

**MINTHIS**  
Spa

**LADIES DAY** € 180.00

- Welcome drink on arrival
- A choice of two treatments from the list below:

**BACK MASSAGE**

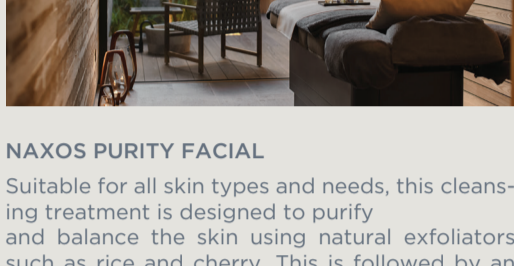
A tension relieving back massage using a blend of delicate bergamot massage oil. Our skilled therapist will use a fusion of different massage techniques, to ensure that you leave feeling supple and relaxed.

Duration 30 mins

**FOOT MASSAGE**

A combination of specific techniques, pressure points and stretching, this treatment improves flexibility, stimulates the nervous system, improves circulation, increases energy levels, and induces a deep state of relaxation.

Duration 30 mins



**NAXOS PURITY FACIAL**

Suitable for all skin types and needs, this cleansing treatment is designed to purify and balance the skin using natural exfoliators such as rice and cherry. This is followed by an energizing face massage or mask to improve your skin tone and texture.

**KEY ELEMENTS:** Welcome touch, Cleanse, exfoliation, massage OR Mask

Duration 30 mins

**OLIVE BODY POLISH**

Full body gentle exfoliation, using crushed herbs, sea salt, and organic olive oil that allow you to tap enjoy nature's extracts. Smooths, cleanses and hydrates your skin all over.

Duration 30 mins

During your stay you are invited to use the thermal suites, hydrotherapy pool, indoor pool as well as the gym facilities. A locker, robe and slippers will be provided.

**RELAX AND RESTORE** €235.00

- Welcome drink on arrival

**OLIVE BODY POLISH**

Full body gentle exfoliation, using crushed herbs and sea salt and organic olive oil, that allows you to tap natural extractions and powerful botanics. Smooths, cleans, and hydrates your skin all over.

Duration 30 mins

- A Smoothie of Your Choice



**BASIL MANDARIN THERAPEUTIC MASSAGE**

This rhythmic body massage was created to restore your balance and re-align energy flow. The delicate aromas of basil and mandarin will uplift your spirit, reduce stress, and muscle aches.

Duration 60 mins

During your stay you are invited to use the thermal suites, hydrotherapy pool, indoor pool as well as the gym facilities. A locker, robe and slippers will be provided.

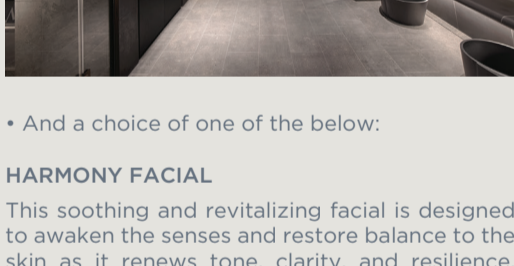
**MINTHIS DE-STRESS** €310.00

- Welcome drink on arrival

**AROMATIC CANDLE MASSAGE**

Give in to the flowing strokes of this warming and nourishing candle massage with aromatic essences that have been selected for their qualities and ability to relax the muscles and relieve tension, leaving your skin smooth and fragrant.

Duration 60 mins



- And a choice of one of the below:

**HARMONY FACIAL**

This soothing and revitalizing facial is designed to awaken the senses and restore balance to the skin as it renews tone, clarity, and resilience. Gives a healthy glow to fatigued skin.

Duration 30 mins

Or

**HEAD MASSAGE**

Head Massage, focusing on tension in the neck, shoulders and head, this massage is designed to relieve deep seated stress and deep relaxation. Choose your oil from our 3 signature blends.

Duration 30 mins

During your stay you are invited to use the thermal suites, hydrotherapy pool, indoor pool as well as the gym facilities. A locker, robe and slippers will be provided.

**MINTHIS WELLBEING DETOX DAY** €360.00

- Welcome drink on arrival

**DETOX BODY SCRUB**

Full body gentle exfoliation, using crushed salt rosemary and essences of lime and ginger that allow you to tap natural extractions and powerful botanics resulting in a gentle detoxification. Rich olive oil leaving the skin hydrated.

Duration 30 mins

**DETOX DRAINAGE MASSAGE**

In this gentle massage, controlled pressure and rhythmic circular movements are used to stimulate lymph flow and encourage the natural drainage of the lymph system. A customized blend of ginger, lime oil with detoxification properties, is used.

Duration 60 mins

- A Smoothie of Your Choice

**FOAMING ENZYME FACIAL**

Enjoy the powerful, yet soothing Foaming Enzyme Treatment Facial that features active foaming agents for light and effective exfoliation. This professional treatment combines papaya and pineapple enzymes with a potent, botanically derived Glycolic Acid to reveal a polished, more radiant complexion. The foaming masque is lightly massaged onto the skin while steam helps it to diffuse further. A light mist and hydrating serum are applied, followed by an intensive cooling masque. Good for all skin types, the Foaming Enzyme Treatment Facial will leave your skin clear and glowing. INCLUDES: Welcome touch, facial and scalp massage

Duration 60 mins

During your stay you are invited to use the thermal suites, hydrotherapy pool, indoor pool as well as the gym facilities. A locker, robe and slippers will be provided.

