

# ĪDOR SPA & WELLNESS

Healing begins with an aromatic bath  
and daily massage.

-Hippocrates

## SIGNATURE TREATMENTS

### MUSCLE RELEASE 130

FOR MUSCLE TENSION

ACTIVE INGREDIENTS: GUA SHA CRYSTAL, CUPS

50 MINUTES

Highly effective for pain relief, releasing blockages and supporting muscle performance through deep tension release. Using ancient techniques to promote healthy circulation and help support an active lifestyle, including Gua Sha and silicone cupping. This therapy is completed with a relaxing massage using a handmade ointment to accelerate the skin healing procedure. Perfectly combined with a deep tissue or sports massage during your stay.

### SOUND HEALING THERAPY | SOUND HEALING THERAPY & MASSAGE 90 | 160

GROUNDING & DEEP MUSCLE RELAXATION

ACTIVE INGREDIENTS: ESSENTIAL OILS, TIBETAN SINGING BOWL

45 MINUTES | 1 HOUR 30

Enter a new dimension, tuning your inner energy, mind and soul with sound therapy. Everything is made up of energy, each particle having its own frequency. Singing bowls emit specific frequencies bringing out countless health benefits. This treatment is perfect for grounding and for people who have a lot of stress in their mind. The vibrations and sounds of the singing bowl are used to penetrate tense body tissue and target the central nervous system to relieve stress and calm the body. Combined with essential oil blends to help calm restless thoughts and release any energetic blockages, leaving you feeling centered and relaxed.

### PURE BOTANIC DETOX 180

EXFOLIATING, REJUVENATING, DETOXIFYING & ANTI-AGEING

ACTIVE INGREDIENTS: CORAL, OLIVE KERNEL, HOLY BASIL, ROSE PETALS, SAFFRON, IVY, GREEN TEA & GRAPEFRUIT

1 HOUR 45

Relax in the hammam followed by an invigorating scrub containing black pepper and rosemary to reduce water retention, improve circulation and to firm and hydrate at the deepest level. A cleansing and detoxifying mask is then applied to rejuvenate the skin, imbued with holy basil and lemongrass to purify. Surrender to a relaxing lymphatic scalp and body massage using earthy notes of pure dittany oil infused with hand-picked saffron. A cooling gel is then applied to the body containing ivy, green tea and grapefruit that help to firm the skin while gently boosting circulation and giving a radiant and youthful appearance.

### THE IONIAN RITUAL 160

RELAX & NOURISH

ACTIVE INGREDIENTS: OLIVE, BERGAMOT, RED GRAPE, YOGHURT

1 HOUR 30

Inspired by the vineyards of the Ionian Islands, combined with the relaxation and nourishment, this treatment begins in the hammam. A lush deliverance of olive kernels, red grape and rose petals indulge the skin with a soft body scrub followed by a mask full of antioxidants and vitamins to nourish the skin also containing sparkling notes of bergamot, soothing yoghurt and honey for hydration. An enveloping aromatherapy massage with a warm candle grants total relaxation and a sensory journey.

# COUPLES

## COUPLE'S RITUAL 290

RELAX & SURRENDER  
1 HOUR 30

Enjoy the use of our hammam together, followed by your choice of:  
CANDLE MASSAGE | DEEP TISSUE MASSAGE  
Please note that everything other than the Hammam will be done in separate treatment rooms.

## THE HARMONY RITUAL 340

RELAX & INDULGE  
ACTIVE INGREDIENTS: LAVENDER, JASMINE, GARDENIA, EVENING PRIMROSE, PEACH  
1 HOUR 45

Submerge yourself in a calming peach bath followed by an invigorating body scrub. A nourishing mask is then applied along with lavender oil which helps any stress melt away and improves circulation. A relaxing massage with rhythmic movements and evening primrose extracts to soften the skin help to relieve aching muscles and relax the body, improving your sleep and your overall wellbeing. Please note that everything other than the bath will be done in separate rooms.

## SEAWEED BATH & MASSAGE 300

RELAXING & DETOXIFYING  
ACTIVE INGREDIENTS: HAND-HARVESTED SEAWEED  
1 HOUR 30

Known as the Sailor's Cure, submerge yourself in a bath of organic, hand harvested Atlantic seaweed to remove unwanted toxins and alleviate aches and pains. Seaweed contains countless minerals, vitamins, antioxidants and beneficial ingredients in high concentrations. When seaweed is steamed it produces luxurious oils. These oils are easily absorbed as the heat opens the skin's pores. The minerals are then massaged into the skin ensuring that all benefits are absorbed effectively, nourishing the body. Please note that everything other than the bath will be done in separate rooms.

