



MYRTHIA

THERMAL SPA





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MENU OF SPA EXPERIENCES & THERAPIES

Discover a healing universe... located at the heart of Miraggio Thermal SPA Resort, on a mineral-rich underground hot spring overlooking the magnificent Aegean Sea.

Myrthia Thermal SPA is the award-winning wellness center, combining the ancient Greek art of water-healing with the benefits of its unique local water source, creating a tailored and life-changing experience.

Discover a Whole World of Well-being... Let yourself be charmed by the new SPA world from Germaine de Capuccini and be an active part of the change. A place to discover the most incredible and unprecedented sensations, where mind, body and spirit enjoy unforgettable experiences. We present a wide range of services to live an absolute disconnection that allows to renew energies. Exquisite exfoliations, pleasurable wraps, sensational baths, extraordinary massages and innovative body and facial treatments that sublimate the skin and delight the senses.

Holistic Spa Experience Programs

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 50€

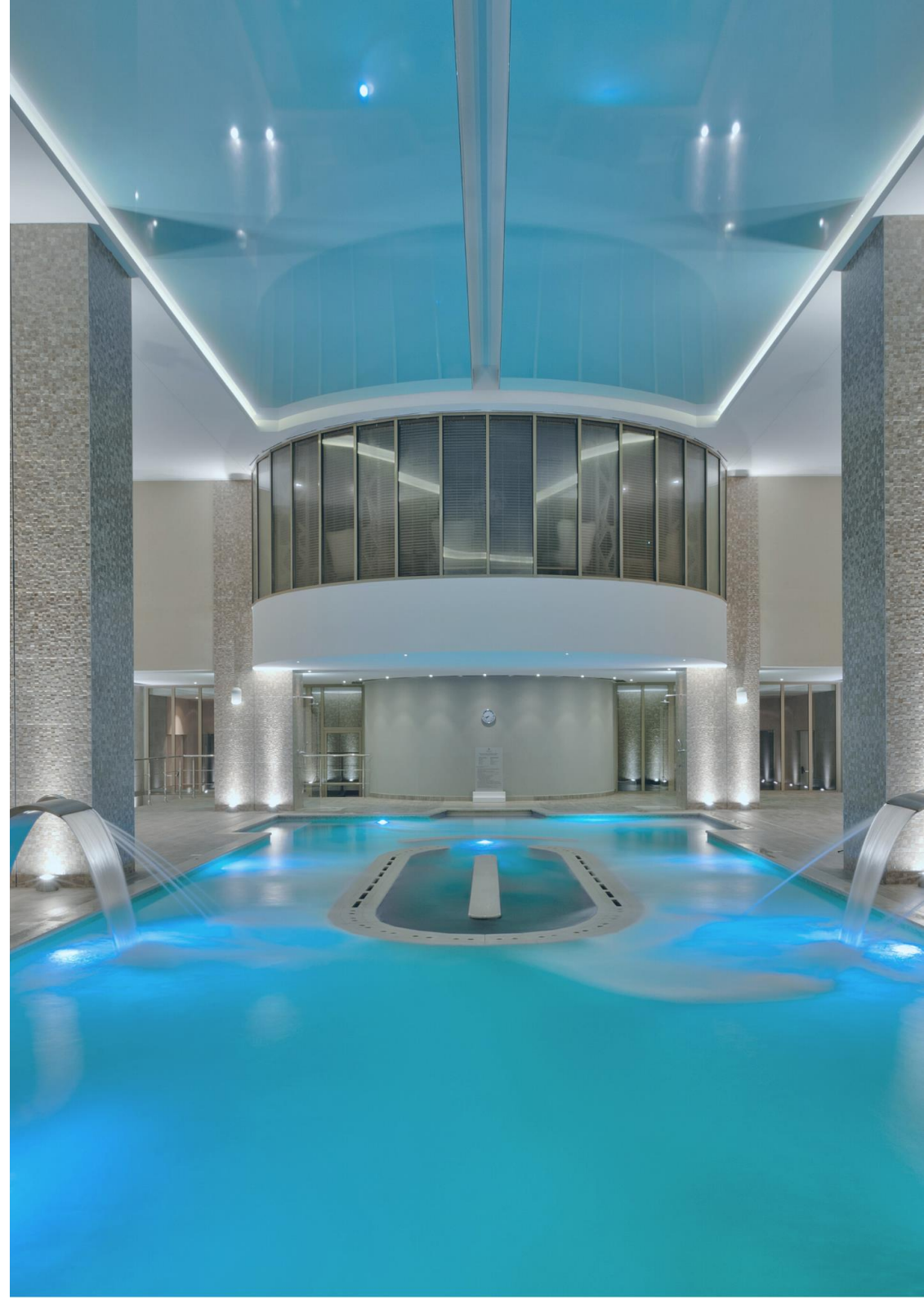
Recharge yourself & restore your sensations in times of mental & body fatigue.

