

# A HOLISTIC WELLNESS EXPERIENCE

UNWIND, REST, RECOVER.

The Rocabella Spa provides a unique wellness approach consisted of the double massage room, the Jacuzzi and sauna area designed to enhance your way of life and feeling of fulfillment in different levels.

During your stay at Rocabella Hotel, you may enjoy different services and rejuvenating treatments at our Spa premises.

Our Spa offers a range of beauty treatments with talented therapists able to advise our guests on the treatments which they will find most beneficial. Exceed your limits to unlock incredible feelings of achievement, strength, beauty, joy, rejuvenation and deep relaxation.

Our spa professionals will provide you with customized plan to reach your goals and immerse into an experience complimented by the below department and services.

Hours of operation: 10:00 am – 19:00 pm daily



### **The most suitable treatment for you**

Our professionally educated staff is ready to assist you with your enquiries as well as your preferences with the selection of the most suitable treatment

### **Your booking**

ROCABELLA SPA is open every day, from 10.00 until 19.00 daily.

Please be so kind to send your requests at our email address:

spa@rocabellamykonos.com or at the spa's reception desk at our hours of operation.

### **Upon your arrival**

We kindly remind you that before the scheduled appointment you need to fill in a health medical history questionnaire that you will receive in your mailbox. Please arrive 10' earlier than your scheduled appointment. As a courtesy to the next guest, your treatment will end on time, regardless of the start time. Arriving late will simply limit the time of your treatment, lessening its effectiveness and your pleasure. The full treatment price will be applied.

### **Please inform us of cancellations**

Please be so kind to give us 8 hours notice for individual treatments and 24 hours notice on packages that you want to cancel, otherwise you will be charged 50% of the total cost.

### **Dress Code**

You are kindly requested to take a shower in your room before coming in for your treatment in the Spa. The personnel will provide you with clean, sterile towels, due to the fact that bathrobes and slippers are not permitted at our spa area.

### **After your experience**

We recommend you to avoid sunbathing a few hours after every treatment.

### **FEW WORDS ABOUT OUR SPA**

Immerse into the revitalizing, healing world of Rocabella Hotel Spa. A journey of pampering beauty and rejuvenations awaits, as you surrender in a deeply relaxing experience.

Rocabella Hotel, is a leading-edge wellness temple, offering up-to date services and a combination of traditional and contemporary treatments practiced by savvy, experienced spa therapists.

The Sauna, Jacuzzi, massage and treatments area, as well as the organic beauty line of face and body products of Apivita are at your service, delivering the sparkling energy and natural glow you deserve.

## FACE TREATMENTS

### EXPRESS FACE THERAPY

**Duration: 30' | Price: 50 €**

Brief although complete treatment with immediate rejuvenating benefits for skin and mood, based on APIVITA's rich Mediterranean treatments menu. Ideally complements our body and massage therapy and start your day with the most refreshing experience.

### MEDITERRANEAN SKIN THERAPY

**Duration: 50' | Price: 70 €**

Holistic treatment menu based on the nourishing, antioxidant ingredients of the Mediterranean diet, offering beauty and well-being. The skin food menu is customized according to skin type and special needs to offer immediate invigoration, freshness, and radiance.

### BEESENTIAL EXPRESS SKIN STRENGTHENING TREATMENT

**Duration: 30' | Price: 60 €**

A skin strengthening treatment with the Beessential oil, a 100% natural skin supplement. This precious oil, delivers to skin valuable fatty acids, vitamins, powerful antioxidants and energy boosting Citrus essential oils to strengthen skin barrier, moisturize in depth and revitalize skin and mind. The application with the energizing face massage, offers an absolute skin beauty enhancing treatment with an uplifting aromatherapy effect for the senses.

### DEEP FACE DETOX

**Duration: 30' | Price: 50 €**

Deep cleansing and detoxifying face treatment with clay and aromatherapy steam. Excess sebum, blackheads and debris are cleared away, the skin breaths freely, feels invigorated, comfortable, and balanced. Ideal for all skin types, particularly for oily/combination skin.

### AQUA BEELICIOUS HONEY & FLOWER DEEP HYDRATION TREATMENT

**Duration: 50' | Price: 70 €**

Refreshing, deep hydrating treatment with the AQUA BEELICIOUS line, infuses skin with super hydrating flower & honey extracts, powerful antioxidants & prebiotics, for a healthy glowing & dewy complexion with less imperfections

## **QUEEN BEE ABSOLUTE ANTI-AGING & REGENERATING TREATMENT**

**Duration: 75' | Price: 90 €**

A luxurious anti-ageing treatment that effectively addresses all possible signs of skin aging. The special firming and lifting massage in combination with the anti aging power of the Queen Bee products, offer immediate visible results. The patented technology of the key active Royal Jelly CR, achieves deep penetration into skin, causing significant epigenetic rejuvenation. Skin shows smoother and brighter, plump, firmer and lifted.