# SEAWEED EXPERIENCES

## LUXURY ANTI-AGEING SEAWEED FACIAL 110

ANTI-AGEING & DETOXIFYING

ACTIVE INGREDIENTS: HAND-HARVESTED SEAWEED, EVENING PRIMROSE OIL

1 HOUR 15 MINUTES

This treatment is for all skin types, but particularly for anti-ageing results. The facial is designed using the finest organic ingredients combined with antioxidant algae complexes with a restorative blend of aromatherapy oils. It's this mix of seaweed and botanical ingredients that help stimulate collagen production and reduce the appearance of fine lines and wrinkles. The results are firmed skin with a radiant glow. This luxurious treatment includes a lymphatic facial massage, two masks and a relaxing head massage which incorporates the arms. Recommended for men as well.

## SEAWEED SCRUB & MASSAGE 160

RELAXING & REJUVENATING

ACTIVE INGREDIENTS: LAVENDER, SEAWEED, EVENING PRIMROSE, CITRUS, CEDARWOOD, BASIL

1 HOUR 30

Choose between our two seaweed-based scrubs which gently remove dead skin cells whilst soothing and nourishing with seaweed extracts, re-mineralising the skin. The scrub is followed by a body massage and a soothing application of revitalising body oil to nourish and energise.

LAVENDER, SUGAR & SEAWEED | BLADDERWRACK

## SEAWEED BATH & MASSAGE 160

RELAXING & DETOXIFYING

ACTIVE INGREDIENTS: HAND-HARVESTED SEAWEED

1 HOUR 30

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## SEAWEED WRAP & MASSAGE 160

FOR LETHARGIC MUSCLES AND LYMPH STIMULATION

ACTIVE INGREDIENTS: HAND-HARVESTED SEAWEED, MANDARIN, EVENING PRIMROSE, CITRUS, CEDARWOOD, BASIL

1 HOUR 30

With the detoxifying strength and cellulite reducing properties seaweed, this treatment stimulates the blood, lymph flow and so encourages the renewal of dead skin cells whilst combating fatigue. This therapy will leave the skin feeling rejuvenated and thoroughly hydrated.

# FACIALS

## GLOWING PEARL 90

ILLUMINATING & REJUVENATING

ACTIVE INGREDIENTS: WHEAT PROTEINS, PEARL POWDER & VITAMIN C

1 HOUR

For brighter, firmer and noticeably younger-looking skin. This facial targets signs of ageing with ingredients such as wheat proteins, pearl powder, alkanna and vitamin C. Skin tone and texture is evened out and collagen production is stimulated for a healthy, glowing complexion.

## TOUCH OF HONEY 90

HYDRATION & NUTRITION

ACTIVE INGREDIENTS: ROYAL JELLY, BEE POLLEN, APRICOT

1 HOUR

Revitalise from within to give your skin a natural and healthy glow. This treatment uses a nourishing mask with thirst-quenching elements that instantly restore the skin's hydration levels. It minimises fine lines and wrinkles and softens dry skin making it supple and healthy. Improves overall appearance and significantly increases the skin's elasticity.

## SKIN REBIRTH & SPARKLING EYES 110

ENZYMIC EXFOLIATION, BRIGHTENING & REJUVENATING

ACTIVE INGREDIENTS: EVENING PRIMROSE, GUA SHA CRYSTALS, PAPAYA, PINEAPPLE, CHIOS MASTIC & ALKANNA TINCTORIA

1 HOUR 15 MINUTES

A high performance personalised treatment which helps to reduce the appearance of fine lines and wrinkles whilst deeply moisturising and regenerating the skin. The ingredients help to soothe redness and irritation, heal scars and reinforce natural cellular regeneration. The Skin Rebirth gel has remarkable healing effects thanks to Alkanna tinctoria root and its anti-ageing properties. The face, décolletage, hands and arms are treated with natural products and Gua Sha techniques, resulting in a renewed and rejuvenated appearance.

