

SIX SENSES SPA MYKONOS AT BELVEDERE HOTEL
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SIX SENSES SPA
MYKONOS

SPA MENU

Six Senses Spa offers a layered approach that unites a pioneering spirit with treatments that go beyond ordinary. At Six Senses, you will find an intuitive mix of science and human awareness, where our high-tech and high-touch approach defines a service that is crafted around the individual.

Delivered through our locations and specialist skills, we will take you as deep as you would like to go, from core beauty that changes the way you look to specialist treatments that can change your life.





MASSAGES



SIX SENSES SIGNATURE MASSAGES

Deep Tissue, 60/90 minutes - this massage releases stress, eases muscle tension, boosts circulation and improves mobility, as well as muscle and skin tone. It targets the areas of concern specified by a guest and works therapeutically into deeper muscle layers, addressing trigger points with gentle pressure and release techniques. Silicone cups or warm compresses might be used in the treatment, depending on the individual's need.

Detox, 60 minutes - an energizing massage focusing on the upper legs, glutes, lower back, hips and abdomen. It uses dry brushing and silicon cups to stimulate circulation, improve skin tone and elasticity, and it helps reduce the appearance of cellulite by breaking down adipose tissue and reducing fluid retention.

Tension Soother, 30/60 minutes - a reviving back, neck and shoulders massage using therapeutic trigger techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

Holistic, 60/90 minutes - a fully personalized treatment based on each guest's needs and desired results. It uses a combination of flowing, soothing, rhythmical and medium pressure movements on the specified areas of concern to relieve muscle tension and to bring about a balanced, calm and stress-free state of being. 🧘

Relaxed Feet, 30/60 minutes - restore the body's balance and release aches and pressure in the feet with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

Head Massage, 30/60 minutes - a deeply relaxing oil-based massage of head, neck and shoulders using cranio sacral techniques to ease tension in the muscles and fascia of the head and upper body, and induce a deep sense of calm.

Movement Restoration, 90 minutes - improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

BLISSFUL MARMA MASSAGE, 60 MINUTES

A deeply relaxing massage using long and firm flowing movements of various pressure to eliminate stress-related tension, while Marma therapy and chakra balancing align vital energy centers. Enriching oils with powerful active benefits are applied to balance the heart chakra and enhance overall well-being. *Using Subtle Energies.*



FACIALS



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COLLAGEN BOOSTING HYDRA-DIAMOND FACIAL, 60/90 MINUTES

A fruit acid peel is followed by exfoliation with densely packed diamonds which immediately brighten the skin, allowing a deeper penetration of collagen and boosting actives and sodium hyaluronate. This facial concludes with a special anti-aging massage to lift and tone muscles for a firmer, younger looking skin. *Using The Organic Pharmacy.*

ROSE CRYSTAL LYMPHATIC FACIAL, 60/90 MINUTES

A deep cleansing facial followed by the application of three masks to decongest, brighten and hydrate the skin. It continues with lymphatic drainage and acupressure massage to firm and reduce puffiness. A relaxing massage of feet, hands, arms and scalp evokes a deep sense of relaxation, leaving the skin fresh and glowing. *Using The Organic Pharmacy.*

VITAMIN C AND PAPAYA ENZYME PEEL FACIAL, 60 MINUTES

Target age spots, pigmentation, fine lines and uneven skin with this facial combining deep cleansing and fruit acid exfoliation to reveal a brighter, nourished and exceptionally smooth complexion. Drainage massage and a hydrating mask stimulate new skin cells and elasticity, leaving the skin with a rejuvenated glow. *Using The Organic Pharmacy.*

24K GOLD AGE-DEFYING FACIAL, 60/90 MINUTES

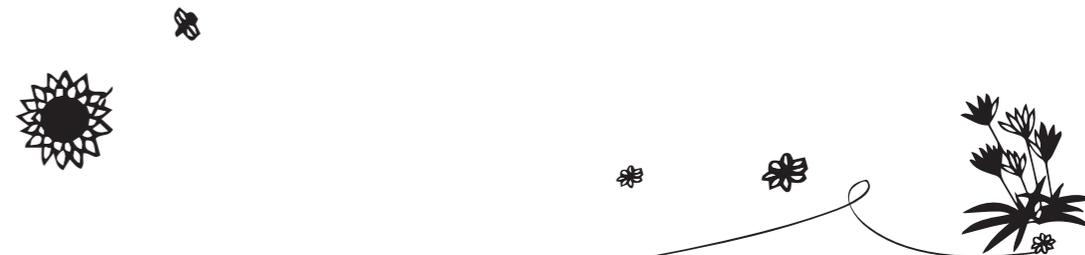
Invigorate the skin and restore emotional balance with this exotic facial using the healing properties of Mogra, the Queen of Jasmines, to boost collagen production and stimulate cell renewal. Combined with the restorative powers of 24k gold leaf, this sensory experience penetrates and revives the deep layers of the skin, reducing fine lines and wrinkles. This treatment uplifts the spirit and creates a positive glow from inside and out. *Using Subtle Energies.*

