



## Spa & Fitness Menu

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# FACIAL TREATMENTS

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## **NAXOS Naxian Beauty**

Suitable for all skin types and needs, this cleansing treatment is designed to purify and balance the skin using natural exfoliators such as rice and cherry. This is followed by an energizing face massage to improve your skin tone and texture. Finally, a replenishing and rebalancing face mask thoroughly and evenly hydrates and moisturizes your whole face.

Key elements: Welcome touch, Cleanse, exfoliation, massage, Mask

Duration: 60 minutes | **€120**

## **NAXOS Chrono Reverse**

'Chronos' is the Greek word for time, this specialized treatment can reverse the harmful effects of free radicals which contribute to premature skin aging over time. Using a blend of top-quality natural ingredients such as Naxian prickly pear extract, black tea active and goji berry, this facial can reduce the appearance of deep wrinkles, while smoothing and brightening your complexion. In combination with the hi-tech Theraface Pro using micro current, led and hot and cold therapy gently stimulates, lifts and rejuvenates the skin, giving you a beautiful and more youthful look.

Key elements: Welcome touch, Cleanse, exfoliation, massage, Mask, Theraface Pro

Duration: 90 minutes | **€170**

## **NAXOS Ice-eye Chamomile**

Chamomile can be found everywhere in Naxos - in the mountains, in the plains and even in bundles outside many homes as it is believed to protect against negative energy. This treatment incorporates the powerful anti-inflammatory properties of Naxos chamomile to reduce puffiness and calm any irritation around the eyes. We start with a mini facial cleanse to nourish the remaining areas of face, using cooling ice components and specific massage movements to help detox, smooth and lift the eye area and tackle everyday concerns such as dark circles, puffiness, fine lines and wrinkles.

Key elements: Welcome touch, Cleanse cryotherapy, massage

Duration: 40 minutes | **€70**

# MASSAGE TREATMENTS

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## NAXOS Discover Your Path

The mind and the body are inseparable and must be treated as a whole. Portara, the gate of the unfinished temple of Apollon in Naxos, symbolizes the transition to something positive. Similarly, this full body holistic massage is a first step that will help you find the path to your personal temple, by unblocking and balancing the energy of your body through specialized movements and techniques derived from various world philosophies.

The massage technique is designed to connect the seven main parts of the body to achieve absolute clarity. In Ancient Greece, the number seven was the symbol of perfection and harmony. The aromatic oils and ingredients of Naxos enhance the massage by soothing your mind and recharging your body.

Duration: 85 minutes | **€130**

## NAXOS Scents of Sanctum

Balance is the key to both mental and physical wellness.

Feel the Mediterranean breeze... smell the variety of aromas in our oils... and allow your mind to travel to Naxos island. This full body aromatherapy massage employs rhythmic circular movements that promote the alignment of body and mind, to help you achieve physical and emotional wellness. Relax your body, breathe deeply, smell our Naxian aromatic oils, and let your body guide and tell you what it needs the most.

Duration: 60 minutes | **€100**

## Melt Away Candle Signature Massage

Give in to the flowing strokes of this warming and nourishing candle massage. Subtly scented oils were selected for their particular qualities and ability to relax the muscles and relieve tension, leaving your skin smooth and fragrant.

Duration: 55 minutes | €90

## Therapeutic Massage

Especially recommended for anyone suffering from aches, pains and stiffness, this full-body massage will ease tense muscles and bring harmony to body and mind.

Duration: 55 minutes | €90 • 70 minutes | €110

## Sports Massage

This massage is designed to enhance athletic performance and recovery depending on your individual needs. In particular, it improves muscle flexibility and blood circulation, reduces swelling, repairs minor sports damages and injuries, and relieves muscle spasms. Athletes will notice increased ease and efficiency of movement, greater awareness of the mind-body connection and improved mental alertness in general.

Duration: 70 minutes | €120

## Deep Tissue Massage

Recharge your body and kick-start your circulation with this deep tissue massage. The powerful detoxifying essential oils will help relieve muscle tension in specific areas of the body, either to release lactic acid build-up and muscle stiffness due to over-exertion in the gym, or to reduce fluid retention and improve poor circulation associated with cellulite conditions. It's an effective way to recondition your skin tone and feel free from aches and pains.

