

VASIA SPA

vasia HOTELS & RESORTS



2024 MENU

Welcome to **VASIA SPA**,
an area of over 1500 sq.m. dedicated to beauty, tranquility & rejuvenation.
Our therapies, along with a selection of top quality cosmetic products, provide the
ultimate in wellbeing & pampering experiences for all;
men, women, teens & kids.
With a Thalassotherapy Area, 9 Treatment Rooms and a peaceful Relaxation Area,
Vasia Spa truly is THE place in which to unwind and recharge! Let yourself be
soothed & toned in an atmosphere of total luxury.....

SPA ENQUIRIES - RESERVATIONS

For guests at the **Vasia Resort & Spa**:
please call 850 – internal phone number.

For guests at the **Vasia Sea Retreat**
please call + 30 2841071001 and enter the extension 850.

CONTACT INFORMATION FOR EXTERNAL GUESTS:

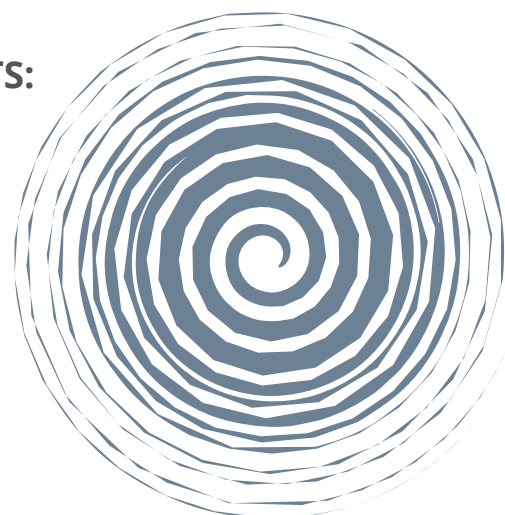
Vasia Resort & Spa

Sissi Str., 72 400 Sissi, Crete, Greece

T: + 30 2841071001, ext. 850

E: info@vasiahotels.gr

W: <https://vasiahotels.gr/>



DAY PACKAGES

Serenity day 3hours 35min total time 230€

60min thalassotherapy, sauna and steam bath use

25min body scrub

50min massage treatment

50min personalised facial to address specific skin needs

30min Zen Time - totally unwind with a glass of Prosecco & Greek-style light snack

Cretan therapy for two

2*90min thalassotherapy, sauna and steam bath use

2*90min massage treatments

2*30min Zen Time - totally unwind with a glass of Prosecco & Greek-style light snack

3hours 30min total time - 350€ total price for two

Dual delight for two

2*90min thalassotherapy, sauna and steam bath use

2*50min massage treatments

2*30min Zen Time - totally unwind with a glass of Prosecco & Greek-style light snack

2hours 50min total time - 250€ total price for two



MASSAGE PACKAGES

Massage mood 350€ for single use

6*60min thalassotherapy, sauna and steam bath use

6*25min massage treatments

15% discount on extra treatments

Massage mania 550€ for single use

6*60min thalassotherapy, sauna and steam bath use

6*50min massage treatments

15% discount on extra treatments

*All the treatments in each package can ONLY be used by one person, they cannot be shared with others.



MASSAGE TREATMENTS

AROMATHERAPY

25min back massage 50€ | 50min full body massage 90€

This is a relaxing body massage with gentle, soothing strokes and slow tempo, that promotes physical and mental relaxation.

HEAD MASSAGE

25min 50€

This gentle massage treatment concentrates on the central nerve system of the head, in order to relieve stress and anxiety, calm headaches and reduce migraine symptoms .

HEAD, BACK & SHOULDERS MASSAGE

50min 90€

Ideal to lessen tension caused by life's daily stress. This slow yet deep concentrated massage provides an immediate feeling of relaxation, rejuvenation and concentration improvement.

THERAPEUTIC MASSAGE

25min back massage 55€ | 50min full body massage 95€
90min full body & head massage 145€

Tailored entirely to your needs, this is an ideal treatment if you feel a lot of tension and muscle soreness or pain. Therapeutic massage improves stiffness, loosens painful "knots" and helps to treat muscle pain and relieves stress and anxiety.

VITALIZER

25min back massage 60€ | 50min full body massage 100€

A medium-pressure massage, that focuses on muscle relaxation. Vitalizer uses kneading, friction, and gentle shaking motions to boost your mood, decrease stress, relieve headaches and improve sleep quality.

