



SEA CAVE GUIDELINES

1. Please arrive 15 minutes prior to your appointment in order to complete a Wellness questioner.
2. Sea Cave Spa is a non smoking area.
3. You are advised to leave all your valuables in the safe box of your room. The hotel will not be held responsible for the loss of any personal items.
4. You will be provided with a locker in order to leave your clothes and mobile phone. In your locker, you will find a bathrobe, towels, slippers and disposable underwear.
5. Please shower before using pool facilities, sauna and hammam. Bathrobes and slippers should be worn in all spa areas.
6. Swimwear is compulsory in the sauna and pool area. A towel should always be placed on sauna benches between your body and the bench.
7. In the gym and fitness areas, we recommend that you wear comfortable sportswear and appropriate footwear.
8. **CANCELLATION POLICY:** Please note that in case you should cancel your appointment, a 4 hour notice in advance is required. In any other case, you will be charged with the full amount of your treatment.

Call Sea Cave Spa at: 2222



SEA CAVE

spa

WELCOME
TO THE
SEA CAVE

spa

Health and wellbeing are essential in our everyday lives and we keep it in mind while you are staying with us.

Our mission is to bring health, relaxation, well-being, to cleanse body and spirit, and ignite the light within in all who will enter our spa.

The Spa, the suite, the organic beverage options with ingredients from our garden and the massage treatments offer the healthy living you have been looking for.

In the heart of our home, lies a haven of relaxation, our Sea Cave Spa. We have created exclusive therapies, by combining natural products and philosophies from the Cretan land and ancient Greece.

A true haven of wellness, the Sea Cave Spa, features 2 bespoke single treatment rooms, a couple's room, a couple's suite, a beauty salon with exclusive services and therapies and a wet area with steam and sauna room and an indoor cave pool.



Timetable: Monday to Sunday

For reservations or info: spa@seaside-hotel.gr or you can use the App

M A S S A G E S

Essential Journey

🕒 30'/60'

🏠 45/75€

A tailor-made aromatherapy massage using a blend of gentle to firm techniques with an essential oil of your choice. This harmonizing experience is a simple and effective way to let go of tensions, improve health, balance emotions, increase calmness and relaxation. Here you have the choice of an energizing or relaxing massage.

Sculp & Face Massage

🕒 20'

🏠 40€

Relaxing head and sculp massage with a series of totally relaxing and relieving pressures, ideal for headaches and migraines. Effective for calming the mind and induce a deep and restful sleep.

Foot Massage

🕒 25'

🏠 45€

The special pressures on the soles of the feet cause a reflex stimulation on every organ of our body, resulting in the stimulation of our immune and nervous systems. This treatment is combined with a rejuvenating foot scrub to give the ultimate sense of freshness.

Deep Release

🕒 50'

🏠 95€

This ancient massage technique is specifically created to reduce muscle tension, ease the pain and offer relief from travelling fatigue or body soreness. This massage will help you enjoy a more restorative sleep. Recommended after an intense workout, yoga session or a long flight.

Melting Sensation Candle Massage

🕒 60'

🏠 80€

(price for two 150)

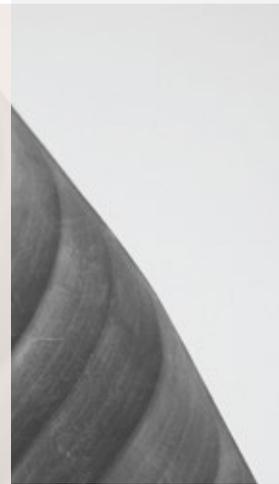
The ultimate experience for two. Eliminate stress both from your body and your spirit. This head to toe treatment combines the healthy nourishment of the organic Ariadne soy candle and the healing benefits of a gentle massage. As the organic soy candle melts it turns into warm oil that soothes and moisturizes the skin. This restorative combination helps combat emotional exhaustion and reach the ultimate state of relaxation.

