drainage                                   |          |          | 50'/150€  |
| Reflexology  |          |          | 50'/165€  |
| Hot stone massage                                    |          | 50'/165€ | 80'/230€  |
| Quartz compress massage                              |          |          | 80'/250€  |
| Reiki  |          |          | 50'/165€  |
| Infrared Sauna                                       |          |          | 20'/50€   |
| Euphoria Byzantine Hammam Ritual                     | 60'/210€ | 90'/305€ | 120'/410€ |
| Acupuncture  |          |          | 45'/175€  |
| Sanctuary for Busy minds                             |          |          | 50'/165€  |
| Salt Room  |          |          | 20'/50€   |
| BR Algae Slimming & Detox Body treatment             |          |          | 80'/250€  |
| Mineral molds for Cellulite, Detox & Body toning     |          |          | 110'/300€ |
| Nutritional Guidance                                 |          | 30'/80€  | 60'/155€  |
| Nutritional Analysis, Respiratory & Assessment (3GL) |          |          | 45'/225€  |
| Pressotherapy  |          |          | 30'/100€  |

## RELAX & INDULGE

Let go and be in the flow!

|                                  |          |          |           |
|----------------------------------|----------|----------|-----------|
| Euphoria Relaxing Aroma massage  |          | 50'/150€ | 80'/215€  |
| Five Element Balancing treatment |          | 50'/175€ | 80'/250€  |
| Reflexology                      |          |          | 50'/165€  |
| Watsu                            |          |          | 50'/210€  |
| Hot stone massage                |          | 50'/165€ | 80'/230€  |
| Quartz compress massage          |          |          | 80'/250€  |
| Euphoria Byzantine Hammam Ritual | 60'/210€ | 90'/305€ | 120'/410€ |
| Acupuncture                      |          |          | 45'/175€  |
| Sanctuary for Busy minds         |          |          | 50'/165€  |
| Salt Room                        |          |          | 20'/50€   |
| Euphoria Inspiring Facial        |          |          | 50'/165€  |
| Thai Yoga massage                |          | 50'/185€ | 80'/265€  |
| Thai Foot massage                |          | 25'/90€  | 50'/165€  |
| Euphoria Royal Bodywork          |          |          | 80'/250€  |
| Outdoor Holistic Experience      |          |          | 90'/200€  |
| Spa Manicure                     |          |          | 60'/100€  |
| Spa Pedicure                     |          |          | 60'/115€  |



## CONSULTATIONS

### Euphoria Methodos Wellness Consultation

30' / 85€

55' / 165€ plus Biofeedback profiling

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 personalize your spa program and offer initial suggestions for reaching your higher potential and happiness.

### Euphoria Methodos Feedback

25' / 80€

At the end of all programs, 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.

### Medical & Holistic Consultation

30' / 150€

### Medical & Holistic Consultation with Biofeedback Profiling

55' / 250€

85' / 340€

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.

### Medical & Homeopathic Consultation

55' / 198€

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.

### Nutritional Guidance

30' / 80€

60' / 155€

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 personalized nutritional plan, specifically tailored to your needs.

### Fitness Assessment & Advice with a Personal Trainer

40' / 85€

During this session with our fitness instructor, your physical strengths and weaknesses will be identified and your general fitness level will be evaluated. Moreover, potential health risks or areas of injury will be identified. With the fitness instructor you will be able to establish your goals, and you will be motivated to kick start a personalized exercise program.

## DIAGNOSTICS

### 3GL (Lab Analysis + Resting Test by PNOE + Assessment)

45' / 225€

3GL plus Urine Test 45' / 390€

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 personalized 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 re-store and maintain metabolic balance. This information forms the basis of our nutritional approach for each of our guests on our programs.

### Urine Test

165€

Interpretation of the metabolomics test which is performed in urine sample. The metabolomics test aimed to detect the most important amino acids in urine which are the final products of excretion of particularly important biochemical processes of metabolism. This analysis of amino acids is performed using High Pressure Liquid Chromatography. The test provides important information about adequacy of dietary protein and various system dysfunctions such as digestive, mood and sleep disorders. These results in combination with the other tests performed, contribute in providing an in-depth picture of the metabolic process and significant help to access both the current metabolic profile and general health state.

### Glutathione Test

15' / 70€

Glutathione molecule (GSH) is the primary antioxidant mechanism and the most abundant thiol in human blood and tissues; therefore, it can be considered as our most important cellular protector. Glutathione reduces the levels of reactive oxygen species (ROS) and is involved in the recycling of antioxidant molecules within the cell. It plays a key role in the redox status of the organism, regulating the antioxidant homeostasis of organisms.

