A close-up photograph of white lily petals, showing their delicate texture and soft curves. The petals are arranged in a cluster, with some in sharp focus and others blurred in the background, creating a sense of depth. The lighting is soft and even, highlighting the natural beauty of the flowers.

**MY** | **SPA**  
UNIQUE EXPERIENCE



## Welcome to My Spa

# PHYTOMER

## From the sea to the skin

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### Our Philosophy

My Spa at ALILA Wellness Spa & Phytomer invite you to a magical escape to the attractive world of beauty, wellness and serenity. Treat yourself and your loved ones at an unforgettable experience of senses and an incomparable beauty effect with the signature of international Cosmetology Research Center of the French company 'Phytomer'.

Our qualified therapists will guide you through our 'Spa Menu' to find the most suitable treatment for you. The beauty boutique of 'My Spa' by Phytomer and our beauty advisors are always at your service to inform you which products are best for your own needs. Because we insist on making our world more beautiful!

### Alila Spa Signature Experience

120'/130€

A sensory holistic treatment that nurtures both face and body. A perfect harmonization of light strokes, pressures, a deep tissue massage and a more relaxing and soothing massage that gradually awakens every part of the body, releasing all tension. Exfoliation with a creamy texture, with the vivid blue of the Aegean, smoothes and rejuvenates your skin. Massage with an effective two-phase concentrate inspired by the purity of the power of the sea with a fresh and delicate scent, soothes, nourishes and tones your skin during the massage. The beauty cruise on the Aegean Sea completes with a rejuvenating face treatment and offers you the freshness, glow and shimmer of the Greek islands.



## Signature treatments by Phytomer

### **Pionniere 'XMF' Youth Revelation - Face - Eyes - Lip - Decoletté** 90'/120€

Reveal your inner youth through this original facial care using innovative ingredients and exceptional treatment techniques for instant and visible effectiveness.

The treatments with the exopolysaccharides X.M.F. (Extra Marine Filler) and VMR (Visible Marine Refiner) combined with the 'Morio Orchid' extract is on the cutting edge of biotechnology.

It acts in the deeper layers of the skin by stimulating the synthesis of collagen. Elastin and natural hyaluronic acid for a denser and firmer skin mattress.

### **Morpho Designer Massage** 60'/90€

An exceptional resculpturing treatment for the whole body, the Morpho Designer Massage is a gentle original and effective.

A creamy scrub with a fresh citrus scent, combined with a delicate jasmine note, prepares and cleanses your skin and is followed by a sculpting, massage.



## Facial treatments by Phytomer

### **Deep Cleansing & Facial Hydration** 60'-75'/80€

This purifying treatment for oily or with black spots skin, includes a gentle exfoliating peel to remove dull surface skin cells. It is followed by a traditional deep cleansing with steam.

### **Spa Prestige Éclat** 45'/55€

The coexistence of the rich marine power in a treatment for rejuvenation, radiance and hydration of the skin. The treatment can be easily adapted to your personal needs.

### **City - Life 'Sorbet'** 50'/75€

A specialized treatment that combats environmental pollution for restoration of freshness and brightness of the skin.

### **Douceur Marine - Sensitive Skin** 55'/70€

Ideal treatment for sensitive skin that calms and relieves immediately. Acts instantly on the irritations due to the great concentration of soothing ingredients.

### **Eye & Lip Contour Treatment** 45'/50€

An anti-wrinkle eye treatment with collagen's marine elements and elastin. It smoothes the wrinkles in the eye contour and helps in decreasing the edemas and black circles.

### **Hydra original treatment** 60'/80€

Plumping thirst relief with organic algae. Treat your skin to a soak of moisture pairing detoxification and hydration with high performance organic marine active ingredients.

### **Extended Youth - Anti-aging Treatment** 60'/85€

An anti-wrinkle - firming treatment increasing the resistance of the skin and giving an extended youth.

The marine macromolecules contribute to the cells restructure and to the reproduction of collagen and elastin as well.

The sea retinol and the hyaluronic restore the aspect of youth revealing your facial characteristics.

### **Skin Escape for Men** 45'/65€

A treatment focused on detoxification and oxygenation of the skin. It smoothes the fatigue signs on the face. Hydrates and calms the skin from any irritation. Suitable for men's skin. It gives freshness and a smoothing effect.



