

Enthymesis Spa Menu

Delving deeply into the ancient Greek traditions of healing, the wisdom of our physicians and philosophers, as well as the effects of herbs and oils on health and well-being, we have developed a care method that is deeply therapeutic.

Based on Hippocrates' five different temperaments, our approach is revolutionary, offering holistic care for both body and mind.



Treat yourself like the Greek Gods



Earth



Fire

THE 5 ELEMENTS

Each individual is governed by one of the five elements and a "humor," which define specific physical traits and potential imbalances.



Water

“True well-being is born when the body, mind, and spirit remember who they are.”

| Complete Care for Body & Mind

Our therapists will guide you in our Spa or wellness center towards a holistic therapeutic plan, including body therapies, massages, facial treatments, sauna, hammam, diet, and exercise.




| The Hippocratic Method

Hippocrates' method is one of balance—adding what is missing and removing what is in excess. Using pure oils and herbs from Greece, along with our signature treatments, we restore harmony to your body and spirit.

Treatments based on the elements

Dominant Element  Fire

If you are unstoppable, optimistic, explosive, fast, excessive, cheerful, or even aggressive, sharp, detail-oriented, and intelligent, you need treatments to calm your fire.

 50' - 80€

Deep Relaxing Massage

Combining pure, organic oils from rosemary, arnica, olive oil, and soothing essential oils like bergamot and pine, this full-body massage aims to calm both your body and mind.



🕒 60' - 90€

Deep Tissue Massage

A massage that releases tension from tissues and muscles, alleviating pain caused by excessive "fire." We use the therapeutic and soothing properties of Hypericum oil, arnica, and calendula for this treatment.



🕒 25' - 50€

Body Scrub

An exquisite scrub made from blackberries or sea salt combined with Epsom salts. This treatment clears your skin of dead cells while rejuvenating tired muscles and calming your mind with the aromas of orange and cedar from Greek forests.





🕒 120' - 160€

Signature Therapy Enthymesis

A comprehensive treatment combining a sea salt body scrub with a sugar scrub for the face.

It includes a deeply relaxing massage using organic oils such as olive oil and Hypericum oil for the body, blackcurrant oil for the face, and rosemary oil for the scalp. The treatment concludes with coconut butter and shea butter, leaving your fiery skin silky smooth and balanced.



Dominant Element Water

Water is the essence of life, but excessive water in the body can cause imbalances. If you are calm, gentle, accommodating, heavy, serene, and sensitive, our treatments will help eliminate excess moisture, restoring your inner harmony.

 25' - 45€

Dry Brush Exfoliation

Body brushing with a dry brush is one of the oldest techniques for reducing moisture and stimulating circulation.

This method removes dead skin cells, increases body warmth, and enhances lymphatic flow. The treatment is completed with the application of a light, dry grapeseed and oregano oil, providing toning and a refreshing sensation.



🕒 60' - 80€

Cellulite Treatment

When the water element dominates, cellulite becomes more pronounced.

Through a unique lymphatic and energy massage using a blend of organic oils enriched with grapefruit, cypress, and lemon essential oils, excess water evaporates, metabolism is boosted, and cellulite visibly reduces.



🕒 60' - 80€

Lymphatic Massage

A gentle, almost imperceptible massage with rhythmic, pulsating movements stimulates lymphatic flow and facilitates drainage towards the lymph nodes and kidneys.

We use lightweight organic grapeseed oil infused with locally sourced oregano oil to help reduce excess moisture and phlegm.





🕒 50' - 85€

Deep Relaxation Massage

Combining pure, organic lemon and eucalyptus oils, this treatment utilizes the warmth of melted massage wax as it spreads over the body, offering deep relaxation and rejuvenation.

The soothing heat calms both body and mind while enhancing natural internal warmth, promoting well-being and balance.



Dominant Element



Earth

If you are introverted, prone to dryness, coldness, melancholy, yet deeply creative and wise, you, like the earth, need warmth and moisture to flourish. This collection of treatments is designed to restore balance and vitality to your body and spirit.

 50' - 85€

Deep Relaxation Massage

Immerse yourself in the therapeutic power of a deeply relaxing massage using premium organic St. John's Wort oil, rich in hypericin and hyperforin.

Infused with calming lavender, nourishing olive oil, and soothing chamomile, this treatment will rejuvenate your body and mind.

The experience is completed with a luxurious body butter enriched with lavender and ylang-ylang, enhancing the profound calming effects of the massage.



🕒 30' - 50€

Body Exfoliation

Revitalize your skin with a gentle sugar scrub applied to the entire body and face.

The treatment concludes with the application of a deeply nourishing body butter enriched with lavender and ylang-ylang oils, providing intense hydration and a soothing sense of tranquility.



🕒 60' - 90€

Aromatherapy with Warm Candle

Experience the enchanting sensation of warm candle wax infused with wild rose, sweet ylang-ylang, and lavender oils. As the warm wax drizzles onto your skin, a deep sense of warmth and balance envelops you.

This therapeutic ritual is further enhanced by a specialized aromatherapy technique applied along the body's energy channels (meridians), restoring harmony and inner peace.





SPECIAL TREATMENTS

Surrender to the hands of
experts and enjoy unique
massage therapies that
rejuvenate both body
and mind.