### Body Bio-impedance Analysis

15' / 80€

Analysis of the body composition. This is a method used for estimating body fat composition. More specifically, body fat, muscle mass and total body water can be estimated by a weak electric current which flows through the body and the voltage is measured to calculate impedance (resistance) of the body. In addition, it can provide information about minerals and protein which can be very useful for weight management.

## **Respiratory Equilibrium (Resting test by PNOE)**

15' / 105€

During a PNOE test, you'll typically follow these steps:

**Resting Baseline:** You start by sitting or lying down comfortably. The PNOE device measures your resting metabolic rate (RMR) by analyzing your breath. RMR reflects the energy your body needs at rest.

**Gas Exchange Analysis:** The PNOE system continuously monitors your oxygen uptake ( $VO_2$ ), carbon dioxide production ( $VCO_2$ ), and respiratory exchange ratio (RER). These values provide insights into your metabolism and energy expenditure during exercise.

**Heart Rate Monitoring:** Your heart rate is also tracked during the test. This information helps correlate physiological responses with exercise intensity.

**Data Collection:** The PNOE system records data throughout the test. It calculates your fat-burning efficiency, aerobic capacity, and other relevant metrics.

**Customized Insights:** Based on the collected data, the PNOE software generates personalized recommendations. These may include optimal exercise intensity, nutrition adjustments, and recovery strategies.

## **Ergo Physiological Scanning (Active test by PNOE)**

20' / 220€

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.

## **Biofeedback Profiling with QEST 4**

With Wellness Consultation 55' / 165€

With Medical Consultation 55' / 250€

Biophysics shows that all cells resonate at different frequencies and can transmit and receive electromagnetic energy. 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.

## **Oligoscan**

20' / 170€

Oligoscan test analyses 21 essential minerals, 7 vitamins and 16 heavy metals which enables us to create a health plan designed exclusively for you. With this information, we can offer recommendations for dietary changes, lifestyle adjustments, and detoxification protocols to optimize your well-being. The Oligoscan test is a revolutionary method of digital spectrometry that estimates immediately and non-invasively the bioavailability of all significant health-related metals, trace elements, and heavy metals, in just 7 minutes.

## A.G.E.S.

15' / 80€

A.G.E.S. test stands for "Advanced Glycation End-products Skin" test. It's a non-invasive diagnostic tool used from our Scientific Team to assess in your personal level of these products (AGEs) in the skin with the results we understand how to avoid the formation of AGEs prevent and slow down the aging process and reduce the risk of degenerative diseases through prescription interventions.

## Microbiota

500€

The Gut microbiome kit (IMON kit) which is included in Euphoria methodos, is an innovative kit which could be performed by a stool sample in order to detect the gut omoistasis. It provides information about gut biodiversity, variation of the main bacteria phyla, firmicutes/Bacteroidetes ratio, families of interest, main pro-inflammatory and anti-inflammatory bacteria, species of interest, pathogenic bacteria species, raw data in species.

## BR Skin Instant Lab

20' / 55€

The Biologique Recherche Skin Instant Lab<sup>®</sup> analysis measures hydration, lipid barrier, elasticity, sebum and pigmentation levels using gentle probes linked to specialist computer software to determine your Skin Instant<sup>®</sup> and the best product and treatment techniques

## ECG

5' / 30€

An Electrocardiogram (ECG) is a quick, safe, and non-invasive procedure that measures the electrical activity of your heart. This test helps in diagnosing various heart conditions, including arrhythmias, heart attacks, and other cardiac issues.

**Procedure:** During the ECG, small electrodes are placed on your chest, arms, and legs. These electrodes are connected to an ECG machine that records the electrical signals from your heart. The entire process takes about 10 minutes and is completely painless.

### Benefits:

- **Early Detection:** Identifies potential heart problems before they become serious.
- **Non-Invasive:** No needles or injections are involved.
- **Quick and Painless:** The procedure is fast and causes no discomfort.

## MEDICAL TREATMENTS / T.C.M. TREATMENTS

### Human Regenerator

40' / 200€

A revolutionary, globally unique high-tech device based on cold atmospheric plasma (CAP) technology. It fights aging, pain, and various health problems through cell rejuvenation. The cold atmospheric plasma generated by the device penetrates deep into the body's tissues, intensively supporting the body's regenerative processes. Cold atmospheric plasma plays a crucial role in modern technology and science as it effectively destroys bacteria and other pathogens.

