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WELLNESS THELMA

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SPA



treatments  
menu

## WELCOME

Discover our mesmerising **WELLNESS THELMA SPA** through the secret tunnels that lead you to enlightenment of body spirit and mind. Treat yourself to the unforgettable pleasure of wellbeing rituals on the magical island of Santorini.

Give yourself positive recharge in our heated cave pool and jacuzzi or let the healing properties of water cleanse your worries away at our outdoor swimming pool overlooking the breath-taking views of the volcano and the caldera surrounded by the blue Aegean Sea.

Let our experienced staff accompany you on a unique journey of the senses. Our worldwide-accredited organic and herbal face and body care products **CHARME D' ORIENT PARIS** and **TEGODER COSMETICS** are the basis for our high-quality treatments. All the organic products are certified by **ECOCERT**.

This is the place to let stress fade away and relax body and mind with the tranquil atmosphere.

Our spa can also provide you the luxury of wellness and relaxation at the privacy of your suite or at the outdoor pergola next to swimming pool while taking in the spectacular views of the caldera.

## SPA DAY PASS

Spa Day Pass access. You must spend at least 350€ after discounts on Spa Service to receive complimentary massage, face or body treatment of you choose, access till day of your stay with a scheduled appointment. Any current spa promotions do not include the packages. The tickets valid per person.

## COUPLES MASSAGES

### WELLNESS FOR TWO

Let us guide you and your partner through this beautiful experience in the absolute serene relaxation. Our two therapists will perform a calming half body massage with essential oils, in our special room for couples, and will serve you after your treatment on the terrace fresh fruit and sparkling wine, so you can enjoy to the maximum the view of caldera and the volcano.

45 min/ 220€

### ROYAL RITUAL

This treatment gives you the luxury to choose a full body high relaxing massage combine with an express face treatment according to your skin needs. After your deeply relaxing experience we will guide you on our breath-taking terrace for an awakening of spirit and mind, serving you fresh fruits and chilled sparkly wine.

70min / 280€

## MASSAGES

### FEEL THE FLOW (relaxing)

This massage inspired by the harmony of the waves of the Mediterranean Sea with each slow rhythmic move for total relaxation experience and unless the tension of the muscles. Through pressured massage with long strokes and kneading movements, you will experience improved circulation, restoring of the metabolic balance and a relief from muscle tension. Allow us to take you on a journey of the senses with the warm aromatic oil of local herbs and flowers.

60min/90€

### DEEP TISSUE (sports)

This therapeutic massage goes in the deeper layers of muscles and connective tissue, movements and techniques that unblock tension, it relaxes the muscle and is beneficial in balancing of the nervous system. Ideal for athletic people that need a better blood circulation around the muscles for a better performance on their daily routine.

60 min/120€

### BACK & SHOULDER (anti stress)

Receive a customized massage uses gentle techniques to open the energy centers of the face and focused on the most common areas of tension, the neck, back and shoulders. This is for anyone who needs speedy relief from daily stress. You will soon feel relaxed, revived and ready to go.

30 min/ 60€

## SPECIAL MASSAGES

### VOLCANO STONES (holistic)

The hot volcanic stones promotes and helps to unblock all seven chakras for an even energy flow. It also gives the ultimate muscular relaxation experience, enhances lymph flow, increases cell renewal and has a calming effect on the vegetative nervous system. A highly rejuvenating massage that gives you a taste of the powerful energetic frequencies of Santorini Island.

60 min/ 130€

### ROLLER WITH FROZEN BALLS (refreshing)

The sun is shining, a different massage will refresh you offering a cool feeling that will last for hours but its benefits do not end here, this massage with frozen balls effectively treats muscular pains and lymph problems. Beyond the physical level, this massage balances the deeper mental levels by massaging the energy pipelines. By applying pressure using cold ball roller, we will restore the right temperature and energy flow to your body and relieve all physical pain. Let us refresh you.

