



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



MASSAGES

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.

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

🕒 60'

🏠 115€

🕒 30'

🏠 60€

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'

🏠 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.

Hot Stone Massage

🕒 70'

🏠 120€

This technique offers the optimum relaxing experience. 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.

Mother to Be

🕒 50'

🏠 85€

This unique pregnancy massage is profoundly nurturing and tranquil. An intuitive, sensitive, and relaxing massage hydrates and moisturizes skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted - along with wisdom, empathy, and respect.



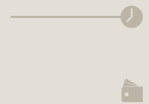
BODY TREATMENTS

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€

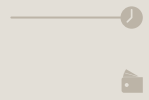


Increase your energy levels by flushing out the accumulated toxins and stimulate your blood circulation. This treatment activates the lymphatic system, eliminates water retention that helps reduce the appearance of cellulite while firming and toning the skin.

**Anti Cellulite
Body
Treatment**

75'

125€

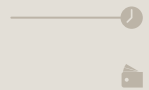


A deep hydration treatment designed to nourish the skin after a long blissful day under the Cretan sun . This treatment offers instant hydration and it will leave a cooling finish that feels absolutely amazing on a mildly sun irritated skin.

**Sun Cool
Down**

45'

95€

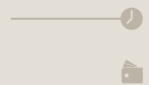


Indulge in a holistic journey of wellness. Enjoy a complete face and body treatment that harmoniously combines herbs, flowers and essential oils of the Greek nature. The result of this magical combination will leave your skin deeply hydrated.

**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, 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 immediately 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.

SEA
CAVE



HOLISTIC TREATMENTS

Reflexology

🕒 — 40'

🏠 110€

Relaxation, better stimulation of the organs

Traditional Chinese Medicine

🕒 — 40'

🏠 100€

(herbal therapy, cupping, pulse & tongue diagnosis)
Reduces inflammation, better sleep, mindset, calms the spirit, boosts the immune system

Yoni/Pelvic Steam

🕒 — 15'-25'

🏠 85€

Corrects irregular periods, boosts libido, heals vaginal tearing, dryness, fertility

Hopi Ear Candle

🕒 — 30'-50'

🏠 95€

Removes excess wax, tinnitus, relieves sinuses, headaches, swimmer's ear, itchy ears

Acupuncture

🕒 — 40'

🏠 100€

Reduces inflammation, better sleep, mindset, calms the spirit, boosts the immune system

Facial Acupuncture

🕒 — 30'

🏠 95€

Lifts eyebrows, softens smile lines, defines jawline, increases collagen production

Honey Egyptian Face Massage

🕒 — 30'

🏠 95€

Removes toxins, ensuring brightening and glowing, rejuvenation, relieves sinuses

Kobido Japanese Face Massage

🕒 — 30'

🏠 95€

Removes toxins, ensuring brightening and glowing, rejuvenation, relieves sinuses

Thai Massage

🕒 — 75'

🏠 140€

Thai massage is a form of therapeutic touch that differs in many ways from traditional massage assisted by yoga postures

Angelic Tarot

🕒 — 60'

🏠 90€

Feeling lost or confused? Advice from your personal angels

Pendulum

🕒 — 30'-50'

🏠 90€

Learn what your subconscious hides and help yourself to evolve

Crystal Therapy

🕒 — 40'

🏠 95€

Calms the mind, the spirit, balancing chakras, promotes emotional healing

Reiki

🕒 — 50'

🏠 120€

Relax yourself in comfortable clothing while healing energy is directed to where you need it most. Reiki promotes deep relaxation, tranquility, balance

Crystal Reiki

🕒 — 60'

🏠 140€

A holistic therapy that combines two alternative healing modalities. Reiki and Crystal healing



PACKAGES

DAILY BOOSTER

1 DAY/160€:

Express Radiance
Silky Skin, Essential Journey 30'
Hammam & Sauna

DETOX PACKAGE

3 DAYS/395€:

1DAY: Anticellulite Massage 75'
2DAY: Silky Skin, Scalp & Face Massage
3DAY: Sun Cool Down & Express Radiance
The Hammam, Sauna & indoor pool
with jets are included in your package.

HOONEYMOON BLISS FOR TWO

395€

Melting sensation Candle Massage for Two 60' & velvet dream 60' with
entrance to, the Hammam, Sauna & indoor relaxation pool.

Enjoy a glass of prosecco and artisanal Cretan treats in the relaxing lounge of our
Sea Cave Spa after your treatments.

SUMMER BLISS PACKAGE

3 DAYS/370€:

1DAY: Sea Cave Signature Ritual Indulge in a holistic journey of wellness.

2DAY: Melting Sensation Candle Massage for two 60' and Express Glow 30'
Hammam, Sauna & indoor relaxation pool included in your package on both days.
Enjoy champagne and artisanal Cretan treats in the relaxing lounge of our Sea Cave
Spa after your treatments.

3DAY: 1 Private Yoga Session with Sofia

RELAXING IN THE SEA CAVE SPA

40€ / 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