The Human Regenerator Jet uses also PEMF (Pulsed Electromagnetic Field) as a therapeutic method for a variety of conditions, including chronic pain, arthritis, and even to support recovery from injuries. It's a non-invasive and drug-free treatment option that many find beneficial.

### PEMF (Pulsed Electromagnetic Field) Therapy

20' / 150€

PEMF therapy works by using electromagnetic fields to stimulate and energize cells in the body. Here's a breakdown of how it functions:

**Electromagnetic Pulses:** The therapy involves sending low-frequency electromagnetic pulses through the body. These pulses penetrate the skin and reach the cells.

**Cellular Stimulation:** The electromagnetic fields interact with the cells, particularly the cell membranes. This interaction helps to restore the electrical potential of the cells, which is crucial for their proper functioning.

**Improved Circulation:** The therapy enhances blood flow and oxygenation in the targeted areas, which can help reduce inflammation and promote healing.

**Pain Relief:** By reducing inflammation and improving circulation, PEMF therapy can alleviate pain and discomfort in various parts of the body.

**Enhanced Cellular Function:** The stimulation from the electromagnetic fields can help cells to repair and regenerate more effectively, leading to improved overall health and wellness.

The Human Regenerator Jet uses also PEMF as a therapeutic method for a variety of conditions, including chronic pain, arthritis, and even to support recovery from injuries. It's a non-invasive and drug-free treatment option that many find beneficial.

### Pressotherapy

30' / 100€

A gentle, painless, non-invasive detoxification method. By stimulating the body's lymphatic system, promotes venous and lymph return in the lower and upper limbs. By improving vascular and lymphatic functioning, pressotherapy helps drain body fluids, delivers oxygen to tissues and aids in toxin elimination

## **NanoVi**

30' / 70€

An advanced antioxidant treatment designed to reduce stress, fatigue and physical discomfort. By inhaling your body receives a powerful boost of natural antioxidants, even penetrating the mitochondria for enhanced cellular function. This treatment promotes balance, improves mood and sleep, increases energy levels, supports digestion and strengthens the immune system. Each 30' hour session is ideal for optimizing performance and recovery. Unlock your potential with NanoVi™ Inhalation Therapy for enhanced wellness.

NanoVi™ helps repair everyday cell damage caused by what you eat, what you breathe, what you are exposed to, and oxidative stress. Cell damage is natural. NanoVi® Therapy is designed to protect against it and repair cell damage once it has occurred.

## **BioHormonal Stimulator**

60' (three sessions x 20') / 330€

Electromagnetic Pituitary Stimulation Therapy is a specialized treatment that focuses on stimulating the pituitary gland, a key regulator of hormonal functions in the body. By delivering narrowed electromagnetic stimuli to the pituitary gland, this treatment aims to promote hormonal balance and optimal function. Administered by trained healthcare professionals, treatment time varies according to individual needs. Experience the potential benefits of electromagnetic pituitary stimulation therapy for enhanced hormonal regulation and overall well-being. Bio Hormonal Modulator Achieve hormonal balance for overall wellness.

Benefits:

- Regulates hormone levels.
  - Supports physical and emotional well-being.
- Purpose: Enhance health by optimizing hormonal function.

Service Includes: Hormonal assessment and analysis, individualized hormone balancing plan, Follow-up consultations for monitoring and adjustments.

## **Phototherapeutic Revitalization**

20' / 50€

Light Therapy is a powerful treatment that uses specific wavelengths of light to enhance the body's natural healing and rejuvenation processes. By exposing the body to therapeutic light, such as red and near-infrared light, cellular energy production is stimulated, resulting in improved well-being, faster recovery and better performance. This treatment reduces oxidative stress, promotes collagen production and supports overall energy balance in the body. The benefits of light therapy include improved skin health, better sleep, enhanced healing, increased mental acuity and a sense of well-being. Light Therapy is suitable for people of all genders, ages and physical conditions, making it a versatile treatment for those seeking the positive effects of healthy light

## **Laser Treatment (After Qest 4)**

15' / 50€

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

## **Acupuncture**

45' / 175€

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.

## **Acupuncture with Energy Work**

50' / 210€

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.

