



VEDEMA
A LUXURY COLLECTION RESORT

Santorini



asian spa
resort



THE ASIAN SPA RESORT AT VEDEMA

SPA ETIQUETTE

Our spa professionals are on hand to assist you in choosing the right treatment(s) for your needs.

- Please arrive at least 10 minutes prior to your booking time. To gain maximum benefit from your treatment allow this extra time to relax, complete our health questionnaire and enjoy a complimentary cup of freshly made herbal drink.
- There is no dress code at the spa; you may wear whatever you find comfortable. We will provide you with a robe and slippers if needed.
- When using the steam facility nudity is acceptable, although you may prefer to dress in swimwear. However, please remain clothed in the relaxation area.
- Most body treatments are normally enjoyed without clothing. Our draping practice will ensure that you don't feel uncomfortable or exposed. However if you prefer to wear underclothes please feel free to do so.

In Room Service

Most of our luxurious massages can be enjoyed in the privacy of your own room or suite. Prices: treatment cost plus 50%.

ila Ananda Face Therapy

50 min - 125€

Ananda means 'divine bliss' in Sanskrit. This delicate relaxing treatment uses gentle techniques to open the energy centers of the face, working with the body's blissful higher energy to induce feelings of deep peace and a beautifully glowing skin. The skin benefits from increased blood circulation to skin cells, whilst having anti-inflammatory benefits and addressing hormonal balance.

ila Rainforest Rejuvenation Face Therapy

50 min - 140€

This deeply restorative two part face therapy uses a warm herbal compress, lymphatic drainage, Amazonian mud mask and intensely healing rainforest plant extracts to rejuvenate and regenerate facial skin cells. Skin tone is visibly lightened. Swelling, inflammation and water retention are reduced. Fine lines and wrinkles are diminished due to inhibited muscle contraction. Increased supply of blood and nutrients on a cellular level encourages toxin release and collagen production.

ila Marine Flora Face Therapy

90 min - 160€

A deeply cleansing and purifying facial that focuses on lymphatic drainage to improve the circulation, vitality and tone of the skin. With plankton-based bio-plasma serum and marine flora mask rich in sea lavender to boost collagen production and sea lettuce to detoxify and stimulate the lymphatic system. The skin is deeply detoxified and rehydrated, whilst tension is removed from the micro muscles of the face.

ila Crystal Healing Face Therapy

80 min - 150€

Using the healing vibration of crystals, this experience has a calming yet uplifting effect. A garnet face scrub, rose cream & jade face mask, a divine face therapy with warmed rose quartz crystals that relax the muscles and dissolve stress lines. A deeply nourishing and sensuous experience.

ila Sun Cooler Face Therapy

50 min - 120€

This facial experience cools and replenishes skin that has been overexposed to the sun by reducing inflammation and nourishing it. 1 Rose quartz placed upon the meridians on your face creates an electromagnetic frequency which will effectively interact with the human bio-energy field, restoring balance, strengthening the skin, promoting good health and correcting imbalances that sun burn causes to our skin and our inner being. After a soothing marma point and Rose quartz massage, a Rose and Aloe Vera gel mask is gently

applied to the face while you are treated to a relaxing hand, arm and shoulder massage with ila's Rose Body Cream for Glowing Radiance.

Massages

Vedema Signature Massage

50 min – 125€ / 80 min – 160€ / 110min – 195€

The Vedema Signature massage is a fabulous, unforgettable experience. This simply luxurious treatment starts with a Thai massage, which soothes and invigorates the body, followed by application of warm oil for a relaxing massage. The therapist will stimulate your chakras, improving your body's natural equilibrium, leaving you glowing and revitalized both inside and out.

Aloe Vera Massage

50 min – 115€/80 min – 150€

With the use of the soothing and skin anti-aging aloe vera cream, this massage stimulates blood circulation and relaxes tense muscles by employing a range of gliding, friction and kneading massage strokes on the superficial muscle layers. The result is a relaxing, yet invigorating treatment that is perfect for helping you to relax and unwind during your vacation.

Grape Seed Oil Massage

50 min – 115€ / 80 min – 150€

With the use of the deeply moisturizing grape seed oil, your therapist will use a range of gliding massage strokes, kneading and friction on the more superficial layers of muscles to stimulate circulation and soothe tensed muscles. You will feel your body extremely relaxed and your skin soft and silky.

