

THALASSO





Hydrotherapies with sea water

Hydro jet bath 20'/35€

A special seawater bath with multiple, adjustable jets for local or overall hydro-massage. Sea water may be enriched with algae or essential oils. Relaxing or toning effect, loosening of muscles, drainage and improvement of blood circulation.

Hydrobath with ess oil 20'/39€

A special seawater bath with multiple, adjustable jets for local or overall hydro-massage, enriched with a blend of aromatic oils. Loosening of muscles, relaxation.

Thalaxion bath 20'/43€

Prototype hydrotherapy treatment with alternating hot and cold seawater massage, focusing on the areas such as: waste, hips, thighs, and legs. Speeds up breakdown of cellulite, aids firming and improving the blood circulation. Stimulation of tissue (cellulite and slimming treatment), improves blood circulation.

Vichy shower with sea water 20'/32€

Overall hydro-massage consisting of a fine mist of warm seawater applied to the whole body by means of a horizontal shower (additional charge: 2 or 4 hands massage). Relaxation, easing of muscles, soothing.

Affusion watermass 25'/51€

This very gentle and relaxing slimming treatment is a synergy of water-massage, hot seawater, and essential oils. It combines an active and fast-aesthetic effect of lymph modeling on cellulite and localized fat. A real feeling of well-being is reflected in the results of this innovative treatment. Lymphatic drainage, stimulation of tissue (cellulite & slimming treatment).



Hydrotherapies with sea water

Hydrobath with sea water & underwater jet 20'/38€

To relieve muscular pain and stiffness, a hydro-massage is applied in a warm seawater bathtub using an underwater jet (under pressure) with specific movements, directed by a hydro-therapist. Loosening of muscles and joints, Lymphatic drainage, stimulation of tissue (cellulite & slimming treatment).

Jet shower 15'/36€

Powerful individual jet massage for the improvement of the blood circulation, combating cellulite or loosening the muscles, directed from a distance of 4-5 meters by a hydro-therapist. Relaxation of muscles & joints, stimulating effect, stimulation of tissue (cellulite & slimming treatment).

Pediluve 15'/28€

Stimulation of the lower limbs through hydro-jets, alternately using hot and cold water to improve the blood circulation. Improvement of blood circulation, absorption of oedemas.

Inhalation 15'/28€

Inhalation of seawater mist in the form of a nasal solution. Respiratory improvement, builds resistance to atmospheric pollution.



Therapeutic Treatments

Innovzen inhalation relax 15'/30€

This all-in-one, unique and revolutionary concept, guides you towards a deep and slow breathing and brings amazing benefits to your body. O2chair is your companion for healthier life.

See mud kneading (hands) 15'/28€

Immersion of hands and wrists in warm sea mud to improve joint mobility and to relieve pain in case of arthritis. Enhanced suppleness of joints.

Pressotherapy 25'/50€

Manage to the lower limbs using specific boots with progressive pressure, stimulating the lymphatic and blood circulation system.

Physiotherapy 25'/58€

Rehabilitation / functional treatment by means of manual techniques or by applying electrotherapy to painful areas, according to medical instructions.



Facial Treatments

Deep cleansing & facial hydration 90'/115€

A purifying treatment which includes a gentle exfoliating peel to remove dull surface skin cells. It is followed by a traditional deep cleansing with steam and then by a calming hydration mask.

Beauty hydration 25'/45€

A very effective thali source hydration! A purifying and deep moisturizing treatment, which mineralizes tired and dehydrated skin.

Eye lift expert 25'/54€

The perfect eye treatment, which restores eye tissue and helps prevent wrinkles, while leaving the skin with an ultra youthful look.

Beauty anti-age 55'/97€

An ultimate treatment, which combines special massage techniques with nourishing mask, anti-wrinkle serum and a youthful radiance mask with vitamin c of thalion, softening the fine lines and delaying skin ageing.