## **Colorpuncture (upon request)**

45' / 175€

Colorpuncture is a therapy from living energies to living beings that helps body, mind and soul deal with hormonal, psychosomatic and sleep issues, emotional imbalance, while boosts the immune system and supports detox process. This innovative, gentle and non-intrusive system (since no needles are inserted in the body) combines ancient Greek, Chinese and Mayan medicine with quantum physics. It uses Beamer Light Pen with attached vials to it, that include liquid organic and biodynamic botanicals of colour, plants, flowers and crystal energies that are being applied through beams of coloured light to the physical body and the aura.

## TREATMENTS

### 5 Element Balancing

Signature Treatment

50' / 175€                      80' / 250€

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 behavior. Different people associate more closely with different elements according to their physical and psychological patterns. We determine which element is imbalanced and use different bodywork techniques, rhythms and pressures to create harmony and flow on a physical and emotional level.

### Relaxing Aroma Massage

Signature Treatment

50' / 150€                      80' / 215€

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.

### Feel Alive Again Massage

Signature Treatment

80' / 250€

This is an exclusive treatment that is effective and at the same time enjoyable. It is applied throughout the body and combines Tuina techniques, lymphatic drainage and acupressure for rejuvenation, detoxification, energy stimulation and strengthening of the immune system. The calm and rhythmic movements of the lymphatic help the body to relax, while the application of gradual pressure with the fingers on specific points on the body stimulates the body's natural self-healing abilities. Then, Tuina's most dynamic techniques wake up and enliven the body in a more energetic way and help stimulate total Qi and energy flow throughout the body. The whole process offers well-being and vitality, mood improvement and re-tune with our inner rhythm.

### Muscle and Tension Release Massage

Signature Treatment

50' / 150€                      80' / 215€

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

### Harmonizing Yin & Yang treatment

Signature Treatment

50' / 175€                      80' / 250€

This is a holistic massage for the mind and the body. Will help you find the path to your personal temple, by unblocking and balancing the energy of your body through specialized techniques derived from various world philosophies.

The massage technique is designed to connect the seven main parts of the body to achieve absolute clarity. In Ancient Greece, the number seven was the symbol of perfection and harmony.



## Royal Euphoria Bodywork

Signature Treatment

80' / 250€

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 energy and blood circulation. This is a truly holistic boost for body and mind.

Signature Treatment

## Quartz Compresses Massage

80' / 250€

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.

Signature Treatment

## Byzantine Hammam Ritual

60' / 210€

90' / 305€

120' / 410€

Couples 60' / 295€

Private add-on 100€

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.

Granular scrub and hair mask are included as an extra in the 90' and 120' version of the Byzantine Hammam.

Hydrating Face cream and mask are included as an extra in the 120' version of the treatment.

Signature Treatment

## Watsu

50' / 210€

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 mobilization, stretching and free flowing movements. This is a highly relaxing and profound treatment on many levels.

## Scalp and Back Massage

25' / 75€

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 reenergized.

## Head and Neck Massage

25' / 75€

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

## Foot Massage

25' / 75€

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.

## Abdominal Healing Massage

25' / 90€

50' / 165€

The Euphoria belly massage provides great benefits for your body and can help you feel physically and emotionally better. It is a gentle non-invasive treatment that has relaxing therapeutic effects that stimulates the removal of toxins improves digestion, relieves constipation, reduces bloating and emotional tension

## Lymphatic Drainage

50' / 150€

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.

## Hot Stone Massage

50' / 165€

80' / 230€

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 tranquility.

## Neuro-Fascia Release

50' / 185€

80' / 265€

A modern and innovative treatment method to improve posture through recovering physical performance and sensation by making movements more functional and effortless. A soothing treatment on the muscle connective tissue, the fascia. Fascia techniques are tailor based on each body's needs, are painless and can have a very liberating effect.

## Reflexology

50' / 165€

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

## Detox Cupping Massage with Fire Cups

50' / 185€

80' / 265€

Therapeutic Treatment

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 a soft technique to boost organ function, stimulate circulation and improve skin tone.

## Therapeutic Massage

Therapeutic Treatment

50' / 175€                      80' / 250€

Following a consultation with the therapist, this localized massage involves specific stretches, deeply manipulates the soft tissue with pressure application and mobilization techniques where most needed, in order to relax specific areas or relieve from muscular aches and pains.

## Physiotherapy (upon request)

Therapeutic Treatment

50' / 185€

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 program to empower your own ability to heal.

## Deep Tissue Massage

50' / 165€    80' / 230€

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.

## Thai Massage

50' / 185€    80' / 265€

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 energizing and encourages a peaceful mind.

## Thai Foot Massage

25' / 90€    50' / 165€

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.