## SELF DISCOVERY RADIANCE 90

TAILORED TO YOUR SKIN'S NEEDS

ACTIVE INGREDIENTS: HAND-HARVESTED SEAWEED

1 HOUR

This skin specific, ocean inspired facial is deeply detoxifying, thoroughly revitalising, helps to smooth skin tone and increase clarity. It incorporates a relaxing facial massage to release any build-up of toxins and to repair and nourish skin cells damaged by pollution. Using a combination of gentle exfoliators, serums and masks selected by your therapist, this facial helps to transform your skin leaving it feeling purified, nourished and perfectly balanced. You will be left with a revived glowing complexion that is both enriched and strengthened. Recommended for men as well.

## SUN RITUAL | SUN RITUAL FACE & BODY 60 | 120

SOOTHING, HYDRATING & NOURISHING

ACTIVE INGREDIENTS: YOGHURT, CUCUMBER & ALOE VERA

30 MINUTES | 1 HOUR 15

For sensitive or irritated skin that is prone to sunburn or allergies. Carefully selected ingredients, rich in soothing elements calm the skin and reduce irritation. *Alkanna tinctoria* offers strong anti-inflammatory and anti-ageing properties, whilst *Alkanna tinctoria* soothes and provides anti-bacterial and anti-septic benefits. *Comfrey root* offers healing and regenerating action and *Centella asiatica* combined with lavender helps to improve the skin's appearance. Gradually the skin regains strength to fight external stressors that cause irritation, while the skin's natural moisture barrier becomes more capable of maintaining its normal hydration levels.

# MASSAGE

## MASSAGE 70

TAILORED TO YOU

ACTIVE INGREDIENTS: ESSENTIAL OILS

30 MINUTES

Focus your massage on a specific area that is holding onto tension or in need of relaxation.

## RELAXING 110 | 150

THERAPEUTIC & BENEFICIAL FOR NERVOUS SYSTEM

ACTIVE INGREDIENTS: ESSENTIAL OILS

1 HOUR | 1 HOUR 30

A deeply relaxing experience using light pressure with long, flowing strokes to gently melt away tension and calm the nerves. Combined with plant essences, this treatment reduces stress and leaves you with an innate sense of calm.

## DEEP TISSUE 130 | 180

FOR THOSE WHO ENJOY AN ACTIVE LIFESTYLE OF STRONGER PRESSURE

ACTIVE INGREDIENTS: ESSENTIAL OILS

1 HOUR | 1 HOUR 30

A deep healing therapy using a strong massage pressure, combining herbal oils and movements to relieve deep inner muscle stress and aid muscle realignment.

## LYMPHATIC DRAINAGE 140

FOR DETOXIFICATION & RELEASE WATER RETENSION

ACTIVE INGREDIENTS: ESSENTIAL OILS

1 HOUR 15

This detoxifying massage helps to eliminate toxins, decongest tissues, release water retention and assist fluid circulation. It helps to activate the immune functions as well as encourage cell regeneration.

## REFLEXOLOGY 100

BALANCE & WELLBEING

ACTIVE INGREDIENTS: ESSENTIAL OILS

45 MINUTES

Based on the philosophy that all the body's organs are connected to points on the feet through constant flowing energy channels. Massaging these points helps to restore the energy flow, remove blockages and restore the natural equilibrium in the body, encouraging balance and wellbeing within.

## MESMERISING HEAD & ARM MASSAGE 90

RELAXING & PAMPERING

ACTIVE INGREDIENTS: LAVENDER, TEA TREE OIL, ROSEMARY, PATCHOULI, YLANG-YLANG, COCONUT  
45 MINUTES

A sensational voyage that combines the ancient wisdom of Shiatsu with aromatic herbs of Greece. An invigorating and relaxing head massage using calming aromas of lavender, rosemary and tea tree are blended with healing laurel oil. Notes of orange, patchouli and ylang-ylang are used in a pampering arm massage along with an optional face massage. The treatment finishes with the application of a silk-like body butter, rich in exotic notes of coconut, for a perfectly balanced and relaxing experience.

## CANDLE MASSAGE 130 | 180

DESTRESS & NOURISH

ACTIVE INGREDIENTS: WARM OIL WITH PROPERTIES THAT PROMOTE WELLBEING  
1 HOUR | 1 HOUR 30

Relax as the solid waxes in the candle are slowly turned into liquid oil. Feel the delicately scented warm drops caress your skin and envelop the whole body in a velvet textured massage. Succumb as the warm oil deeply penetrates the skin's surface, releasing its unique beneficial properties and captivating fragrance. This combination of relaxation, rejuvenation and aromatherapy will leave you in a state of bliss.

