# SPA

# ROCABELLA

MYKONOS







## FULL BODY MASSAGES

## Rocabella Signature Massage

50 minutes 80€, 80 minutes 115€ 110 minutes 150€

The Rocabella signature massage is a unique and unforgettable experience. The combination of Thai and European techniques smoothens and revitalizes the body from the inside out.

## Swedish Massage

50 minutes 70€, 80 minutes 100€

A full body massage that helps the release of blockages, improves the flow of energy of the body and smoothens tensed muscles.

#### Sport Massage

50 minutes 70€, 80 minutes 100€

Sport massage is not exclusively for athletes. This technique focuses on muscle flexibility and improves the blood circulation. Sport massage is particularly helpful in alleviating discomfort on tensed areas.

#### Aromatherapy Massage

50 minutes 75€, 80 minutes 105€, 110 minutes 140€

Enjoy a body aromatic massage with the essential oil of your choice, to relax the body and the mind. The essential oils play the most significant role in order to moisturize and detoxify the skin.

Lavender for relaxation Mint for digestion problems
Strawberry for anti-aging Rose for hormone balancing

#### Greek Massage

50 minutes 70€, 80 minutes 105€

Using Greek virgin olive oil as its basic massage 'tool', this amazing therapy alternates vigorous and gentle massage strokes. It will make you feel relaxed, revived and energized.

# TARGET MASSAGES

### Indian Head Massage

#### 25 minutes 40€

Indian head massage helps relieving all kinds of mental and physical tension and improves blood circulation. It relaxes muscles and nerve fibers in the head, neck and shoulders, which increases flexibility and improves concentration. It relieves tension of headaches or migraines and reduces stress.

### Back Massage

#### 25 minutes 35€

Eases tense on muscles and knots in the back and induces relaxation. The ideal treatment after a long day.

## Leg Massage

Massage

#### 25 minutes 35€

Ideal to relieve the stress after long journey, it concentrates on feet and legs, restoring senses and spirits.

# Face

#### 25 minutes 35€

Enjoy a face massage to refresh yourself, to remove toxins and to lift muscles for a more youthful look.

# **BODY SCRUB**

Gel with exfoliating granules. Removes dead cells from the skin in order to have a softer and healthier feeling.

Ginger Scrub 25 minutes 30€

Contains ginger extracts, chamomile extracts and provitamin B5.

Chocolate Scrub 25 minutes 30€

Contains cocoa extracts, natural essential oil from grapefruit, emollient oil jojoba and cocoa butter.

Herbal Scrub 35 minutes 40€

Contains sugar crystals, herbal extracts and essential mastic and citrus oils.

# **BODY MASK**

Helps to moisturize and softens the skin. After that treatment, your skin breathes better and looks healthier.

Golden wrap 40 minutes 50€

Chocolate wrap

25 minutes 30€

Contains particles of 23K gold, extracts guarana and extracts of ginger root. Helps to tighten skin and its ideal for rejuvenation and hydration.

Body mask in gel form with cocoa and other active ingredients. Ideal for tightening care and local slimming. The sensation of chocolate skin and natural rich aroma helps to create wellness and to relax from stress.

# **BODY MASK**

Helps to moisturize and softens the skin. After that treatment, your skin breathes better and looks healthier.

#### Herbal wrap

35 minutes 40€

Nourishing and moisturizing cream mask for body care.
A protective veil, softening and moisturizing herbs, emollient oils, dried flowers and therapeutic essential oils, stimulates the body and mind, giving a sense of wellbeing.

Aloe Vera wrap 35 minutes 40€

Professional moisturizing care, nutrition and rehabilitation of damaged skin by the sun with active aloe, softening extracts and nourishing natural ingredients

## FACIAL TREATMENTS

#### Skin relaxant

30 minutes 40€

'Botox-like' anti-wrinkle treatment for smooth, bright and revitalized skin. Reduces expression lines, increases the elasticity and stimulates the natural Collagen biosynthesis.

#### Hyaluronic

50 minutes 60€

Intensive moisturizing and anti-wrinkle beauty treatment with 3 different types of Hyaluronic acid, Oligopeptides, Hyaluronic 'Wrinkle-fillers', White Tea, Cherry blossoms, Roses, Magnolia and Lotus flowers. Facing the rides and fine lines of expression, which provides softness and shine.

## FACIAL TREATMENTS

Golden Line 70 minutes 120€, 90 mts 150€

Luxurious beauty line with 23K gold, silk proteins, marine Collagen 'wrinkle - fillers' and oligopeptides. This anti-aging face treatment firms and improves skin elasticity, rejuvenates and leaves a silky smooth and bright skin.

60 minutes 70€

Luminance pearl Luxurious anti-aging, brightening and firming face treatment with Pearls, diamonds, powerful antioxidants, oligopeptides, vitamins and special skin friendly actives.

Smoothens wrinkles and expression lines, enhances elasticity, facing the unevenness of color tone of the skin and gives brightness and shine.

50 minutes 60€

Red vine This treatment is based on red vine leaf extract and other natural antioxidants. Moisturizes, oxygenates and revitalizes the skin cells leaving a fresh and radiant complexion. Suitable also for younger skins.

# SPECIAL PACKAGES

After Sun Treatment 60 minutes
Aloe Vera body mask
Skin relaxant facial treatment
Scalp massage
Discount Price 77€

Herbal Treatment (97-98 % organic products) 90 minutes
Herbal Body scrub
Herbal body mask
Herbal facial treatment
Discount Price 135€

Ritual of the Week!

Every week you will be able to enjoy a treatment on special offer! Please ask the reception for details!

## PROTOCOL

Rocabella Spa is dedicated to your wellbeing and comfort.

We are open 7 days a week from 10.00am to 20.00pm. Appointments after 20.00pm are available on request.

If you have a reservation and find yourself unable to keep your appointment, or you wish to reschedule, please notify the Spa Therapist or front desk. A 50% cancellation charge will be incurred for any treatment or Spa program not cancelled at least 3hours prior to appointment.

Spa treatments can be charged in your room or paid by cash only at the Front Desk.

Don't rush and arrive early. Kindly arrive 10 minutes earlier to the Front Desk in order to fill in the lifestyle consultation. Our therapist will pick you up for your treatment. If you delay for your appointment the treatment time will be reduced.

If you wish you can come for your treatment with your robe and your slippers. Otherwise our therapists will provide them for you at the SPA.

Please turn your phone to the silent mode or leave it to your room for no distraction and for your relaxation.

The spa is smoke free zone.

Most of the treatments are both for men and women.

Our spa therapists will be able to adjust any treatments dedicated to your needs, pampering, and relaxation.