PREGNANCY MASSAGE

60min full body massage 100€

A tailor-made massage for the mother to be, which can be performed in the 2nd trimester only. Gentle movements, soft touch and slow tempo, will relieve stress and anxiety, improve sleep quality, relieve back pains and reduce leg cramps.

*Upgrade with the use of the Thalassotherapy Area with an extra 15€ for 60minutes

MASSAGE TREATMENTS

TRADITIONAL MASSAGE WITH CRETAN WARM OLIVE OIL

30min back massage 65€ | 60min full body massage 110€
90min full body massage 150€

A medium-pressure massage, that offers deep physical and mental relaxation. The warm olive oil penetrates deeper into the tissues, offering a profound relaxation to your body. Kneading, friction, and gentle shaking motions will ease muscle pain, decrease stress, relieve headaches and improve sleep quality.

HOT-STONE MASSAGE

80min full body massage 160€

A deeply relaxing massage with herb infused olive oil and warmed Basalt stones. During the treatment, both hot stones and hand strokes are used; in addition, hot stones are placed on specific parts of your body.

The warmth from the stones penetrates deeper into the tissues, offering a profound relaxation to your body. Hot stone massage improves sleep quality, relieves stress and anxiety, calms muscle tension and can boost immunity.

WARM HERBAL POUCH MASSAGE

60min full body massage 120€

This relaxing - aromatic treatment purifies and rejuvenates the body, mind, and soul. Massage is performed with warm pouches containing Cretan herbs to melt away tension and offer deep relaxation.



*Upgrade with the use of the Thalassotherapy Area with an extra 15€ for 60minutes

FACIALS

THEANGELIS ANTI-AGEING FACIAL

75min face & eye treatment 150€

A high performance treatment for face and eyes, that will deeply moisturize and regenerate your skin. This treatment is ideal for mature and dehydrated skin.

RHODON GLOWING FACIAL

50min face treatment 95€

This treatment consists of special massage techniques and advanced ingredients, in order to stimulate the skin's natural defense, resist the signs of ageing and leave your complexion fresh and luminous.

KISTOS DEEP HYDRATING FACIAL

50min face treatment 90€

A deep hydrating and nourishing treatment, that will tone your skin and leave your complexion healthy and fresh.

RENEWAL FACIAL

25min express facial treatment 55€

A gentle and refreshing facial care for ultimate hydration and refreshment.

EYE TREATMENT

25min 55€ or add for 15min 30€ to any facial treatment

An exclusive eye treatment, which involves a unique combination of specific eye care products and massage techniques. The result alleviates signs of fatigue, swelling, and dark circles under the eyes.

SKIN DIAGNOSIS – SKIN SCANNING

25min 40€

A skin diagnosis will offer you a face mapping, which is a detailed face skin analysis. The aim of the process is analyzing the skin, as well as identifying any skin concerns, in order to offer the correct home care and professional treatment.



BODY TREATMENTS

TRADITIONAL BODY SCRUB

25min 45€

A must treatment to get a natural tan easier and also to retain it! Body exfoliation and hydration are the key elements for a successful tan, that will last longer. Treatment starts with a handmade scrub from local ingredients, containing brown sugar and warm olive oil.

CAROB TIGHTENING BODY TREATMENT

110min 180€

Tightening and toning are the pillars of this treatment. The use of carob, renowned for its firming and nourishing properties, helps refine the appearance of cellulite and poor skin tone.

DEEP BODY HYDRATION

50min 90€

This treatment is designed to deeply hydrate and nourish the skin, leaving the guest feeling renewed and refreshed.



MINI SPA

8-12yrs old

KID'S MASSAGE

25min 40€

This is a gentle massage for the back, face and scalp with olive oil. Kid's massage is healthy, relaxing and offers an array of benefits to the children.

*A parent or guardian is required during the treatment.

FANTASY FACIAL

15min 25€

This pampering treatment starts with a gentle cleansing followed by a relaxing facial massage. Ends by an application of a skin moisturizer.

*A parent or guardian is required during the treatment.

KID'S EXPRESS MANICURE OR PEDICURE

15min 20€ per treatment

This service includes nail tidy, (hands or feet) massage and polishing!

A parent or guardian is required during the treatment.

*no sharp metals are used.

MUMMY & ME MASSAGE! | DADDY & ME MASSAGE!