## Shiatsu (upon request)

50' / 185€    80' / 265€

The art of shiatsu comes from Japan and essentially means pressure with fingers. Shiatsu is a therapeutic method upon the human body, where by the thumb, the fingers and the palms, without the use of any tool, pressure is being implied, to correct internal dysfunctions, to promote and maintain health and to cure various diseases. Keystone of shiatsu is the simple touch. Through this the person who receives the treatment feels trust and so he or she enters in a deep state of relaxation. Into this deep relaxation the organism's autotherapeutic powers become awakening, vitality is being renewed and well-being is taking place in body, mind and emotion.

## ENERGY / EMOTIONAL HEALING SESSIONS

### Sanctuary for Busy Minds

Signature Treatment

50' / 165€

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.

### Chakra Sound Healing

Signature Treatment

50' / 165€

80' / 230€

Euphoria Chakra sound healing harmonizes the sound of our heart using specific movements that open the space within our body to clear the blocked energy. Tibetan Singing Balls are used to open the space inside the body and energize each one of our charkas to achieve the flow of balance.

### Reiki

50' / 165€

Reiki is a Japanese word meaning 'Universal Life Force 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.

### Chakra Balancing Treatment

25' / 90€

50' / 165€

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

### Chakra Balancing with Colourpuncture (upon request)

50' / 165€

Identifying excess or deficiency in all 7 energy centers of the body, this treatment helps body, mind and soul return to a state of dynamic equilibrium, brings protection and empowerment, while releases old, captured patterns. Using Beamer Light Pen with attached vials that include liquid organic and biodynamic botanicals of colour, plants, flowers and crystal energies, beams of coloured light are applied to the physical body and aura. Light applied in energy centers and acupressure points brings balance to chakras, body organs and emotions.

"You are the colours you choose and these reflect your being's needs."

## Acupuncture with Energy Work

50' / 210€

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.

## Emotional Transformation

55' / 210€

85' / 275€

During this fascinating and profound hour of self-assessment, your trans-formational therapist will show you how the Five Elements of both ancientHellenic 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 elementsare dominant for you and how all of them can be balanced to enjoy moreharmony and fulfilment in life.

## Release of Trapped Emotions

80' / 290€

This healing treatment works to release trapped emotions by utilizing kinesiology to identify specific blocked emotions and connecting them to past experiences through visualization techniques. Therapy magnets are then placed on specific energy points in the body to assist in emotional release, while a small meditation cultivates relaxation and presence. Finally, in the last half hour of the treatment, specific manual massage techniques are employed to help fully release the trapped emotion. By integrating these approaches, this treatment helps not only identify pent- up emotions but aims to release them safely and introspectively, leading to a sense of emotional wellness and harmony.

It's strongly recommended to book this therapy in combination with the Emotional Transformation therapy.

## Spiritual Awakening (upon request)

60' / 210€

Spiritual awakening opens the connection with our higher self and invites us to a spiritual guidance. This therapy uses your own and your expert practitioner's energy, working at a deep vibrational level to influence thoughts and emotions and 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.

## Theta Healing (upon request)

60' / 210€

80' / 275€

Theta Healing is a powerful meditative technique that reprograms 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.

## Pranic Healing

50' / 210€

Pranic healing is a powerful tool for balancing the physical and emotional health. An ancient energy treatment, that through Prana can rejuvenate and heal the human body. This unique no-touch energy technique can help in healing the physical body faster

## Forest Fit & Energy walk

Private 50' / 150€

Group (minimum 3 people) 50' / 50€

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.

## Private Meditation Session

30' / 95€

50' / 150€

Couples 50' / 210€

This guided meditation with one of our masters is customized 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.

## Energy Movement

Private 25' / 75€

Group (minimum 3 people) 25' / 50€

Movements on specific points and energy channels (meridians) on the body to activate the blood and energy flow. Energy movement promotes wellness, and if it gets performed 3 to 4 times a week, can enhance the immune system.

## Salt Room Meditation

Private 25' / 110€

Group (minimum 3 people) 50' / 50€

A guided meditation with one of our masters in the Salt Room. The, specifically for you and your current needs, customized meditation helps you release stress, clear energy blocks, and expand your creativity while the benefits of relaxing in our Salt Room include improved breathing, a slower heart rate, clarity and sense of calm. The microcrystals of salt in the atmosphere cleanse both the body and the negative spiritual energy.