45 min / 120€

### MOTHER TO BE (pregnant)

Ease muscle tension with a relaxing massage using support pillows and massage techniques tailored to your stage of pregnancy. Our pampering, baby safe massage starts with a relaxing back massage to help ease away aches and pains followed by a soothing head, neck and shoulders massage. A hand and arm massage aid the release of tension and is finished off with a gentle massage of the legs and feet leaving you feeling calm and relaxed.

➤ **Available after first trimester of the pregnancy.**

45 min / 110€



## BODY TREATMENTS

### BODY EUPHORIA WITH GREEK PRODUCTS

This blessed soil of Santorini gives us this exceptional body treatment rich in minerals, moisturizing agents, trace elements, and vitamins. Using traditional products like, scrub with olive oil and sea salt, nourishing mask rich in vitamin E,  $\Omega 3$  and  $\Omega 6$ , with honey and sesame, offer to you deep hydration while detoxifying and firming the body. The treatment is completed with a warm aromatic oil massage. The mind comes to a meditative state following this beautiful procedure.

70min/ 150€

### THE MEDITERRANEAN SEA WELLBEING

Treatment based on the elements of the Mediterranean Sea. It starts with deep exfoliating based on sea salt enriched with olive oil, honey and oil aromas and moves on with an aromatic shell-based massage, based on the harmony of waves. Ideal tightening and nourishing treatment. Enjoy a relaxation journey that will lead you to the sounds of the Mediterranean Sea.

60min / 120€

### CALM YOUR SKIN WITH ALOE & BEE NECTAR

After a long exposure of the sun the skin needs moisture and calming ingredients. Aloe will give all the lost moisture back and its anti-inflammatory properties and shea butter will add all the nutrition kneaded for a healthy looking skin. This treatment is highly recommended to be combined with our “calming sun with cumin & argan oil” face treatment for a complete relieve and calming sensation.

45min / 110€



## FACE TREATMENTS

### THE GIFT OF BLACK DIAMOND, PEARL POWDER & CAVIAR

A unique treatment made with the best substances for regeneration your skin to the maximum. Using the sparkling particles of black diamond, we activate microcirculation and give the necessary nutrients and in combination of black truffle rich on vitamin B complex we supply energy to the skin cells. For this journey the caviar serum, pearl powder, honey, and royal jelly gives us rejuvenating and natural lifting sensation, using a double roller device for facial massage, smooth closed pore and a healthy glowing skin.

70 min/ 140€

### DEEP NURISH WITH RED GRAPE & BLACK ORCHID

This highly effective golden treatment concentrates to the deep nourish of the skin cells. Your skin will be revitalized with all the active ingredients as lysine amino acid, complex of vitamins from red grape and black orchid extract work in synergy to rejuvenate and give a youthfully vibrant healthy looking and feeling skin. The activation of the chakra points on the face stimulates detoxification that gives back the radiance and elasticity.

60 min/120€

### CALMING SUN WITH CUMIN & ARGAN OIL

After a long exposure of the sun the skin needs calming ingredient to revive skin cells and bring the face looking again radiant and healthy. Blackcurrant, cumin, citrus, tea tree rich anti-inflammatory ingredient's helps to calm, cotton extracts combined with organic argan oil will give all the lost moisture back to the skin.

45 min/100€

### GENTLEMAN'S FACIAL

This revitalising treatment designed specifically for the needs of male skin. A complete men's care product line, including argan oil and shea butter offering nutrition and hydration. Combined with the advanced massage techniques, performed by our skilled therapists, this treatment will take all the tension away and give you a real feeling of comfort.

60min/ 120€



## EXPRESS FACE & BODY

### FOOT & LEG CRYOTHERAPY (fatigue)

A special cryotherapy for tired feet. Massage based on circular movements with froze balls that stimulate and rest your aching and cuddly foot muscles. The massage is performed with a special oil, enriched with essential oil of cypress, ginger, eucalyptus, juniper and rosemary, accelerating blood circulation and toxin excretion.