Select your scent:

VANILLA & COCONUT | EVENING PRIMROSE & LAVENDER | ORANGE & CHOCOLATE | PEACH & LIME

## TRADITIONAL THAI MASSAGE 120 | 170

RELAX & RELEASE

1 HOUR | 1 HOUR 30

The Traditional Thai Massage uses the method of acupressure to promote internal health and heal many symptoms caused from cramped or sore muscles. In traditional Thai massage, the recipient will be placed on a mattress on the floor and the practitioner will use his or her whole body from hands, knees, legs to feet to stretch the muscles and release pressure from the body. The recipient will need to be fully dressed in comfortable, loose clothing as no oil or any massage products are used during the session.

## THAI MASSAGE & TIBETAN BOWLS 170

RELAX & UNWIND

1 HOUR 30

Tibetan singing bowls are used as preventive, healing and relaxing instruments that help establish a healthy vibration in the entire organism. Their benefits are immense, especially when combined with the experience of the traditional Thai massage. This session is ideal for stabilizing the energy channels (chakras) and creating harmony in both body and mind.



## BODY TREATMENTS

### NYMPH OF KEFALONIA 110

PRE-SUN MULTIVITAMIN FOR TIRED & DULL SKIN

ACTIVE INGREDIENTS: VITAMIN C, E, B, LOTUS, APRICOT, ORANGE, COCONUT

1 HOUR 15

The skin is gently exfoliated with a soft body scrub containing iris flowers and olive kernels. A nutritious body mask high in antioxidants and vitamins is then applied to enhance the skin's structure, restoring its natural glow and elasticity. An invigorating scalp massage to stimulate the hair follicles follows along with a mineral-rich hair mask that removes toxins from the hair. This mask gives body to the hair as well as leaving it smooth and silky. A rejuvenating massage is then performed using orange oil that strengthens the underlying tissues for a nourishing and restorative therapy.

### MINOAN 110

HYDRATING & NOURISHING

ACTIVE INGREDIENTS: SAGE, MOUNTAIN TEA, HONEY, BEE POLLEN, ROYAL JELLY & SAFFRON

1 HOUR 15

With aromas such as sage, mountain tea and other local herbs, this treatment includes the application of a rich body mask containing a luxurious combination of honey, bee pollen and royal jelly for the renewal, regeneration and tightening of the skin. The mask's benefits are complimented with a massage using dittany oil infused with saffron. Following this, warm herbal pouches full of local and nourishing herbs are pressed against the skin, leaving it silky smooth and regenerated. The ritual ends with the application of a refreshing gel containing local ingredients such as red grape and rake, leaving the skin deeply hydrated.

### SUN RITUAL | SUN RITUAL FACE & BODY 70 | 120

SOOTHING, HYDRATING & NOURISHING

ACTIVE INGREDIENTS: YOGHURT, CUCUMBER & ALOE VERA

40 MINUTES | 1 HOUR 15

For sensitive or irritated skin that is prone to sunburn or allergies. Carefully selected ingredients, rich in soothing elements calm the skin and reduce irritation. *Alkanna tinctoria* offers strong anti-inflammatory and anti-ageing properties, whilst mastic soothes and provides anti-bacterial and anti-septic benefits. Comfrey root offers healing and regenerating action and *Centella asiatica* combined with lavender helps to improve the skin's appearance. Gradually the skin regains strength to fight external stressors that cause irritation, while the skin's natural moisture barrier becomes more capable of maintaining its normal hydration levels.

## MOTHER TO BE

### ORGANIC PRENATAL 160

RADIANCE, HYDRATION & RELAXATION

ACTIVE INGREDIENTS: YLANG-YLANG, BERGAMOT, PALMAROSE, CORIANDER, CACAY, SEAWEED  
1 HOUR 30

This organic wellbeing ritual promotes relaxation and a sense of tranquility while deeply hydrating and nourishing the skin. A full body exfoliation will gently renew the skin, leaving you feeling radiant. Nourishing Mama oil is used to gently ease stress and tension with a top to toe body, face and scalp massage. Melt away the aches and pains associated with pregnancy and feel cocooned, supported and restored.