Masculine beauty hydration 25'/45€

A purifying and deep moisturizing thali source hydration treatment, which mineralizes tired and dehydrated skin.

Masculine beauty recovery 55'/86€

A deep cleansing facial for all skin types including peeling, steam, massage and a mask to re-balance and restore the skin texture.



Body Scrubs & Treatments

Body scrub with sea salts 25'/45€

This treatment utilizes refined crystals, which exfoliate, refine & polish the skin to natural lustre.

Seaweed Firming Body Wrap 30'/51€

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

Detox - firming body wrap 55'/90€

A local body peel followed by a special firming algae - based detoxifying body wrap, visibly improving the skin texture and a massage with the dual action firming body cream of thalium.

Anti-cellulite special 55'/88€

A spectacular treatment performed with a very high concentration of brown laminaria seaweed body wrap to improve the texture of the skin, completed by anti-cellulite massage with the dual action firming body cream of thalium.

Cellu contour - anti-cellulite 60'/90€

An intensive anti-cellulite treatment consisting of a detoxifying body scrub, an anti-cellulite massage followed by a serum and a hot-cold mask to visibly redefine contours, from the first application.



Body Massages

Relaxing massage - antistress 25'/49€, 55'/88€

Relaxing massage, releases muscle tension, improves microcirculation.

Aromatherapy 55'/88€

The effects of aromatherapy, combines with our gentle massage.

Abhyanga 55'/88€

Recommended for conditions of tension and stress, this treatment is a soothing massage of the whole body using warm sesame oil. From head to toe, there is not a single part of the body that is not soothed, caressed and gently "kneaded". Absolute relaxation guaranteed!

Vishesh 55'/88€

Using warm sesame oil, this intense massage begins with gentle pressure applied to the head and face. Then, it is time to recline on your back and your body, arms and legs are subjected to a vigorous treatment. At the end of the session, you will experience a return to calmness and relaxation.

Shirogriva 55'/99€

A very special and unique massage derived from ancient indian knowledge. Head, face and neck are treated to coordinate body functions using reflexology techniques, offering relaxation for body and soul. Results are immediate and amazing, you will instantly be relieved of stress, insomnia and headaches.

Balinese massage 55'/99€

An ancient massage developed in bali, which uses a combination of gentle stretching, kneading and acupressure techniques that allow to release tense and stiff muscles.

Thai 85'/130€

Carried out while you are lying first on your back, then on your side and on your abdomen and finally while seated. The therapist uses palms, thumbs, elbows and feet to exert pressure on your energy lines and specific points of the body. Stretching various muscle groups, invigorating and loosening movements: this therapeutic massage is a complete and remarkable treatment. Subject to medical advice.



Body Massages

Reflexology (foot massage)

55' / 88€

A stimulating massage by applying pressure to the foot arches to improve the function of vital organs of the body.

The original hot & cold lastone massage

55' / 99€

Warm, smooth, volcanic basalt stones, together with cool marble pebbles are placed alongside the spinal chord and body, in the palms of the hands and between the toes to create a flow of positive energy. You will experience the beneficial effects of alternating temperature and energy work during this massage. This is a physical and spiritual journey to relieve stiffness and offer you an amazing relaxation.

Lymphatic drainage

25' / 49€

Gentle, slow manual movements (pressure) applied to the ganglion network, in order to improve the lymphatic and tissue function.



Special Body Treatments

Vacuodermie massage 25'/499€

Improve your skin's appearance and firmness with this non-invasive treatment. It works deep down in the tissue using various suction cups applied to the skin. Vacuodermie® will stimulate collagen and elastin production, leaving your skin youthful and radiant.

Endermology - cellu m6 (local) 25'/59€

A treatment, which reduces topical cellulite and increases skin elasticity and blood circulation, completed with the thali svelt resculpting body cream by thalion.

Endermology - cellu m6 advanced 40'/ 80€

A very effective treatment, which will combat cellulite, improve the contour of the body, maintain the effects of cosmetic surgery and stimulate blood circulation.