## **REVITALIZING EYE TREATMENT**

**Duration: 30' | Price: 50 €**

An Anti-aging and decongesting treatment against wrinkles, dark circles, and puffiness around the sensitive eye area. The targeted APIVITA massage in combination with the action of the products, stimulates microcirculation, providing immediate results for a more rested, youthful, and radiant eye look.

# **BODY TREATMENTS**

## **ROYAL HONEY**

**Duration: 60' | Price: 70 €**

A luxurious anti-aging treatment with fresh royal jelly and honey, from the APIVITA beehive. Royal jelly, known as the elixir of youth, offers intensive nourishment, repair, and renewal even to the most demanding skin. A holistic, honey-sweet beauty experience that improves skin texture and offers an incomparable feeling of relaxation and euphoria.

## **AEGEAN WIND**

**Duration: 60' | Price: 90 €**

A wonderful journey to the deep blue of the Aegean Sea. A scrub with Cretan sea salt and lavender, rich in minerals and trace elements, removes dead cells from the skin, leaving it soft and smooth.

## SPECIAL TREATMENTS

### Deep Body Detox

**Duration: 60' | Price: 80 €**

A deep cleansing and detoxification with green clay and essential oils. Reduces fluid retention, invigorates skin, and ideally complements any slimming regimen.

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**Duration: 60' | Price: 80 €**

Exfoliation for impressive invigoration and renewal of the skin as it sheds dead cells and stimulates microcirculation.

Detoxifies skin, leaving it silky-smooth and soft.

Choose one of the **APIVITA Body Scrub treatments** and enjoy your skin softer and healthier than ever:

#### **SEA SALT SCRUB**

Exfoliates and detoxifies, enhances natural flow of circulation and bodily fluids.

#### **PURE JASMINE**

Creamy exfoliation with loofah, bamboo grains and the well-being effect of jasmine essential oil.

#### **ROYAL HONEY**

Ultra-smoothing and nourishing exfoliation with honey, sea salts and natural waxes.

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### Deep hydrating cooling Treatment

**Duration: 60' | Price: 80 €**

A refreshing treatment that deeply hydrates and helps regenerate the skin, especially after sun bathing. A wrap with fossil body mask and the full body massage with a combination of plant oils moisturize, nourish, soothe, and calm skin. Following, a short facial with the express mask with aloe rejuvenates the skin and provides a feeling of freshness.

## BODY MASSAGES

**RELAX - DISTRESS MASSAGE** Duration: 50' | Price: 80 €

**REVITALIZING - ENERGIZING MASSAGE** Duration: 50' | Price: 80 €

**SPORTS MASSAGE** Duration: 50' | Price: 90 €

**LYMPHATIC DRAINAGE** Duration: 50' | Price: 90 €

**DEEP TISSUE** Duration: 50' | Price: 90 €

### APIVITA AROMATHERAPY MASSAGE

**Duration: 50' | Price: 90 €**

A revitalizing treatment that fully utilizes the aromatherapy expertise of APIVITA. Select between a wide range of unique blends of essential oils and specialized massages and enjoy the exceptional benefits on body and mind.

### FOOT MASSAGE

**Duration: 30' | Price: 40 €**

A relaxing foot massage in combination with a foot revitalization is the best choice for treating fatigue of the lower limbs, but also the whole body, as it is a holistic method of relief that has been used in many cultures for many thousands of years.

### ANTI-STRESS NECK & BACK MASSAGE

**Duration: 25' | Price: 60 €**

This ideal relaxing treatment on your back, neck and shoulders. Our therapist uses gentle techniques to decongest those areas that often are the most tiring ones. Whether you just arrived at the hotel or you have time prior to your arrival, take advantage and indulge in the most relaxing massage.

### SAUNA

**Duration: 15' | Price: 30€ ( per session, maximum capacity: 2 pax)**

### JACUZZI

**Duration: 15' | Price: 20€ ( per session, maximum capacity: 6 pax)**

### SPA PACKAGE

Kindly be informed that for guests that exceed 100€ amount in facial and body treatments a 15' Sauna or a Jacuzzi session will be offered.



ALL PRICES ARE INCLUSIVE OF VAT

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RESPONSIBLE FOR IMPLEMENTATION OF STATUTORY REGULATIONS: KALLIROI MARINA KALFOPOULOU