### PRENATAL MASSAGE 130

RELAXING & NOURISHING

ACTIVE INGREDIENTS: ESSENTIAL OILS  
1 HOUR

By using gentle and focused movements along with careful body positioning for the mother to be, this provides relief from body aches and helps to relax the body and mind using plant essences and herbal oil.

## WELLNESS PACKAGES

### HAMMAM & SCRUB RITUAL 160

INVIGORATING & HYDRATING  
1 HOUR 20

Relax in the hammam, softening the skin ready for a full body exfoliation. Allow the scrub to re-energise tired limbs, boost circulation and remove dead skin cells, leaving the skin nourished and silky smooth.

Choose from four different body scrubs:

LAVENDER & SEAWEED | MOCHA | JASMINE & GARDENIA | COCONUT

### FACIAL & MASSAGE 180

RELAX & UNWIND  
2 HOURS

Choice of facial between: TOUCH OF HONEY | SELF-DISCOVERY RADIANCE

Followed by a relaxing massage to release any tension and leave your skin nourished and glowing.

### GLOWING FACIAL & SIMPLE MANICURE/PEDICURE 160

PAMPER & RADIATE  
2 HOURS

Our pearl-inspired facial combined with a choice of a manicure or pedicure with the application of regular nail varnish.

## HAMMAM STEAM BATH

### HAMMAM STEAM BATH 40

RELAXING & REJUVENATING  
30 MINUTES

Enjoy the use of our hammam offering benefits such as skin renewal, muscle relaxation, sinus relief, increased circulation as well as improving the mind-body connection.

### DETOX HAMMAM RITUAL 60

NOURISHING & DETOXIFYING  
ACTIVE INGREDIENTS: WHITE CLAY, ZEOLITE, CINNAMON, WILD ROSE, IRIS FLOWER, LEMONGRASS  
30 MINUTES

The combination of radiant heat and the application of masks create a rejuvenating and relaxing experience. Masks for your face, hair and body are given to you to apply at your own leisure and contain highly effective ingredients such as basil, cinnamon and geranium. The soothing warm temperature opens the pores, allowing the skin to simultaneously release toxins and absorb the nourishing ingredients from the masks. To complete the experience, rinse the masks off using the shower in the hammam, leaving your skin and hair renewed and nourished.

## MANICURE & PEDICURE

Choose between an invigorating mocha or coconut scrub to remove dead skin cells and nourish, followed by a manicure or pedicure. Your choice of a luxurious mocha or coconut body butter is then massaged into the skin leaving it feeling silky smooth.

### EXPRESS MANICURE/PEDICURE 70

30 MINUTES

Choose between a manicure or pedicure, this treatment does not include application of nail varnish.

### EXPRESS MANICURE & PEDICURE 110

1 HOUR

This treatment does not include application of nail varnish.

### SIMPLE MANICURE/PEDICURE 90

1 HOUR

Choose between a manicure or pedicure, this treatment is completed with an application of regular nail varnish.

### SIMPLE MANICURE & PEDICURE 150

1 HOUR 50

This treatment is completed with an application of regular nail varnish.

## SPA ETIQUETTE:

### CANCELLATION POLICY

Appointments can be cancelled up until 9 hours before the time of your appointment, otherwise a 50% charge will be made.

Changes to appointments can be made up until 3 hours before the time of your appointment.

Changes that result in affecting the duration of the treatment or the therapist can be made up to 5 hours before the time of the therapy and are upon availability only.

### ARRIVAL

Please arrive 10 minutes before your treatment to give yourself time to fill in our consultation form and prepare for your treatment.

### ETIQUETTE

Please maintain a low voice when in the Spa as treatments are taking place throughout the day. For the consideration of others, we ask that you switch your cellular phones and electronic devices off or to silent mode.

### REFUND POLICY

Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable for another time.

### VALUABLES

Please leave all items of value in your room's safe box. The Spa is not liable for loss of or damage to a guest's personal belongings.

### SMOKING & ALCOHOL

The Spa and its environs are strictly no smoking areas. Consumption of alcohol within the Spa is prohibited. It is also advisable to avoid the consumption of alcohol or heavy meals prior to, or after any Spa treatment.

### RESERVATIONS

For Spa enquiries or reservations, please contact the Spa reception directly. Advance bookings are recommended to secure your preferred treatment time.