20 min/ 40€

### FACE TREATMENT

Eye care with myrtle

15min 20€

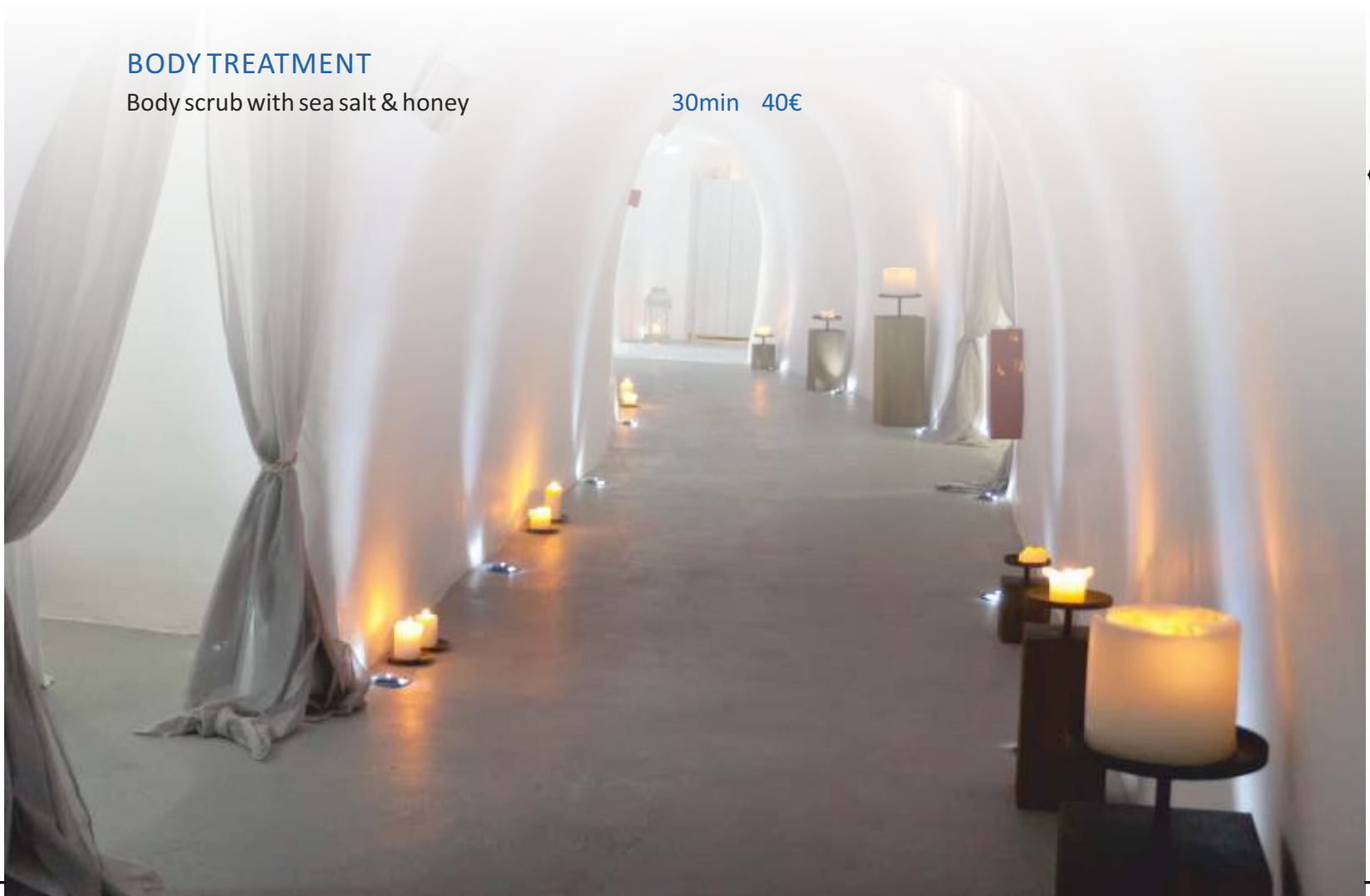
Lightening & silky beard

15min 20€

### BODY TREATMENT

Body scrub with sea salt & honey

30min 40€



## FACILITIES

### JACUZZI

The Jacuzzi of the spa is situated in a mesmerizing atmosphere of a concave. The temperature of the water is approximately 23-25 degrees. The pressure of the water relaxes the muscles, joints and stimulates blood circulation.