## Body treatments by Phytomer

### **Shimmer Satin Treatment** 50'/60€

We proceed in deep cleansing with salts, corals and hazelnut oils, coconut oil, soya, nut. It is followed by cream with cocktail of marine ingredients to the whole body.

### **Spa Thalasso Full Body** 60'/80€

An original full thalassotherapy with the most beneficial varieties of algae. Activate the metabolism, detoxify, and gives back to the skin its radiance and smoothness.

### **Sculpt Zone – Contouring – Anti Cellulite** 60'/100€

The Sculpt Zone treatment targets the abdomen-thighs-buttocks area and attacks cellulite and accumulated fat. It is based on 'Pepper Slim Active', which traps the free radicals.

### **Sea Foam Massage & Calming Mask (After Sun treatment)** 60'/70€

A unique relaxation experience for your body, this special treatment soothes, relaxes, tones and soothes your skin. Using natural marine sponges and soft creamy – soap, the whole body is warmly massaged for 20 minutes.

The massage is followed by marine body wrap that tones and reinforces the elasticity of the skin.

### **Beautiful Legs – Leg Soothing Treatment** 45'/65€

A treatment with marine flavonoids and Centella Asiatica that filters and stimulates blood microcirculation.

A peeling with crystal salts and essential oils, special fresh gel mask from the soles of the feet up to thighs reinforces, rejuvenates and soothing the edemas.

## Body peeling by Phytomer

### **Body Scrub with Sea Salts** 20'/30€

This treatment utilizes refined crystals, which exfoliate, refine and polish the skin to a natural luster.

### **Spa Peeling Massage** 30'/40€

We proceed in deep cleansing with salts, corals and hazelnut oils as coconut and soya.

### **Sea Foam Exfoliation - Sensitive Skin** 30'/40€

A creamy scrub with a fresh citrus scent, combined with a delicate jasmine note, prepares and cleanses you.



## Body massages

### **Relaxing Massage** 30'/50€ - 60'/75€

Relaxing massage that releases signs of tension, calms the nervous system and relaxes the body.

### **Aromatherapy Massage** 45'/65€ - 60'/80€

A relaxing massage oil over the body and face with natural oils and herbs. It relieves from headaches, provides energy and happiness.

### **Deep Tissue Muscle Massage** 30'/60€ - 60'/80€

Deep pressure massage using techniques that focus on the deepest layer of knots and releases chronic muscle tension.

### **Indian Head, Neck & Back Massage** 40'/60€

The Indian Head massage is a therapy which relieves the tension from your shoulders, neck and head brings balance to the body and mind.

### **Leg Massage** 30'/45€

To get the sensation of 'heavy legs' this draining, toning and circulatory improving massage of the leg muscles from an Ayurvedic tradition allows regain vitality and lightness.

### **Lymphatic Massage** 50'/70€

Special massage applied along the course of lymphatic pathways causing tissue decongestion and toxic elimination.

### **Californian Massage with 4 Hands** 60'/125€

Relaxing massage obtained by the simultaneous movements of two therapists on each side of the body.

### **Mother to be – Pregnancy Massage** 60'/80€

An extremely soothing body massage for parts of the body put under strain during pregnancy and after childbirth.

## Unique holistic massages

### **Candle Massage** 60'/85€

Through a lovely perfumed ambiance the massage with oil from hot candles creates a memorable experience. The subtle creamy hot candle oil slides over the body, nourishing deeply the skin, while a stretches and continuous movements, relaxes the muscular system.

### **Hot stone massage** 30'/60€ - 60'/100€

Warm stones are placed on the chakras and then massage over the body to promote a state of deep relaxation, soothing away stress and dissolving muscular tension.

### **Lava Shells Tropical Massage** 60'/100€

Enjoy a tropical massage with real shells of the Pacific Ocean that manifest naturally calcium ions, which are transported directly to the skin through the action of heat.

Soft and subtle hints of exotic fruits, rich in Vitamin E, the oil massage soothes, nourishes and brightens your skin. The uniqueness of Lava Shells Massage is the power of heat.

### **Oligomer Spa Massage** 60'/100€

A holistic journey into heart of PHYTOMER DNA to recharge the body's batteries. The treatment starts with creamy body scrub containing oligomer crystals to soften the skin, followed by a massage.



