



Welcome at “U SPA”, a place of “me time” to recover, restore and rejuvenate.

Our guests immerse into a wellness area where they can experience a sense of peace. The journey begins with the Thermal Bathing Area which includes the Soul Steam Bath and Soul Sauna from the wellness leader, Starpool. Continue into our salt-wall room to enhance healthy “breathing” and finish with a total rejuvenating wellness treatment by the renowned brands **Moss of the Isles & Oriad Athens based on natural and vegan ingredients.**



“U SPA” WELLNESS JOURNEY

Experience a restorative wellness journey alone or with your loved ones in our thermal bathing area suite. Inside the suite you will find the Soul Steam Bath, the Soul Sauna and an Ice Fountain. The use of our heat and cold facilities provides a feeling of rejuvenation, recovery from anxiety and fatigue and healthy, glowing skin. We recommend starting with the Soul Steam Room to open the pores and relax the muscles, then utilize the ice fountain to decrease the temperature of your body and then enter the Soul Sauna to sweatl toxins out of your body. The U SPA wellness journey ends with the salt-wall therapy room where Himalayan salt inhalations enhance your respiratory and immune systems. A warm tea will make you feel totally restore and relaxed.

Note: The use of facilities is free of charge for guests who are booking a treatment and we recommend utilizing them before the treatment for better absorption of the products and for hygiene purposes. The use of facilities for external guests or for guests who haven't book a treatment is with a charge 25€ per person and they must book an appointment at the U SPA reception or at the Concierge at the hotel reception.

Duration: 45min | 45€



Oriad
ATHENS

Ultra-Rich
REGENERATING
SERUM

Oriad
ATHENS

Pure Hydrating
BALANCING TONER

Oriad
ATHENS

ACTIVE FIRMING EYE CREAM

Oriad

A T H E N S

The Greek Vegan
force of nature

Oriad Athens is a Greek, Luxury and 100% Vegan Skincare Brand with Unisex products, Cruelty-Free, Fragrance-free, Plastic-Free and Pregnancy-Safe. Blending the purest raw materials of the Greek land, with plant-derived scientific formulas, Oriad Athens proves that Ingredient Purity, Luxury and Effectiveness can be perfectly combined. Oriad Athens represents an innovative high-end skincare philosophy beyond gender limitations and is committed to protect the whole environmental chain.

U SPA | FACE

Healthy Ageing Facial Therapies



MEDITERRANEAN ANTI-AGING TREATMENT

Face - Neck - Décolleté

Regenerating, firming, and toning facial treatment to help combat the signs of ageing. This specialized facial is the complete approach to skin restoration, using cutting edge vegan ingredients such as Vegan Collagen, Vegan Hyaluronic Acid, Plant Stem Cells, and Niosomes Technology. Greek nature actively contributes to the treatment with organic oils and extracts famous for their beneficial properties. All elements are gently massaged into the skin giving instant results, leaving the skin firm, lifted and beautifully radiant.

*Please avoid direct sun exposure immediately after your facial.

Duration: 50min | 120€

MEDITERRANEAN ANTI-AGING RITUAL

Face - Neck - Décolleté

Regenerating, firming, and toning facial treatment to help combat the signs of ageing. This specialized facial is the complete approach to skin restoration, using cutting edge vegan ingredients such as Vegan Collagen, Vegan Hyaluronic Acid, Plant Stem Cells, and Niosomes Technology. Greek nature actively contributes to the treatment with organic oils and extracts famous for their beneficial properties. All elements are gently massaged into the skin giving instant results, leaving the skin firm, lifted and beautifully radiant.

At the end of your therapy, the box with all the luxury anti-ageing products of your therapy will be handled to you, to continue the anti-ageing treatment at home for maximum and long-lasting results. This personalized therapy is implemented with your own products.

*Please avoid direct sun exposure immediately after your facial.

Duration: 50min | 320€



MOSS of the ISLES

MOSS of the ISLES

PLANT SEED BODY OIL
Sea Buckthorn & Rosehip

MOSS of the ISLES
MOISTURIZING BODY CREAM
Shea Butter & Jojoba Oil

MOSS of the ISLES

PLANT SEED BODY OIL
Sea Buckthorn & Rosehip



Therapeutic, cruelty-free
and natural skincare
using essential oils
and nature's most active ingredients
from Ireland & The British Isles

Like our ancestors, we believe that our bodies are intrinsically tied to the land and the tides, and that natural, ancient remedies are the key to holistic wellness.

Showcasing the natural heritage of wild-crafter alchemy, MOSS of the ISLES harnesses earth's most active ingredients to create products and experiences that transform the skin, relax the mind and revitalise the soul.

MOSS of the ISLES was conceived and shaped by a deep passion and drive to source ethical, sustainable, effective and cruelty-free plants and herbs that would create naturing and healing products.

