IKOS SPA

BY ANNE SEMONIN

IKOS OLIVIA SPA

Uncomplicated, fresh and welcoming, “Ikos Spa” treatments are designed to feed your skin with all the essential beauty ingredients.

The purest essential oils, trace elements and plant extracts from our luxury Spa brand, Anne Semonin Paris, are combined with the expertise of our skilled therapists in order to create, especially for “Ikos Spa”, the finest beauty treatments that give immediate and long lasting results and a stunning healthy glow to your skin.

ANNE SEMONIN SIGNATURE COLLECTION

MEDITERRANEAN BLISS

Let our Mediterranean Bliss treatments, revitalizing marine ingredients and uplifting notes of lemon, grapefruit and mint transport you to sunny shores and dreamy hideaways, while innovative techniques ensure you emerge revived, refreshed and ready to enjoy a sunset aperitivo.

MEDITERRANEAN LIFTING FACIAL 90min / 180€

Anti-age, Lift, Luminosity

Expect instant gratification as your feet slip into a warm pouch filled with silken body cream. A facial cupping will lift and tighten the skin, making you look as if you've just enjoyed the world's longest and most relaxing siesta. Hands and feet are treated to a lavish massage while an olive peel-off mask soothes and moisturizes your newly revealed skin.

MEMORIES OF A MEDITERRANEAN SUMMER 90min / 190€

Detoxify, Refresh, Renew

This body treatment begins with an invigorating body brush before your therapist delicately administers a scrub and moisturizing body mask. Similar to a snooze on soft golden sand, a soothing scalp massage will silence busy minds and release tension. A short but relaxing body massage will help you slip further into a place of balmy idyll.

OLIVE GROVE BODY & FACE THERAPY 90min / 195€

Release Tension, Relax, Restore

If you're looking for a rejuvenating facial as well as a relaxing body ritual, this treatment is definitely for you. After a back scrub, your therapist gently pummels away pressure during a relaxing back massage. A personalized facial is followed by the application of an olive peel-off mask. While the mask works to boost radiance, you'll enjoy a soothing scalp & hand or foot massage.

SUN-KISSED COLLECTION

Whether you'd like to prepare your skin for a languid sunbathing session by the pool or ensure you return from your vacation with a golden, long-lasting tan, our before and after sun treatments won't disappoint. Our therapies are devised with sun worshippers in mind and revolve around innovative exfoliation and moisturizing techniques that will leave you with smooth, beach-ready skin, not to mention an envy-inducing glow.

BEACH-READY BODY & FACE 75min / 185€
Radiance, Renew, Tanning Preparation

The secret behind the most gorgeous tan is preparation and this face and body ritual ensures you're suitably prepared to sunbathe and relax under the blazing sun. Your body is gently brushed and scrubbed so you'll tan evenly while a cleansing facial and mask work to regenerate the skin. You'll emerge beach-ready and with your body and face flaunting a head-turning glow.

BOTANICAL BLISS BODY & FACE 75min / 170€
Radiance, Soothe, Cool, Prolong Summer Tan

Inside-out hydration is essential for maintaining your skin's suppleness and prolonging your hard-earned tan which is why this treatment starts with a deeply moisturizing body mask. You'll be treated to a soothing scalp massage while a calming face mask diminishes the damage caused by UV light. The application of 'Glow' adds a glamorous finishing touch to this soothing, calming treatment.

AFTER-SUN SOOTHER 90min / 195€
Radiance, Relax, Soothe

Soothe your body and senses after a hard day on the beach with a moisturizing body mask and lavish after-sun facial. A scalp and full-body massage will take the edge of a scorching summer's day while the use of beta-carotene will calm your skin and enhance your tan. Vitamin-laden products will ensure you leave with regenerated, healthy skin, with a touch of Glow that will add a lashing of gorgeous glamour.