25min 90€ total price

Connect with your child and spend quality time together!

Enjoy a 25minutes relaxing massage at the same time with your child, in the Massage Suite.



Continue your
childrens'
experience at
home!
Kid's cosmetics
available
at Spa Reception

TEEN SPA

13-15yrs old

T-MASSAGE

25min 45€

This is a gentle massage for the back, face and scalp with olive oil. T-Massage is relaxing and beneficial to the teens; improves sleep quality, boosts the immune system, relieves anxiety, calms headaches and muscle tension.

*A parent or guardian is required during the treatment.

T-FACIAL

25min 55€

This relaxing and hydrating treatment starts with a cleansing, a gentle exfoliation and a mask followed by a relaxing facial massage. Ends by an application of a skin moisturizer.

*A parent or guardian is required during the treatment.

T-MANICURE OR T -PEDICURE

± 30min 30€ manicure | ± 30min 35€ pedicure

This service includes nail tidy, (hands or feet) massage and polishing!

*A parent or guardian is required during the treatment.



Continue the
experience at home!
Teens cosmetics
available
at Spa Reception

THALASSOTHERAPY

THALASSOTHERAPY POOL TREATMENT

90min 50€

Thalassotherapy comes from the Greek word 'thalassa', which means 'sea'.

It is the use of warm seawater to cleanse, soothe and revitalize the skin as well as the body.

The 90minutes thalassotherapy treatment starts with the use of the warm seawater hydrotherapy pool; this includes the use of the hydro-jets, that lie above and below the water and massage your body.

Continue with the use of the sauna and finish with the cold seawater pool.

BENEFITS → improve sleep quality | enhance both spiritual and physical relaxation | boost your immune system | ease muscle aches and pains | increase the range of movement



Tip: Continue with a massage after your thalassotherapy treatment! Your muscles will be warm and certainly easier to manipulate. Your massage will be more enjoyable and effective.

MANICURE - PEDICURE

SEMI PERMANENT MANICURE

± 40min 40€

This gel polish is resistant to scratches, fading, and discoloration; can stay shiny for up to 14 days after application.

PROCESS → nail and cuticle care • exfoliation • hands massage • semi-permanent polish color of your choice

SEMI PERMANENT PEDICURE

± 40min 45€

This gel polish is resistant to scratches, fading, and discoloration; can stay shiny for up to 30 days after application.

PROCESS → foot bath • nail and cuticle care • hard skin removal • exfoliation • foot massage • semi-permanent polish color of your choice

GENTLEMEN'S MANICURE

± 30min 35€

PROCESS → hand soak • nail and cuticle care • exfoliation • hands massage

GENTLEMEN'S PEDICURE

± 30min 40€

PROCESS → foot bath • nail and cuticle care • hard skin removal • exfoliation • foot massage

EXTRA SERVICES ADD-ON

Gel polish removal 15€ | Mask Treatment 10€ | French polish 3€



SPA ETIQUETTE

AGE REQUIREMENT

Children under 14yrs old are not allowed to use the Thalassotherapy Area. Children under 16 yrs old are not permitted to use the gym. Teenagers from 16-17 may only use the Fitness Center if supervised by an adult.

ARRIVAL

Guests are advised to arrive 15 minutes before their treatments.

LATE ARRIVAL

As a courtesy to other Spa guests, late arrivals will only receive the remaining available appointment time and will be charged the full service fee.

FITNESS CENTER

Suitable footwear and clothing, such as trainers, t-shirt and shorts are essential. Gym towel required.

CANCELLATION

Guests should notify the Spa a minimum of 6 hours to cancel or re-schedule to avoid a charge. Morning appointments must be cancelled by 18.00hrs the evening before. All non show appointments will be charged at full value.

GIFT CARDS

Vasia Spa gift vouchers are available.

HEALTH

Each guest will be asked to fill in a medical questionnaire prior to treatments. Any information disclosed will be kept confidential. Please notify us well in advance if you are pregnant or have any special health issues.

HOMECARE

To continue your Spa experience at home, all products used in the treatments are available from the Spa Reception.

IN-ROOM THERAPIES

30% surcharge will apply to all prices. Please contact Spa reception for bookings and any additional information you may require.

*Spa Menu changes may occur in line with our TOP PRIORITY; your health, safety and wellbeing.

OPENING HOURS

Monday - Saturday: 10.00hrs - 18.00hrs

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