

ELIOS SPA



BODY SOUL & SPIRIT

PARÍLIO



Wellness in the Sun

Deriving its name from the Greek word for the sun (ἥλιος), Elios Spa pays tribute to the extraordinary settings where it is nestled, drawing on the warmth and appeasing energy of the Aegean islands.

Elios allows you to rediscover harmony, relaxation and inner peace amid the unfettered beauty of the Cyclades, a land gifted with natural resources such as plants and herbs that cure the soul and body.

Capturing the timeless roots of mind and body wellness and combining them with a modern philosophy that is inspired by the blue and the white of the Aegean, the simplicity of essential life and the harmony of natural beauty, our holistic treatments use exclusively indigenous resources, pure extracts and innovations. The **KORRES** natural products and **Ariadne Athens** unique line blend rare organic ingredients from Greece and the wider Mediterranean, and are committed to providing a balanced journey of senses.

Wholly embracing the slow-paced Cycladic way of life and the overwhelmingly serene vibe of the Greek Islands, Elios Spa is a sanctuary of the senses, lending itself to the ultimate time out. Here, you will step into an authentic retreat and be enveloped in an array of locally-inspired healing rituals, treatments and therapies, crafted to your needs and designed to stimulate and revitalize your body, soul and spirit.

Welcome to Elios Spa, your oasis of calm.



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KORRES Treatment Menu

Inspired by calm and wide seas, the Aegean winds, the simplicity of essential life and the harmony of natural beauty, KORRES innovations and patents, powerful extracts and pure raw materials are combined with signature massage techniques, specifically designed to offer a unique experience of Greek hospitality.

Spa Discovery Rituals

KORRES Pomegranate Purity Experiences

The pomegranate fruit, a symbol of good fortune and positive energy, contains a high level of antioxidants and is a rich source of tannins, vitamins A, C and E, effective in fighting against free radicals that cause premature aging of skin cells. This absolute sense of purity starts with a natural brush and pomegranate soap body scrub for a total feeling of skin cleansing. A relaxing whole-body massage with citrus essential oils follows to relieve muscle tension, ending with a facial pomegranate treatment that leaves your skin soft, hydrated and balanced.

Key elements: Body scrub with natural brush, mini facial treatment, 40' full-body massage
90' | €130

Key elements: Body scrub with natural brush, facial treatment, 55' full-body massage
120' | €180

KORRES Wild Rose Silk Emotions

A trademark of KORRES' history, powered by high-level vitamin Super C, linoleic and linolenic acid, known for their moisturizing, healing and softening properties, the Wild Rose ritual demonstrates significant repairing action against fine lines and pigmentation disorders. At the same time, the complete body care treatment revitalizes the skin and fights the signs of fatigue, deeply moisturizes, smoothes wrinkles, giving a healthy and radiant look.

Key elements: Body scrub or body mask, mini facial treatment, 40' full-body massage
90' | €140

Key elements: Body scrub, body mask, facial treatment, 55' full-body massage
120' | €190

KORRES Spa Time Journey

This is your time to release tension, relax and escape from everyday life, so reserve as much time as you aspire to, and allow us to get inspired by your individual needs and propose an exclusively personalized combination of treatments, with the botanical power of fruit and plant ingredients of KORRES products!

Key elements: Tailor-made spa experience
90 min | €150 120 min | €200

Facial Treatments

KORRES Beauty Shots - Everyday Booster

Tapping into the great botanical power of fruit and plant ingredients in combination with the innovations of KORRES products, this treatment has been specifically designed to give any skin type an intensive everyday boost. The treatment is individually customized to address skin needs such as dryness, dehydration, congestion and sensitivity. Ideal for normal or combination skin, teenage skin, or for those who need a calming natural skincare regime, it increases skin hydration and elasticity, nourishes and softens, offering long-lasting moisturization and nourishment.