ANNE SEMONIN EXQUISITE FACIAL COLLECTION

Discover this unique collection of facial therapies that combines elegant French skincare with results-driven, made to measure therapies which transform and re-sculpt your face contour. Every facial includes an exclusive Anne Semonin lymphatic massage, designed to gently release toxins from the dermal tissues, increasing blood flow and resulting in radiant skin.

GOLDEN FIRMING FACIAL 90min / 190€
Plump, Lift, Radiance

Your skin will be treated to the light reflecting properties of 24k gold and plumping effects of hyaluronic acid. The refinement of pores and reduction of wrinkles through an advanced collagen stimulating complex are also on this illuminating facial's menu. The firming treatment focusses on performance over pampering and will deliver on its promise of smooth, glowing skin as a result.

PRECIOUS PEARL ULTRA LIFT 85min / 180€
Anti-age, Regenerate, Radiance

With its mind-bending mix of cryotherapy, advanced ingredients rich in amino acids, drainage and lifting techniques, this facial will combat signs of aging in a way that will make you walk out with your best face ever.

BESPOKE SIGNATURE FACIAL 90min / 180€
The quintessence of tailor-made skin care

This totally tailored ritual delivers an experience as wonderfully unique as you are. Rather than just selecting specific types of products, your therapist will blend aromatic essences and trace elements to create mixtures which target your skin's specific needs. Whatever your personal skin woes, this bespoke treatment ensures visible results, not to mention a dreamy healing touch.

INSTANT CRYO FACELIFT 75min / 220€
Firm, Lift, Sculpt

This dynamic treatment serves as a veritable boot camp for the face, comprising warmups, cooldowns, and various steps to work and tone your facial muscles. Expect knuckling movements and whipping strokes as part of the Anne Semonin lifting technique to sculpt your face and electrical muscle stimulation (EMS) to restore elasticity. Other stars of this treatment include a metal Gua Sha tool to drain and de-puff the skin and Anne Semonin cryotherapy products for instant rejuvenation. If you're seeking a treatment that delivers immediate results, then Miracle Face Cardio is for you!

NATURACEUTICALS FACIAL 75min / 155€

Plump, Balance, Cleanse

A targeted reset for skin and mind affected by stress, travel, and pollution. This facial ritual blends a deep cleanse with the Pro-B Cleansing Balm, gentle AHA resurfacing, and our Signature Drainage Massage. The Night Regenerating Mask, enhanced with a Black Obsidian Gua Sha mushroom stone massage, is followed by an antioxidant peel-off mask & Express Radiance Ice Cube to complete the ritual, leaving the skin rested, plump, and refreshed.

MADE-TO MEASURE FACIAL 50min / 130€

A luxury facial treatment which is individual and utterly bespoke

Combining serums, masks and creams which have been carefully selected to suit your skin's specific needs to a tee, this bespoke treatment corrects and re-balances the skin, resulting in a dramatically more radiant, even-toned complexion. Uniquely personalized, this intense treatment of deep cleansing, rejuvenation and moisturizing will result in visibly clearer and more luminous skin, with effects that will last long after you've left our spa.

ANNE SEMONIN EXPRESS RADIANCE 30min / 85€

Smooth, Refresh, Firm

The Anne Semonin express radiance treatment offers a quick yet luxurious refresh. Choose an eye treatment to brighten and de-puff with contour masks, eye massage, and cryotherapy ice cubes, or opt for the express facial, including a cleanse, exfoliation, and face mask. Both options provide an instant boost of radiance, perfect for any skin type.

EXQUISITE SKIN CORRECTOR 55min / 130€
Brighten, Firm, Moisturize

Using the exclusive Anne Semonin Brightening Complex, this corrective treatment lights up your complexion, minimizes sun and age spots and, ultimately, unlocks a brighter, more even-toned you. The complex antioxidants neutralize air pollutants' damage and its sea-sourced minerals are the reason you'll notice a visible radiance for days on end.

ANNE SEMONIN FACE & SCALP TREATMENT 45min / 120€
Relax, Brighten, Smooth

Indulge in a bespoke face & scalp treatment. Choose a soothing lymphatic face massage for deep relaxation or an uplifting facial massage to enhance firmness and radiance. Both options include a calming scalp massage, offering for a full relaxation and rejuvenation experience.