- 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 120' / 100€

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 20', a short session massage focusing on body areas with tension
- Scalp massage 10', a short session massage focusing on the scalp
- Relax Spa Area, to enjoy a cup of aromatic herbal tea and relax after your treatments



Massage Collection

"The massage is the oldest healing art known. Wonderful massages that combine the properties of the ingredients with the most relaxing movements, managing to restore the physical and energetic balance of the body, mind and spirit"



RELAXATION MESSAGES

Aromatherapy Massage 50' - 105€ | 75' - 145€ | 90' - 170€

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

Mediterranean Candlelight 50' - 110€ | 75' - 150€

An authentic massage with golden drops of warm wax that melt all over the body. Choose between notes of lavender, olive or citrus with aromatherapeutical action that relieves stress and anxiety while its properties hydrate and rejuvenate the skin.

Healing Stones 50' - 115€ | 75' - 155€ | 90' - 180€

The relaxing power of manual massage is enhanced with the properties of volcanic stones that are placed in specific areas of the body, releasing the accumulated energy from the chakras, while offering a feeling of total harmony, wellbeing and serenity.

Pregnancy Massage 50' - 105€

A soft pressure massage with a specific technique to aid and comfort pregnant women with back pain and heavy legs. A prenatal massage may help alleviate some of the discomforts while providing a sense of relaxation.

RENEWAL MESSAGES

Miraggio Signature Massage 50' - 120€ | 75' - 160€ | 90' - 180€

A medium pressure massage that focuses on the combination of manipulations that restore the flow of energy throughout the body and release blockages. A sensational massage that improves wellbeing and leaves the body balanced and renewed.

Feet & Legs Refreshment 30' - 75€

An alleviating legs massage combined with a specific pressure at the appropriate points of the feet that release the energy flow in the body and restore the balance between body and spirit.

ENERGY BOOSTING MESSAGES

Deep Renewal 50' - 120€ | 75' - 160€ | 90' - 180€

A deep pressure massage, performed to break down muscle tension by reaching deeper layers of the muscles' connective tissue. Firm pressure from elbows and forearms loosen stiff muscles and release tension.

Anti-Stress Back Massage 45' - 100€

This massage truly aids to dissolve aches and reduce muscle tension of the back side like neck, shoulders, back and legs. A stress relief and rejuvenating massage for body and mind.

Thai Massage 75' - 165€

An invigorating massage that stimulates blood circulation and improves range of motion by restoring flexibility and wellbeing. Performed on 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**

Indian Scalp Therapy 30' - 75€

An ancient therapeutic massage that helps to relieve tension around the head, neck and shoulders area, improves blood circulation and promotes clarity. Formulated with five original oils which help your hair to recover its natural shine and acquire extreme smoothness.

Focus Massage 30' - 60€

A short session massage, focusing on specific body parts according to your needs and your preferences with accumulated tensions such as head, shoulders, face, back and legs.



Spa Suites Rituals

For two persons

Couples Rasul Ritual 2h. 15' / 420€

Private use of Jacuzzi and Rasul cabin with self-application of mud or scrub for a deep body cleansing and relaxation, followed by a full body Aromatherapy massage for two in an absolutely Royal environment. The ritual ends with a totally nourishing and moisturizing facial treatment.

- 2 glasses of red or white wine are offered along to accompany your experience in Jacuzzi
- Private use of Rasul suite (60'), Aromatherapy massage (50'), Mini facial (25')

***Ideal for honeymooners**

Couples Rejuvenation Suite Ritual 2h / 410€

Private use of double suite cabin including a hydro bath with mineral and essential oils for natural hydration and regeneration. The ritual continues with a marine body wrap application, on a floating bed, rich in iodine that detoxifies the body and re-balances the skin's composition in minerals and trace elements. At the end, a Miraggio Signature full body massage takes off your senses.