SOOTHE AND ENRICH ADVANCED ANTIOXIDANT FACIAL, 60/90 MINUTES

Designed for dry, sensitive or damaged skin, this intensely calming and restorative facial delivers a nutrient rich elixir to revitalize the aging skin. Following a deep cleanse and purification, the skin is infused with advanced antioxidants and essential fatty acids to fight free radical damage, protecting it from the visible signs of aging. The relaxing and soothing Marma massage delivers an active serum of neem, coriander seed and rhu khus to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. *Using Subtle Energies.*

THE 'NEXT DAY' RECOVERY AND RESTORE, 30 MINUTES

Put your skin and senses into an instant state of recovery and repair with this replenishing and purifying facial. Combining cooling antioxidants and cell renewal actives with Marma massage techniques, it releases tension, improves blood flow and evokes a sense of deep relaxation. *Using Subtle Energies.*



BODY TREATMENTS



BODY TREATMENTS

BODY SOOTHER, 90 MINUTES ✿

Relieve muscle tension and rejuvenate the joints with this soothing treatment. It begins with a light pressure holistic massage, continuing with a body wrap that combines local ingredients such as cinnamon leaf and bark oil, local honey and fine sand from the Aegean Sea; all of which have warming and healing effects that create an anti-inflammatory response by the body. A cooling compress is applied to the face, while the warmth of the wrap cocoons the body.

DETOX CLEANSING RITUAL, 90 MINUTES

Regulate fat metabolism in the body with an intense full-body scrub with a stimulating and detoxifying blend of salt, seaweed and lemon. It continues with a potent wrap of seaweed and eucalyptus with rare fossil mud, leaving the skin deeply enveloped, cleansed and stimulated. *Using The Organic Pharmacy.*

GREEN COFFEE BODY SCULPTING, 60 MINUTES

Reduce puffiness, bloating and improve circulation for a firmer and slimmer silhouette. Focusing on the thighs, waist, tummy and bottom, this treatment starts with dry skin brushing followed by the thermogenic salon-strength chili and coffee oil massage to help break down fat cells. Stimulate the circulation and metabolism with a final application of Resculpting Body Gel. *Using The Organic Pharmacy.*

ROSE RENEWAL, 90 MINUTES

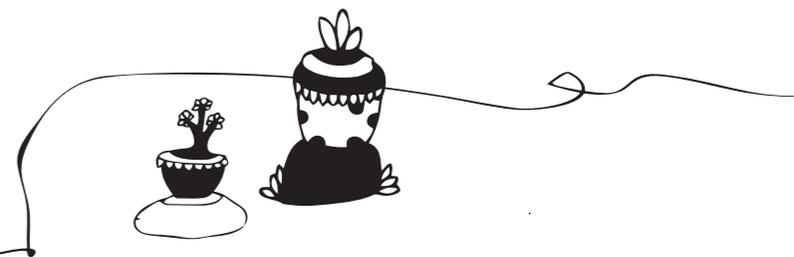
A rejuvenating treatment including a salt scrub and purifying wrap that envelops the body with the nourishing essences of rose and jasmine for the perfect balance. *Using The Organic Pharmacy.*

PEARL-INFUSED REMINERALIZING BODY MASK, 90 MINUTES

Experience the power of pearls with this exceptional treatment which delivers multi-sensory results. Starting with a skin-softening exfoliation, the journey continues with a mineral-rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate and regenerate skin cells. While being cocooned in the mineral mask, the signature facial Marma massage releases tension and stress, using potent anti-aging actives of mogra and Indian rose. *Using Subtle Energies.*

SOOTHE AND REPLENISH BODY RESCUE, 90 MINUTES

Soothe, nourish and repair the skin with this deeply cooling and hydrating treatment. Ideal for dry, sun-exposed or damaged skin, this calming face and body therapy includes a localized application of hydration mask enriched with aloe vera to reduce redness, while its antioxidant properties help fight free radical damage. It concludes with the application of intensive serum and butter to restore skin cells plus an antioxidant facial. *Using Subtle Energies.*