Hot Stone Massage

🕒 50'

🏠 85€

This technique offers the optimum relaxing experience. During a hot stone massage, smooth, flat, heated stones are placed on specific parts of the body. The stones are usually made of volcanic rocks that retain heat. This treatment helps relieve muscle tension, increase blood flow, reduce stress and anxiety and promotes overall health and wellness.



spa

BODY TREATMENTS

Your skin will feel smoother healthier and softer after this full body exfoliation followed by a rich skin hydration. It is the perfect way to help your skin's longevity and it also stimulates your tanning ability.

Silky Skin

30' 🕒

50€ 🏠

Increase your energy levels by flushing out the accumulated toxins and stimulate your blood circulation. This treatment activates the lymphatic system, eliminates water retention that helps reduce the appearance of cellulite while firming and toning the skin.

Anti Cellulite Body Treatment

50' 🕒

95€ 🏠

A deep hydration treatment designed to nourish the skin after a long blissful day under the Cretan sun. This treatment offers instant hydration and it will leave a cooling finish that feels absolutely amazing on a mildly sun irritated skin.

Sun Cool Down

50' 🕒

95€ 🏠

Indulge in a holistic journey of wellness. Enjoy a complete face and body treatment that harmoniously combines herbs, flowers and essential oils of the Greek nature. The result of this magical combination will leave your skin deeply hydrated while at the same time fighting the first signs of aging. The feeling of rejuvenation and luxury will last for days.

Sea Cave Signature Ritual

80' 🕒

100€ 🏠

F A C I A L S

Cretan Healing

🕒 45'

🏠 70€

A treatment ideal for the first small wrinkles, which offers the necessary hydration and nourishment to the skin. A combination of natural Greek ingredients full of vitamins, combined ideally for restore your skin barrier and lock in hydration.

Express Radiance

🕒 30'

🏠 45€

Minimal time is needed to restore the radiance and elasticity of your skin. Feel your skin deeply clean, soft and radiant. Ideal for all skin types.

Hydra Fusion

🕒 60'

🏠 80€

A Deep hydration facial treatment for all ages and skin types. It offers a great hydrating reset for skin in need. The result will excite you, your skin immediately becomes brighter and softer.

Bright Reveal

🕒 50'

🏠 70€

Trying to get that radiant glow beyond summer? This treatment will help balance and regulate the oiliness of the skin that results in a clean, healthy and bright glowing face. Ideal for oily skin types.

Eyebrow Shaping	15€
Upper Lip	10€
Bikini / Underarms	20€
Full legs / Half Leg	40/25€
Arms/Back (men)	25/30€

W A X I N G

M A N I - P E D I

30/35€

Spa manicure / Pedicure

40/45€

Long lasting manicure / Pedicure

10€

Polish only / Remove Long Lasting

P A C K A G E S

DETOX PACKAGE

3 DAYS/285€:

3 x Detox treatment. Use of Sauna or Steam

Room before the treatment is advised.

3 day juice cleanse of choice

6 DAYS/540€:

6 x Detox treatment: Use of Sauna or Steam

Room before the treatment is advised.

SUMMER BLISS PACKAGE

3 DAYS/280€:

1DAY: Silky Skin Scrub 30' & Aroma Massage 60'

2DAY: Melting Sensation Candle Massage 60' & Cretan Healing facial 45'

3DAY: 1 Private Yoga Session with Jenni

5 DAYS/460€:

1DAY: Silky Skin scrub 30' & Hydra Fusion 60'

2DAY: Aroma massage 60' & Spa mani or Spa pedi

3DAY: Sea Cave Signature Ritual 80'

4DAY: Melting Sensation Candle Massage 60' & Express Radiance facial 30'

5DAY: Private Yoga Session with Jenni

RELAXING IN THE SEA CAVE SPA:

30€ (per day) 75€ (3 days)

Hydro-pool, Sauna, Steam Room & Ice Fountain