- Hydro bath (30'), Floating Bed (30'), Miraggio Signature Massage (50')

Premium Facials by Germaine de Capuccini

"Advanced facial treatments for each type of skin with the latest skincare technology that promote beauty and youthfulness. Choose between nourishing, hydrating, cleansing, antioxidant and anti-ageing treatments according to your needs."

Royal Jelly 30' -75€

An exceptional nourishing and revitalizing elixir offered to us by nature, manages to work on the epidermal cohesion and restore "skin resilience". Thus, it enhances the skin to endure and overcome the environmental attacks.

Hydraluronic 50' - 95€

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.

Purexpert Facial Hygiene 75' - 135€

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

Vitamin C+ Power 50' - 105€

Powerful union of Vitamin C (VCIP derivative) and Ume Extract that counteracts the negative effects of glycation, rejuvenating and revitalizing the skin. Provides firmness and luminosity while the face's tone is unified. The skin radiates and looks smooth and refreshing.

Timexpert Rides Yoga 70' - 135€

Enhanced facial rejuvenation treatment that achieves smoother skin and a more relaxed expression in record time. Unprecedented benefits in reducing dynamic and static wrinkles. We achieve visible improvement of skin density thanks to facial cupping and special yoga massage in the four zones of face.

Gua Sha Eyes & Lips 40' - 90€

Targeted eye and lip treatment to activate collagen and elastin and increase blood circulation. Treat dark circles, puffiness and expression lines around the eyes. Suction cup, rose quartz stone and yoga massage are used during the treatment on both areas.

***Combine all facial treatments with the GuaSha eye & lip treatment and get the benefit of -15% discount**

Total Lift (IN) 70' - 145€

Anti-aging facial treatment for maximum tightening with a high performance complex of V-Matrix and Alpha-Gel Technology that gives the feeling of lifting. It offers volume, density, lateral and vertical lifting, improving the oval of the face. Facial features are straightened and wrinkles are less visible.

Global Anti-age ON 75' - 160€

The Advanced Global Anti-Aging programme from Timexpert SRNS is the latest technology in cosmetics based on epigenetics. The treatment offers an effective, global and tailor-made answer for mature skin based on three axes, restores-recovers-fills in. The ritual includes a massage with a metallic spoon, placed on ice and a unique black icy mask.

***Awarded the IFSCC prize (considered the Nobel prize of Cosmetics) for the ingredient ZINC-GLYCINE COMPLEX**

For Men 50' - 100€

Especially designed for men, an energising and detoxifying facial treatment 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.



GERMAINE DE CAPUCCINI





Luxury Facials by Dr. Barbara Sturm

"We are exiting the era of marketing-based skincare and entering the era of performance-based skincare. Skincare needs to embrace the individuality and diverse skincare needs of every guest."

Signature SturmGlow 60' - €225

The Signature SturmGlow Facial combines thorough cleansing, exfoliation and extractions to leave the skin super clean and refreshed. It also includes Dr. Sturm's Signature Anti-Aging Massage; a unique combination of massage techniques which help increase blood and oxygen flow and tone and define the facial muscles for an instant, youthful-looking complexion.

THE SCIENCE | Long and short-chain Hyaluronic Acid molecules in the HYALURONIC AMPOULE are infused into the skin and provide intensive hydration at both upper and deeper skin layers. The FACE CREAM RICH boosts moisture and antioxidants help restore and soothe the skin. Special massage techniques boost circulation, enhancing the production of collagen for effective skin repair.

THE RESULTS | This facial targets key areas of concern to instantly smooth fine lines, reduce puffiness, lift and define the cheekbones and jawline and give skin a youthful glow.

Super Anti-Ageing Facial 75' - €300

The Super Anti-Aging Facial replenishes moisture reservoirs resulting in a smoother and more youthful complexion, while promoting the skin's natural barrier function and reducing the appearance of fine lines and wrinkles.

THE SCIENCE | Long and short-chain Hyaluronic Acid molecules are combined with strong antioxidants and ingredients which help to repair damaged skin and support regeneration.

THE RESULTS | This facial visibly lifts the skin around the jaw and neck while reducing fine lines and reviving stressed skin.

DR. BARBARA
STURM

Body Exfoliations

"Exquisite exfoliations with ingredients from the sea and the plant world that will promote the smoothness and rebirth of new skin."