GLOWING MOTHER - TO - BE COLLECTION

Cherish your body during the most miraculous months of your life with our nurturing Mother to-be Collection. The specially devised treatments alleviate muscle pain and reduce fluid retention while careful attention is given to a feeling of total relaxation.

PREGNANCY & BEYOND SPA RITUAL 90min / 170€
Pamper, Rejuvenate, Radiance

Give yourself a well-deserved break with this pampering session designed to offer relief from sore muscles and swollen joints during pregnancy. A wonderfully healing and regenerating treatment, the prenatal massage technique and tailored facial will leave your face with instant luminosity and your body feeling relaxed and deliciously rejuvenated.

INTENSIVE GLOW TO GO 50min / 120€
Calm, Regenerate, Enhance

If your skin's experiencing an increase in dryness, breakouts, dark spots and/or a lackluster complexion, this soothing facial will come to your rescue by hydrating skin cells and reviving your maternal glow. After the application of a nourishing oil to relax your neck and shoulders, a heavenly scalp massage will calm you in such a way, you'll feel totally at peace.

PREGNANCY MASSAGE 50min / 140€
De-stress, Unwind, Relax

Nurture your body at this precious time with a specially designed therapy to treat muscle aches, reduce fluid and imbue total rejuvenation of the body. The pregnancy specific massage is a seamless pleasure melting away fatigue and revealing a radiant you.

ANNE SEMONIN EXQUISITE MASSAGE COLLECTION

Anne Semonin draw inspiration from around the world to offer you a blissful, effective, premium massage experience. Choose from our unique therapies, each brilliantly combining an innovative fusion of massage techniques and oil blends, delivering a treatment that works specifically for you every time.

PURE REJUVENATION 25min / 90€ - 55min / 145€ - 80min / 165€
Protect, Regenerate, Smoothen

A body massage using a warm nourishing Anne Semonin Oil of your choice. This wonderful treatment induces deep relaxation. It's designed to stimulate blood circulation and relieve key areas of tension.

AROMA ENERGIZER 25min / 100€ - 55min / 160€ - 80min / 185€
Uplift, Energize, Release Tension

This body massage aims at the deeper tissue structures of the muscle and fascia, using many of the same movements and techniques as the Pure Rejuvenation massage, but with more intense pressure. It is also a more focused type of massage, as the therapist works to release chronic muscle tension or knots.

REGAIN YOUR POWER 55min / 145€
Function, Restore, Empower

Specially designed massage right after your sporting activity. Your therapist will use massage treatments and stretching techniques on all the muscles worked, restoring their elasticity and strength, achieving maximum restoration of your body's functionality.

MIRACLE LIFTING & MODELLING MASSAGE 45min / 175€
Sculpt, Tone, Lighten

Devised to deliver an immediate and dramatic lipo-sculpting effect, there is no better way to start your summer than with our lifting & modelling body massage. The treatment's manual drainage technique, a combination of firm pressure and fast rhythmic and pumping movements, delivers quick, head-turning results. After just one treatment, you'll leave our spa with smooth, even skin and a more sculpted body.

VITAL DETOX 55min / 145€ - 80min / 165€
Detoxify, Stimulate, Refresh

Ready yourself for the ultimate massage to renew, refresh and detoxify. Performed with a lemongrass and peppermint massage oil, the therapist uses lymphatic techniques to release toxins, stimulate circulation and leave the body feeling light and refreshed.

STRESS RELIEF 45min / 140€
Relax, De-stress, Release Tension

This soothing massage was custom - designed to reduce tension from your body. Targeting specific muscles, your therapist will apply pressure, concentrating on your back, shoulders, neck & scalp reducing built up stress from your every day life.