Sports Massage

50 min – 120€ / 80 min – 170€ / 110 min – 220€

Sports massage is not exclusively for athletes, it will benefit anyone who takes exercise. Concentrating on muscle flexibility and improving blood circulation, it helps repair damage after injury and is also effective in preventing mishaps. Whether your idea of exercise is a rigorous gym workout, a round of golf or a gentle swim, this treatment will help you achieve your goal of getting, or staying, fit and healthy.

Traditional Greek Massage

50 min – 120€ / 80 min – 160€

Through this purely Greek massage, you will experience a combination of vigorous and gentle massage strokes with the use of traditional Greek olive oil. During this amazing treatment, your body receives a lot of activity, energy and a tremendous relief from stress, while your skin is deeply hydrated and nourished.

Ayurvedic Massage

Ayurveda

Ayurveda, which means science of life in Sanskrit, is an ancient Indian system of holistic medicine based on three body types or 'Doshas'.

Before your first treatment your dosha will be determined in order to select the oils that will suit you best. Using the finest Ayurvedic oils and herbs from India, the therapies are prescribed to refresh the mind, detoxify the body and restore the natural balance of the energies within, leaving you completely rejuvenated. Our Ayurvedic treatments are provided exclusively by fully trained and qualified Indian therapists.

*A sauna session is recommended after the treatment.

Vata-Lymphatic Massage

65 min – 150€

The Vata-type person often experiences dry skin, anxiety and suffers from discomfort in cold weather. Vata-type people need warmth, nourishment, hydration, comfort and healing. This warming, skin nourishing massage helps to succour the skin and balance the mind, using ancient Indian herbal oils such as Dhanwantharam and Ksheerabala.

Pitta-Relaxing Massage

65 min – 150€

The Pitta-type persons have a tendency towards sensitive skin; they can be easily agitated and are often adversely affected by hot weather. Their mind and body tend to be over-active but they will calm down if cool and relaxed. This treatment will help soothe the skin and relax both mind and soul by using neelabrin-gadhi Ayurvedic oil for the head and balaswagandhadhi thailam for the body.

Kapha-Rejuvenator Massage

65 min – 150€

The kapha-type person may suffer from dull, possibly oily skin, has the tendency to put on weight easily and may be negatively affected by cold damp weather. Kapha-type people need purification and stimulation to improve the circulation of the body. This treatment incorporates detoxifying Ayurvedic herbs such as bhringamalakadhi thailam for the head and kottamchukkadhi thailam for the body.

Suggested additional treatments for all massages

Aloe Vera Face Wrap

25 min – 45€

This one-of-a-kind wrap, soothes, invigorates, nourishes and hydrates in depth your skin. Moreover, it is ideal to treat sunburn, acne and aging.

Magnetic Face Wrap

25 min – 45€

This amazing mask - with unique magnetic properties - enriched with pure oils, plant extracts and vitamins, infuses active ingredients directly to the skin. A mineral magnetic stone is then run over your face, magnetizing and gently removing the iron powder in the mask and drawing the toxins directly from deep skin layers.

Rituals

ila Prana Vitality Massage

75 min – 155€

Prana is the life force energy which fills us with vitality, positivity and joy. Prana flows upwards – the focus of this treatment is to encourage and strengthen this flow with massage techniques, marma therapy and vitality-enhancing essential oils. We use Juniper Berry, Geranium, Lemon Grass, Lavender and Patchouli in this treatment. Due to the fact that the essential oils of Juniperberry and Lemon Grass are ripened by the sun, they are filled with high levels of prana. Himalayan Salt Poultices infused with Lavender and Marigold are used in this treatment - particularly on the stomach - to relax and deeply energise the Solar Plexus.

ila Kundalini Back Treatment

50 min – 125€ / 80 min – 160€ (includes rose facial massage)

A gentle, nurturing treatment that uses chakra - and sound healing to activate and channel the Kundalini – the dormant energy at the base of the spine – realigning the body's rhythm and restoring a balanced state. Ideal for emotionally exhausted souls, this soothing treatment has a profoundly restorative effect on the sympathetic and parasympathetic nervous systems. The body is brought back to a state of awareness and balance. Physical and mental tension is lifted and built-up emotion and anxiety are released.

ila Manipura Full Body Treatment

80 min – 160€

Manipura means 'beautiful, shining jewel' in Sanskrit. It refers to the solar plexus (naval) chakra – the cen-

tre of fire and sun energy that ignites our health and vitality. This treatment uses marma massage, lymphatic drainage and Himalayan herb poultices to stimulate and balance this vitality. The body's digestion is regulated and there is a deep detoxification of the body's blockages. Blood and lymph flow is increased.

ila Chakra Wellbeing

120 min – 205€

ila's exquisite chakra wellbeing range is tailored to each recipient. Based around seven blends of chakra-balancing essential oils, each bespoke treatment involves deep relaxation of the nervous system, sensuous lymphatic drainage, subtle healing of the chakras and the pouring of warm oil over the third eye to restore and relax every sense. This bespoke treatment is the most holistic experience tailored to the needs of each individual soul. It works on the muscles, lymph and nervous system as a whole.