Indoor Pool Area - Fitness Area

Aquaroyal

30'/29€

A magnificent aquatic walkway pool with seawater heated at 32-33° c. It consists of a circuit, where geysers, under-water jets, counter-current walkways, umbrella, waterfalls, jacuzzi, massage jets, hydro-massage beds and seats provide a workout for revitalization and relaxation of your whole body.

Aqua gym

30'/28€

Gymnastics in warm seawater under the supervision of a qualified trainer. Specific exercises aim at gently stretching and strengthening your muscles.

Aquabike

30'/35€

Gymnastic exercises carried out on a water-bike in a heated seawater pool, to improve your condition, under the supervision of a qualified teacher.

Aquafit experience

30'/40€

Circuit training is one of the best ways to target core muscles, strength train and burn calories fast! The aquafit experience is a gym program carried out on water-bikes, aqua-ellipticals and aquatic-treadmills in a heated swimming pool, under the supervision of a qualified teacher.

Aquastream

30'/30€

Various exercises carried out against powerful (adjustable) underwater jets with the guidance of a qualified trainer.

Beauty Services

Royal Mare Thalasso Centre offers you a wide range of beauty services, according to your needs.

Special Treatments

Solarium 20'/21€
Sauna & Hammam 1 day 21€
Sauna & Hammam 3 days 57€
Sauna & Hammam 6 days 108€

Waxing

Full leg 25€
Half leg 15€
Bikini or Arms wax 12€
Upper lip & chin 10€
Back or Chest wax 25€

Manicure - Pedicure

Nail polish 15€
French manicure style nail polish 36€
Manicure 27€
Pedicure 44€
Shellack (semi permanent)
Shellac removal (fingernails or toe nails) 10€
Nail polish 20€
Manicure 40€
Pedicure 50€

Information for a successful stay

Royal Mare Thalasso/Spa (access Adults only): 10:00 - 18:00 - daily. Sunday closed

Fitness Area

08:00 - 20:00 / every day
Entrance permitted for clients above 16 years of age.
Sportswear & shoes obligatory.

Sauna, Hammam & Fitness Area

Free entrance for clients having a Thalasso program of 4 days and more.
Personalized training on request.

Optional services:

Medical visit: 28€
*Diet consultation: 28€ (on request)

* Enjoy your stay at the Royal Mare Thalasso Resort to discover, in a warm and friendly atmosphere, the famous Cretan diet, synonymous to health and longevity. Our nutritionist is more than happy to advise and to create your tailored menus, most satisfying and balanced, which will allow you to lose weight, while savoring the famous Cretan diet and its exquisite products. Our experienced chefs will show you the secrets of this healthy, delicious, and light cuisine and introduce you to new eating habits, which will quickly convince and seduce you.

*Our full-board diet cuisine will be at an extra charge.

What to wear:

The centre will provide you with a bathrobe, a towel, a bathing cap (required in all swimming pools of the Centre), as well as a pair of sandals.

Indicated Thalasso prices are not included in your hotel room rate.

All programmes and treatments are subject to availability.

Kindly be advised to book treatments ahead of time, by calling #800 or 3802 directly from your room.

The company reserves all rights to modify programmes without previous notice.

Oriental Hammam

Reservation advised
One person 90' / 99€
Two persons 120' / 165€

With its fascinating atmosphere and silence, a glancing play of the twilight on the impressive beauty of marble and mosaics, the Hammam invites you to some unforgettable moments.

Caressed by the soft scented eucalyptus mists... with the warm and friendly care, your body experiences the magic ritual of being scrubbed and freed of the daily invading toxins. Experience a rejuvenation of body and mind... a refuge in harmony and a total well-being.

The perfumed rassoul (Moroccan clay mud), mixed with essential oils Ylang-Ylang, Jasmine and rosewater envelops your body and senses and leaves you with a renewed, satiny skin. A dream out of "Thousand and one Nights".