4-HANDS POLYNESIAN MASSAGE 75min / 235€
Sooth, Relax, Release Stress

A sublime four-hand massage experience from the shores of French Polynesia to ease away the stress and strains of everyday life. The traditional flowing and soothing movements lull you into a deep state of peace and tranquility, as soft palms and forearms remove tension from tight muscles. This unique healing massage is performed by two massage therapists working with intuition and expert skill in complete synchrony to restore your energy and strengthen your health and wellness.

ANTISTRESS BACK REMEDY 55min / 150€
Release Tension, Restore, Relax

Shut the door on the world outside with this miracle treatment created to alleviate tension in the back, neck and shoulders. After a self-heating, effervescing mud mask releases muscle stiffness and stress, you'll further slip into a world of bliss with a massage. Both energizing and relaxing, this stressboosting treatment leaves the whole body with a complete sense of well-being.

EXQUISITE INDULGENCE BODY & FACE COLLECTION

This curated collection shines through its combined treatments: matches-made-in heaven which blend bespoke facials with body massages or revitalizing scrubs with cocooning wraps. Treatments incorporate intensely restorative creams, serums and lotions which are not only deeply covetable but boast a dreamy scent and work wonders for your skin.

GOLD DUST FACE & BODY 105min / 210€
Relax, Rejuvenate, Tone

The most lavish treatment of your dreams starts with a full body massage using a gold massage balm. After your facial, choose between a lifting massage or detoxifying lymphatic drainage. A scalp massage, performed while a peel-off mask refines and brightens, will leave you in an even deeper state of relaxation. The application of a 24-karat gold serum adds a glamorous finishing touch.

CLEANSED SKIN & SCULPTED BODY RITUAL 90min/205€
Detoxify, Sculpt, Moisturize

After an invigorating body brush treatment to erase dimples and tone your skin, you'll be cocooned in a detoxifying spirulina wrap to release toxins and moisturize the skin. The main act, an intensive lifting and modelling massage, will be the reason you'll do a double take when you see your reflection in the mirror. The manual draining treatment delivers an immediate lipo-sculpting effect, magically reducing inches.

COCOONING SCRUB & MASSAGE RITUAL 90min / 175€
Exfoliate, Nourish, Sooth

The treatment starts with a soothing sea salt, sand and pink quartz scrub which sweeps away dead skin cells and leaves silky, detoxified, glowing skin as a result. Then, personalized aromatic oils are applied all over your body which makes your skin feel as soft as a baby's. The revitalizing exfoliation is capped off with a full body massage to give you lots of get-up-and-go.

**Deep Tissue Massage upon request with an additional charge of 15€*

TAILORED BODY WRAP EXPERIENCE 60min / 115€
Regenerate, Soften, Hydrate

Indulge in our tailored body wrap experience, designed to meet your skin's unique needs. Begin with an exfoliating sea salt scrub, followed by a wrap of your choice: the hydrating Pink Clay wrap, a Detoxifying Spirulina algae wrap, or the rejuvenating Red Grape wrap. A calming scalp massage completes this bespoke experience, leaving your skin soft, replenished, and radiant.

WHITE SAND SCRUB 25min / 80€
Moisturize, Nourish, Soften

This express exfoliation uses rose quartz and white sand and imparts the kind of hydration you can feel for days. What's more, this efficient scrub not only nourishes your skin but leaves it feeling smooth and velvety soft.

GENTLEMAN' S COLLECTION

This is a treatment menu devised especially with men in mind, as we know you need "downtime" as well but should you see a treatment you like anywhere else on the menu just let us know.

MADE TO MEASURE GROOMING FACIAL 50min / 125€
Totally tailored to suit a gentlemen's skin and needs

Whether your face is showing telltale signs that you've been burning the midnight oil or you're keen to get rid of those pesky oily patches, your therapist will combat your skin's issues and ensure you'll leave looking fresher and more evenly-toned.

BUSY MINDS DE- STRESS 50min / 145€
De-Stress, Balance, Recharge

This treatment begins with a back therapy which releases tension and restores calm to busy minds. Then, a bespoke facial will reveal healthy-looking skin while a scalp massage will help you sink further into a place where deadlines don't exist.