Heaven on Earth Ritual

100 min - 190€

This sumptuous treatment starts with a full back olive oil massage to help induce a state of deep relaxation and soothe aching muscles. Then enjoy our 25min detoxifying body scrub and grape seed oil mask to cleanse, exfoliate and hydrate before finishing off with a pampering mini facial. This perfect ensemble will leave you feeling fabulous, relaxed and glowing with health.

ilā Scrubs

ila Instantly Detoxifying Scrub

25 min – 60€

This energizing full body scrub targets cellulite, stress and exhaustion. Drawing on the ionising properties of Himalayan Salt Crystals, it stimulates circulation and toxin elimination, uplifting mind, body and spirit.

ila Instantly Blissful Scrub

25 min – 60€

Using the healing properties of Himalayan Salt Crystals, this soothing all-over scrub restores and relaxes the nervous system, leaving skin glowing and the body infused with a sense of enhanced wellbeing.

Wraps

Cucumber Soother

25 min – 65€

The perfect treatment for sunburnt skin! A cooling, freshly prepared mix of cucumber that grows so abundantly

dant in the gardens of Greece, natural yoghurt and essential oils, it will soothe and help draw the redness from skin that has seen a little too much sunshine.

Dead Sea Mineral Mud Wrap

25 min – 60€

Dead Sea mud is filled with fantastic minerals that, when absorbed into the skin, help to break down fatty deposits and encourage a healthy glow. A Dead Sea mud wrap is an effective way of reducing cellulite and can also help firm, tone and improve elasticity after pregnancy or weight loss.

ilā Packs

ila Vitality Pack

30 min – 60€

Targeting the liver, this specialised wrap incorporates liquorice, holy basil, shilajit, juniper, sandalwood, cedarwood and rose, affirmed and activated by warm and cool packs to help increase the body's vital energy.

ila Hormone Pack

30 min – 60€

Targeting the kidneys, this specialised wrap combines rose, sandalwood, pfaffia, rhodiola and shatavari with warm and cool packs to help regulate fertility hormones and support healthy kidney function.

Targeted Massages

Indian Head Massage (Champi)

25min – 60€

This ancient Indian head massage uses Ayurvedic techniques to release muscular tension from the head, neck and shoulders. It also promotes strong, healthy hair growth.

Head, Neck, Shoulders

25 min – 60€

This relaxing massage is for anyone who needs speedy relief from daily stress. Focusing specifically on the head, shoulder and neck areas you will soon feel relaxed, revived and ready to go.

Back Rejuvenation

25 min – 60€

An invigorating massage that not only eases tense muscles and knots in the back, but also induces a sense

of relaxation. The healing properties in its sesame oil base make it the ideal treatment after a long day.

Cellulite Reduction

25 min – 65€

A body shaping treatment that improves skin tone and firmness by using mineral rich essential oils and trace elements. Enjoyed as a course of treatments, skin will become visibly improved and cellulite smoothed away.

Face Massage

25 min - 55€

As skin ages, it loses elasticity and firmness. Our face massage concentrates on this exact problem by boosting the blood flow, nourishing the skin and adding a healthy glow. Toxins – which play havoc with skin texture – are removed and muscles are lifted to give a youthful look.

Waxing

Please ask our receptionist for full details of our waxing services.

