



**MYRTHIA**

THERMAL SPA









# MYRTHIA

THERMAL SPA

---

## PHILOSOPHY

Myrthia Spa invites you to embark on a journey of holistic rejuvenation that transcends mere physical relaxation. Rooted in the belief that true well-being encompasses the harmony of mind, body, and nature, our spa experience integrates philosophical principles into every aspect of your stay. From the ethical considerations of our environmental practices to the profound exploration of the mind-body connection, each treatment and service is designed to foster a deeper understanding of oneself and one's relationship with the natural world.

As you immerse yourself in the therapeutic embrace of seawater and marine elements, contemplate the timeless wisdom of ancient Greek philosophies or ponder the existential questions of modern thought. Whether seeking moments of tranquility, moments of introspection, or simply moments of profound beauty, our Thalasso spa offers a sanctuary where philosophy and relaxation converge to nourish the soul.

## Wet Zone Experience

A holistic approach to living well is a way to live your life to the fullest. Discover how the beneficial attributes of local water sources combined in one perfect rejuvenating plan, tailored to you, can offer a life-changing experience with balancing, visible, and long-lasting health results.

### Thalasso Circuit Experience Daily Use - 30€

Recharge yourself & restore your sensations in times of mental & body fatigue.

- Use of the Thalassotherapy pool with warm sea water and 17 hydro jets
- Use of the Thermal Well-Life Suite with a variety of cold and hot experiences
- Tepidarium with heated benches for body temperature preparation (35°C)
- Steam room for skin health improvement and relaxation (50°C)
- Dry Finnish (90°C-100°C) & Herbal (45°C) Sauna for detoxification
- Walking cold plunge for improved blood circulation (15°C)
- Two sensory showers with hot and cold water
- Use of the Thalasso - Infinity pool with heated sea water and hydromassage loungers
- Use of the Thermal pools with warm spring water rich in minerals and trace elements

### Holistic Wellbeing Experience - 80€

Enjoy the premium spa experience escaping from daily stress & indulging into a deep relaxation. Undoubtedly a great combination of spa facilities, massages and moments of calmness in our specially designed area.

- Use of the Thalassotherapy pool with warm sea water and 17 hydro jets
- Use of the Thermal Well-Life Suite with a variety of cold and hot experiences
- Tepidarium with heated benches for body temperature preparation (35°C)
- Steam room for skin health improvement and relaxation (50°C)
- Dry Finnish (90°C-100°C) & Herbal (45°C) Sauna for detoxification
- Walking cold plunge for improved blood circulation (15°C)
- Two sensory showers with hot and cold water
- Use of the Thalasso - Infinity pool with heated sea water and hydromassage loungers
- Use of the Thermal pools with warm spring water rich in minerals and trace elements
- Focus massage 30', a short session massage focusing on body areas that you will indicate to us
- Relax Spa Area, to enjoy a cup of aromatic herbal tea and relax after your treatments





# Massage Collection

Embark on a journey of pure bliss and relaxation with our rejuvenating massage therapies. Our spa menu offers soothing Aromatherapy massages to invigorating deep tissue therapy, our diverse range of massage offerings caters to your individual needs. Immerse yourself in the therapeutic touch of our experienced practitioners and let the stresses of the day dissipate. Elevate your well-being with our massages, where every session is a pathway to serenity and renewed vitality..

## Foot Reflex 25min - 50€

Through a specific method of pressure at the appropriate points of the feet, the therapist restores the balance between body and spirit.

## Scalp Massage 25min - 50€

A delightful head massage formulated with five original oils that revitalize sensitive & and irritated hair, and relieve headaches and migraines, offering the desired comfort. The treatment helps a good sleep.

## Back, Neck & Shoulders 25min - 50€ / 45min - 85€

A massage inspired by an ancient Greek technique that provides relaxation and achieves well-being through the harmony between the mind and the spirit. A relaxing massage based on slow movements that reduce stress levels.