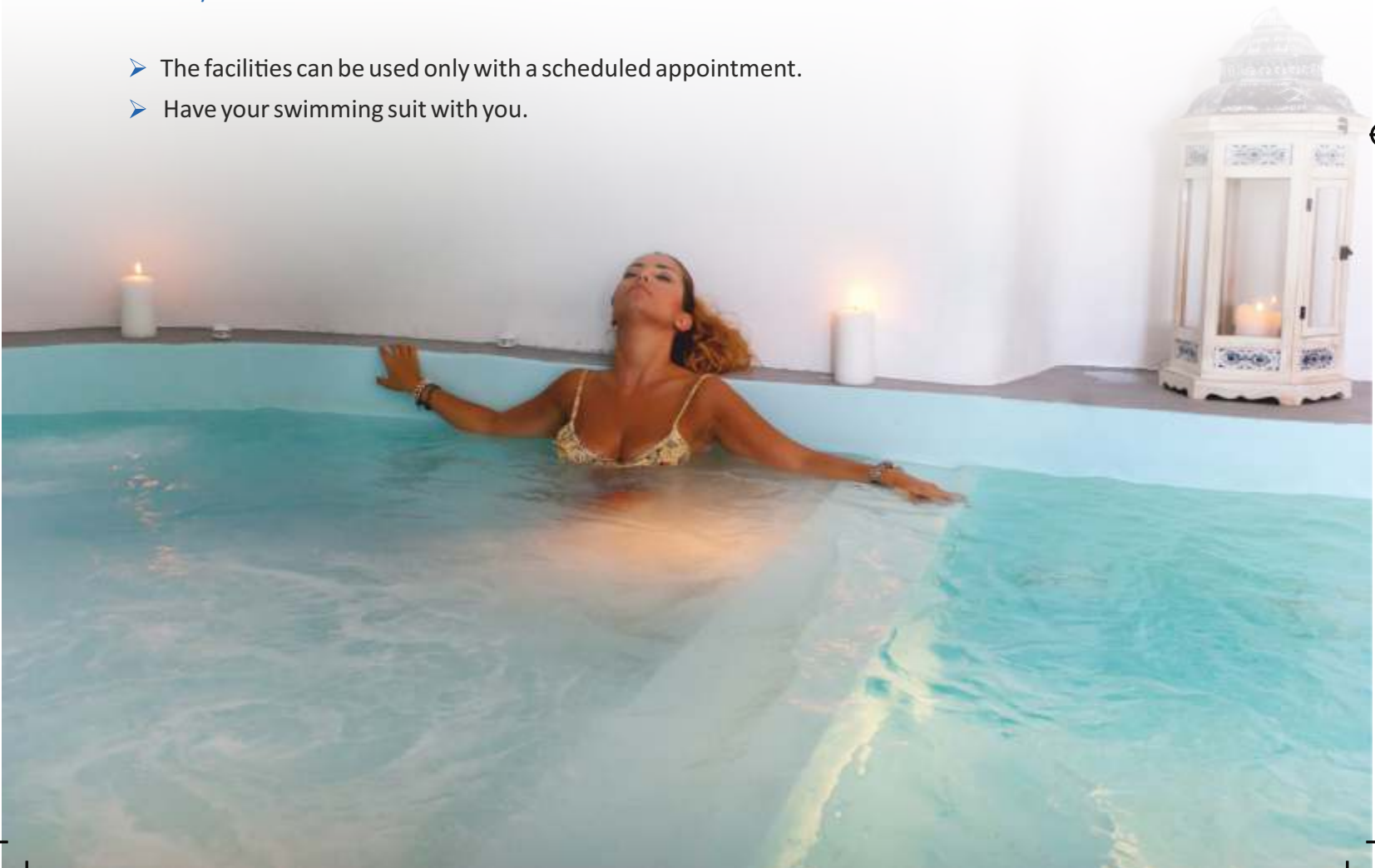
15 min/20 €

### WATER FALL HEATED POOL

A very cosy atmosphere of the concave pool next to the Jacuzzi with temperature of the water approximately 23-25 degrees. The pressure of the water that comes out of the wall like a water-fall will give a calming massage on head, neck, and shoulder.

10 min/15 €

- The facilities can be used only with a scheduled appointment.
- Have your swimming suit with you.





## PACKAGES

### 2 HOURS ESCAPE FOR RELAX

Thelma spa offers you a unique experience of 2 hours of pleasure and wellness for face and body. We've chosen the best treatments for face deep nourishing and body massage for unique relaxation.

15min Jacuzzi

- Face treatment "Deep nourish with red grape & black orchid"
- Body massage "Roller with frozen balls"

