“Cure sometimes, treat often and comfort always.”

Hippocrates
THALASSOTHERAPY POOL
ANALYTIC JET SESSION

An underwater jet massage is undertaken in the main Thalassotherapy pool,
complemented by simple exercises, making your body more supple and toned.
Offers ultimate relaxation and decreases fluid retention.
The use of the sauna and steam room is offered.

Weekdays 25 min / €50
Weekends 25 min / €60
FACIAL TREATMENTS
BASIC TREATMENTS

RITUAL OF PURITY
A customized deep cleansing treatment that purifies all skin types. 90 min / €120

FACIAL MASSAGE
Relaxing, hydrating facial massage including the décolleté. 55 min / €70

HEART OF THE OCEAN (ABSOLUTE HYDRATION)
An enhanced treatment for absolute hydration, using active ingredients from the ocean, rich in minerals and trace elements. Your skin will be smoother than ever. 60 min / €170

THALGO REGENERATING & FIRMING TREATMENTS

SPIRULINE BOOST SMOOTHING DETOXIFYING TREATMENT by Thalgo
Detoxifying treatment to refresh the features, recover a fresh complexion and smooth skin. The combination of Energizing Spirulina with Marine Magnesium corrects the first signs of skin fatigue. 60 min / €110

HYALU-PROCOLLAGENE WRINKLE CORRECTING TREATMENT by Thalgo
Wrinkle to wrinkle treatment combining hyaluronic acid & marine pro-collagen with 3 Roller Boosters. Instantly, the face looks rehydrated and even pronounced wrinkles appear smoothed. 60 min / €130

THALGO SELICUM (40+)
Tightening and improving firmness. 75 min / €120

THALGO EYE’S BEAUTY FLASH
The ultimate express face and eye treatment for radiant and fresh look. Wrinkles around the eyes are visibly smoothed. 45 min / €90

SPECIALISED TREATMENTS

PRODIGE DES OCÉANS
An oxygenation treatment that relieves wrinkles with a special massage inspired by the Ka-Bi-Do technique. 90 min / €150

ILLUMINATING RADIANCE FACIAL
Reveal the beauty and radiance of your face, creating smooth and luminous skin like velvet. 45 min / €90

ST. BARTH PURESSE
A complete cleansing, toning and exfoliating treatment for face and décolleté. 60 min / €130

ST. BARTH FRESHNESS
A sophisticated face and neck treatment consisting of cleansing and gentle exfoliation, a revitalizing massage and clarifying mask. The combination of fresh tropical fruits and high-quality oils, butters and gelids, is especially effective and enchanting with its delicate textures and exotic aromas. 90 min / €150

CAVIAR TREATMENT
The ultimate antiaging and firming treatment with caviar. Caviar is made up of beneficial proteins, which boost cellular metabolism and stimulate collagen production. 75 min / €150
BODY TREATMENTS
SPECIALISED TREATMENTS

THALGO MARINE PRELUDE
Delightful exfoliation treatment with natural sea mud and salt for deep cleansing.
60 min / €100

CLASSIC MICRONISED SEAWEED TREATMENT
Body treatment with 100% natural seaweed ideal for detoxification and replenishment of nutrient elements, ideal for skin diseases.
30 min / €80

AROMAQUANE SLIMMING
Holistic body treatment for slimming, detoxifying and relaxing using 100% Dead Sea Mud.
60 min / €100

EGYPTIAN SCRUB
Authentic method of peeling with natural sponge.
25 min / €40

AESTHETIC TREATMENTS

AQUATIC SCRUB BODY TREATMENT
This ultimate exfoliation treatment is ideal before weight loss or sun tanning. Natural sea salts and marine mud exfoliate infuse the skin with beneficial minerals. Skin is left feeling smooth and refined after the removal of dead skin cells and the entire body is invigorated and relaxed.
25 min / €40

THALGO MER DES INDES
Body scrub with spicy notes from India and massage with essential oil used in Ayurveda to release tension points and harmonise body and mind.
90 min / €150

BODY SCULPT WITH BODY PALP
Tightening treatment and treatment of cellulite with suction massage to visibly reshape the silhouette.
45 min / €90

CRYOTHERMAGE TREATMENT
Complete body treatment for the treatment of cellulite, skin relaxation and local thickness. The combination of cryotherapy (application of liquid nitrogen at a temperature of down to -196°C) and body heat treatment have immediate results; Its active ingredients activate the process of lipolysis, detoxify and restructure the supporting tissues.
90 min / €160

ST. BARTH SOFTNESS
A body exfoliation method with fresh papaya, white sand granules and rich coconut oil.
45 min / €90

ST. BARTH ELASTICITY
Body wrap with fresh cucumber, green or pink clay mousse with menthol camphor oil and jojoba to give the skin a silky softness.
45 min / €90

ST. BARTH SENSATION
A pampering body mask combined with a relaxing massage.
60 min / €110
BODY MASSAGES

APOLLONewton MASSAGE
A combination of the best massages available at our
Thalassotherapy Centre, using essential oils.
Includes hot stone, bamboo and head massage.
25 min / €160