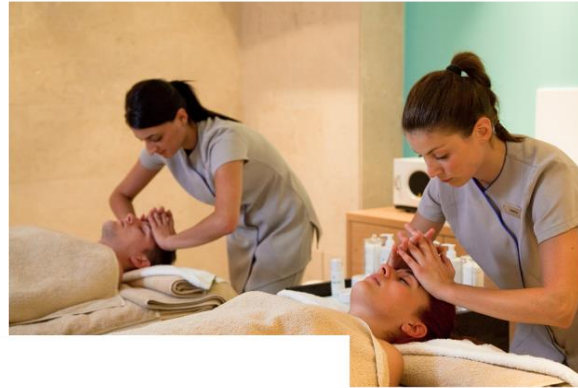
## Sculpting Body 25min - 55€ / 40min - 90€

Slimming and firming massage techniques achieve incredible effectiveness in reducing the volume and the appearance of cellulite, offering great results in the legs and buttocks.

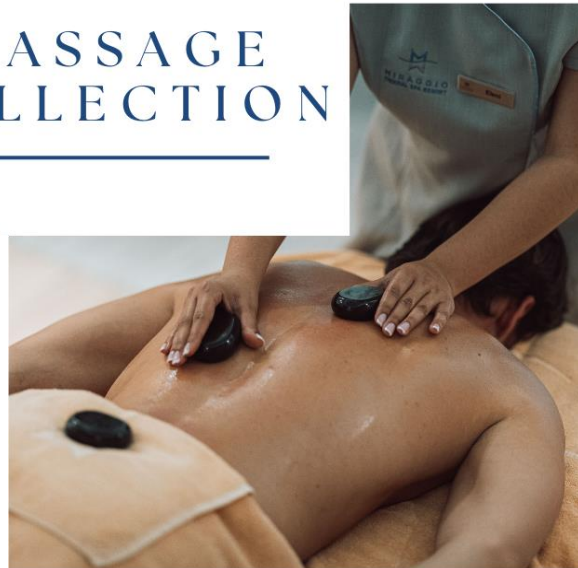
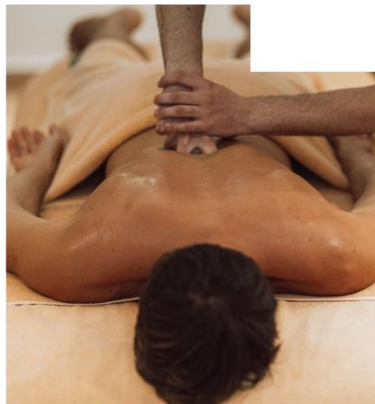
## Candlelight 50min - 110€ / 75min - 150€

An unforgettable massage that nourishes and protects the skin thanks to the natural benefits of olives, citrus, or lavender. The treatment makes your skin, silkier than ever, show all its 100% Mediterranean beauty.

\*Bestseller



## MASSAGE COLLECTION



## Thai Massage 75min - 170€

An invigorating massage that stimulates blood circulation and improves range of motion by restoring flexibility and well-being. Performed on a special floor mattress where firm pressure and stretching techniques are used to leave the body balanced and revitalized.

**\*Recommended wearing comfortable clothing during the session.**

## Aromatherapy 50min - 105€ / 75min - 150€

Specially selected Essential oils are combined with a rhythmic and relaxing massage technique that liberates tension, restores the senses, and offers absolute tranquility.

## Prenatal 45min - 90€

Specially developed for mothers-to-be, this experience employs massage techniques to relieve tension, soothe muscles, and reduce pain caused by shifts in posture. Applying moisturizing almond oil, the skin feels hydrated, soft, and silky.

## Deep tissue 50min - 120€ / 75min - 160€

Deep pressure massage with specific techniques and focus on the trigger points that relieve muscle tension and stress, targeting the deeper layers of the muscles' connective tissue. Firm pressure from elbows and forearms loosens stiff muscles and joints for improved circulation.

## Hot Healing Stones 75min - 155€

The massage techniques are combined with the properties of the volcanic stones and the essential oils. The heated stones are placed on key points of the body, releasing the accumulated energy from the chakras, while inducing a feeling of total harmony, well-being, and profound muscular relaxation.

## Miraggio's Signature 50min - 120€ / 75min - 160€

Savor the exquisite blend of nature's tranquility with our full-body lavender aromatherapy massage. Immerse yourself in the aromatic allure of this Mediterranean flower as skilled hands artfully infuse their essence into your skin. The harmonious fusion of lavender essential oils is known for its calming and relaxing properties, lavender oil can help reduce stress, promote better sleep, and soothe skin irritations.