Duration: 70 minutes | €120

## Thai Massage

Performed on the floor using unique stretching techniques, this massage releases blockages and increases your energy and flexibility while inducing peace of mind.

Duration: 70 minutes | €110

## Royal Thai Massage

Using a combination of pressure points, stretching, and a warm blend of essential oils, this massage will alleviate pain and simultaneously invigorate the body and muscles while boosting the body's energy level.

Duration: 70 minutes | €110

## Thai Foot Massage

The Thai foot massage is part of the traditional thai massage. It incorporates elements of both Chinese and reflexology massage. It improves flexibility and stimulates blood circulation and lymphatic drainage, thereby rebalancing body, mind and spirit.

Duration: 55 minutes | €80

# Sanctum Spa & Fitness Etiquette

For the comfort, safety and undisturbed relaxation of all our guests, please respect the following guidelines at all times:

## General guidelines

- Sanctum Spa & Fitness facilities are open to persons aged 16 and over.
- Upon arrival and prior to using the facilities, all guests will be required to complete and sign a health & lifestyle questionnaire.
- Sanctum Spa & Fitness and its environs are strictly NO SMOKING areas.
- To maximize the benefits of your Sanctum experience, mobile phones are not allowed in the spa areas. Please leave them switched off in your locker.
- Please leave all valuables in your locker. Sanctum Spa & Fitness is not liable for loss of or damage to a guest's personal belongings.
- Please conduct all conversations at levels consistent with a relaxing spa environment.
- Shower towels and bathrobes are placed in your lockers. Please do not take shower towels and bathrobes outside.
- Sanctum Spa & Fitness Centre is for use by registered residents or members only.
- Check-in must always be done upon arrival at the Club.
- Do not exercise if you have consumed alcohol, drugs, or medication within the last three hours. If you have consumed more than two drinks, do not exercise today.
- Any abuse of the equipment is not allowed.
- Please do not occupy any gym equipment if you are not actively using it.
- Capturing images of another person without their permission with the use of a mobile phone or any other device is prohibited.
- Stop exercising if at any time you feel faint or dizzy.
- Absolutely no glass containers are allowed in the Fitness Centre area.
- All users should dress appropriately at all times. No wet bathing suits allowed in the fitness area. Shirts and athletic shoes must be worn at all times. Only exercise shoes.

- All persons using the Fitness Centre area do so at their own risk and sole responsibility. Sanctum Club accepts no liability for injury, death or any loss associated with the use of the fitness centre facilities, e.g. articles of clothing, valuables, etc.
- Please place all used towels in the baskets provided.
- During treatments, please let your therapist know if you are uncomfortable, too warm or too cold, or if her pressure is too light or too firm. Your comfort and care are our greatest concern and priority.
- If you have a particular injury or physical condition, please advise your therapist. Appropriate adjustments to the treatment will be made for your comfort and enhanced benefit.

#### **If you have booked a spa treatment**

- If you have a gift voucher, please remember to bring this with you and hand it to our reception staff upon arrival.
- Please arrive in good time to enjoy the facilities and ensure that you are ready to be escorted by your therapist at the allocated time. LATE ARRIVAL WILL RESULT IN A SHORTENED OR AMENDED TREATMENT BEING OFFERED WITHOUT REFUND.
- Underwear or suitable swimwear should be worn in the treatment room and during treatments. For some treatments your therapist will provide disposable undergarments, and suitable towel draping will be used at all times.
- There is no pressure to talk during a treatment. If you have any questions or would like to talk, feel free to do so. If you prefer silence, that is entirely up to you.
- Our therapists will take their cue from you. We hope you will enjoy this interlude of pampering and relaxation. Your comments are always welcome.

#### **Cancellation Policy**

Please note that 24 hours' cancellation notice is required for all bookings and services, otherwise 50% of the total treatment price will be charged. Credit card details may be required in order to confirm a booking.

T: +357 25100109

**Direct Line:** 25251962

**E:** [SunsetGardens@sanctum.life](mailto:SunsetGardens@sanctum.life)

**sanctum.life**