HAND RITUAL WITH MANICURE 40€

A softening hand treatment includes a manicure followed by hand bath and a gentle exfoliating mask with warmed aromatic oils and sea salt.

FOOT RITUAL WITH PEDICURE 55€

This conditioning foot treatment includes a pedicure followed by foot soaking and a nourishing exfoliating mask with warmed aromatic oil and sea salt, for revitalized and perfectly groomed feet.

RELAXATION TIMES FOR TWO

In today's busy world, quality time with your significant other can often be hard to arrange. Serious 'us' time and head-to-toe relaxation await couples who choose to indulge in any of our multi-sensory treatments in tandem.

RELAX & RECONNECT 90min / 185€ (price per person)
Relax, Reconnect, Destress

An hour and a half of heavenly togetherness - this treatment starts with some quality couple time in a private steam bath. Then, you can let your minds be whisked away to another world with a bespoke massage treatment. Your personal therapists will combine their capable hands with a luxury oil of choice, in a way that suits each of your bodies' needs to a tee. Be it soothing or revitalizing.

WELLNESS RESET FOR TWO 105min / 210€ (price per person)
Exfoliate, Nourish, Connect

After some quality couple time in a private steam bath, lie side by side with your S.O. and enjoy a luxurious full-body scrub. Slough away dead skin cells and you'll be left with smooth, detoxified skin as a result. Then, forget all about the world outside as a buttery body balm is applied all over your bodies and your therapists' massage strokes hit sweet spots you both didn't even know you had.

SUITE PACKAGE FOR TWO 120min / 225€ (price per person)
Detox, Smoothen, Destress

Relax together in the privacy of your own VIP Suite. Enjoy the warmth of the Steam Room to release tension before you drift away with an Anne Semonin Made to Measure massage where your therapist will blend a unique mix of Phyto-Aromatic oils to suit your needs. Finish with a unique express facial to replenish and hydrate the skin. Afterwards, a massage with Gua Sha Mushroom Stones will lift, sculpt and relieve facial tension.

TEENAGER COLLECTION

MAGICAL MANICURE 25min / 40€

After nails are buffed, they are massaged with a heavenly-scented hand cream. Perfect fingers are finished off with a sweep of polish in your favorite color.

PERFECT PEDICURE 30min / 45€

Nails are buffed and toes perfectly polished during this toe-tingling treat. Your feet will feel soft like feathers after they've been pampered with a sweet-smelling body lotion.

MY SO SOOTHING NECK AND BACK MASSAGE 25min / 75€

After a hard day on the beach enjoy a soothing neck & back massage with AS Botanical Body Oil – Anti Oxidant and Vitamin (without essential oils).

TEEN FACIAL 25min / 60€

Treat your face to a little TLC while hands and feet are pampered with a silky-soft massage at the same time.

MY FAVORITE MASSAGE WITH MUM/DAD 25min / 145€

Make your way to Ikos Olivia Spa for the perfect side-by-side relaxing neck & back massage.

FLAKE - AWAY BODY SCRUB 25min / 65€

A super relaxing body peeling will leave your skin feeling velvety soft and smelling yummy all day.

SPA BASICS

As we believe in total beauty, we want to ensure that your nails and hair receive the same special pampering, for a complete, healthy and well-maintained look.

HANDS & FEET

Manicure / French Manicure	40€ / 45€
Pedicure / French Pedicure	50€ / 55€
File and Polish	20€
Shellac & manicure	60€
Shellac & pedicure	70€
Hand shellac coloring	25€
Feet shellac coloring	30€
French shellac & manicure	65€
French shellac & pedicure	75€
Remove shellac	15€

WAXING

Eye Brow Shape	10€
Upper lip wax	10€
Under arm wax	15€
Full arm wax	20€
Bikini wax	30€
Bikini line wax	20€
Half leg wax	30€
Full leg wax	45€
Chest Wax	30€
Back Wax	30€

HAIR SALON BY "YIANNI HAIR SPA"

Female Haircut	50€
Male Haircut	40€
Children's Haircut Until 12 Years Old	30€
Hair Styling	from 50€
Hair Spa Treatment	50€
Coloring	from 60€
Highlights	from 90€
Bridal Hair Styling & Bridal Hair Trial	350€

HOW TO SPA...
AND A FEW OTHER THINGS!