\*Bestseller

## Body Treatments

*Indulge in the ultimate self-care experience with our exquisite body treatments. From nourishing body wraps to invigorating exfoliation, each treatment is a sensorial journey crafted to leave your skin radiant, your muscles relaxed, and your spirit uplifted. Immerse yourself in the luxurious world of our body treatments, where the pursuit of well-being becomes a personalized and transformative experience.*

### **Olive Seed Scrub 25min - 45€**

A real rejuvenation thanks to the aromas and textures of olive seeds, argan, grape seeds, and orange blossom water. The skin is left free of dead cells and extremely soft.

### **Marine Scrub 25min - 45€**

A refreshing body exfoliation with vitamins and algae extracts that nourish and soften the skin. Enriched with seaweed, marine elements, and metal salts that transfer you directly to the endless blue of the ocean. Ideal for dry and thirsty skin.



### **Flor de Sal 40min - 80€**

The first beauty treatment combines the exquisite Baobab Oil and the valuable pure marine salt from Flor de Sal d'Es Trenc in Mallorca. An exclusive experience that renews and embellishes the skin, while harmonizing the senses.

\*Bestseller

### **After Sun Aloe Wrap 25min - 45€**

A miraculously refreshing and hydrating treatment based on Aloe Vera and Mint for deep nourishment and relaxation. Offers immediate comfort and a unique sense of coolness and renews sensitive and irritated skin.

### **Detoxifying Seaweed Wrap 25min - 45€**

Maximum comfort and rest for the limbs of the body, providing them with all the hydration and nourishment they need. Improves blood circulation and relaxes the muscles.

### **Silky Wrap & Facial 40min - 90€**

Envelop your skin with precious 'silk' and enjoy a luxurious product application that will hydrate deeply your skin, providing it with a satin appearance and a silky touch. Close your eyes and let the unique body and face treatment captivate your senses.

\*Bestseller

### **Cellu Programme 60min - 130€**

A professional treatment with more than twenty active ingredients that work together to reduce adipose tissue, combat the orange peel line and re-tighten the skin. A new two-stage aesthetic approach, the compositions of which have been rigorously studied and worked on in each of the phases of cellulite formation.

It focuses first on changing the microcirculation and fluid retention then on fat deposits. The application of firming and fat-soluble oil combined with two accessories, lipodren balls and firm rollers has the best anti-cellulite and firming action.



## Facials by Germaine de Capuccini

Our spa menu beckons you into a realm of skincare indulgence, where each treatment is a carefully curated blend of relaxation and targeted rejuvenation.

From hydrating facials to specialized skincare treatments, our expert aestheticians are dedicated to enhancing your natural beauty and restoring balance to your complexion. Elevate your skincare routine with our thoughtfully crafted spa menu, and let your radiant transformation unfold.

### **After Sun with Aloe Vera 30min - 55€ / 50min - 100€**

Royal Jelly, an exceptional nourishing elixir offered to us by nature, manages to work on epidermal cohesion and to restore "skin resilience". Thus, it provides the skin with the power to be protected against external stress and to overcome it quickly. Skin is nourished and deeply revitalized.

### **For Men 50min - 105€**

Specially designed for men, an energizing and detoxifying facial treatment by Germaine de Capuccini that works against the effects of skin fatigue. The formula of its products consists of natural ingredients and its special form of application is based on Shiatsu movements. Its fresh and light texture provides men's skin with firmness and suppleness.

### **Radiance C+ 75min - 155€**

Enriched with vitamin C derivative and Ume plum extract, this treatment is the most powerful weapon against premature aging. Aids in fighting more effectively against oxidative stress and thus against aging are characterized by the appearance of dark spots, dehydration, and dull tone. The skin radiates and feels smooth and refreshed.



### **Purexpert Clarity 50min - 105€**

Universal and personalized treatment for all ages and all skin types. In record time it cleanses deeply, purifies, renews, and soothes the surface of the skin. Reveals a more uniform, luminous, and pure face.

### **Global Anti-age On 75min - 155€**

Exquisite anti-aging facial treatment. Its stunning composition fills the wrinkles, rejuvenates, moisturizes the skin, and activates the defense and cellular regeneration mechanisms. The ritual includes a toning massage with a special spoon, placed on ice and a unique metallic icy mask.

\* Winner of the prestigious Highest Award at the 20th IFSCC (International Federation of Cosmetic Chemists), considered the Nobel Prize of Cosmetics.