LYMPHODRAINAGE MASSAGE
This massage is aimed at our lymphatic system. Soft, slow
and regular pressure assists to drain fluids and improve
circulation. Ideal for treating edema and cellulite.
50 min / €150

EF ZIN
Massage with organic Greek olive oil enriched
with organic Greek lavender.
30 min / €90 or 60 min / €150

RELAXING MASSAGE WITH ESSENTIAL OILS
Treatment which brings maximum relaxation, optimised
by the calming effects of essentials oils.
25 min / €80 or 50 min / €120

% HANDS% RELAXING MASSAGE
Relaxing massage with essential oils, performed by two
therapists for ultimate relaxation.
25 min / €120

THAI MASSAGE
The therapist uses his or her hands, knees, legs and feet
to move you into a series of yoga-like poses.
60 min / €150

REFLEXOLOGY MASSAGE
A specialised massage where the therapist applies pressure
to particular points on the feet, balancing the nervous system.
30 min / €160

THERAPEUTIC MASSAGE
A specialised body treatment ideal for assisting with muscle injuries.
30 min / €70

HEAD MASSAGE
An enjoyable, soothing massage of the head, which evokes total calm
and relaxation.
30 min / €90

SHIATSU MASSAGE
An ancient Japanese version of Chinese acupuncture massage,
rebalancing the body's energy and setting in motion its own
mechanisms of defence and recovery.
60 min / €150

ST. BARTH MEN RELAXING HEAD & FOOT MASSAGE
Relaxing back, arms and regenerating moisturizing facial
masks (HOMME), as well as firming body gel and icy extract
pamper stressed male skin.
30 min / €90

ST. BARTH HARMONY PANMPERING BODY MASSAGE
Enjoy a relaxing massage and choose from hot coconut oil,
avocado oil, gel with icy extract and menthol.
Relax your inner self in indescribable aromas by choosing your favorite
body lotion with avocado, vanilla or apricot oil.
60 min / €160

ST. BARTH SLIMNESS
For rapid relief and relaxation of tired and swollen legs.
30 min / €90

ST. BARTH CHILL OUT
Intensive reassignment therapy using a particular type of clam
with soothing properties.
90 min / €180
CRYO PENGUIN

ARMS
4 sessions / 30 min / €385

STOMACH
4 sessions / 30 min / €385

THIGHS & BUM
4 sessions / 50 min / €400

CALVES
4 sessions / 30 min / €385

FACE, NECK & DÉCOLLÉTÉ
4 sessions / 30 min / €310

Rehabilitation Upon Request

CRYOTHERAPY is the application of cryogenically cooled liquid nitrogen to specific parts of the body and the face, exposing them to temperatures as low as -182°C. The increased blood flow, collagen and elastin formation gives skin tightening, anti-akne, anti-aging, whitening and brightening results. Available only in package of 4 sessions over 2 weeks.

HYDROMASSAGE SALTS WATER BATHS

ST. BARTH DREAM
Hydromassage bath combined with oils from the Caribbean to stimulate blood circulation, relax muscles and joints.
30 min / €60

JET SHOWER
A deep massage using high pressure salt water, relaxing the muscles and stimulating blood circulation and the lymphatic system.
15 min / €50

CROMOTHERM
Application of algae with the method of chromotherapy. Hot seaweed with essential oil, combined with the steam bath, help you shut down and eliminate toxins.
30 min / €60
FACIAL

HYDRAFACIAL™
The only noninvasive treatment that combines cleansing, exfoliation, moisturizing & antioxidant protection, delivering a striking effect on face with dehydrated skin and skin with intense pores and sebum.
45 min / €150

NO NEEDLE MESOTHERAPY AQUAGLIDE WITH DIAMOND MICRODERMABRASION
Aquaglide is a facial treatment which offers deep cleansing, exfoliation, improvement of microcirculation and hydration. Combined with diamond microdermabrasion for extra glow and reduction of fine lines.
45 min / €150

SKINLED • MANDELIC ACID
New noninvasive skin regeneration therapy, combining mesotherapy skin led and use of Mandelic Acid, penetrating deeper into the acid layers of the skin. Suitable for antiaging, photodamage, oily and tanned/dark skin, skin patches and scars.
45 min / €150

TRACTIVE
Combination of the action and effects of microdermabrasion and noninvasive mesotherapy. It is known as a new, innovative, noninvasive treatment suitable for skin with wrinkles, dehydratation, fine lines, skin expression lines, discoloration, atrophic scars, loss of firmness on the face and neck, and stretch marks.
Tractive Premium / €150

DIAMOND MICRODERMABRASION WITH VITAMIN C
Ideal for dull, oily or sunstressed skin. Combines the mechanical exfoliation and antioxidant action of Vitamin C with a vacuum system to remove dead cells that make the skin look dull and tired. Minimizes the appearance of fine lines and wrinkles, discoloration and scars on the skin.
45 min / €150