## Sound Healing Meditation

Private 50' / 165€

Group (minimum 3 people) 50' / 50€

Through experience, you learn how to meditate and at the same time eliminate stress, release blocked energy and expand your creativity. The sound produced by the singing bowls, crystal bowls and gongs awaken cellular memory and makes us feel more present. During the meditation we are lying down in a state of complete relaxation while the vibrations of the sounds heal the body, balance and harmonize it.

## **Group Mind Detox or Meditation (minimum 3 people)**

45' / 50€

A guided group meditation with one of our masters, through which 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 the best way to learn this life-long practice with so many benefits.

## **Psychosomatic Awareness Therapy**

55' / 210€

85' / 275€

Psychosomatic Awareness Therapy aims to support people finding a new way of being and living, that is aligned with one's deeper needs. In this session we create a safe space to listen and understand the language of the body, giving new experience and input that can support the healing of old trauma. The process is not limited to the body but integrates thoughts and emotions establishing the foundation of self-awareness. In this way we develop a wider perspective on the problems that we may face and at the same time we build a more authentic relationship with ourselves and the world.

## BODY TREATMENTS

### Scrub Ritual (Relax or Energy or Detox)

50' / 150€

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.

### Mineral Molds for Cellulite, Detox and Body Toning

110' / 300€

A highly effective, detoxing, treatment against cellulite, localized fat deposits and water retention. 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 three compositions: Blue, Pink and White.

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.

### Detox Cupping for Cellulite

50' / 185€

It is a rejuvenating and detoxing technique, that enhances blood circulation, improves the firmness of the skin, reduces the appearance of cellulite and concentrated body fat. Has an instant and efficient effect on swelling and fluid retention.

### BR Anti- C slimming treatment

80' / 250€

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.

### BR Lifting and Sculpting treatment

30' / 115€

50' / 165€

80' / 250€

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.

### BR Algae slimming & detox Body treatment

80' / 250€

This thermal-effect wrap releases marine active ingredients that remineralize, 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 localized, unwanted fat, making this ideal to boost a slimming regime.



## FACIAL TREATMENTS

### EUPHORIA FACIALS

#### Inspiring Facial

Signature Treatment

50' / 165€

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 silkworm cocoons on the therapists' fingertips, 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.

#### Gua sha & Tanaka

50' / 165€

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.

#### Rejuvance

50' / 175€

80' / 250€

A natural face lifting. Rejuvance is a holistic, rejuvenating facial massage. Operates simultaneously on three different levels (mind, body, soul) and for that reason is known as a "soma-therapy through the face". Renews and rejuvenates the skin, relaxing the mind and senses while being therapeutic for strong headaches or migraines. A total wellness and relaxation experience.

#### Cosmetic Acupuncture

50' / 185€

80' / 265€

Cosmetic acupuncture is a holistic beauty technique, natural, non-surgical / invasive method, where by using special needles in specific areas we enhance without the use of chemicals the natural regeneration of cells and tissues, as well as the natural production of collagen. It is performed on all areas of the face. The application is adapted to the needs of each skin individually and combines the tools needed for the best possible result. The results are visible from the first application. Facial meridians are activated, and this helps in the holistic balance of the body.

#### Cosmetic Colorpuncture

50' / 185€

This manual approach of quantum physics uses beams of colored light together with plant, flower and crystal energies to stimulate facial meridians and acupressure points on the face, neck and upper chest. By attaching to Beamer Light Pen vials with the vibrational powers of specific colors in liquid form, the light reaches aura and physical body supporting detox and cellular nutrition process, boosting cell regeneration process, while reducing inflammation and pain. It brings brightened skin tone, reduces jaw tension and gives a softer appearance overall, on top of health benefits, such as reduced anxiety and tension.

## Face Deep Cleansing

80' / 240€

An essential aesthetic treatment for your face, that with the use of steam, removes dirt, dead cells and excess smegma, thus allowing the skin to breathe and function better.

## BIOLOGIQUE RECHERCHE FACIAL TREATMENTS

### BR Skin Instant Lab

20' / 55€

The Biologique Recherche Skin Instant Lab<sup>®</sup> analysis measures hydration, lipid barrier, elasticity, sebum and pigmentation levels using gentle probes linked to specialist computer software to determine your Skin Instant<sup>®</sup> and the best product and treatment techniques

### BR Remodelling Face Machine

30' / 75€

The Biologique Recherche Remodeling Face<sup>®</sup> 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.

### BR Hydrating Lifting facial

55' / 185€

85' / 260€ plus Remodelling Face Machine

Highly recommended for dehydrated, sensitive Skin Instants<sup>®</sup>, the Soin Lissant facial helps to stimulate the skin's natural defense 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.

