



A rejuvenating experience awaits all guests of Porto Carras. The modern facilities of Meliton Spa, designed for high quality standards, offer a proposal for regeneration and rejuvenation to anyone wishing to enjoy the experience of wellness, relaxation and beauty.

### FACILITIES

Complimentary access for resort guests

- Fitness center with Cybex equipment and a view of the Marina
- Fitness room for Yoga and Pilates
- Sauna
- Hammam
- Light rain shower
- Changing rooms

Operating Hours upon appointment:

10:00 - 20:00

Tel (Internal) 1910/1911

Μια αναζωογονητική εμπειρία περιμένει όλους τους επισκέπτες του Porto Carras . Οι σύγχρονες εγκαταστάσεις του Meliton Spa, σχεδιασμένες για υψηλά ποιοτικά πρότυπα, προσφέρουν μια πρόταση για αναγέννηση και αναζωογόνηση σε όποιον επιθυμεί να απολαύσει την εμπειρία ευεξίας, χαλάρωσης και ομορφιάς.

### ΕΓΚΑΤΑΣΤΑΣΕΙΣ

Δωρεάν χρήση για τους πελάτες του ξενοδοχείου

- Γυμναστήριο με εξοπλισμό Cybex με θέα στη Μαρίνα
- Αίθουσα για δραστηριότητα γιόγκα και πιλάτες
- Σάουνα
- Χαμάμ
- Ντους ψιλής βροχής
- Αποδυτήρια

Ώρες λειτουργίας κατόπιν ραντεβού:  
10:00 - 20:00

Τηλ (εσωτερικό) 1910/1911

## TREATMENT PRICES / ΤΙΜΕΣ ΘΕΡΑΠΕΙΩΝ

30' 55€/ 60' 90€/ 90' 130€

[Extra 20% Off for Porto Carras All-Inclusive Guests]

### Face Treatments

#### Deep Skin cleansing 90'

Cleanse your skin from all excessive mingle and environmental pollutants. Revitalizes the face and leaves it with a fresh healthy look.

#### Vitamin Hydration 60'

A unique treatment based on vitamins A, C, & E ideal for nourishment, rejuvenation and enhancing of collagen production.

#### Liposomes Anti-aging Treatment 90'

Anti-aging method based on liposomes, which as active ingredient can soften the hardened by time cell membrane, and thus assists the infusion of necessary anti-aging ingredients on acellular level.

#### After Sun face 60'

Hyaluronic acid combined with vitamins, achieve the crucial deep hydration the skin requires, especially after prolonged sun exposure.

#### Elxis Platinum 60'

This treatment uses formulas enriched on the spot with high purity (99,9%) platinum, proven to display excellent antioxidant properties. Enjoy this affordable luxury and let go of tired, dull, toneless and damaged skin in only one session! For lasting effects choose the complete treatment protocol of 6 sessions.

#### Intensive Anti-aging Cellactive Treatment 60'

Cellactive anti-aging 6 treatments course with products based on stem cells, redwood and flower vine. Recommended for mature skin, it provides visible results in the contour of the facial skin.

#### Lab division Collagen booster 75'

5 treatments course aspiring to absolute cell renewal. Enhances collagen production, smoothes wrinkles and strengthens skin's defense mechanism.

#### Viniferin 60'

Specialized anti-aging 6 treatments course for the sensitive eye and lip areas. Also available as a single flash beauty treatment.

#### Intensive Whitening 60'

High effective whitening & anti-aging treatment. Stimulates collagen production and smoothes blemishes. Ideal for brighter, tighter & healthier skin from the first treatment.

#### Specifics Eye Treatment 45'

Specialized eye treatment with triple action against wrinkles, dark circles & swelling.

### Relaxing Massages

#### Candle Ritual 60'

Perfumed candles, specifically processed and enriched with essential oils. This treatment acts on the entire central nervous system, resulting in an ultimate relaxation experience through a ritual applying a special massage technique leaving you with the smoothest skin you have ever had.

#### Full body Relax 60'

Classic Swedish full body massage. Relax from tip to toe.

#### Deep Tissue 60'

Intense full body massage ideal for tense muscles. Relief yourself of muscular and joint pains.

#### Back Massage 30'

Relaxing massage localized to the back and the neck.

#### Leg Relief Massage 30'

Special massage technique focused to the leg area. Recommended for tired feet.