Key elements: Cleanse, exfoliation, mask, pressure point face massage, neck and scalp massage
55' | €90

KORRES Greek Yoghurt Dazzling Glow

Greek yoghurt, an ingredient known traditionally for its moisturizing action, has a high concentration of probiotics and prebiotics, which help strengthen the skin's immune system. This light texture facial treatment is pleasantly cooling and deeply moisturizing, giving your skin a youthful and relaxed look. Ideal for dull or dehydrated skin.

Key elements: Cleansing, exfoliation, double mask, pressure point face massage, neck and scalp massage, hand massage
70' | €110

KORRES Pomegranate - Purity Desire

Known as a fruit-symbol of good fortune and positive energy, pomegranate extract is a rich source of tannins, vitamins A, C and E as well as various minerals. This combination of ingredients has significant astringent properties that deeply purify and tighten the pores, and strengthen the skin epidermis. The pomegranate treatment is therefore ideal for oily and combination skin, as it soothes and refreshes the complexion, leaves your skin soft, hydrated and balanced with a matte finish.

Key elements: Cleanse, facial peeling, mask, face massage, neck and scalp massage, hand massage
70' | €110

KORRES Wild Rose Effective Romance

Wild rose, the eternal symbol of love, is synonymous with KORRES' history. Thanks to its high-level vitamin Super C, the Wild Rose Treatment demonstrates significant repairing action against fine lines and pigmentation disorders. Furthermore, the Wild Rose oil is rich in linoleic and linolenic acid, which are known for their significant moisturizing, healing and softening properties. The oil forms a protective film on the skin, which helps cell and skin texture regeneration, for improved skin tone and radiance with clinically proven action from the first application.

Key elements: Cleanse, exfoliation, serum, mask, face massage, neck and scalp massage, hand massage
70' | €120

KORRES Golden Krocus Time Reverse

A luxurious powerful composition for eyes and face, inspired by a rare flower of the Greek land, the majestic Krocus (Safran) of Kozani. Carefully blended with the rich ingredients of KORRES facial products, it forms a protective shield made of gold! This universal anti-aging solution is ideal for all skin types, offering deep hydration and antioxidant protection, thanks to the beta-glucans it contains. Counteracts the harmful free radicals that cause premature skin aging.

Key elements: Cleanse, facial peeling, mask, eye and facial power serum, face massage
55' | €100

KORRES Black Pine Matrix Advanced

KORRES innovations and patents are combined with signature massage techniques to restore the 3D structure of your face. This treatment is designed specifically to straighten the contour and has a distinct lifting effect thanks to the innovative natural active reconstruction complex ElastiLift-3D™, the powerful complex 4D Bio-Shapelift™ and Black Pine polyphenols. While restoring the shape of the face, the treatment's anti-wrinkle action also renews the elasticity of the skin, enhances its firmness and improves its texture.

Key elements: Cleanse, exfoliation, serum, mask, lifting face massage, neck, scalp and hand massage
70' | €140

KORRES White Pine Endless Beauty

For the first time worldwide, KORRES introduces the new White Pine bark extract in a new skincare treatment specially designed to meet women's skin needs before and after menopause. Powerful anti-aging properties from KORRES' proprietary ingredient, the White Pine extract, together with Memo-Reverse™ Technology, a natural peptide blend derived from artichoke leaves, clinically proven to improve the skin's volume. A replenishing treatment that reduces the appearance of fine lines and wrinkles, with high antioxidant and remarkable anti-spot action.

Key elements: Cleanse, exfoliation, serum, mask, lifting face massage, neck and décolleté massage with firming cream
70' | €130

Body Treatments

KORRES Soft Sensation

This relaxing full-body gentle exfoliation is customized to your individual needs. We will help you choose from a carefully selected range of refining KORRES body polishes that allow you to tap into the power of rich antioxidant and natural extractions to exfoliate, smooth and renew skin cells for a hydrated, healthier, younger look all over.

Key elements: Full-body exfoliation and nourishing body lotion
40' | €70

KORRES Body Rejuvenation

For a luxurious full-body renewal, this treatment instantly retextures and resurfaces body skin with natural scrubs in nutrient-rich formulas that help lock in skin moisture and buff away dead cells. The cocoon wrap that follows, moisturizes and nourishes deeply, enhances skin elasticity and offers antioxidant protection, absorbs quickly and makes the skin smoother and supple.