Exotic Mediterranean 30' - 65€

A deep body exfoliation that is a true enjoyment due to the aromas and textures of argan shell, olive seeds, grape seeds and orange water that will travel you to wonderful Greece. The skin is left shiny, released from dead cells and extremely soft.

Ocean Breeze 30' - 60€

A refreshing body scrub with minerals and algae extracts that nourish and soften the skin. Frees the skin from dead cells with a taste of the sea that will leave it extremely smooth, hydrated and supple.

Lava & Bamboo 30' - 70€

This explosive body treatment invites you to enjoy a fresh exfoliation with particles of bamboo, argan, olive and orange. Follows the application of Jeju volcanic water, rich in antioxidant and beneficial minerals, leaving the skin hydrated and extraordinary luminous.



Body Treatments

"A group of body treatments aiming at renewing the dead cells, providing luminosity, caring the dull skin and relieving your feet. Find just the right therapy for your needs."

Orange Blossom 50' - 110€

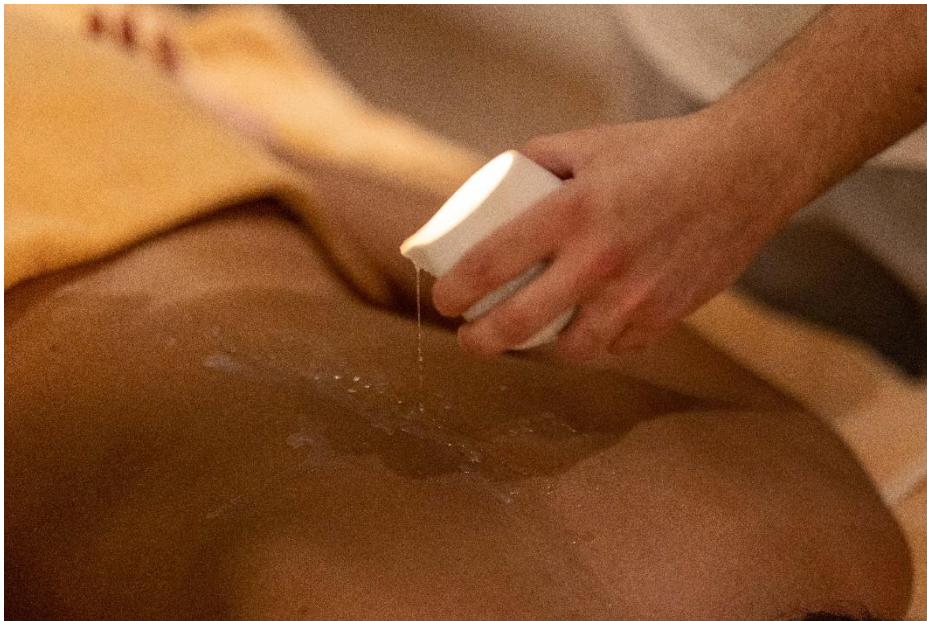
Anti-aging treatment by means of an exclusive exfoliation with orange peel particles together with a creamy wrap that covers the skin with delicate luminosity and provides youthfulness. Its protective properties provide an effective defense against free radicals and stimulate the production of collagen.

(Vitamin C+ Scrub, Vitamin C+ Wrap)

Heavy Legs Therapy 50' - 90€

Refreshing treatment for tired feet with the application of algae gel wrap and cryo-relax serum that improves the blood micro-circulation and eliminates the liquid and toxins. This treatment drains and gives an immediate sensation of lightness, provides relief to the muscles as well as a feeling of constant freshness.

(Marine Wrap, Cryo-Relax Serum)



After Sun with Aloe Vera 40' - 85€

Immerse your skin in an ocean of freshness that helps "reconcile" the effects of the sun with a deep hydration. A therapy that includes all the beneficial properties of Aloe Vera plant and the aromas of Mint. The refreshing mask with creamy texture melts on the skin and takes you to an unforgettable moment of comfort and well-being.

(Essence of the Mediterranean Wrap)

Love My Body

"Effective body treatments with innovative system that work synergistically like a powerful fat burner and like an effective drainer capable of diluting accumulations of fat and toxins."