Marine

Mediterranean

2 days / 230€

4 days / 450€

6 days / 670€

Extra day / 112€

A small escape ... to enjoy some moments of relaxation with multiple seawater and massage treatments!

6 days - 3 treatments / day + 1 Body Scrub at the beginning of your programme

- 6 individual soothing & relaxing hydrotherapy treatments: aromatic hydro-jet bath
- 6 sea water pool treatments: AquaRoyal ®
- 6 massages with organic essential oils

Silhouette & Slimming

Body Shape Silhouette

4 days / 680€

6 days / 930€

Extra day / 145€

Combine the benefits of re-enforcing seawater treatments, seaweed body wraps and detoxifying massages, associated with daily tailored fitness programmes, such as the 'AquaBike' and 'AquaStream' in sea water pools, as well as the LPG and Affusion Watermass sessions. A programme to refine your figure, shape and firm your body.

6 days - 4 treatments / day + 1 Body Scrub at the beginning of your programme

- 9 individual invigorating hydrotherapy treatments: hydro-jet bath, underwater jet bath & jet shower
- 6 sea water pool treatments: AquaStream & AquaBike
- 3 firming seaweed body wraps
- 2 detoxifying massages
- 2 Cellu-M6 (Endermology-LPG) firming sessions
- 2 Affusion Watermass firming sessions

Slimming

4 days / 700€

6 days / 950€

Extra day / 112€

Slimming is an exceptional and intensive programme to increase skin elasticity with Cellu-M6 (LPG) treatments, vacuodermie, detoxifying massages and personalized & guided daily work-out sessions in our Fitness center by our coach.

6 days / 4 treatments / day + 1 Body Scrub + 1 Nutritional Consultation at the beginning of your programme

- 6 individual invigorating hydrotherapy treatments: hydro-jet bath, thalaxion bath & jet shower
- 6 seawater pool treatments: AquaFit Experience & AquaBike
- 6 slimming seaweed body wraps
- 2 detoxifying massages
- 2 Cellu-M6 (Endermology-LPG) firming sessions
- 2 Vacuodermie firming sessions

Harmonia & Elixir Vertebral

Harmonia

4 days / 590€

6 days / 880€

Extra day / 155€

To erase tension and regain calm and tranquility, Royal Mare Thalasso created an original programme with traditional massages from all around the globe. Our exceptional Balinese massage, the Ayurvedic massages – Abhyanga (relaxing) and Vishesh (invigorating, muscle toning). Maximum refinement...ultimate joy!

6 days - 3 treatments / day

- 3 individual invigorating hydrotherapy treatments: aromatic hydro-jet bath
- 3 sea water pool treatments: AquaRoyal ®
- 6 relaxing seaweed body wraps
- 2 Ayurvedic massages with organic sesame oil
- 2 Aromatherapy massages
- 1 Balinese massage
- 1 Oriental massage

Elixir Vertebral

4 days / 660€

6 days / 960€

Extra day / 155€

Back ache: the ailment of modern time. The ELIXIR VERTEBRAL has been specially created to relax, stretch and soothe ailing backs. It is effective in its preventive capacity as it is for soothing temporary or chronic pains. The "plus" of the ELIXIR VERTEBRAL programme: back exercises in private cabin, coached by a physiotherapist, as well the HUBER-LPG device, a unique machine for rehabilitation, which enables you to enforce the spine muscles and prevent back pain. Coached by a personal trainer, clients are instructed in the correct limbering, stretching and stimulating movements.