Key elements: Full-body exfoliation, body wrap, hair and scalp massage, nourishing body lotion
55' | €100

KORRES Body Renewal

A tailor-made complete experience of relaxation and wellness releases and calms both body and mind. Taking you step by step to a journey that encompasses the great botanical power and aromas of KORRES' unique products, the treatment is designed to detox, nourish and relieve any muscle tension. It starts with a healthy full-body scrub, followed by a cocooning wrap and ends with a soothing massage to leave you completely relaxed and rejuvenated.

Key elements: Full-body exfoliation, body wrap, hair and scalp treatment and massage
90' | €130

KORRES Santorini Grape Velvet Senses

Rich in antioxidants, this soothing natural face and body treatment will help blur imperfections, smooth textured skin, and replenish the skin's moisture. Powered by the Santorini Grape Extract, which is full of polyphenols, resveratrol and higher elements, it helps counter the harmful effect of free radicals that cause skin aging. Enjoy a relaxing massage while KORRES body smoothing milk nourishes even the driest skin.

Key elements: Mini facial treatment, face pressure points, body massage, body nourishing cream
90 min | €150



Special Treatment Menu

KORRES Aegean Luminous Bronze (Pre-Sun)

Expertly developed treatment for effective skin protection before you enjoy the summer sun. The treatment starts with a special full-body exfoliation, while a warm full of vitamin C body mask, feeds your skin to enhance its elasticity and protect in case of sunburn. To complete the treatment, a light moisturizing mousse with hyaluronic acid smooths out imperfections, adds radiance and gives your skin a natural glow and youthful appearance.

Key elements: Body exfoliation, body wrap, facial treatment and 30' body massage applying nourishing mousse
70' | 120€

KORRES Greek Yoghurt Soft Touch (After-Sun)

Greek Yoghurt was traditionally an after-sun skincare for face and body. A natural source of lactose, proteins, minerals and vitamins, it increases the water content of the top layers of the skin, instantly relieving tight and dry skin. This light texture face and body treatment is pleasantly cooling, ideal for a dehydrated sun-exposed skin, ensures long-lasting hydration and contributes to the regulation of hydration levels of the body.

Key elements: Mini facial treatment, body wrap, moisturizing cooling gel, arms and hands massage
70' | €120

Special Treatment Menu

KORRES Top-to-Toe (JetLag) Rebalance

A unique top-to-toe treatment, designed to refresh three key parts of the body, it is the perfect combination for those in need of a serious re-balance of body and mind. Your luxurious experience starts with a gentle scrub and a nourishing hand and foot massage, and continues with a replenishing facial therapy for complete rejuvenation of the skin. The ritual journey recharges the body and enhances overall equilibrium while lime, ginger and the cool effect of yogurt awakes your senses.

Key elements: Face and body scrub, scalp and face massage, foot massage
70 min | €120

Prenatal Massage

A unique rhythmic pregnancy massage addresses body and mind to promote balance and wellness for both the mother and the baby. An amazingly nurturing experience with Bumps a Daisy pregnancy oil that enhances muscle and joint function, improves blood circulation, reduces fluid retention and relieves mental and physical fatigue.

Key elements: Pregnancy massage
55' | €100



Elios Spa Couple Experience Journey (Tailor-Made)

A unique experience of in-depth relaxation for couples, with tailor-made options and treatment combinations based on your individual needs.

Your relaxation journey starts with a choice of a Full-body Massage:

Elios Spa Signature Massage	55 min €100
Elios Spa Signature Massage	85 min €150
Aegean Sensation Candle Massage	55 min €120
Deep Tissue Massage	55 min €120

And ending with your preferred add-on treatment:

Fast Glow Facial Treatment	30 min €40
Eye Revival	20 min €30
Soft Sensation Body Scrub	30 min €40
Head Massage	25 min €35
Hand and Foot Massage	20 min €40
Sun Care Protection	20 min €30

The above prices are per person.