### BR Toning and Redefining Treatment

55' / 185€

85' / 260€ plus Remodelling Face Machine

Recommended for dull, devitalized Skin Instants<sup>®</sup>, the Soin MC110 facial is all about plumping, revitalizing 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.

### BR Lifting and Sculpting face treatment

55' / 185€

85' / 260€ plus Remodelling Face Machine

Recommended for normal to oily Skin Instants<sup>®</sup>, 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<sup>®</sup> to stimulate the tone and structure of the skin leaving you feeling youthful, energized

### BR Soin VIPO2 Oxygenant

55' / 210€

Recommended for devitalized, sluggish Skin Instants<sup>®</sup> of city dwellers, smokers and travelers 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.

## **BR Triple Lift Treatment**

85' / 275€

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 de- fined and the texture of the skin refined.

## **BR Toleskin for Extremely Sensitive Skin**

85' / 275€

Biologique Recherche Toleskin Face is formulated for sensitive and reactive skin instants. Toleskin Face is extremely soothing and helps reduce skin sensitivity, itching and discomfort. Regular use helps skin becomes more tolerant and less irritated with the skin's texture smoother and redness is reduced. It is perfect if your skin is in a state of crisis. This is the perfect treatment for people who feel like they can't get any treatment because of their skin.

## **BR Eye Treatment**

30' / 95€

Recommended for eye fatigue, this treatment can be enjoyed as a solo remedy or as an add-on on to any other treatment. Utilizing a combination of skillful drainage and acupressure techniques with ice cold com- presses, this booster will reduce the appearance of fine lines, wrinkles, puffiness and dark circles.

## **BR Féerie Mask**

100 €

The Masque Biologique Féerie is an intense treatment to tone, tense and revitalise. Composed of a cold veil saturated in Marin Collagen, this therapy is highly active and produces the most magnificent results. This sheet mask will provide moisture combined with tightening and firming properties for a refreshed and smoother skin.

## **BR Lift Kiss**

60 €

An essential pre-impregnated treatment, Liftkiss visibly smooths and plumps the lips and their contour immediately. Enriched with repairing active ingredients, this biocellulose mask effectively promotes skin regeneration, thus reducing the damaged aspect of the lips. Its formula, composed of hydrating active ingredients, provides an immediate plumping\* effect on the lips while immediately reducing feelings of discomfort. The appearance of dehydration fine lines of the lips contour is reduced, the lips regain suppleness and volume.

\*Provides a stimulating effect on the lips.

## **BR Platysma**

65 €

The Platysma Anti-Ptosis Chin Mask is a genuine anti-aging innovation specifically designed to lift, firm and tone sagging facial contours along the jawline. This revolutionary new chin mask combines the benefits of an anti-gravity and anti-ptosis mask in a single step to redesign facial contours and visibly redefine the jawline.

The chin mask provides a targeted response to the facial ptosis problem. The Platysma Anti-Ptosis Chin Mask has an immediate “lifting” effect. Its universal shape and stretch support help tighten the facial contour. The jawline is restructured and the face contours are redefined.

## **BR Patches Défatigants**

60 €

Patches Défatigants are pre-impregnated with a formula enriched with anti-puffiness, anti-dark circles and anti-wrinkle active ingredients. Its natural biocellulose support and its "pinch" shape adhere perfectly to the eye contour for a global and effective treatment. Immediately, puffiness is reduced, the skin is smoothed and fine lines are less visible for a rested look. Recommended for treating tired skin with puffiness under the eyes.

## **BR Pigm 400**

65 €

The formula of Masque PIGM 400 is concentrated in exceptional brightening and antioxidant active ingredients that give an amazing boost to the skin's radiance. With a softer-than-silk Lyocell mask that clings to the contours of the face, the active ingredients are optimally delivered all over the skin. This marvelous complexion enhancer instantly makes skin more radiant and even.

## EXERCISE & MOVEMENT

### Personal Training Session (Fitness)

55' / 120€

Couples 55' / 170€

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.

### Personal Training Session (Aqua Gym)

30' / 70€

Couples 30' / 100€

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

### Personal Training Session (Reformer Pilates)

55' / 135€

Couples 55' / 190€

This is a private class with a Personal Pilates Trainer, who plans every step of your workout and inspires you to reach your specific goals, using the reformer. This low-intensity, muscle-strengthening workout can promote flexibility, mobility, and posture.