Full leg	50€	Half leg	30€
Full arm	45€	Half arm	30€
Bikini line	30€	Brazilian	65€
Upper lip/chin	20€	Eyebrow shape/wax	20€

For men

ila Revitalizing Facial

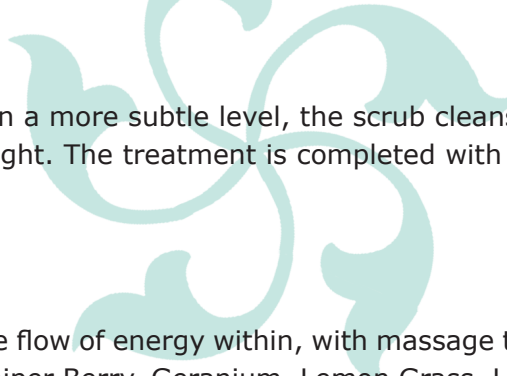
75 min – 135€

A healing and purifying facial created for men to restore vitality and radiance. The facial begins with a Blackcurrant and Honey scrub and is followed by a deeply relaxing marma massage with Vetivert and Rose oil. The facial is completed with a purifying Seaweed and Bio-Plasma mask.

ila Energizing & Detoxifying Body Scrub Renewal

50 min – 125€

This detoxifying scrub stimulates the lymphatic and circulatory system, aiding rapid elimination of toxins from the cells. The scrub works on two levels. On the physical level, it exfoliates the skin by removing dead



cells and ensuring a brighter tone and texture. On a more subtle level, the scrub cleanses the astral body and strengthens the bio-energy field with more light. The treatment is completed with a relaxing application of ila's Body Cream for Vital Energy.

ila Men's Massage

50 min – 135€

This treatment is to encourage and strengthen the flow of energy within, with massage techniques, marma therapy and vitality-enhancing essential oils - Juniper Berry, Geranium, Lemon Grass, Lavender, Patchouli. Due to the fact that the sun slowly ripens Juniper berry and Lemon Grass, filling them with high levels of prana – the life force energy which fills us with vitality, positivity and joy – , it is these essential oils that are most important and potent.



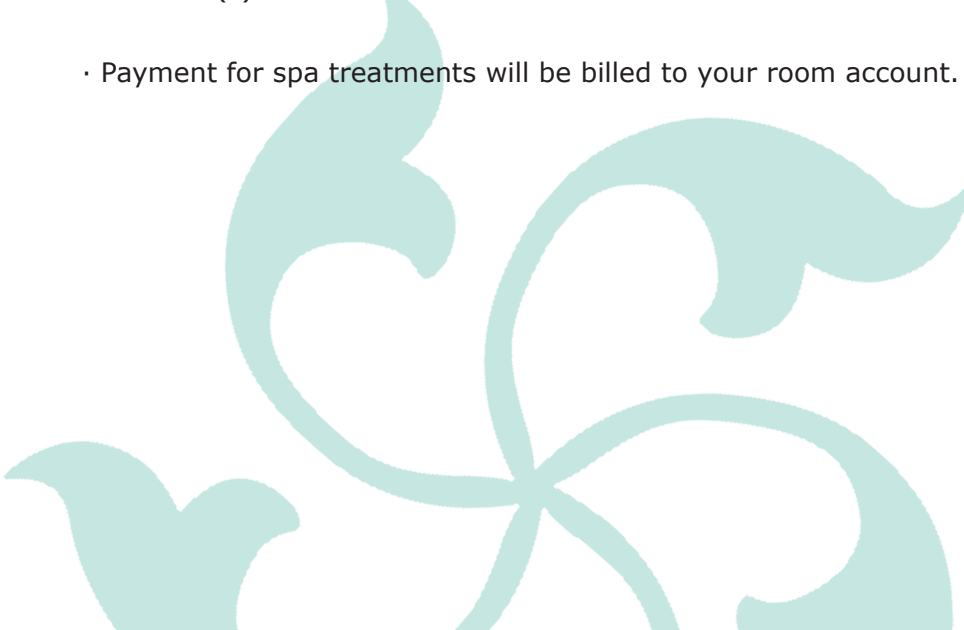
TERMS & CONDITIONS



Although we hate making rules, and try to avoid any musts during your visit to the Spa, we have to inform you of the following:

- Please ensure that mobile phones are switched off during your visit at the Spa.
- Smoking is not permitted at our premises.
- Our Spa environment is one of tranquillity and relaxation. Please respect all Spa guests to their right to privacy and serenity.
- In order to ensure guests are not kept waiting, treatments must finish at the allotted time.

If you arrive late you may find your treatment time has to be reduced. If no guest is expected immediately after your booking you will be able to enjoy the full duration of your treatment.

- Please leave your jewellery and valuables in your room or safety deposit box.
 - You will be charged 50% of the treatment(s) cost if the appointment is cancelled less than 6 hours before treatment(s) start time.
 - Payment for spa treatments will be billed to your room account.
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