### **Hydraluronic 60min - 125€**

Our exclusive formula combines the power of HYALURONIC ACID with our patented HLG nanopolymer, creating an innovative treatment for visibly denser, plumper and more hydrated skin. Protects against climate change and premature aging. Provides hyaluronic acid in all molecular weight and thermal water of volcanic origin.

\*Bestseller

### **Eyes & Lips Therapy 25min - 50€ / 45min - 90€**

A fast, effective solution that works instantly on the lines and wrinkles of the eye contour. This eye and lip treatment offers a rejuvenated look and smoother skin. In 45min treatment we add a suction cup, quartz stone, and yoga massage that are used to perform eye massage to enhance the results.

\*Combine all facial treatments with the eyes & lips therapy and get the benefit of 15% discount.



## Royal Spa Suite Services

Do not miss one of our best secrets, our spa suite for private relaxation (steam bath, Jacuzzi).

### **Use of the private suite for 2 guests 60min - 130€**

Private use of the Jacuzzi and Steam Bath (self-application of scrub or mask)

- + 2 glasses of red or white wine are offered along to accompany your experience in Jacuzzi.
- + each extra person plus 35€/person.

### **Couples Rejuvenation 120min - 320€**

Private use of Jacuzzi and steam bath with self-application of scrub or mask for a deep body cleansing and relaxation, followed by a full body massage for two in a Royal environment.

- + 2 glasses of red or white wine are offered along to accompany your experience in the Royal Suite.

Relax  
For Two



# Miraggio Greek Signature Treatments

...Discover our wellness packages from specially selected treatments, inspired by the local traditions and the nature of Greece...

## Mediterranean Golden Olive Tranquility 100min – 195€

Inspired by the land of Greece and the amazing treasure that the olives gave us. A body scrub that is a real treat thanks to its aromas and textures of argan, olive seeds, grape seeds and orange. The exfoliation is followed by a candle massage with warm olive wax that relieves tension, restores the senses and offers absolute calm through special massage techniques. At the end of the treatment, there is a facial massage that helps the skin to maintain its youthfulness and suppleness.

(Olive Body Scrub 25', Olive Candle Massage 50', Facial Relaxing Massage 25')

## Myrtle Orange Blossom Ritual 110min – 200€

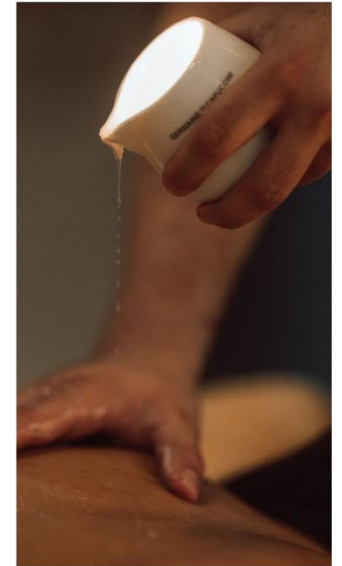
In Greek, the word for orange is “πορτοκάλι”, which over time became a symbol of beauty, immortality and wealth. Oranges are a popular ingredient in cosmetics thanks to their natural properties and benefits for the skin. A luxurious treatment based on miracle fruit with astonishing benefits. The treatment includes a natural antioxidant and anti-aging exfoliation with papaya that leaves the skin soft, clean and velvety, followed by a body wrap that covers the skin with delicate luminous and glow. Right after a powerful union of Vitamin C facial treatment provides luminosity and firmness.

(Papaya Body scrub 25', Vitamin C+ Body wrap 25', Radiance C+ face treatment 60')

## Olympian Royal Jelly Elixir 100min – 180 €

This fascinating product of Royal Jelly, known for thousands of years by Greek ancients with unique properties and highly nutritious substances produced by hard work of thrilled bees to feed your skin. It's one of nature's most potent creations due to its numerous health benefits. This amazing combination of face and body treatment includes skin care products with hydrating, anti-aging and anti-inflammatory properties that promote vitality, longevity and beauty.

(Honey full body massage 50', Facial nourishing treatment 50')



# Miraggio Greek Signature Treatments

...Discover our wellness packages from specially selected treatments, inspired by the local traditions and the nature of Greece...