Signature Luxury Treatments

Nature, mythology and Greece are all embraced in an eternal symbol.

The 'Sense of Greece' signature treatments of Elios Spa from the Greek-born concept 'Ariadne-Athens' are inspired by the relaxing atmosphere of the Aegean blue sea and invite you to discover a truly holistic 'body and soul' spa experience. Indulge in a journey to the enchanting landscapes and unique aromas of the Greek islands, which are captured in these facial and body treatments.

Signature Ritual Journeys

Aegean Princess

An exhilarating experience of relaxation and wellness that releases and calms both body and mind. Treat yourself to a journey encompassing the wealth of Cretan flavors and aromas, such as sage, mountain tea and other local herbs. The treatment includes the application of a rich body mask, prepared according to your needs, incorporating a refreshing blend of organic honey, bee pollen royal jelly, which contribute to the renewal, regeneration and tightening of the epidermis. The mask is followed by an elaborate massage of dittany oil-infused with Cretan crocus, leaving the skin smooth and silky. The treatment concludes with the application of a refreshing gel containing red grape and raki that leaves your skin deeply hydrated, while also stimulating your mood.

Key elements: Body scrub and body mask, facial treatment, 55' body massage with pouches
120' | €150

Under the Moonlight

Opulent anti-aging body treatment that nourishes and tightens the skin, granting a smooth, shiny and visibly rejuvenated complexion. The beginning of the treatment includes exfoliation, using a natural scrub fragrance of jasmine and gardenia flowers. This is followed by a magnificent body mask with anti-aging effect thanks to precious gems of pink quartz, aquamarine and moonstone. The treatment ends with a relaxing massage with starflower oil.

Key elements: Body scrub and body mask, facial treatment and massage with crystals, 55' body massage
120' | €150

Spa Islands Facial Treatments

Glowing Jewel of the Aegean

A luxurious facial treatment promising to lavish your skin with velvety texture, while granting it firmness, elasticity, hydration and radiance.

Luminously Radiant Look | Glowing therapy inspired by the windmills of Mykonos and the undeniable charm, glamour and lifestyle of the island.

Antioxidant Protection and Ultimate Prevention | Lavish skin care using a proprietary multi-vitamin complex to counter the signs of premature aging caused by sun exposure.

Vital Hydration and Nutrition | A rich facial treatment packed with thirst-quenching elements that instantly restore your skin's hydration levels.

Key elements: Cleanse, exfoliation, mask, facial and neck massage, hand massage
55' | €100

Skin Rebirth Miracle

This high-performance, all-in-one personalized treatment utilizes the innovative product 'Skin Rebirth - Miracle Skin Reinventing Gel' with the remarkable healing effects of alkanna tinctoria root and its multiple anti-aging and antioxidant properties. This facial treatment promises to deeply moisturize and regenerate your skin while reinforcing the natural skin cell turnover.

Key elements: Cleanse, exfoliation, latex mask, skin rebirth massage oil, hand massage
55' | €120



Signature Special Treatments

Santorini Lava Touch

Body Slimming Treatment

Radical body treatment using the powerful lava clay to fight cellulite and local fat. A plethora of active ingredients such as seaweed, basil and cinnamon help activate the lymphatic system and decongest the body. A specialized wrapping technique tones and firms the body and safely drains body toxins, leading to noticeable inch loss.

Key elements: Body scrub, body wrap, lymphatic and cellulite full-body massage
70' | €120

Parilio Urban Escape

Feel your muscles releasing all the tension as we begin with the gentle removal of dead skin cells, offering you a choice of either chocolate and orange peel or jasmine scent to reveal a smooth and soft skin. This is followed by a relaxing full-body massage to complete a balanced experience of relaxation and tranquility.