RITUALS BEAUTY



BEAUTY, 4 HOURS

*Body Scrub
Signature Massage
Facial Treatment
Manicure and Pedicure*

DE-STRESS, 2 HOURS 30 MINUTES

*Body Soother
Head Massage
Relaxed Feet*

DETOXIFIER, 3 HOURS

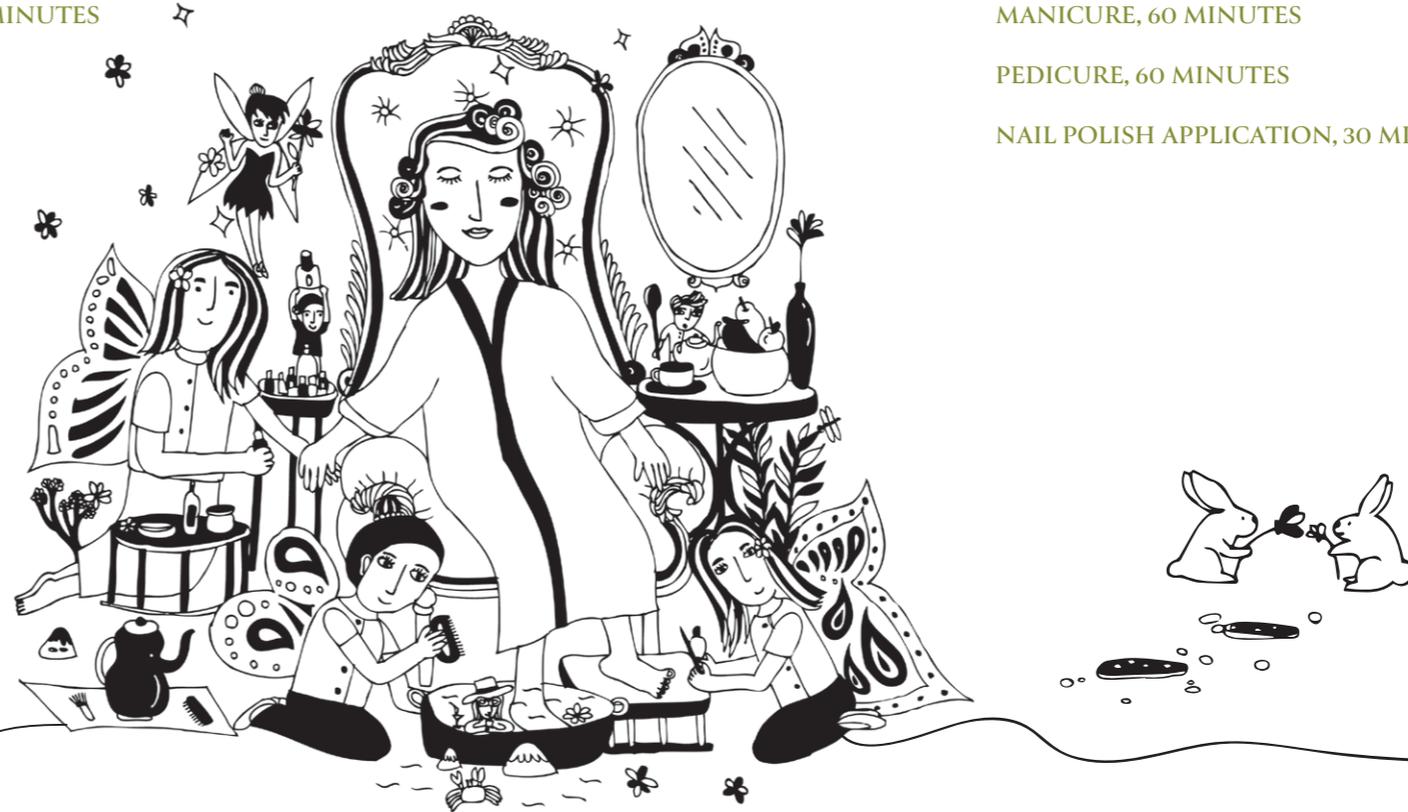
*Detox Massage
Facial Treatment
Detox Cleansing Ritual*

COUPLES JOURNEY, 2 HOURS 30 MINUTES

*Foot Cleansing Ritual
Signature Massage
Facial Treatment
Relaxed Feet
Spa Refreshments*

ENERGIZER, 2 HOURS

*Signature Body Scrub
Tension Soother
Pedicure*

**MANICURE, 60 MINUTES****PEDICURE, 60 MINUTES****NAIL POLISH APPLICATION, 30 MINUTES**

SPA ETIQUETTE



SPA OPENING HOURS

Daily 11:00 am to 9:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please contact the spa reception directly. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room safe before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

ARRIVAL

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form.

CONSULTATION

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

CANCELLATIONS

Please allow five hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa.

Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage or body treatment for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

PAYMENT

Major debit and credit cards are accepted.

CHILDREN

We love children; however, we recommend that you avoid bringing children younger than 12 years old to the spa. Young guests, 12 to 18 years old, are welcome to enjoy a selection of treatments under the supervision of a guardian.