## Athena's Pomegranate Detox Experience 100min – 185€

In ancient Greece, the pomegranate was a symbol of fertility and abundance with its powerful antioxidant and anti-aging properties. Enjoy the fruit's natural benefits to help with skin rejuvenation, hydration and overall wellness. Starting with pomegranate warm bath with soothing effects of water and continue with an original exfoliating body mousse that helps fight free radicals, while the scrub exfoliates and smooths the skin. It contains seeds of the pomegranate that eliminates dead cells from the surface of the skin and helps it to be nourished and repaired. The relaxing massage on the feet and neck at the end provides relaxation and rejuvenation.

(Pomegranate Hydro bath 25', Pomegranate Body scrub 25', Feet 25' & Neck massage 25')



*Nurture your body.  
Soothe your soul.*

## Hippocratic Holistic Lavender Therapy 100min – 190€

This plant, which is common in Mediterranean countries is famed for its multiple health benefits such as sedative, antiseptic, antibacterial and analgesic properties. Its most well-known components include its ability to alleviate stress and anxiety. These fizzy bath products dissolve in water, releasing soothing lavender scents and moisturizing ingredients like vanilla, calendula and cajepout essential oils with calming effect. The hydrating body gel wrap with an attractive mauve colour includes lavender butter, sunflower and aromatic water that leaves a subtle aromatic freshness on the skin. A holistic massage with lavender oil is a therapeutic approach that focuses on treating the whole body, mind, and spirit that immediately transports you to another dimension filled with peace and serenity. It combines various massage techniques to promote overall wellness and balance.

(Lavender Hydro bath 25', Lavender Body mask 25', Holistic full body massage 50')



# Hydro Bath Rituals

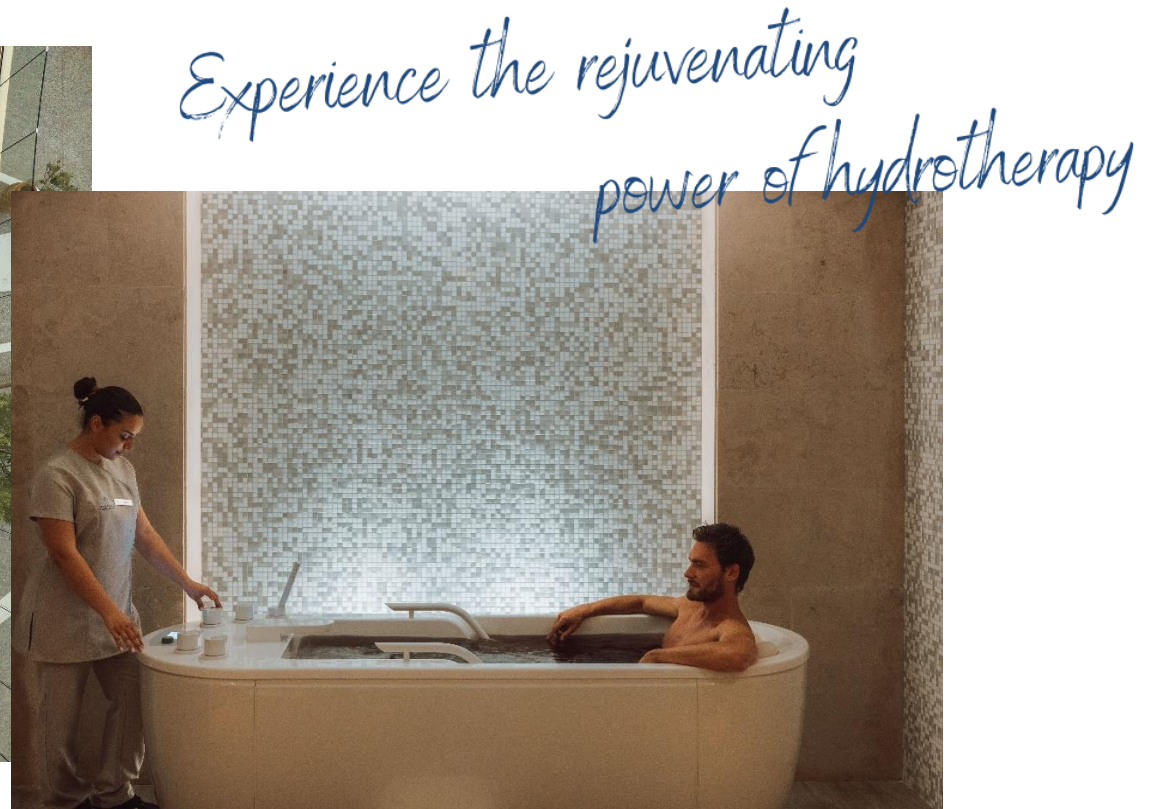
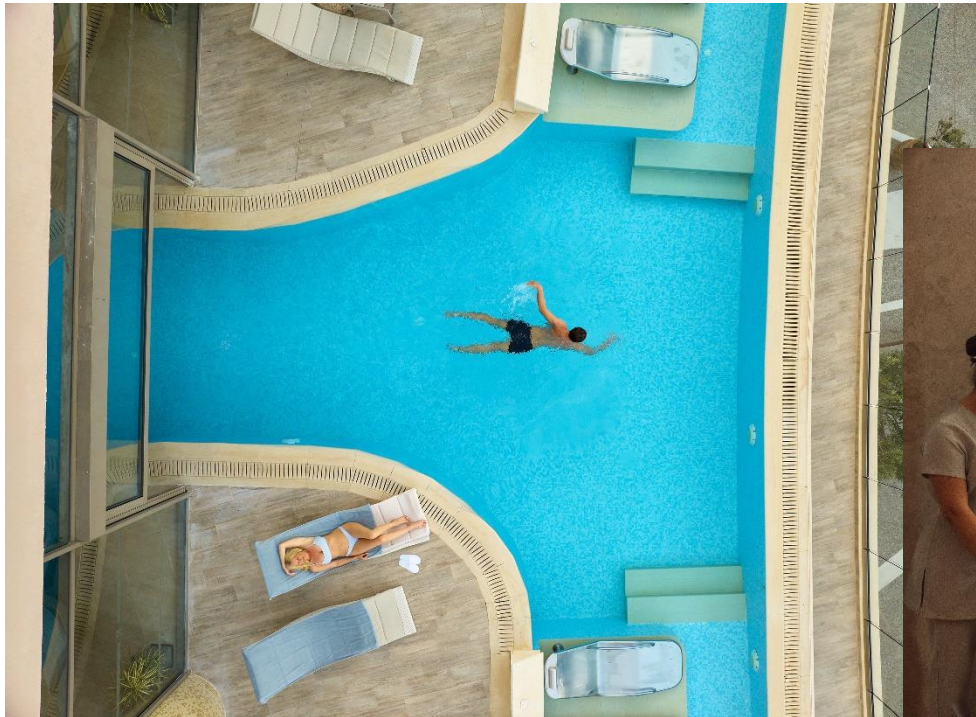
Bath aromas through the water in the bathtubs become exceptional protagonists when they evoke beauty, well-being and good memories.

