

HARMONY

by Princess Resort

SPA MENU

*Our bodies are our gardens – our
wills are our gardeners.*

William Shakespeare



HARMONY SPA

MASSAGE TREATMENTS

Anti - Stress Regeneration

50 min - 65€

Relaxing body massage aimed at activating blood circulation and achieving an optimal state of relaxation.

Deep Tissue Apocalypse

50 min - 75€

A deep pressure massage, performed to break down muscle tension by reaching deeper layers of the muscles' connective tissue. Firm pressure from elbows and forearms loosens stiff muscles and release tension.

Princess Harmony Signature

55 min - 80€

Effective combination of activating or relaxing tissue practices, a range of motion techniques utilizing essential oils to work the central nervous system and indirectly relax muscles. Inspired by authentic aromas of ancient Greece, this reviving massage purifies and energizes the body

Hot Healing Stones

50 min - 70€

The relaxing power of manual massage is enhanced with the properties of volcanic stones while offering a feeling of total harmony, wellbeing, and serenity.

Focus Express

35 min - 55€

A short session massage, focusing on preferred body parts with accumulated tensions such us back neck / reflexology legs.

WET ROOMS (Finnish Sauna, Hammam)

60 min - 20€

BODY TREATMENTS

Hydra body therapy

40 min - 45€

Cosmetic professional moisturizing treatment with soothing properties suitable for irritated skin of the body. Moisturizes deeply and restores dryness to the skin of the body, soothes irritations and enhances elasticity.

Triple Action Shape

50 min - 65€

Triple action body therapy that fights local fat, cellulite and relaxation of the body. This treatment is based on strong lipolysis action of the enzyme Hyaluronidase, its lipolytic action caffeine and non-stop action technology (A2 Blockers) that extends the lipolysis process.

Chocolate Sensi Therapy

50 min - 65€

Sensational treatment offering health and well-being to the skin. Moisturizes, has antioxidant action, relieves fatigue and stress. Cocoa butter, caramel, vitamin A, vitamin C and Monoï de Tahiti offer long-lasting hydration..

Foot Ritual

35 min - 40€

Cosmetic professional treatment for decongestion and relief of the lower extremities from swelling and symptoms of fatigue. Improves lymphatic circulation and enhances skin elasticity. Based on the combination of cryotherapy with cocktail action firming ingredients.

FACE TREATMENTS

Welcome Face therapy

20 min - 30€

Beauty salon treatment with moisturizing and calming elements for all skin types that restores and enhances the water balance of the skin. It is the perfect base for other treatments or use of professional products at home.

Calming Therapy

35 min - 40€

Professional cosmetic treatment for sensitive and varicose skin. Treats redness and sensitivity of the skin and strengthens its defense against irritants. At the same time, it moisturizes, strengthens the skin barrier, and protects the skin from environmental pollutants and inflammations caused by sunlight.

Royal Hydra Face

45 min - 60€

Professional cosmetic treatment that restores the water balance of dehydrated skin, protects the skin barrier, improves the appearance of skin with imperfections and strengthens its cohesion.

Caviar Face Therapy

50 min - 60€

The ultimate anti-ageing and firming treatment with Salmon Ovum caviar, Omega-3 and Omega-6 fatty acids. Caviar is rich in proteins, vitamins, amino-acids and trace elements. It provides the skin with the essential ingredients necessary for the preservation of its cellular integrity.

FACE TREATMENTS

SKIN BOOSTERS

THE ALTERNATIVE TO PLASTIC SURGERY

*Skin Boosters line offers the aesthetics industry an alternative to
invasive cosmetic procedures*

Thavma Face Therapy - The Alternative to Botox

45 min - 70€

The EFFECTOX technology from Juliette Armand combined with the most advanced COSMETIC DRONES transdermal delivery system boosts the normal biochemical processes of the skin that inhibit the expression lines creation, reduce loose skin formation and preserve its water balance. Thavma Therapy was designed in the Juliette Armand laboratories and it is a complete targeted cosmetic facial treatment for 10 applications.



Chronos Therapy

60 min - 80€

Cosmetic professional treatment which repairs and prevents the damage that time might leave on the skin. Such damage is caused by low water reserves, biological aging and oxidation from the environment.



HARMONY ETIQUETTE

Appointments

We highly recommend that you book your treatment in advance to ensure that your preferred time and service is available.

Special Requests

Many of our HARMONY treatments and experiences can be adapted for pregnant guests or guests with injuries subject to medical approval. Please contact us directly to discuss further.

HARMONY Environment

HARMONY has a no smoking policy. We also request that you switch your phone to silent mode while in or around the wellness areas. The minimum age for taking wellness treatments is 16 years. Guests under the age of 18 years are required to have parental consent prior to the booking being accepted.

Cancellation Policy

We understand that schedules change and we will do our best to accommodate your requirements. Since your time at HARMONY is reserved especially for you, we kindly ask you to give a minimum of three hours' cancellation notice. Cancellations made within three hours of your reservation, will be subject to the full charge of the treatment booked.

Preparation

We recommend that you arrive at least 10 minutes prior to your scheduled appointment, allowing time to complete your pre-treatment health assessment form.

Valuables

Please do not leave important personal belongings unsecured in your room. Lockers are provided for the safety of your valuables.

Appointments

Appointment bookings can be made up to 18.00 directly with HARMONY. After-hours appointments are subject to availability and on request basis only. Kindly contact our Guest Relations team for information outside operating hours.

All prices are in Euros and inclusive of applicable taxes.



SANTIKOS
COLLECTION

PRINCESS RESORT