



**PERIDIS**  
family resort

**BODY BOUTIQUE & SPA TREATMENTS**

*by Peridis*

Welcome to the Body Boutique & SPA by Peridis.  
A place of beauty, relaxation and wellness.  
Indulge yourself in the hands of our skilled therapist and enjoy  
a sensorial journey in the world of beauty and senses.

# Massages

## RELAX MASSAGE

30' DURATION (BACK & NECK) 30 €

40' DURATION (FULL BODY) 40 €

A muscular relaxing massage with essentials oils. Relieves tension, calms the nervous system and relaxes the body.

## AROMA MASSAGE

40' DURATION (FULL BODY) 50 €

50' DURATION (FULL BODY & FACE) 60 €

A relaxing massage all over the body and face with natural extracts of aromatic plants, fruits and herbs. It relieves headache & migraines and provides energy and releases endorphin hormones of happiness.

## HOT-STONES MASSAGE

45' DURATION 50 €

A unique treatment of heated stones applied with essential oils to the body in ways that bring about relief to sore and stiff muscles. It releases tension and gives a balanced flow of energy.

## PANTAI LUAR MASSAGE

45' DURATION 50 €

Pantai Luar is a marvelous relaxing massage for total wellbeing. Its roots are to be found in the East Asian area. Two treatments combine warm oil and heated fragrant herbs sachets to create a warm relaxing massage. Beneficial effects include cell renewal, revitalization and glowing skin.

## SPORT MASSAGE

45' DURATION 50 €

Relieves specific stress and muscle tension. This deep rhythmic pressure massage gives the whole body a vigorous workout. Athletes have discovered that special organized sports massage promotes flexibility, reduces fatigue, improves endurance, helps prevent injuries and prepares their body and mind for optimal performance.

## REJUVENATING HEAD & FACE MASSAGE

30' DURATION 45 €

Is a form of relaxation massage that focuses on the face, head, neck & scalp which are important energy centers within the body. This form of massage is very relaxing and has a balancing effect as it helps to release stress and tension creating a sense of peace and well-being.



## **RELAXING FOOT & LOWER LEGS MASSAGE**

**30' DURATION 45 €**

Ease away the physical stress and strains on your legs and feet. A soothing treatment for the lower legs and feet that enhances effective circulation in the area that needs it most. Your legs will feel lighter, refreshed and more than ready to add that extra spring to your step.

## **GOMMAGE AROMA - MILD BODY SCRUB & SUN PREPARATION**

**30' DURATION 40 €**

A mild exfoliation treatment that refines the skin, leaving it deeply hydrated with a silky, smooth texture. Ideal before and after sun exposure.

## **JET LAG AROMATIC REMEDY - TWO TREATMENTS IN ONE!**

**60'DURATION 65 €**

Jet Lag Remedy is the perfect treatment to diminish the effects of jet lag. The treatment begins with a back, neck and shoulder massage which will relax tense and knotted tissue and it will improve circulation. A refreshing facial follows to revitalize skin and restore its tone and vitality.

# Facial Treatments



## DEEP CLEANSING AND DETOX-SUN PREPARING TREATMENT FOR YOUR FACE

**60' DURATION 60 €**

Get ready for your holiday with a treatment that detoxifies and cleanses your skin. Special exfoliation, fitting to your skin, is followed by a classic deep cleansing with steam. A hydration mask, fitting to your skin type completes the treatment and leaves you with a clean and bright looking skin.

## HYALURONIC TREATMENT

**45'DURATION 55 €**

An intensive, moisturizing and anti-wrinkle beauty treatment with white tea, Cherry blossoms, Roses, Magnolia and Lotus flowers.

## LUXURY GOLDEN FACE RITUAL

**60'DURATION 65 €**

Luxury anti-aging treatment including a 23 k. gold mask. This treatment also offers Silk proteins, 'wrinkle-fillers' and anti-wrinkle collagen Oligopeptides. This treatment softens wrinkles and leaves you with a silky and bright skin.

# Special packages deals



**SUPER GIFT IDEAS FOR YOUR LOVED ONES!**

**GIFT CARDS ARE AVAILABILE  
IN THE RECEPTION & IN THE SPA**

*(HOTEL DISCOUNT CARD IS NOT VALID FOR THE PACKAGE DEALS)*



## **HARMONY PACKAGE**

**145' DURATION**

**ACTUAL PRICE: 120 €. YOUR PRICE: 102 €**

- Sauna 20' for two (The sauna is no included in the time duration.  
Feel free to book your sauna, whenever it fits you)
- Relax massage back & neck
- Special Royal Golden Line Face Treatment
- Manicure



## BEAUTIFUL FROM TOP TO TOE PACKAGE

145' DURATION.

ACTUAL PRICE: 120 €. YOUR PRICE: 102 €

- Sauna 20' (The sauna is no included in the time duration. Feel free to book your sauna, whenever it fits you)
- Hyaluronic face treatment
- Manicure
- Pedicure

## WELL BEING PACKAGE

75'DURATION.

ACTUAL PRICE: 85 €. YOUR PRICE: 72 €

- Sauna 20' (The sauna is no included in the time duration. Feel free to book your sauna, whenever it fits you)
- Hyaluronic face treatment
- Relax massage 30'

# Hands & Foot Care

- SHELLAC MANICURE: 45'DURATION 25 €
- SHELLAC PEDICURE- INCLUDING FOOT SCRUB: 60'DURATION 35 €
- NAIL POLISH FOR KIDS 10 €
- NAIL POLISH FOR KIDS WITH PATTERNS: 15 €
  
- FULL LEGS : 30 €
- HALF LEGS : 15 €
- BIKINI LINE WAX : 15 €
- BRAZILIAN WAX: 25 €
- COLORING EYEBROWS & EYELASHES: 20 €
- UNDER ARM WAX : 10 €
- UPPER LIP & CHIN WAX : 10 €
- CHEST OR BACK WAXING : 30 €
- EYE BROW SHAPE :10 €



## TERM & CONDITIONS

### OPENING HOURS AND APPOINTMENTS

OPEN HOURS : 10.00-18.00

Please consult the spa center or the reception to book your appointment in advance.

### CANCELLATION POLICY

Please arrive 10' minutes before your treatment to notify your medical record. When late the duration of the treatment will have to be reduced in order to accommodate other scheduled appointments.

### GENERAL ADMISSION

Please do not have consumed large amounts of alcohol before your treatment to avoid any discomfort.

### PAYMENT

Cash, credit card or room charge is acceptable for your payment.



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