



**LOTUS**  
**ORIENTAL**  
**SPA**

## Our Philosophy

Lotus Oriental Spa has a holistic approach of physical and spiritual welfare, ensuring you a unique sanctuary of sensations.

Inspired by Asian healing traditions of many ages our treatments are based on restoration of equilibrium and harmony of mind, body and soul.

Go back in time in the mystic ways of the ancients, and discover a mixture of exotic treatments and rituals from all over the world...

Bali, Indonesia, China, India, Thailand.

Enter a world of absolute harmony where time freezes and a new journey begins inside the temple of feel and essence.

Give in and discover the path of inner peace, meditation and revitalization...  
Without rush, pressure and stress.

Discover your feelings again...

Rest your mind...

Breathe freely...

Welcome to the world of Lotus Oriental Spa.

## Welcome Menu

The welcome menu has been especially designed in order to provide you a brief but whole introductory treatment series for the face, body, hands and feet.

### **Welcome massage** **45 min / €50**

This body treatment is especially designed in order to provide ultimate relaxation, remove stress and relieve from muscle pains. The use of almond and other essence oils combined with special techniques where West meets East our healers welcome you into the world of Lotus Oriental Spa.

### **Back Express massage** **30 min / €35**

This mini introductory back and back neck massage uses essence oils and with special pressure and pull techniques offers wellbeing and relief from the pains, pressure and stress.

### **Foot Express massage** **30 min / €35**

A brief treatment that uses reflexology points and almond oil use with extracts of wild mint and offers relief and vigour all over the human body.

### **Facial Express massage** **30 min / €40**

Quick facial treatment with essence oils application, herbs and fruits extracts. Combines facial cleansing, toning, anti-wrinkle facial and eyelid massage.

### **Foot Spa treatment** **30 min / €40**

Complete feet treatment combining the antiseptic Lemongrass action as well as the antioxidant attributes of green tea. It consists of foot scrub, foot mask and the treatment completes with a relaxing massage with lemongrass cream.

### **Hand Spa treatment** **30 min / €40**

Full hand treatment combining the revitalising cooling action of aloe vera and the soothing calming action of lavender. Includes hand scrub, hand mask and massage cream.

## Massages

### **Traditional Thai Massage**

**60 min / €65**

Known all over the world for its healing results the traditional Thai Massage is based on knowledge survived throughout the centuries. It is a deep massage using pressure on specific points and stretching techniques at the joints and the spine.

### **Asian blend Aromatherapy**

**60 min / €60**

Aromatic and relaxing, the Asian Blend Aromatherapy is based on a combination of ancient techniques with essential oils. A light massage which helps the infiltration of the essential oils into the skin activating their healing attributes and aims to relax and revive.

### **Balinese Massage**

**60 min / €60**

Authentic, deep and relaxing massage influenced from the age – long traditions of Bali. Using the tropical essential oils and pressure techniques, kneading and stretching this exotic massage strengthens the circulation, softens muscle pains and provides well-being.

### **Sport Massage**

**60 min / €60**

A firm massage combining lemongrass and ginger essential oils aiming in relaxation, strengthening and revitalisation. It is advised to people with intense physical activity.

### **Lotus Deep Tissue Massage**

**60 min / €60**

Strong and deep massage using mostly the forearm, the palm and the fingers. Resulting in mitigating muscle pains, stress and pressure, this empowering massage acts pressure all over the body offering relax and well - being.

### **Lymphatic Detox Massage**

**60 min / €60**

This soft and skin deep massage boosts the lymph's circulation and fends out the mass of fluids and edema, removing thus the toxins from the body.

### **Anticellulite Massage**

**60 min / €60**

Using rhythmic moves and light hits this special type of massage increases the quantity of blood in the body's tissue causing the lipo-cells to move and decrease cellulite widely known as orange effect.

### **Back Hot Revival**

**70 min / €70**

This massage is especially designed for the back, shoulders and back neck. The healer spreads a warm calefacient oil from ginger and combines techniques of Balinese Massage, with special pressure and pull points from Thai in combination with Thai hot herbal compress. Relieves from pains and eliminates fatigue and stress.

### **Foot Reflexology**

**60 min / €60**

Ancient treatment based on pressuring the sole's vital points that correspond to inner parts of the body. Reflexology is used internationally as supplemental method in cases of inner parts diseases, stress occasions, long-term fatigue syndromes and exhaustion of the myoskeletal system.

### **Indian Head Massage**

**60 min / €60**



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An authentic treatment Ayurveda, using 100% virgin coconut oil and applying pressure and pull on selected points of the back neck and the skull. Ideal for cases of memory loss, long term headaches, migraines and stress.

### **Thai Herbal Healer**

**80 min / €90**

An ancient Thai treatment using healing herbs. It is a combination of traditional Thai massage and application of hot compresses for selected tropical herbs. The revitalising power of Thai massage is combined with the herbs' heat and essence which infiltrate the human body through the skin. Ideal for muscle pains and myoskeletal problems.

