

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 as back neck / reflexology legs.

WET ROOMS (Finnish Sauna, Hammam)

60 min - 20€

BODY TREATMENTS

Hydra body therapy

40 min - 50€

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.

Foot Ritual

35 min - 45€

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

Calming Therapy

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.

35 min - 45€

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

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.

45 min - 70€



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