6 days - 4 treatments / day + Medical / physiotherapeutic visit at the beginning of your programme (if possible with your X-rays)

- 6 individual hydrotherapy treatments: hydro-jet bath Elixir Vertebral
- 3 sea water pool treatments: AquaGym Elixir Vertebral
- 3 Marine Mud Body Wrap
- 3 personalized physiotherapeutic treatments
- 3 private coached sessions of re-education in private cabin
- 3 massages Elixir Vertebral
- 3 personalized treatments, coached on the HUBER LPG device
- 2 Affusion Watermass firming sessions

Health & Vitality

Wellness or New Energy

2 days / 275€

4 days / 540€

6 days / 800€

Extra day / 132€

Energizing, regenerating and soothing your body in order to regain its optimal condition through a combination of relaxing or revitalizing programmes. Our Wellness or New Energy programme will revitalize, loosen slowly all kind of stiffness and erase the effects of stress and chronic fatigue. This feeling of well-being will last long after the treatments are completed!

6 days - 4 treatments / day

- 9 individual relaxing or invigorating hydrotherapy treatments: hydro-jet bath, jet shower & underwater jet shower
- 6 sea water pool treatments: AquaRoyal® & AquaGym
- 3 seaweed body wraps
- 3 massages with organic essential oils
- 3 relaxing or invigorating massages

Vein Tone Vitality

4 days / 550€

6 days / 820€

Extra day / 145€

A variety of sea-water treatments improving blood circulation with fabulous phlebotonic watercourse in the AquaRoyal® pool, vein tonic hydro jet bath, underwater jet bath combined with the pressotherapy, manual therapeutic lymphatic drainage massage and cryotherapy (cold seaweed wraps) a relieve for swollen legs!

6 days - 4 treatments / day

- 6 individual invigorating hydrotherapy treatments: hydro-jet bath & underwater jet bath
- 3 sea water pool sessions: AquaRoyal®
- 6 cryotherapies – localized seaweed body wraps
- 3 massages with organic essential oils
- 3 lymphatic drainage massages
- 3 pressotherapy treatments

Mini Programmes

Absolute Serenity

270€

Essential oils, seaweeds, aromatic fragrances and massages will awaken your senses and carry you away into our beautiful world!

2 days - 3 treatments / day

- 2 relaxing aromatic hydro-jet baths
- AquaRoyal® & AquaGym relax
- Ayurvedic massage & Aromatherapy massage

Ladies Special

260€

Enjoy a successful blend of Thalasso/Spa and beauty care treatments. The gifted hands of our beauticians will fulfil your expectations of outward radiance!

2 days - 3 treatments / day

- Body Scrub & Hydrating Body massage
- Beauty Relax & Eye Lift Expert
- Massage with organic essential oils & Beauty Hydration

Masculine Energy

290€

Regenerate your body to regain its muscle tone and vitality!

2 days - 3 treatments / day

- Aromatic hydro-jet bath & AquaRoyal®
- Body Scrub & Beauty Hydration
- Vishesh massage & tonic massage 55 min

Mini Programmes

Oriental Day

1 person 181€ / 2 persons 315€

Offer yourself 'a get away'...walking through scented heated areas and taking you far away from stress and fatigue!

1 day - 3 treatments / day

- Relaxing aromatic hydro-jet bath
- Oriental Hammam
- Oriental massage

Oriental Experience

1 person 265€ / 2 persons 520€

Precious and irreplaceable moments... Purify your mind in the Hammam area with the eucalyptus mists... giving your body a silky and radiant touch. Enjoy at last our exceptional massages!

2 days - 5 treatments / day

- Relaxing aromatic hydro-jet bath
- AquaRoyal®
- Affusion massage with 2 hands
- Oriental massage
- Oriental Hammam

Thalasso Special

95€

A half-day programme for those who wish to experience thalassotherapy!

1 day - 3 treatments / day

- Relaxing hydro-jet bath
- AquaRoyal®
- Massage relax 25 min.

Cancellation Policy

For cancellations we kindly ask you to inform us not later than 4 hours prior to your treatment, otherwise, 50% of the total treatment price will be charged.

Opening Hours & Reservations

Everyday from 10:00 am to 18:00 pm

To make an appointment, please dial +30 28970 27340 or email royalmare.spa@mitsishotels.com

ROYAL MARE

THALASSO RESORT