## Alila Spa Rituals

**Relax Time**  
280€

**First Day**  
Use of steam 30'  
Aromatherapy Massage 60'

**Second Day**  
Hydrotherapy pool 30'  
Body scrub with sea salts 20'  
Spa Prestige Eclat Facial 45'

**Third Day**  
Shimmer Satin Body treatment 45'  
Candle Massage 60'

**Beauty Days - My Spa Days**  
460€

**First Day**  
Use of steam bath 30'  
Indoor hydrotherapy pool 30'  
Morpho designer massage 60'  
Deep cleansing & Facial hydration  
60' - 75'

**Second Day**  
Indian head massage 40'  
Leg Massage 30'  
Beautiful legs - Leg soothing  
treatment 45'

**Third day**  
Pionniere 'XMF' Youth revelation 90'  
Manicure - Pedicure  
Blow & Dry - Hair salon services

**Slimming Package - Detox Days**  
396€

**First Day**  
Use of steam Bath 30'  
Spa thalasso Full Body 60'

**Second Day**  
Use of steam Bath 30'  
Lymphatic Massage 50'  
Eye & lip contour treatment 35'

**Third Day**  
Sculpt zone - Contouring -  
Anti Cellulite 60'  
Beautiful Legs - Leg Soothing  
treatment 45'  
City - Life Sorbet 50'

**Beauty Days for Men**  
360€

**First day**  
Use of steam bath 30'  
Body scrub with sea salts 20'  
Deep tissue full body 60'

**Second Day**  
Use of indoor pool 30'  
Use of indoor hydrotherapy  
pool 30'  
Californian Massage 60'  
Skin Escape for men 45'

**Third day**  
Lava shells tropical massage 60'  
Pedicure 35'

**Alila Reviver**  
105'/100€

Use of steam bath 30'  
Relax massage 30'  
Spa prestige éclat face  
treatment 45'  
Rejuvenating herbal tea

**Alila Starting Package**  
90'/50€

Use of indoor hydrotherapy  
pool 30'  
Use of steam bath 30'  
Leg massage 30'  
Rejuvenating herbal tea

**Exclusive for Men**  
105'/120€

Use of steam bath 30'  
Deep tissue neck & back 30'  
Skin escape for men 45'  
Rejuvenating herbal tea

**Alila ladies & Gentlemen  
Secret Spa**  
(For two persons)  
80'/120€

Use of steam bath 30'  
Body massage with essential oils 45'  
Rejuvenating herbal tea

**Alila Paradise for two**  
(For two persons)  
80'/160€

Use of steam bath 30'  
Body scrub with salts 20'  
Relax massage 30'  
Rejuvenating herbal tea

# Beauty Services

My Spa at Alila Hotel offers you a wide range of beauty services, according to your needs.

## Special Treatments

Use of steam bath 30'/15€  
Use of indoor hydrotherapy pool 30'/15€

## Waxing

Full leg 30'/40€  
Full leg & bikini line 30'/45€  
Half leg wax 15'/25€  
Full arm wax 15'/25€  
Half arm wax 15'/15€  
Bikini line wax 10'/20€  
Under arm wax 10'/15€  
Brazilian or Los Angeles bikini wax 30'/35€  
Upper arm wax 10'/15€  
Upper lip & chin wax 5'/15€  
Back or chest waxing 15'/30€  
Eye brow shape 15'/15€