It has always been important for MOSS of the ISLES to match the purity of the products with the purity of intent - because we are all a part of nature, not apart from it.

U SPA | BODY

Mind & Body Wellness Therapies



QUIET TIME

Stress Reducing Massage

Find a moment of deep silence and relaxation to relieve stress and improve overall rest and wellbeing. Calming oils of Lavender, Myrtle and Bergamot compliment soothing, flowing massage strokes that promote relaxation and serenity and reduces muscle stress and emotional fatigue. Perfect remedy to improve sleep troubles.

- * Excellent for those who are over-scheduled, over-stressed, or a feeling of being spread too thin

Duration: 60min | 120€

BODY CLEANSE

Detoxifying Massage

Re-set the body through a cleansing massage to release toxins, regain energy and improve skin tone. Gentle body brushing movements and stimulating lymphatic techniques improve circulation and increase blood flow while preparing the body for an invigorating and detoxifying massage and abdominal manipulation using a warm synergetic essential oil blend of Grapefruit, Juniper Berry and Lemon.

- * Ideal for those feeling sluggish, experiencing physical congestion or heaviness, and water retention.

Duration: 60min | 120€

WARM ELEMENT

Firm and Stimulating Massage

Stimulating muscle movements will help improve energy levels. This massage reduces tension using a warming blend of essential oils infused with pain-relieving Arnica and applied with firm pressure for targeted muscle release.

- * Perfect for those in need of targeted muscle release or feeling the effects of exercise fatigue.

Duration: 60min | 120€

SIGNATURE TREATMENTS MASSAGE



BACK AND NECK MASSAGE

Deep tissue relaxing massage for the back and neck, performed to give your body immediate relief from pain and stress.

Duration: 30min | 65€

SWEDISH MASSAGE

Classic deep relaxing massage that goes deep into the muscles and tissue for immediate relief of pain and tension. This massage is for you who have special needs and a more individual treatment along with a Natural Almond Oil.

Duration: 60min | 100€

HOLISTIC MASSAGE

A reviving experience for the whole body, which offers therapeutic stimuli to all the energy centers. It is a movement combination of Thai massage, Shiatsu and Reflexology with the use of therapeutic essential oils. Regulates blood and oxygen flow, affecting positively the central nervous system.

Duration: 60min | 100€

INDIAN HEAD MASSAGE

It focuses on the head, the temple, the base of the occipital bone, the back of the neck, the shoulder blade and the area between the eyes. It relieves migraines, insomnia, sinusitis and stress.

Duration: 30min | 65€

REFLEXOLOGY

Reflexology is a holistic method of alternative therapy that has its roots in ancient cultures. It is also known that most of the nerve endings are located in the feet, the soles of the feet and the toes, with the result that the massage of those areas has a corresponding effect on the other muscles and organs of the body, giving a complete feeling of relaxation and relief from pain and fatigue.

Duration: 60min | 120€



SIGNATURE THERAPY

MOSS FACE & BODY WELLNESS



Achieve wellness through physical, mental and emotional wellbeing.

Breathing exercises help reduce anxiety and stress, whilst naturally increasing energy. The skin is prepared with a whole-body exfoliation with Sea Salt, Dulce and an awakening blend of Black Mitcham Peppermint, Lemon Basil and English Lavender. A rich blend of Marigold and Shea Butter is used to massage and moisturise the skin. To complete this whole-body experience, the face is gently cleansed and facial Gua Sha massage technique is used to increase circulation and promote lymphatic drainage for a tone even complexion.

Duration: 90min | 170€

How to Spa

SPA OPENING HOURS

Daily 10:00 am to 6:00 pm

RESERVATIONS

For spa enquiries or reservations, please dial extension number 207 or send an email at uspa@eliamykonos.gr or through our web site with the on line booking.

PRIOR TO ARRIVAL

We recommend that you leave all jewellery and valuables in your room before coming to the spa. The spa will not be held responsible for valuables lost within the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

ARRIVAL

Please arrive 20 minutes prior to your treatment to complete your lifestyle consultation form and take time to relax in our Thermal Bathing Suite before your treatment.

CONSULTATION

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

CANCELLATIONS

Please allow 12 hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

DURING YOUR STAY

In consideration of the guests, smoking and active mobile phones are not permitted in the spa.

AFTER YOUR TREATMENT

To extend your spa experience at home, a variety of spa products are available for purchase.

CHILDREN

We love children. However, we recommend that you avoid bringing children younger than 11 years old to the spa. Young guests, 15 to 17 years old, are welcome to enjoy a selection of treatments under the supervision of a guardian.

PAYMENT

For hotel guests, all treatments will be charged to your guest room folio and will appear on your account at the time of departure from the hotel.

Prices quoted are in Euros and include all taxes. Service charge is not included in the prices





ELIA
MYKONOS RESORT


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