🕒 50' - 120€

Deep Cleansing Herbal Facial Treatment

Give your skin a deep cleanse with the power of natural ingredients.

Blueberry kernels and green clay penetrate the deepest layers, removing impurities and rejuvenating skin cells. Matcha and prebiotics detoxify and balance the skin, while a purifying mask eliminates excess dirt and dead skin cells.

A triple hyaluronic acid massage, combined with powerful ectoin and a dark circle eye cream, leaves your complexion radiant, hydrated, and refreshed.



🕒 50' - 130€

Uplifting Anti-Aging & Detox Facial Treatment

Enjoy a natural anti-aging facial massage with powerful ingredients like equisetum, seabuckthorn, and evening primrose oil, designed to make you look and feel younger.

This treatment nourishes your skin with essential vitamins A, C, E, β -carotene, B-complex vitamins, silica, carotenoids, and flavonoids. Omega-3 and -9 fatty acids act as natural collagen boosters, while milk thistle provides powerful antioxidant protection.

Prebiotics support your skin's natural balance. For the delicate eye area, helichrysum, parsley, and grapeseed oil help reduce signs of aging.

Turn back time!



🕒 25' - 50€

Sun-Kissed Glow | Face & Body

Soothe & Hydrate Your Skin After Sun Exposure

After a hot day under the sun, your skin needs deep hydration and repair.

This treatment provides instant relief and cooling for sun-stressed skin. The refreshing face and body mask delivers a “skin freeze” sensation for ultimate freshness.

High-quality oils and prebiotics restore balance, while natural ingredients such as calendula, omega-3 and -6 fatty acids, and polyphenols calm, regenerate, and prolong your tan.



🕒 50' - 90€

Earth Mama Ritual

For Expecting & New Mothers

A specially designed treatment using pregnancy-safe organic products to help you feel relaxed and pain-free again.

During pregnancy, excess water retention can cause swelling, discomfort, and tension, depending on your body's unique needs.

This treatment, with extra mild scents and silky textures, soothes your body and revives your senses. A blueberry and ginger body scrub awakens your skin, while calendula, vitamins, polyphenols, and omega fatty acids restore elasticity and nourish your skin.

The experience is completed with a gentle, relaxing massage designed specifically for this precious stage of your life.



🕒 60' - 150€

Show Me Love

A Couples' Relaxing Massage Experience

Spend precious time with your other half! Unwind and awaken your senses with the sensual aromas of Ylang-Ylang, Patchouli, and Wild Rose.

A warm candle therapy, tailored to your unique temperament, designed to soothe, relax, and transport you into a deep state of connection and bliss with your loved one.



Reconnect... Create Your Retreat

The Reconnect program follows
Hippocrates' philosophy on
holistic healing..



A unique retreat, designed by our team and tailored to your personal temperament. This wellness journey, lasting from 1 to 7 days, is crafted to bring you balance, rejuvenation, and deep relaxation

*All you need to do is visit us and
surrender to our care...*



*We take care of
everything for you*

The most suitable
treatments for your
body and mind.

Guided walks to
breathtaking locations,
off the beaten
tourist path.

Your nutrition at your
hotel's restaurant.

Your physical activity
and relaxation sessions.

And we let you enjoy your time the way you desire, while
reaping the benefits of traditional Greek healing
throughout your stay in our enchanting land.

Fire Balance Retreat

(For High-Energy, Fast-Paced Individuals)

395€

Duration: 3–5 days

Best for: Active, energetic, and intense individuals who need relaxation and stress relief.

- **01 Day**
Body Scrub with blackberries & Epsom salts (30') + Deep Relaxing Massage (50')
- **02 Day**
Deep Tissue Massage (60') + Sauna or Hammam
- **03 Day**
Enthymesis Signature Treatment (120')
– A full-body experience combining exfoliation, massage & deep hydration
- **(Optional Days 04-05)**
Yoga or Meditation + Customized Element-Balancing Nutrition

Goal: Balancing excessive energy, muscle relaxation, and renewal of body & mind.

Water Detox & Lymphatic Flow

(For Detox & Fluid Retention Reduction)

295€

Duration: 3–5 days

Best for: Those experiencing bloating, heaviness, or fluid retention.

- 01 Day
Dry Brushing Exfoliation (25') +
Lymphatic Drainage Massage (60')
- 02 Day
Anti-Cellulite Treatment with Grapefruit &
Cypress Essential Oils (50')
- 03 Day
Deep Relaxation Massage with Warm
Candle Wax & Essential Oils (50')
- (Optional Days 04-05)
Juice Cleanse to boost detoxification

Goal: Stimulating circulation, removing toxins & creating a feeling of lightness.

Earth Rejuvenation & Warmth

(For Deep Comfort & Renewal)

340€

Duration: 3–5 days

Best for: Those feeling fatigued, tense, dry-skinned, or low on energy.

- 01 Day
Sugar & Lavender Oil Body Scrub (30')
+ Aromatherapy Massage with Warm
Candle Wax (60')
- 02 Day
Deep Relaxation Massage with
Chamomile & Ylang-Ylang (50')
- 03 Day
Anti-Aging & Detox Facial Treatment (50')
- (Optional Days 04-05)
Breathing Exercises for deep relaxation

Goal: Balancing excessive energy, muscle relaxation, and renewal of body & mind.



Enthymesis

Contact Us

• www.enthymesis.gr