**MINTHIS PERSONALISED FITNESS DAY** €310.00

- Welcome drink on arrival

**ADVANCED 3-DIMENSIONAL BODY COMPOSITION ASSESSMENT**

Duration 30 mins

**A PERSONAL TRAINING SESSION**

Duration 60 mins

- 2 Smoothies of your choice

**DEEP TISSUE MASSAGE**

Recharge your body and kick-start your circulation with this deep tissue massage. The powerful detoxifying oils, ginger and lime will help relieve muscle tension in specific areas of the body, both to release lactic acid build-up and muscle stiffness due to over-exertion in the gym, or to reduce fluid retention and improve poor circulation associated with cellulite conditions. It is an effective way to recondition your skin tone and feel free from aches and pains.

Duration 60 mins

During your stay you are invited to use the thermal suites, hydrotherapy pool, indoor pool as well as the gym facilities. A locker, robe and slippers will be provided.

**CONNECT WITH NATURE** € 180.00

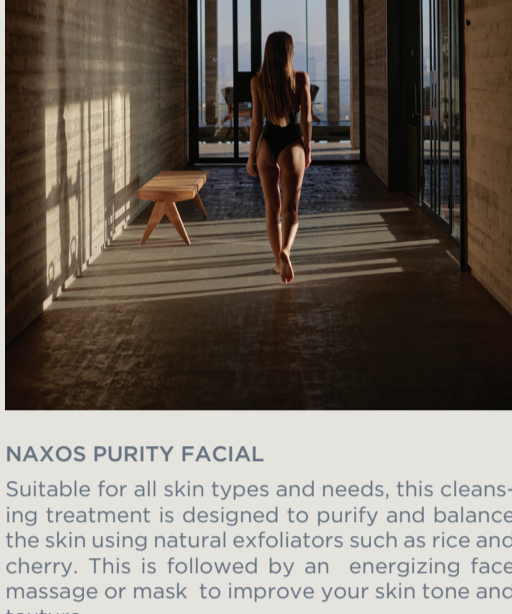
- Welcome drink on arrival

**BERGAMOT BACK MASSAGE**

A tension relieving back massage using a blend of delicate bergamot massage oil that alleviates tension, calms, and purifies. Our skilled therapists will use a fusion of different massage techniques, to ensure that you leave feeling supple and relaxed.

Duration 30 mins

- A Smoothie of Your Choice



**NAXOS PURITY FACIAL**

Suitable for all skin types and needs, this cleansing treatment is designed to purify and balance the skin using natural exfoliators such as rice and cherry. This is followed by an energizing face massage or mask to improve your skin tone and texture.

**KEY ELEMENTS:** Welcome touch, Cleanse, exfoliation, massage OR Mask

Duration 30 mins

During your stay you are invited to use the thermal suites, hydrotherapy pool, indoor pool, as well as the gym facilities. A locker, robe and slippers will be provided.

**DELUXE LADIES' ESCAPE** € 250.00

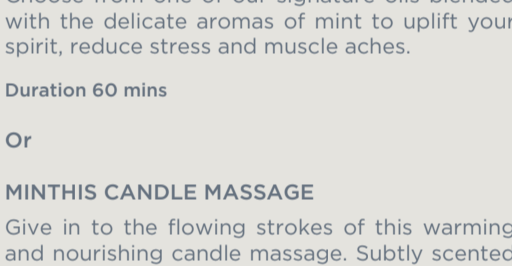
- Welcome drink on arrival

**CHRONO REVERSE**

'Chronos' is the Greek word for time, this specialized treatment can reverse the harmful effects of free radicals which contribute to premature skin aging over time. Using a blend of top-quality natural ingredients such as Naxian prickly pear extract, black tea active and goji berry, this facial can reduce the appearance of deep wrinkles, while smoothing and brightening your complexion. In combination with the hi-tech Therface Pro using micro current, led and hot and cold therapy gently stimulates, lifts and rejuvenates the skin, giving you a beautiful and more youthful look.

**KEY ELEMENTS:** Welcome touch, Cleanse, exfoliation, massage, Mask, Therface Pro

Duration 60 mins



- And a choice of one of the below:

**MINTHIS SIGNATURE MASSAGE**

This rhythmic body massage was created to restore your balance and re-align energy flow. Choose from one of our signature oils blended with the delicate aromas of mint to uplift your spirit, reduce stress and muscle aches.

Duration 60 mins

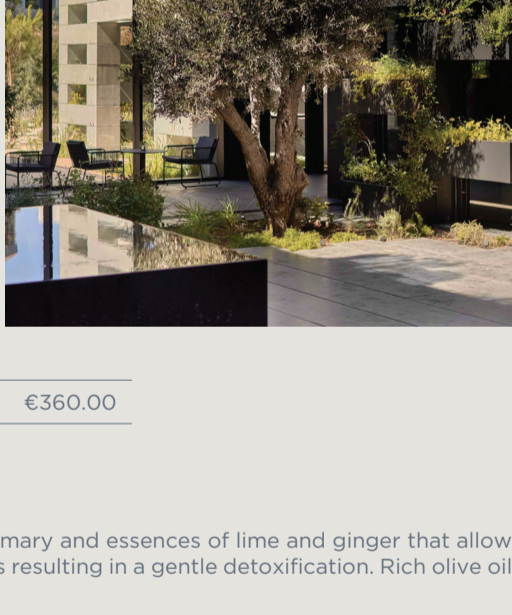
Or

**MINTHIS CANDLE MASSAGE**

Give in to the flowing strokes of this warming and nourishing candle massage. Subtly scented oils were selected for their qualities and ability to relax the muscles and relieve tension, leaving your skin smooth and fragrant.

Duration 60 mins

- A Glass of Prosecco



Daily Opening Hours: 07.00 - 20.30hrs  
Sauna and Steam rooms close at 20.00hrs  
Open to guests aged 16 or over.

Reservations for Spa treatments are required.  
Please call the Spa reception from your Suite on extension 299,  
dial + 357 26 842 299  
or email spa@minthisresort.com