LipoStock (Firming Kephaslim) 60' - 110€

Special treatment of local fat with Kephaslim biomolecules, which accelerate the burning of fat that is difficult to remove. Reduces fluid retention and improves skin appearance. The treatment includes a toning exfoliation followed by a firming body mask and a specialized massage to maintain the firmness of the skin after pregnancy or weight loss. Activates the connective tissue and improves the synthesis of collagen and elastin of the skin resulting in tightening and sculpting of the body.

(Scrub, Mask, Firming Massage)

Cellu Programme (Anti-Cellulite) 60' - 120€

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.

(Mask, Massage with special tools)

Slim Mission (Slimming) 75' - 140€

Special slimming and detoxifying treatment with AHA based on Lipo-Drone technology that tightens buttocks and thighs. Follows the application of marine mud, rich in minerals, vitamins, trace elements and iodine that aims to improve retention. The treatment ends with the application of algae cream, consisting of seaweed, with specific massage techniques to improve the silhouette.

(AHA peeling, Marine Body Mud, Algae Cream)

Hydro Bath Rituals

"The aromas through the water become exceptional protagonists when they evoke beauty, well-being and good memories."

Hydro Bath with Lavender Collection 75' - 140€

Discover the right balance in your everyday endeavours, to achieve perfect harmony between the body, mind, and soul. 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 peaceful feeling follows the application of scrub, wrap and oil with Lavender elements which have sedative, antiseptic, antibacterial and analgesic benefits.

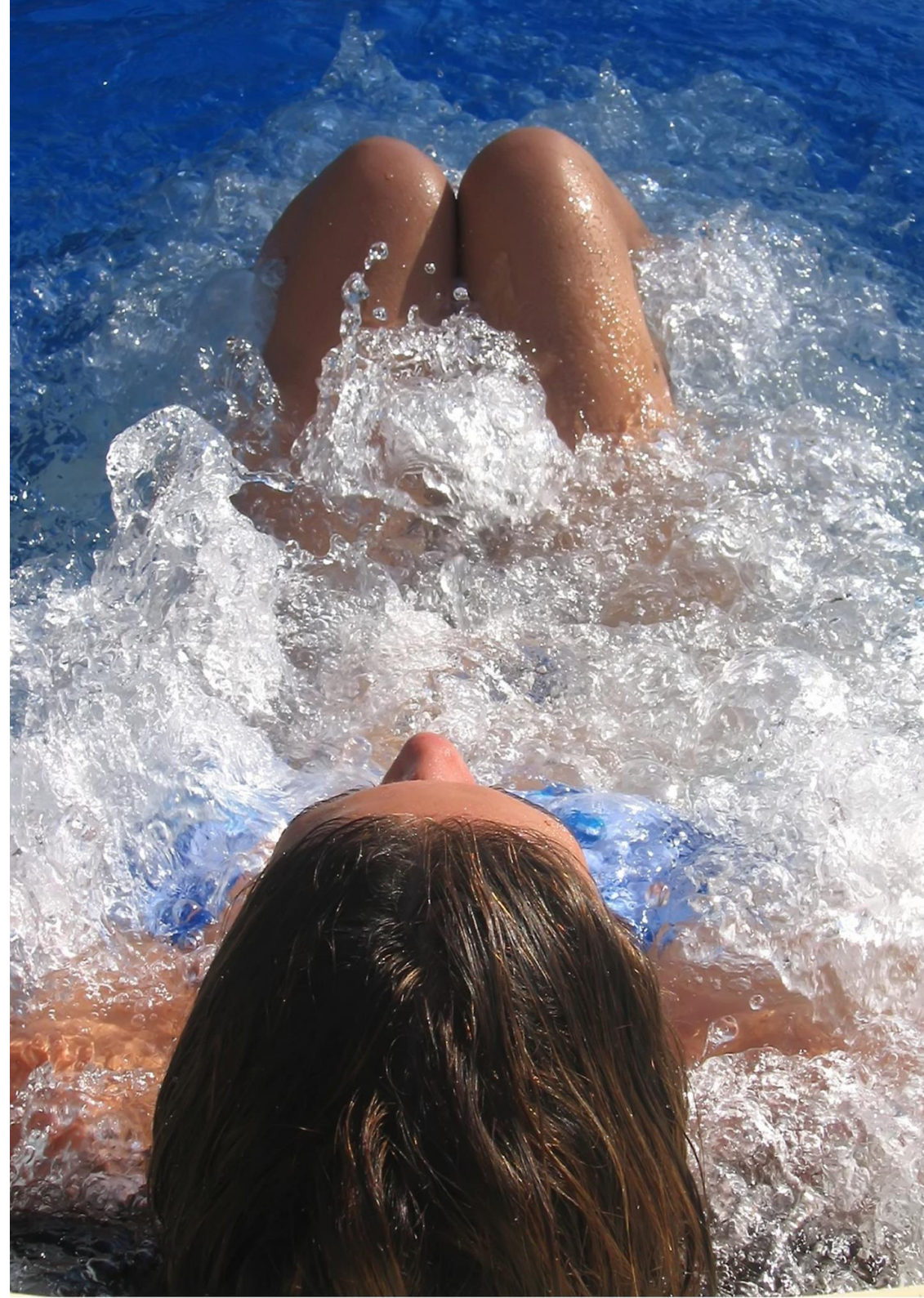
Hydro Bath with Aqua Essential 50' - 100€