To help you enjoy your visit at Ikos Olivia Spa. For your convenience, we have compiled answers to common questions you may find helpful in choosing the types of treatment that best meet your individual needs.

SPA POLICIES

Should I make a reservation in advance?

Yes, and it is best to do so upon or prior to your arrival at the resort to ensure availability.

Who can guide me in choosing my treatment?

Our spa concierge can assist you in planning the perfect spa experience, including the best sequence for your treatments.

What is the Cancellation policy?

Out of consideration for all guests, a minimum of 24 hours notice is required to cancel or reschedule. Cancellation or time change within this time will result in a 50% fee being charged. "No show" appointments are charged at full price of the treatment booked.

Is there a service charge?

No service charge or gratuity is added to your bill; they are of course appreciated, however it is left at your discretion as a reflection of service quality.

What about payment for spa services?

We accept all major credit cards. You may also charge spa services to your hotel bill.

What if I am late for my appointment?

Arriving late will simply limit the time available for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed. The full value of your treatment will be charged.

May I bring my child to the spa?

We regret that children under the age of 16 years are not able to use the spa facilities however we do offer a Junior Spa menu for children aged 12-16.

HEALTH QUESTIONS

What if I am pregnant?

Certain treatments should be avoided during pregnancy. If you are pregnant, please notify our spa concierge when you make your appointment, so they can offer guidance. Furthermore, some treatments may require a doctor's authorization.

What if I have special health considerations?

Please notify our spa concierge before scheduling your treatments if you have high blood pressure, allergies, any other physical ailments or disabilities, if you are on any medication, or if you are pregnant. If you have any concerns at all, please let us know. If at any time during your treatment you experience discomfort, please alert your therapist immediately.

UPON ARRIVAL

How to enjoy your treatment?

This is your time and you should delight in the experience to the fullest. Whether it's the room temperature, the amount of massage pressure or the volume of the music, please notify us of any discomfort or preferences.

PRIOR TO ARRIVAL

When should I arrive?

For your comfort and relaxation, we suggest that you arrive 45 minutes before your scheduled treatment. This will allow you to relax in our lounge and use the Thermal Experience. Should you not wish to use the Thermal Experience please arrive 10 minutes before your treatment to complete our spa consultation form.

What will I wear?

Please arrive showered, wearing your robe and slippers supplied in your room. If necessary, a robe, towel, slippers, shower facilities and secured locker will be provided. Swimming costumes are required to be worn in the Thermal Experience. Nudity is not permitted.

What should I wear during my treatment?

You will be provided with disposable underwear. During all treatments, the body is fully covered, except for the area being treated. Before and after your treatment, robes and slippers are provided.

What about my jewelry?

Jewelry and valuables should not be brought to the spa. If you are a hotel guest, please leave valuable items in the safe in your room. The hotel does not assume liability for any valuables left in the spa.

SPA ETIQUETTE

Our Spa environment is one of tranquility and relaxation. Please respect other guests' right to privacy and serenity by not using your mobile phone or pager. Smoking is prohibited throughout the spa.

FACILITIES

· Fitness studio including contemporary cardio-fitness facilities
· Indoor/Outdoor swimming pool with Swim Jets
· Thermal area comprising of steam bath and sauna
· Hair Salon by "Yianni Hair Spa"
· Nail salon
· Beauty corner offering Anne Semonin products

OPENING HOURS

Every day from 8am to 8pm
Spa treatments hours from 9am
Last treatment ends at 7.45pm

SPA CONTACT

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ikos™

RESORTS