Pack price 195€

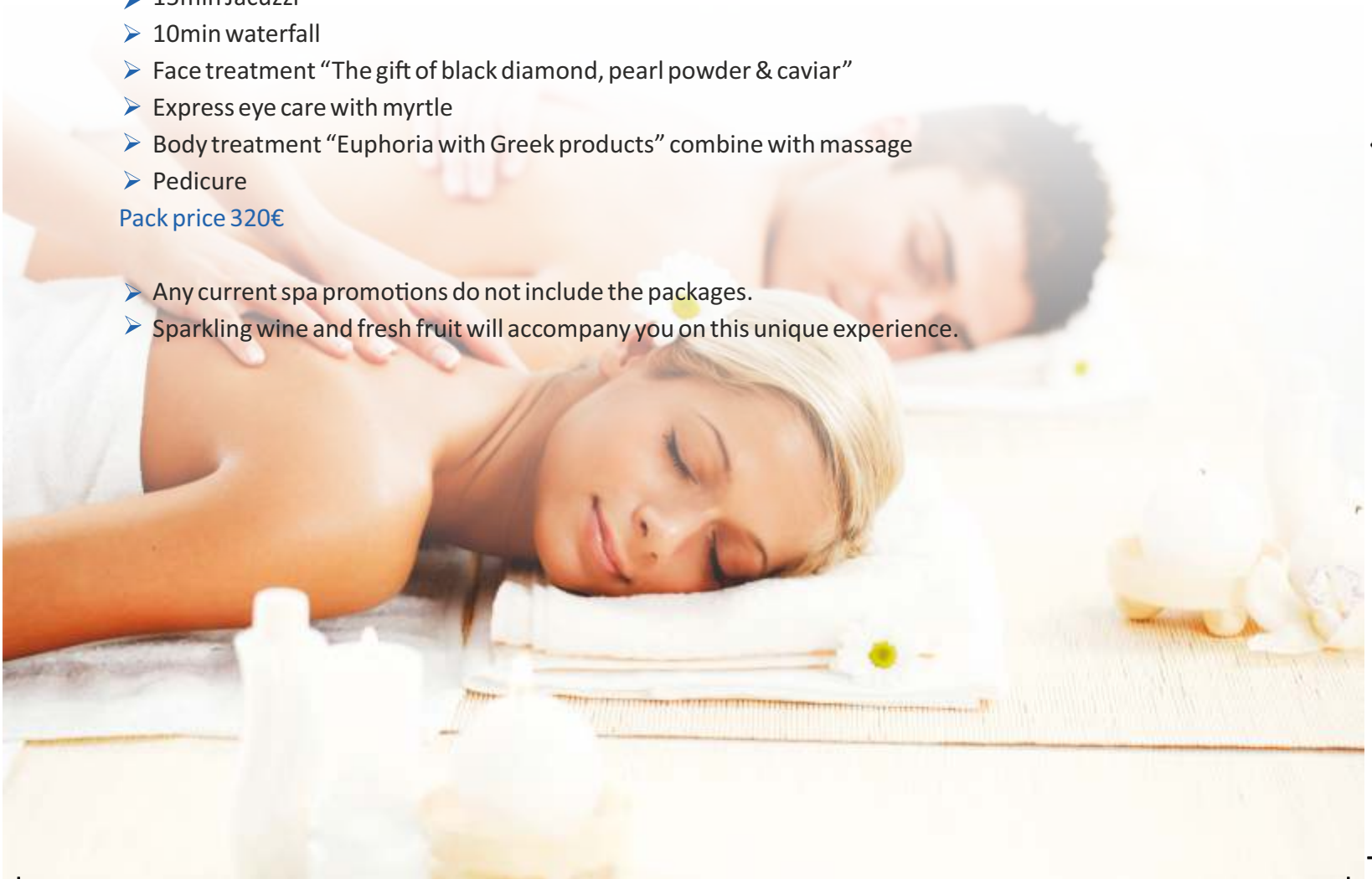
### 4 HOURS ALL DAY SPA

A unique experience with maximum relaxation and rejuvenation and vanish any sign of tension with a specially designed package. It's the Ideal package for brides preparing.

- 15min Jacuzzi
- 10min waterfall
- Face treatment "The gift of black diamond, pearl powder & caviar"
- Express eye care with myrtle
- Body treatment "Euphoria with Greek products" combine with massage
- Pedicure

Pack price 320€

- Any current spa promotions do not include the packages.
- Sparkling wine and fresh fruit will accompany you on this unique experience.



## MANICURE – PEDICURE

Enjoy your holidays with perfect hands and feet. The treatments that you can enjoy at our spa are a complete care for manicure and pedicure hands and feet. Relaxation is accomplished with a massage and the treatment is completed with shaping and painting of the nails.

Spa Manicure	60€
Manicure	40€
French Manicure	50€
Shellac manicure	60€
Nail Polish	10€
Spa pedicure	75€
Pedicure	55€
French Pedicure	60€
Nail Polish	10€

## HAIR REMOVAL WITH WAX

Full Legs	50€
Half Legs	30€
Bikini	25€
Brazilian	45€
Full Arms	40€
Half Arms	25€
Eye brows cleaning	25€
Eye brows shaping	35€
Hair face removal	20€