MICONEEDLING COLLAGENESIS
Facial mesotherapy with the application of microneedle dermaroller causes natural collagenogenesis and regeneration of the face with-out scald. The skin acquires vigor, radiance and deep hydrated, puckered and natural.
45 min / €150

FIRE & ICE REJUVENATING TREATMENT WITH AHA*
The use of acid fruits is the most purifying and effective method of improving the facial image. Provides hydration, toning and shine to the skin.
After the treatment you should avoid sun exposure. Suggested from October through March.
45 min / €150

RADIOFREQUENCY SKIN TIGHTENING
RF is considered a non-surgical method that firms & lifts saggy skin by triggering the body’s innate healing process. This results in the stimulation of the production of collagen, elastin, hyaluronic acid & new skin cells.
RF can also be used to contour the face and body due to its skin tightening and fat-reduction capabilities.
Face / €250 / Body from €100

CELLUMA PRO • LED LIGHT THERAPY
Light therapy is the application of specific wavelengths of light to tissue to obtain therapeutic benefits. LED therapy is known for its ability to rejuvenate skin, treat acne, decrease inflammation and increase microcirculation and collagen synthesis.
€75
Available in package of 5 / €60
Combined use with other facial treatments
For the body and face
Symmetry, winner of the "Best Clinic Award 2015", is a world-class anti-aging institute meticulously designed with patient care and comfort in mind. Established in 2005 by plastic surgeon Dr. Nikolaos Metaxatos, MD, PhD, a surgeon with global distinctions, Symmetry became a state-of-the-art medical & beauty clinic well-known around the world for the latest in technology in facial rejuvenation, non-invasive anti-aging techniques & body reshaping.

BODY

XERO-LIPO METHOD

An innovative, painfree, two different laser wavelengths technology combats and eliminates stubborn, localized fat deposits in areas that are resistant to exercise and diet.

30 min / €100

NEUROMUSCULAR STIMULATION USING XERO-LIPO METHOD

Neuromuscular stimulation combines three different energy activities that result in muscles strengthening and skin tightening in the treated areas.

20 min / €100

TARGETED BODY SHAPING WITH HYPOXI™

*Available also in packages of 8 including Nutrition consult €620

This protocol for local fat and weight loss with gentle exercise in vacuum (Hypoxi method), achieves targeted action on belly, flanks, buttocks or any other area of the body where the problem is identified, combining alternative stress and mild aerobic exercise. World-renowned and patented by thảo populüar, developed by Dr. Tager, has obvious results against the local thickness, cellulite and milk skin relaxation.

A course of 8 treatments is recommended over 4 weeks with 2 treatments per week.

30 min / €100

VELASHAPE III

A minimally invasive treatment that uses ELOS technology, combining radio frequencies, infrared light, suction and mechanical pressure. The specialist machine focuses on areas that show cellulite and relaxation, where the energy of infrared light and radio frequencies is transmitted. It converts to heat, increasing fat cell metabolism to final reducing its storage. At the same time, the radio frequencies activate the production of collagen and elastin, tightening loose skin.

Chin €150 / Arms €150 / Back €200 / Legs €250

Thighs €250 / Buttocks €200 / Calves €150

VERJU LASER

Advanced 810nm laser for weight loss, body contouring & cellulite reduction.

Veclite Clinic treatment: non-invasive body contouring treatment which quickly reduces circumference of hips, waist and thighs and removes stubborn body fat.

40 min / €95 (available also in package of 6 sessions / €580)

DOUBLE LASER FOR FAT REDUCTION

A state-of-the-art laser hands-free technology that works via the innovative simultaneous use of two wavelengths, aimed at effectively combating resistant local fat.

The overall result includes the reduction of local fat and inches from problematic areas, improvement of the degree of cellulite and tightening of the weakened areas.

15 min / €100
### Beauty Treatments

**Waxing**

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
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<tbody>
<tr>
<td>BASIC MANICURE</td>
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<tr>
<td>NAIL POLISH FOR FEET</td>
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**Fitness Centre**

Our fully equipped gym, with state-of-the-art TechnoGym machines, offers everything you need for a complete workout. The use of the sauna and steam room is offered:

- €40

**Group Classes**

- €60

**Yoga Lesson**

- €50

**Krav Maga**

It is an effective, modern, and dynamic self-defense system which has been continuously refined and developed through actual modern combat and self-defense experience.

- 50 min / €50

**TRX Personal Training**

- 30 min / €40

**Personal Training (by Appointment)**

A custom exercise program tailored to your personal requirements, designed to enhance and improve fitness and physique. You can also choose from Pilates, Yoga, Aqua Aerobics or a total body work out.

* Mandatory gym entrance fee

- 50 min / €50 (non-members)

**Steam Room / Sauna**

- €40

**Nutritional Counseling Session**

Initial Consultation €70 - Following Consultations €45

**Oligoscan Test (includes body composition analysis)**

Oligoscan uses high frequency light spectrophotometry to provide a precise analysis of the trace elements, minerals, and heavy metals in your body.

- €180
"Healing begins, with an aromatic bath and daily massage."

Hippocrates
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