## Hydro bath with Lavender / Aqua / Pomegranate 25min - 50€

- **Lavender:** Indulge in a soothing hydro bath infused with lavender, renowned for its calming properties, perfect for unwinding and promoting relaxation.
- **Aqua:** Experience revitalization with an invigorating aqua hydro bath, designed to refresh your senses, ease muscle tension, and promote overall rejuvenation.
- **Pomegranate:** Treat your skin to a nourishing hydro bath infused with the essence of pomegranate, offering antioxidant-rich hydration and a revitalizing scent for a refreshing spa experience.

## Myrthias' Hydro Bath Ritual 105min - 210€

Discover the right balance in your everyday endeavors, to achieve perfect harmony between the body, mind, and soul. The lavender bath is formulated with Lavender, Cajeput essential oils, Vanilla, Calendula extract, and Orange Blossom aromatic water. This perfect combination alleviates stress and mitigates the feeling of tiredness. The signature treatment starts with a lavender body exfoliation followed by lavender hydro bath and ends with the application of lavender mask and a full body relaxing massage for stress reduction and anti-inflammatory effect.



*Experience the rejuvenating  
power of hydrotherapy*

## Kids Menu

*“Children under 12 years of age are welcomed with their parents for an introduction into spa treatments for an unforgettable experience.”*

### **Miss Miraggio Massage 25min - 45€**

A relaxing full body massage with a gentle fragrance, for every little princess to get the feeling of well-being.

### **Junior Massage 25min - 45€**

A relaxing massage with soft movements for every little hero to calm the spirit and take off the senses.

### **Mommy / Daddy & Me massage 25min - 90€**

Enjoy a massage near your Child and get a double pleasure from their happiness. Choose the part of your body you prefer according to your needs.