## HAIRSTYLE

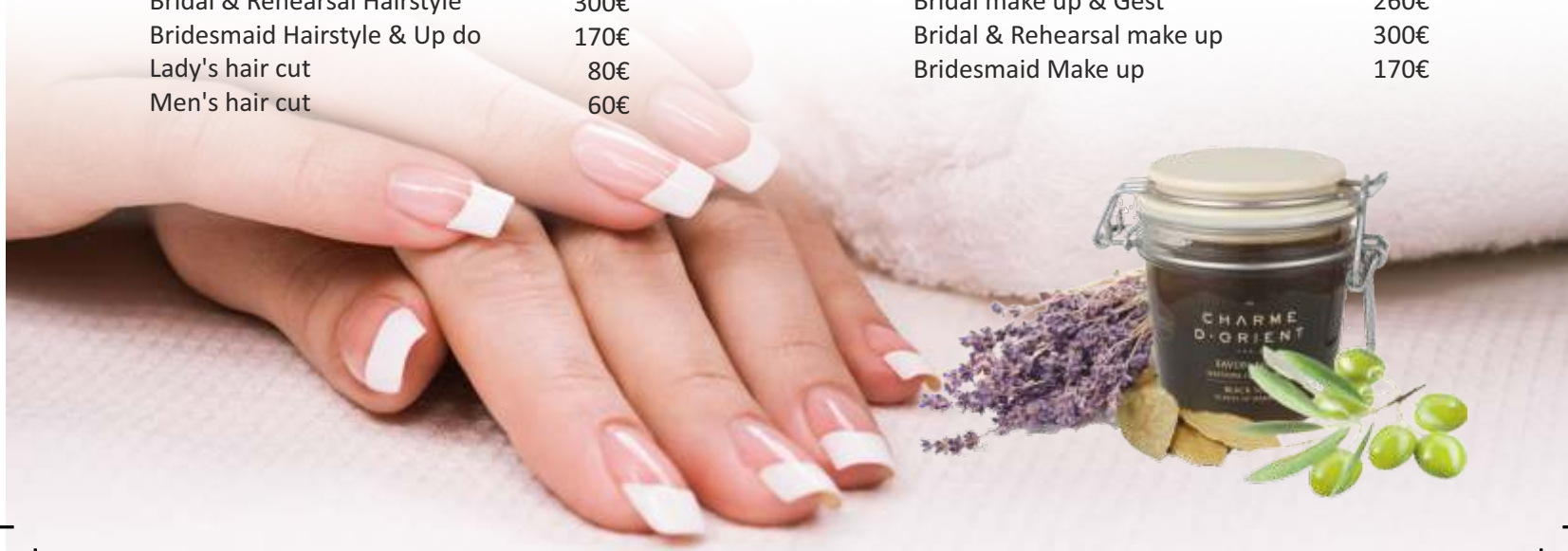
The products that are used for the hair are L' OREAL professional.

Hairstyle short length hair	60€
Hairstyle medium length hair	70€
Hairstyle long length hair	80€
Bridal Hairstyle	260€
Bridal & Rehearsal Hairstyle	300€
Bridesmaid Hairstyle & Up do	170€
Lady's hair cut	80€
Men's hair cut	60€

## MAKE UP

Our specialized staff will help you create the most beautiful make up for any occasion that will show off the natural beauty of your face.

Simple make up	80€
Make up Evening	120€
Bridal make up & Gest	260€
Bridal & Rehearsal make up	300€
Bridesmaid Make up	170€



## SPA PROTOCOL

### Hours of operation

10.00 a.m. until 8.00 p.m.

Last appointment at 7:00 pm.

### Getting ready for your treatment

Ladies who have salt peeling appointments should avoid shaving before their treatments. If you have sunburn, avoid treatments that include a peeling application. Men are advised to shave before enjoying a facial to ensure maximum skin nourishment and efficacy of the treatment.

### Arrival procedure

We recommend arrival 15 minutes before your scheduled appointment.

### Late arrivals

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

### Rw cancellation

Cancellations or reschedule must be done 8 hours before your appointment for no charge.

Less than 8 hours the charge will be 50% of the booked treatment.

Non show will be charged the full amount of the booked treatment.

### Stay in the area

While you're enjoying your time at our spa, we offer you refreshing drinks, Thelma spa has changing rooms with private shower, secure locker cabinets, bath robes and personal care products.

### For reservations or information

You can dial on **+30.22860.85270** and extension number **180** or contact through our site [www.thelmaspa.com](http://www.thelmaspa.com) also email at [info@thelma.gr](mailto:info@thelma.gr)

Directly from your room at **180**.

- Smoking is prohibited in all areas of the spa.
- Our prices include Vat. 24%





  
**ambassador**  
AEGEAN LUXURY HOTEL & SUITES  
SANTORINI

Menu Treatments by “THELMA COSMETICS & SPA SERVICES”



**Wellness Thelma Spa at Ambassador Luxury Suites & Villas**

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