It is the basic Thalassotherapy program with all the treasure from the depth of the blue sea. The hydromassage with the exceptional aromas of Aqua essential oil with strong anti-aging properties, helps to regenerate skin cells, and smoothes hard and chapped skin. This great treatment with natural hydration and regeneration, rejuvenates skin and drives away stress, anxiety and depression, regaining the joy of life. The ritual ends with a body exfoliation full of sea elements and the application of Aloe Vera mask for a deeply hydrated skin.

Hydro Bath with Vitality Essential 50' - 105€

Antioxidant bath with Vitality Essential oils and the amazing aromas of citrus and mandarin that helps tremendously to detoxify the body in record time. The skin appears satin, silky and luminous after the application of the papaya seeds exfoliator and the rich Vitamin C body mask. The experience provides a complete beauty treatment with ultra radiance and vitality for the senses.

*Highly recommended with Vitamin C facial treatment for magic effect



Luxury Rituals by Germaine de Capuccini

"Captivating rituals to obtain a sublime and unforgettable Spa experience."

Phytocare Premium 75' - 145€

The first beauty treatment that combines the exquisite Baobab Oil from Africa and the valuable Marine Salt from Flor de Sal d'Es Trenc in Mallorca for a truly exotic experience. The ritual is completed with moisturizing and toning body lotion, which melts on your skin and offers great hydration. It becomes a holistic body-head & hair therapy with revitalizing product Oleo-Essence, formulated with 5 different essential oils. An exclusive experience that renews and embellishes the skin, while harmonizing the senses.

(Baobab Oil, Mallorca Salt, Body Emulsion, Oleo Essence-Hair)

Gold Star Senses 75' - 150€

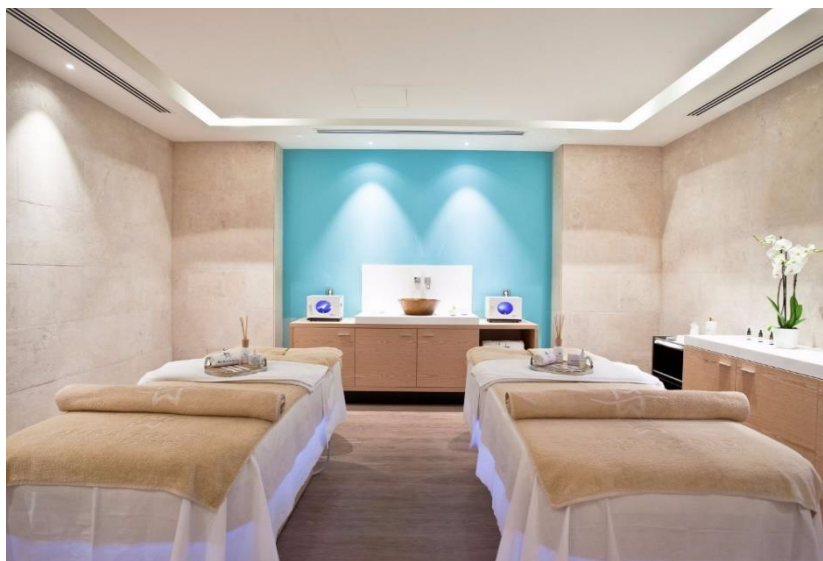
Luxurious ritual for body care with the combination of Wrap and Nectar cream based on the beneficial properties of gold. It is an innovative and completely natural treatment, which prevents premature aging and enhances the natural reconstruction of the skin. Its detoxifying and antioxidant action, increases skins' elasticity and stimulates blood circulation. In addition, a specific massage on eye and lip area with Rose Quartz Stone improves the wrinkles and eliminates tension and fatigue. A total glow look for glamorous occasions of your life.