## Manicure - Pedicure

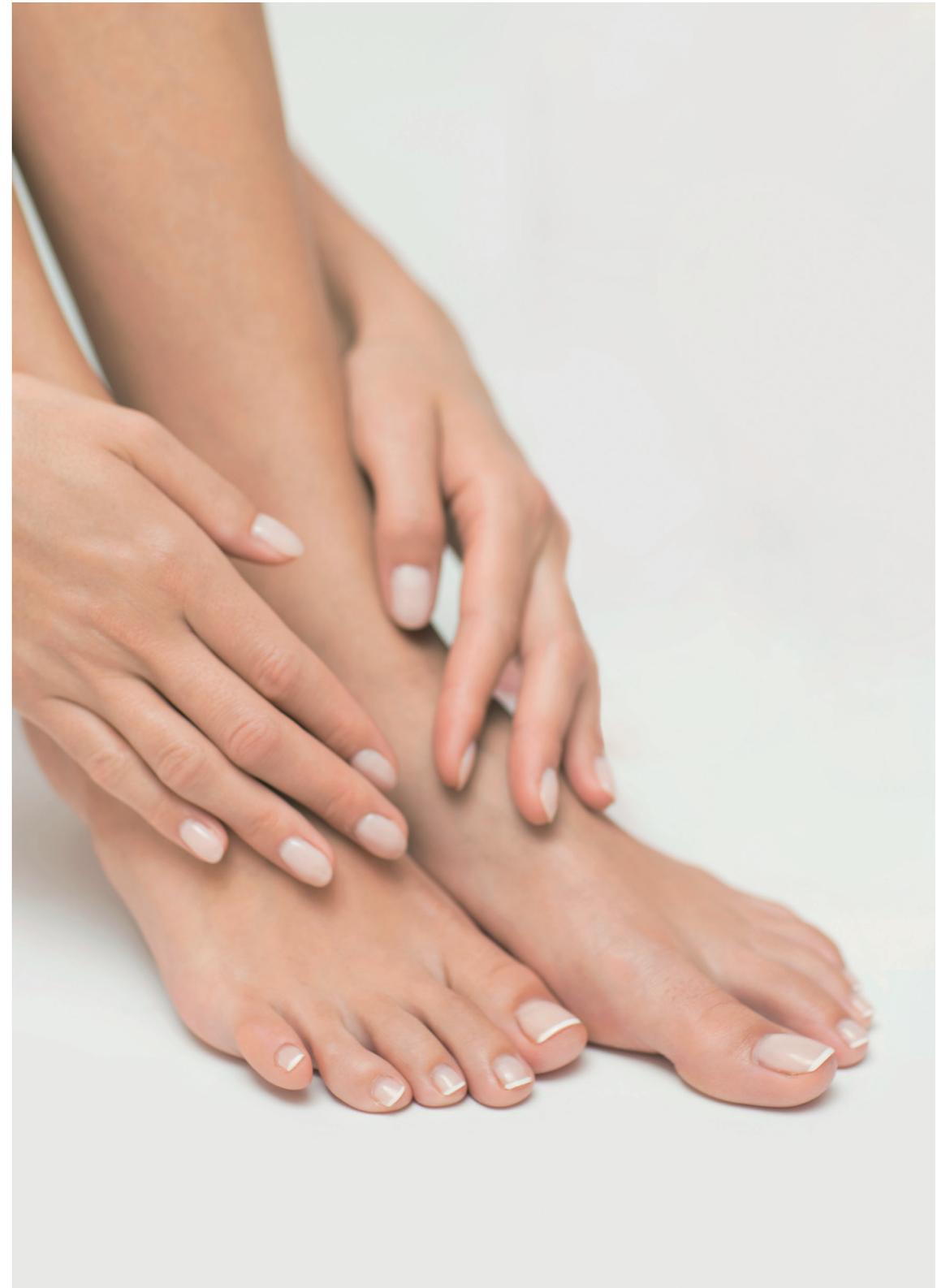
Nail polish 15'/15€  
French manicure style nail polish 15'/20€  
Manicure 30'/25€  
French manicure 35'/30€  
Spa manicure 50'/35€  
Pedicure 45'/35€  
French pedicure 50'/45€  
Spa pedicure 60'/50€  
**Shellac (semi permanent)**  
Shellac removal 20'/15€  
Nail polish 30'/20€  
French manicure style nail polish 30'/30€  
Manicure 45'/35€  
French manicure 50'/45€  
Spa manicure 60'/50€  
Pedicure 50'/45€  
French pedicure 60'/50€  
Spa pedicure 75'/60€

## Special Treatments - Face Make up

Afternoon facial make up 50€  
Evening facial make up 80€  
Bridal facial make up 100€  
Eye lash 40'/50€  
Eye brow tinting 40'/50€

## Hair Services

Wash 5€  
Hair cut & wash - women 25€  
Hair cut - men 18€  
Hair cut - children 12€  
Coloring hair from 35€  
Highlights from 35€  
Bridal hair style 80€  
Blow & dry short hair 20€  
Blow dry & style - middle length hair 25€  
Blow dry & style - long hair 30€  
Coloring roots 40€



### **Cancellation Policy**

24 - Hours notice is kindly requested to re-schedule your appointment. Please note 4 hours cancellation notice is required for all bookings and services otherwise 50% of the total treatment price will be charged.

**It is recommended to book your appointments in advance.**

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### **Opening Hours & Reservations**

Everyday from 10:00 am to 20:00 pm

To arrange your appointments, please contact the Reception, call: +30 22410 85360 or email: [alila.spa@mitsishotels.com](mailto:alila.spa@mitsishotels.com).