



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

Essential Journey

 30'/60'

 50€ / 85€

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'

 45€

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'

 115€

This ancient massage technique is specifically created to reduces 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'

 100€
(price for two 190€)

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 soothe and moisturizes the skin. This restorative combination helps combat emotional exhaustion and reach the ultimate state of relaxation.

Hot Stone Massage

 70'

 120€

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**


75' 

125€ 

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**


45' 

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**

105' 

135€ 

F A C I A L S

Velvet Dream

🕒 ————— 60'
🏠 90€

Inspired by the undeniable charm and glamour of the Greek islands, this glowing therapy promises a brighter, firmer and noticeably younger-looking skin. This facial, thanks to its valuable ingredients such as wheat proteins, clinically-proven illuminating extract of rapeseed and vitamin C, targets signs of aging, evens skin tone and texture, and stimulates collagen production for a healthy, glowing complexion.

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.

Vital Honey

🕒 ————— 60'
🏠 90€

A highly rejuvenating and ultimately hydrating experience dedicated to the richness of local flavors and aromas, such as sage, honey and other nourishing elements that instantly restore your skin's hydration levels. Feel your skin soft and supple with an immediate healthy and radiant appearance.

Citrus Glow

🕒 ————— 60'
🏠 90€

Guide your skin to a journey full of the sparkling notes of Kumquat and fresh fruit that energize your skin. A facial mask, highly concentrated in antioxidants, formulated with a proprietary multi-vitamin complex, prevents your skin from signs of premature ageing, caused by sun exposure or any other environmental stressors, while rejuvenating dull looking skin. Instantly regain a nourished, glowing look while enjoying a healthy, radiant appearance.

H O L I S T I C T R E A T M E N T S

Accupuncture

🕒 ————— 75'
🏠 120€

A subtle, yet deep whole body balancing treatment with very fine needles to boost immunity, stress relief and recovery. Acupuncture is an excellent method to address a particular physical issue or injury and works wonders as a natural cosmetic treatment to lift and brighten the face, the external mirror of our inner being. A holistic acupuncture therapy leaves one feeling rejuvenated, rested and harmonized.

Thai

🕒 ————— 75'
🏠 140€

Thai massage is a form of therapeutic touch that differs in many ways from traditional massage assisted by yoga postures. Instead of a massage table, you lie on a mat on the floor while the provider manipulates your body in certain ways to stimulate organs and improve flexibility.

Shiatsu

🕒 ————— 75'
🏠 140€

Literally translating to finger pressure, shiatsu massage follows the meridians of the body (energy lines used in oriental medicine) with a harmonious and meditative pressure technique and uses wholesome stretches to bring about a feeling of space, rejuvenation, deep rest and well being.



PACKAGES

DAILY BOOSTER

1 DAY/160€:

Express Radiance

Silky Skin, Essential Journey 30'

Hammam & Sauna

DETOX PACKAGE

3 DAYS/370€:

1DAY: Seacave Signature Ritual

2DAY: Silky Skin, Scalp & Face Massage

3DAY: Sun Cool Down & Express Radiance

SUMMER BLISS PACKAGE

3 DAYS/370€:

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

2DAY: Melting Sensation Candle Massage 60' and Velvet Dream 60'

3DAY: 1 Private Yoga Session with Jenni

RELAXING IN THE SEA CAVE SPA:

40€ (per day) 105€ (3 days)

Hydro-pool, Sauna, Steam Room & Ice Fountain



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