### **Lotus Harmony**

**60 min / €100**

An exclusive treatment of Lotus Oriental Spa. Lotus Harmony is performed by two healers working synchronized in dancing rhythm and perfect harmony. Through synchronization the healers release the inner energy flow, harmonizing yin with yang and restoring the spirit's, soul's and body's balance and harmony. It combines five different kinds of massage: Japanes Shiatsu, Thai massage, Hawaiian Lomi Lomi, Swedish, and Balinese. The ultimate pleasure of feeling the touch of four hands.

All our oils are 100% natural and use as base almond oil and grape seed combined with natural essential oils. Choose one of our special oils and try the beneficial attributes of our essential oils like: ylang-ylang, wild mint, eucalyptus, geranium, lavender, rosemary, bergamont, rosewood, wild lime, prai, nutmeg, cedar wood, and grapefruit.

## **Facials**

### **Exotic Facial Treatment**

**60 min / €70**

Exotic facial treatment with tropical ethereal oils, herbs and fruit extracts. Using smooth moves the healer spreads the ethereal oils and the extracts while at the same time she activates the blood circulation, softens wrinkles and stimulates the vitality facial points restoring its balance and offering well-being. Includes hot compresses, cleansing toner, scrub, mask, lotion, massage cream.

## **Body treatments**

### **Body Scrubs**

**30 min / €40**

- Ginger, empowers circulation, tones the nervous system and has special heating attributes.
- Coffee, dissolves the lipo-cells and constricts the skin
- Jasmine, a precious essential oil with intense feeling features.
- Lavender, it has antiseptic and healing characteristics, it also restores balance amongst the nervous system.
- Green tea, with strong antioxidant and recreating characteristics.



### Body Masks

30 min / €40

- Green Tea body mask, aloe vera, honey and chamomile are cooling and revitalising the skin. Green tea has strong antioxidant and recreating characteristics.
- Chocolate indulgence mask, chocolate is a natural excitant of our nervous system (increases the level of the endomorphines)
- Relieving ginger body mask, ginger improves circulation, relaxes the tight muscles and stimulates the central nervous system.
- Green/Red/White clay mask, consist of natural mud combined with essential oils, ylang ylang, aloe vera, eucalyptus, lavender, geranium, jasmine.

### Spa Programs

#### Jasmine Retreat

60 min / €80

A revitalisation treatment combining Jasmine Body Scrub, Jasmine body wrap and inunctions of lavender body lotion.

#### Rejuvenation

60 min / €80

Combining treatment that includes express facial treatment and foot spa treatment. Enjoy the ultimate relaxation as our healers take care of your feet and afterwards give your face glow and revivification.

#### Green tea revival

60 min / €80

A combination of body healing based on the recreating and antioxidant attributes of green tea. The healing starts with the application of hot body compresses while afterwards the healer spreads softly the green body scrub wreathing you in the pleasure of green body wrap.

#### Oriental Spicy

80 min / €100

Treatment based on the healing and heating feature of ginger body scrub and the ultimate relaxation of Balinese massage.

### Exotic Rituals

#### Javanese Lulur

120 min / €120

It is often described as the queen of treatments, a ritual that used to enjoy the princesses of Java of the 17<sup>th</sup> century as a purification healing process before the matrimonial ceremony. The ritual begins with an exhilarating Asian blend aromatherapy massage that improves and releases the flow of the inner energy while at the same time removes the pressure and stress. In continuance the Lulur body scrub is applied, this body scrub has as main ingredient the turmeric, with its intense golden colour, and it has special cleaning and revitalising features. The session concludes with a cooling application of rice body lotion which hydrates and cools the skin.

#### Balinese Boreh

120 min / €120

A revitalisation treatment based on ancient traditions of Bali. It starts with a stimulating deep Balinese Massage and continues with the application of Boreh Wrap, a natural herbs' blend that includes turmeric, clove and rice bran and has special heating features. Finally comes a refreshing yoghurt splash which hydrates and cools off the body leaving you with a unique feeling of smoothness.



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### **Royal Thai**

**120 min / €120**

A unique treatment originating from the royal palace of Thailand, based on ancient techniques of Ayurveda -which as proved from ancient inscriptions found in the famous temple Wat Po in Bangkok-reached Thailand from king Rama III. The Royal Thai begins with Ginger Body Scrub and is followed by hot compress applications with herbs like lemongrass, cloves, lavender and coriander. In continuance a healing Thai massage which with its special techniques of pressure and pull, releases the inner body energy, removes stress and calms muscle pains.

### **Spa Installations**

**30 min / €15**

Visit our spa and enjoy our facilities combining the revitalising power of water with the healing features of heat. Relax in our especially designed warm chairs and order a cooling fresh juice or enjoy one of our green tea varieties.

- Swimming Pool
- Jacuzzi
- Hamam
- Sauna
- Tropical rain jet
- Relaxing lounge

### **Spa Club**

**60min**

A special offer for all our All Inclusive hotel guests that gives them the opportunity to combine the force of water with the toning of fire. Includes the use of hydrological facilities and choice between hamam and sauna.

### **Information**

For reservations and further information please contact the Lotus Oriental Spa reception. Please dial -39-.

### **Operating Hours**

The Spa operates daily from 11:00 until 21:00.

### **Special Offers!!**

For all hotel customers visiting Spa from 11:00 until 13:00 there is a special discount of 20% to all Spa treatments.