

U SPA

by



FACIAL TREATMENTS BY SOTHYS

BACK TO THE BASICS

This program includes all the necessary steps starting from the smooth make-up removal followed by a deep scrub, a special ampoule according to the needs of the skin, a relaxing massage and the appropriate mask for a deep facial treatment that will give you a radiant complexion.

DURATION: 45 MIN | € 90

CRYO EYE PROFESSIONAL TREATMENT SOTHYS

A specifically designed treatment for the eye contour area, very efficient after lack of sleep, for tired and swollen eyes. This program will immediately diminish the signs of fatigue and ageing, combining a hand massage with icy modelling porcelain spoons. A unique experience for your eyes.

DURATION: 45MIN | € 90

BESPOKE FACIAL EXPERIENCE

A luxurious tailor-made facial treatment designed exclusively around your skin's unique needs and concerns. Following a personalized skin analysis, this bespoke experience combines advanced skincare techniques, to restore balance, hydration, radiance and overall skin health. Each treatment is carefully adapted to deliver visible results while offering a deeply relaxing and indulgent experience.

DURATION: 60 MIN | € 120

BODY TREATMENTS & MASSAGE BY SOTHYS

100% TAILOR MADE SUGAR AND SALT SCRUB- SOTHYS ORGANICS®

Invigorating organic scrub combining marine salts and sugar along with organic honeysuckle oleo-extract and organic sunflower oil. Choose with your therapist the fragrance that suits you best among the delicate notes of lemon and petitgrain, orange blossom & cedar, cinnamon & ginger for a personalized experience.

DURATION: 20MIN | € 45

100% TAILOR MADE MASSAGE- SOTHYS ORGANICS®

Choose with your therapist the texture that suits you best from the organic line including oil, cream, balm or shea butter along with a variety of essential oils like lemon and petitgrain, orange blossom & cedar, cinnamon & ginger and enjoy a total body escape that also takes care of your skin.

DURATION: 45MIN | € 90

DEEP TISSUE MASSAGE BY SOTHYS

This deep tissue inspired protocol is a must treatment after a long day at the gym or for tension relief and relaxing of sore muscles.

DURATION: 60/90MIN | € 120/160

HANAKASUMI SIGNATURE TREATMENT SOTHYS

A unique protocol of Japanese inspiration: Peeling with exfoliating gloves, relaxing modelling of the entire body and specific modelling of the feet in this nourishing, delicately perfumed with cherry blossom and lotus ritual.

DURATION: 60MIN | € 120 SIGNATURE

TREATMENTS BY U SPA

HARMONY MASSAGE

Enjoy a personalized holistic massage: the focus of the full-body massage and the care tailored products used to your needs. Your therapist applies the proper pressure and strokes to achieve the desired result through relaxation massage. A soothing and restorative pressure point foot massage finishes the treatment in the 90 minutes version.

DURATION: 60/90MIN | € 110/150

AROMATHERAPY MASSAGE

Take a walk in a Botanical Garden with this lavishly hydrating body massage. This massage brings everything back to the potency of modern aromatics. Designed to enhance an uplifting mood, this massage will let you feel relaxed and calm.

DURATION: 60/90MIN | € 110/150

SOOTHING FOOT & LEG MASSAGE

This soothing and restorative pressure point foot massage works wonders on heavy legs and feet. It focuses on stimulating organ function, encouraging drainage, enhancing flexibility and mobility, whilst also soothing the solar plexus to help calm. At the end of the treatment you'll feel like you are walking on air.

DURATION: 30MIN | € 70

Contact us at uspa@eliamykonos.gr