### **Mini Me Facial Treatment 25min - 45€**

A short facial treatment with purest products for an extra glow on their beautiful smile, necessary for every little lady.

*“A World of Wellness, Created for Children”*





# Hands and Feet Care

## Manicure

- Nail Polish (file & polish) 20€
- Shellac Nail Polish (file & shellac polish) 35€
- Shellac Removal 15€
- Manicure (nails care, polish, hands cream massage) 45€
- Spa Manicure (nails care, peeling, hands mask & massage, polish) 55€
- Shellac Manicure (nails care, Shellac polish, hands cream massage) 60€
- Spa Shellac Manicure (nails care, Shellac polish, peeling, hands mask & massage) 70€
- Men's Manicure (nails care, peeling, hands massage) 40€
- Men's Spa Manicure (nails care, peeling, hands mask & massage) 50€

## Pedicure

- Pedicure (toes nails & feet care, polish, foot cream massage) 55€
- Spa Pedicure (toes nails & feet care, peeling, foot mask & massage, polish) 70€
- Shellac Pedicure (toes nails & feet care, Shellac polish, foot cream massage) 70€
- Spa Shellac Pedicure (toes nails & feet care, Shellac polish, peeling, foot mask & massage) 80€
- Men's Pedicure (toes nails & feet care, peeling foot massage) 55€
- Men's Spa Pedicure (toes nails & feet care, peeling, foot mask & massage) 65€

## Kid's Manicure & Pedicure

- Kid's Manicure (nails neatened, hand massage and nail polish) 25€
- Kid's Pedicure (nails neatened, foot massage and nail polish) 25€

\*French polish + 7€





## **Waxing**

Full Leg 45€

Half Leg 35€

Full Arm 35€

Half Arm 25€

Back (M) 50€

Upper Lip 15€

Chest (M) 35€

Under Arm 20€

Bikini Line 20min 25€

## **Eyebrow care**

Eyebrow Removal 15€

Eyebrow Shape 25€



# How To Spa With Us

## Spa Environment:

Myrthia Thermal Spa is an adult sanctuary. Children between 12 and 16 years of age are permitted to use only the main indoor swimming pool between 10.00 a.m. - 2.00 p.m. with parental supervision.

## Hours of Operation:

Spa Facilities: 10:00 a.m. - 7:00 p.m.

Appointments Available: 10:00 a.m. - 8:00 p.m., last appointment at 7:00 p.m.

Fitness Centre: 08: 00 a.m. to 8.00 p.m.

## Reservations:

For spa enquiries or reservations please call 333 or +30 23744 40000. We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

## Contact:

Internal number: 333/334

External number: +30 2374440000

Email: [spa@miraggio.gr](mailto:spa@miraggio.gr)

Kanistro, Paliouri, Halkidiki 630 85 Greece

## Cancellation Policy:

We understand that plans can change, and we will do our best to accommodate your needs. However, as all spa time is under reservation, should you need to cancel or change your booking kindly inform our team 24 hours before your time slot with no charge. Otherwise, cancellations made between 12-4 hours before the treatment(s) time will result in you being charged 50% of the treatment(s) cost, and cancellations made between 4 hours - the non-show will result in you being charged 100%.

## Spa Arrival:

We recommend that you arrive 60 minutes before your first scheduled appointment. This will allow you to enhance your spa experience with the use of a water source and thermal Well-Life Suite facilities and will also allow you to relax before your treatment. Please let us know of any preferences regarding room temperature, pressure, and music volume. Your care is our highest priority. Please leave jewelry and valuables in your room safe or the hotel safe.

## During your stay:

The Spa must keep an environment of calm and relaxation. Help us respect the atmosphere of privacy and quiet. Please put your cell phones in flight mode during your stay at the Spa. Smoking, alcohol and eating at the Spa are prohibited.

## Pregnancy:

In our menu you will find specially designed treatments for women during pregnancy, as well as for those who are going through the period of breastfeeding. Please allow the Spa team to guide you in choosing the treatment that suits you.

## Health questions:

Let us know at the time of booking about any medical condition that concerns you. The same goes for people with disabilities. This will allow our people to guide you in choosing your treatments. Before starting the selected treatment, our staff will ask you to fill in your medical history. We fully comply with the EU regulation on GDPR.





**MIRAGGIO**

THERMAL SPA RESORT