(Gold Wrap, Gold Star Nectar, Gua Sha Eye-Lip massage)

The Magic of the Silk Route 60' - 125€

Sublime therapy that begins with a fantastic exfoliation with a taste of the sea and continues with the application of the unique "silk" wrap and exclusive massage movements. An extraordinary velvet feel that provides deep nourishment and leaves skin soft and hydrated. Offers a divine enjoyment of the senses that is hard to forget. At the end of the treatment enjoy a specific facial massage with anti-aging properties that provide beauty and youthfulness.

(Marine Scrub, Silk Wrap, Face Massage)



GERMAINE DE CAPUCCINI

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 25' - 50€

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

Junior Massage 25' - 50€

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

Mommy/Daddy & Me massage 25' - 95€

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 25' - 45€

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

Hands and Feet Care

Manicure (nails care, polish, hands cream massage) 45€

Pedicure (toes nails & feet care, polish, feet cream massage) 55€

Spa Manicure (nails care, peeling, hands mask & massage, polish) 55€

Spa Pedicure (toes nails & feet care, peeling, feet mask & massage, polish) 70€

Shellac Manicure (nails care, Shellac polish, hands cream massage) 60€

Shellac Pedicure (toes nails & feet care, Shellac polish, feet cream massage) 70€

Spa Shellac Manicure (nails care, Shellac polish, peeling, hands mask & massage) 70€

Spa Shellac Pedicure (toes nails & feet care, Shellac polish, peeling, feet mask & massage) 80€

Shellac Removal 15€

Nail Polish (file & polish) 20€

Shellac Nail Polish (file & shellac polish) 35€

Men's Manicure (nails care, peeling, hands massage) 40€

Men's Pedicure (toes nails & feet care, peeling feet massage) 55€

Men's Spa Manicure (nails care, peeling, hands mask & massage) 50€

Men's Spa Pedicure (toes nails & feet care, peeling, feet mask & massage) 65€

Kids Manicure (nails neatened, hand massage and nail polish) 25€

Kids Pedicure (nails neatened, foot massage and nail polish) 25€

*French polish + 7€





Waxing

Full Leg Wax 50' - 45€

Half Leg Wax 25' - 35€

Full Arm Wax 25' - 35€

Half Arm Wax 15' - 25€

Under Arm Wax 10' - 20€

Chest Wax 25' - 35€

Back Wax 50' - 50€

Bikini Line Wax 15' - 25€

Brazilian 20' - 35€

Hollywood 25' - 40€

Upper Lip Wax 5' - 15€

Eyebrow care

Eyebrow Removal 20' - 15€

Eyebrow Shape 30' - 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. - 14.00 p.m. with parental supervision.

Hours of Operation:

Spa Facilities: 10:00 a.m. - 19:00 p.m.

Appointments Available: 10:00 a.m. - 20:00 p.m., last appointment at 19:00 p.m.

Fitness Centre: 08: 00 a.m. to 20.00 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



Hygiene protocol Covid-19:

Our goal is your complete relaxation during your visit and your immersion in the Spa Experience. For this reason, we have taken additional measures to protect our guests prior to arrival.

We ask the following: For the safety of our guests and staff, if you or a family member has experienced any of the following symptoms: cough, fever, shortness of breath, sore throat, headache in the last 7 days, please contact the Spa before arrival appointment or use of the premises to obtain more information.

As a reminder, if you or a family member has recovered from any of these symptoms in the last 14 days, we recommend that you inform the Spa prior to arrival.

Cancellation Policy:

We understand that schedules change and we will do our best to accommodate your needs. Since your Spa time is reserved especially for you, we kindly ask you to give a 4 hour-notice cancellation on individual treatments and 24hour-notice on spa packages. Cancellations made within the above hours will be subject to the full charge of the treatment or packages booked.

Spa Arrival:

We recommend that you arrive 45 minutes prior to your first scheduled appointment. This will allow you to enhance your spa experience with the use of water source & Thermal Well-Life Suite facilities and will also afford you the opportunity 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 mobile 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

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