Key elements: Body scrub and 40' body massage
60' | €100

Massage Journeys

Elios Spa - Signature Massage

Relaxing • Rejuvenating • Detoxifying

The signature massage of Elios Spa using KORRES body blends is inspired by traditional massage techniques, which work to balance and re-align energy flow, enhancing mind and body wellness. A choice of native aromatic oil blends is prescribed to address your individual needs - relax, detoxify or relieve muscle pain – and combined with pressure points and spiraling movements will ground and rejuvenate the body.

Key elements: Full-body relaxation massage, choice of native aromatic oils

55' | €100

85' | €150

Aegean Sensation - Candle Signature Massage

Seductive • Energizing • Detoxifying • Relaxing

Indulge your senses with this mystifying full-body massage ritual that will entice your mind, body and soul. Lay back and unwind while the mesmerizing flame gently burns the candle and the heated solid waxes slowly turn into liquid oil. Then, feel the delicately scented warm drops touch your skin, while the synchronized movements dissolve muscle tension and free blockages, offering a unique experience of relaxation and rejuvenation that promotes bliss, balance and well-being.

Key elements: Full-body massage with hot candle

55' | €120

Deep Tissue Massage

This massage intends to deeply relax all muscles and relieve tension using acupressure and kneading techniques that will feel like you had a proper workout. The power of essential oils will relieve muscle tension and stiffness, leaving you with a re-conditioned skin tone feeling completely recharged and free from aches and fatigue.

Key elements: Full-body sport massage

55' | €120

85' | €160

Elios Spa Head Massage

Focusing on tension primarily in the back, neck, shoulders and head, this massage is designed to relieve deep-seated stress by combining specially blended massage oils chosen to suit your individual needs. An exotic mix of warmth, texture and aromas tempts the body into blissful relaxation.

Key elements: Back, shoulder and head massage with organic raw coconut

40' | €90

Elios Sunlight Signature Journey

Experience a traditional purifying ritual comprising a body scrub with natural salt, an organic natural body white clay mask and a balancing full-body massage with essential orange oils.

A body ceremony that will immerse you in the real Cyclades.

Key elements: Full-body natural salt scrub, white clay body mask, 40' body massage with orange body oil

70' | €110

Back & Shoulder Massage

Focusing on the back, neck and shoulders to help relax and release stress and tension from your muscles. Using a fusion of different techniques, your therapist will customize the strokes to ensure that you leave feeling supple and relaxed.

Key elements: Back and shoulder muscle tension massage

30' | €60

Etiquette

- The Spa and its environs are strictly NO SMOKING areas.
 - Please conduct all conversations at levels consistent with a relaxing environment.
 - The Spa is open to persons over the age of 16. Guests under 16 years of age must be accompanied by a parent or legal guardian in order to receive treatments.
 - Please leave all items of value in your suite. The Spa is not responsible for loss of or damage to a guest's personal belongings.
 - All guests will be required to complete and sign a health and lifestyle questionnaire upon arrival and prior to treatments.
 - Please note that a 24 hour cancellation notice is required for all bookings and services as a courtesy to our other guests.
 - Out of consideration for all Spa guests, late arrivals will not be given an extension of scheduled treatment times and the full cost of the treatment will be charged.
 - Guests are advised to arrive at least 20 minutes prior to their first appointment to allow themselves ample time to check in and shower, as it is essential before any treatment.
- The beneficial oils used in our treatments are best adsorbed through clean skin.
- During treatments, please let your therapist know if you are comfortable or uncomfortable, too warm or too cold, or the pressure is too light or too firm.
 - If you have a particular injury or physical condition, please explain it to the therapist. They may suggest appropriate adjustments to the treatment for your comfort and benefit.
 - Our Spa staff cleans all surfaces or objects that are frequently manipulated with products approved by the EPA after each treatment.
 - All our therapists frequently wash their hands with soap and water and use hand sanitizer prior and after each contact with the guests.
 - There will be minimum 15 minutes between each service to carry out the adequate sanitization process in our treatment suites.
 - Opening hours:
Monday - Sunday 11:00-20:00



PARILIO
CYCLADIC LIGHT SIMPLICITY



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