Anti-cellulite massage 60' Intense massage targeting the lymphatic system resulting in stimulation of local metabolism and breaking of compact cellulite.

#### Shea Butter 60'

A full body relaxing massage with the use of shea butter, one of the most hydrating factors apparent in nature. Especially advisable during the hottest days for a hydrating effect while relaxing body and mind.

### Body Treatments

#### After Sun Body Treatment 60'

Deep hydration and nourishment treatment for the entire body. The ultimate care after sunbathing including oils fortified with hydrating serums and a moisturizing full body mask that tightens and stimulates the skin.

#### Bi-thermal 90'

Integrated body care for weight loss, chipping lines and cellulite. Recommended for at least one to two times per week.

#### Anti-cellulite 60'

Specialized treatment targeting cellulite and detentions. Recommended for at least one to two times per week.

#### Cold compress Cryogenic 60'

Treatment with a high intensity firming action. Also recommended for those suffering from edematous

# Namaste

## Thai massage 90'

The ancient Thai Massage is a combination of yoga stretches, mild vibrations and pressure on the body's meridians using hands, elbows and thumbs. Increases your flexibility and vitality, stimulating body and mind.

## Shiatsu 60'

Enjoy the ancient Japanese pressure point massage. Fundamental to eastern medicine, it provides physical and mental relaxation restoring energy flow throughout the body unlocking the meridians. Excellent for combating fatigue.

## Hot stones Massage 60'

Massage technique utilizing volcanic stones, activating the body's chakras and releasing accumulated negative energy.

## Yoga balance massage 60'

A unique combination of yoga stretches and massage techniques. Enjoy this version of traditional Thai massage performed on a bed and let go of muscular and spiritual strain.

## Reflexology 30'

Special massage and pressure technique focused on the feet. Activate your reflex points and feel the relaxation and wellbeing not only on your feet but also your entire body!

## Thai foot 30'

A unique combination of massage and reflexology as performed in Thailand. Combat tired feet and fatigue like never before.

## Indian Head Massage 30'

Traditional Indian massage technique for head and neck without the use of oils. Leave behind stress and tension and stimulate this part of your body combatting muscular tension and knots.

## Shirodhara Head Massage 30'

Ayurvedic face neck and head massage leading to total relaxation. Maintaining a constant flow of herb enriched oil over the 6th chakra, also known as the "third eye", it restores the balance of the mind and nervous system, significantly helping with sleep problems.

## Chi Nei Tsang 30'

Also known as the Taoist abdominal massage. It is based on the concept that the abdominal region is the "second brain"; Chi Nei Tsang aids in a series of body imbalances, specifically digestive problems, tension & stress, fairly common when changing living environments. Exceptional during vacations.

# Persephone

## Ares 60'

A unique combination of a full body massage ritual with the use of hands, stones and towels.

## Aphrodite 90' Physis

A totally relaxing experience of facial and body massage from tip to toe.

## Athena 60'

Therapeutical massage techniques with the use of cups, herbs and honey. Rejuvenation and relaxation of body and mind meets skin care.

## Demetra 60' Physis

Unique massage technique with the use of virgin green olive oil, as it was ritually provided in ancient Sparta.

## Estia 75'

A full body scrub with salts from the Greek sea followed by a full body massage ritual.

## Hera 60' Physis

Indulge in a massage ritual for your body and enjoy the benefits of lemon and orange extracts prepared completely naturally in front of you!

## Dias 90' Physis

Enjoy a couple's massage, which according to the historian Xenophon, Kings and Queens of the ancient era chose as the ritual treatment after the royal wedding.

## Dionysus 60'

Inspired by historical references regarding the use of wine as a health and beauty instrument, this treatment combines ancient-Greek and modern cosmetology. It is recommended in combination with Botox, it may extend naturally the results for at least 5 weeks.

## Poseidon 30' Physis

Scrub for the entire body as it was performed in ancient Greek, using salt from the Greek sea! Stimulate your senses and tone your skin.

## Hermes 60' Physis

Full body massage with honey and royal jelly, highly nutritious for the skin.

## Artemis 60' Physis

Facial treatment with strong anti-aging and moisturizing effect with the help of thyme and oregano.

## Apollo 60' Physis

An ode to Apollo, the solar deity of the Ancient Greek.

## Balinese 60'

Massage by hand, elbow and thumb pressure

## Rejuvance 60'

A natural lifting experience! You can have it either as a unique flash beauty treatment, or as a 6 treatments protocol for lasting effects.