### Personal Training Session (Aerial Yoga)

55' / 135€

Couples 55' / 190€

This is a private class with a Personal Aerial Yoga Instructor. A form of exercise that combines traditional yoga with the use of special hanging straps and strips of cloth to support you off the ground and targets different muscles.

### Personal Training Session (Yoga)

55' / 135€

85' / 180€

Couples 55' / 190€

Couples 85' / 210€

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

### Outdoor Holistic Experience

90' / 200€

This Holistic session combines both physical and emotional benefits such as stretching, strengthening and of course relaxing.

Taking the hammock of aerial yoga outdoors in the beautiful Greek nature can lead to decrease of anger, depression and tension while increasing satisfaction and self-confidence.

Reconnecting with nature will remind you how helpful that is for your wellbeing and emotional health. The sounds of the Euphoria forest will heal your body and soul and finally lead you to the most relaxing Savasana you have ever experienced.

## Forest Fit & Energy walk

Private 50' / 150€

Group (minimum 3 people) 50' / 50€

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.

## 5 Element Dance Therapy (upon request)

Private 50' / 125€

Group (minimum 3 people) 50' / 60€

Dance through the 5 Elements combining breath, physical rhythmic movement and visualization. These expressions help release stagnation and blockages in our body energy and connect with our bodies and the frequencies of the elements.

## Energy Movement

Private 25' / 75€

Group (minimum 3 people) 25' / 50€

Movements on specific points and energy channels (meridians) on the body to activate the blood and energy flow. Energy movement promotes wellness, and if it gets performed 3 to 4 times a week, can enhance the immune system.

## Free Your Voice

Private 60' / 175€

Couples 60' / 280€

Group (minimum 3) 60' / 100€

A workshop through which you will re-discover your breathing and voice, while taking complete control of your communication skills. Based on theatrical exercises, Free Your Voice, will improve your communication skills, utterance and vocal expression, manage with fast talking and perfect your voice placement.

## Drama Therapy (upon request)

120' / 95€ (minimum 3 people)

A workshop to help you discover your soul and existence through improvisations. Art therapies can bring the participant in touch with the subconscious without any guidance needed. Such as with the Drama Therapy, acting through personal stories and myths of the ancient Greek tragedies can reveal our personal connection with drama itself.

## Qigong

Private 45' / 110€

Group (minimum 3 people) 45' / 50€

An ancient Chinese exercise and healing technique that involves meditation, controlled breathing and movement.

## Group Breathing Exercises (minimum 3 people)

45' / 50€

## **FACILITIES**

### **Infrared Sauna**

20' / 50€

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.

### **Salt Room**

20' / 50€

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

### **Private Floatation Session**

20' / 50€

Enjoy a sense of weightlessness and sensory deprivation in our salt floatation 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 (back massage)**

20' / 50€

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.

### **Personal Bathing Experience**

25' / 60€

Our personal bathing experience uses a sequence of underwater 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, energize or detox. These baths are a beautiful addition to your spa experience.



## FINISHING TOUCHES

|   |            |
|---|------------|
| Manicure  | 45' / 75€  |
| Spa Manicure                                    | 55' / 100€ |
| Pedicure  | 45' / 90€  |
| Spa Pedicure                                    | 55' / 115€ |
| Nail Polish Change                              | 20' / 35€  |
| Male Haircut                                    | 20' / 40€  |
| Male Grooming                                   | 20' / 30€  |
| Hair Cut (short)                                | 45' / 65€  |
| Hair Cut (long)                                 | 60' / 80€  |
| Hair Styling (short)                            | 30' / 65€  |
| Hair Styling (medium)                           | 30' / 80€  |
| Hair Styling (long)                             | 30' / 95€  |
| Repairing Super Hair Mask                       | 30' / 90€  |
| Repairing and Hydrating Double Action Hair Mask | 30' / 120€ |
| Total Repair Anti-Break Hair Mask               | 45' / 155€ |
| Depilation (face)                               | 30' / 45€  |
| Depilation (legs)                               | 60' / 80€  |
| Depilation (bikini)                             | 30' / 65€  |

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

## GENERAL GUIDELINES

- Euphoria Spa is open 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 asked to complete and sign a health & lifestyle, Medical, or Wellness questionnaire
- 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.

Robes 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 in 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 under-garments, 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 the 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 and required to be booked in advance.
- All facilities are subject to availability.

## **SPA TOURS**

Spa Tours are by appointment only.

## **CANCELLATION POLICY**

Please note that a 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