

OBSIDIAN SPA
HOLISTIC THERAPY MENU



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MILOS COVE INCEPTION RESORT / OBSIDIAN SPA

HOLISTIC ALTERNATIVE THERAPIES

Aromatherapy

Relaxing massage for the entire body with essential oils, which can stimulate or relax the body and nervous system.

(40 minutes– 100€)

Deep tissue

A deep massage that relaxes the muscles and acts effectively against musculoskeletal pain and discomfort.

(40 minutes – 150€)

Reflexology

Relaxing massage of the calves and feet, where a number of sensitive points that activate the entire nervous system of the body are centered, to completely relax the body.

(30 minutes – 80€)

Hopi Ear Candling

Deep therapeutic massage on neck and back. The treatment continues with ear candling, a process that cleans the ears in a non-intrusive way, while relaxing the muscles of the face, lower jaw, and neck, which usually suffer from stress.

(40 minutes – 100€)

Abuko massage

Abuko is a Japanese massage of the abdominal area ideal for decongesting the intestinal system. It offers a sense of harmony to the entire body and helps to holistically release tension in the abdominal area.

(30 minutes – 60€)

Chiron's touch

For bodies that need rest and want to be released from muscle aches and accumulated tension.

We begin with a mask of zeolite, bentonite and Greek yogurt, with the addition of tincture of harpagophyte and essential oils of rosemary and eucalyptus. We continue with a strong deep tissue massage all over the body with hemp oil, essential oils of black pepper, rosemary, marjoram and ginger. This relaxing, purifying, but also warming combination acts in depth to relieve pain, relax the muscular system and remove any tension from the body.

(50 minutes - 180€)

The Touch of Phaethon

In the case of sunburn or whenever we want to achieve deep nourishment of the skin during hot periods of exposure to sunlight.

A mask is prepared with aloe gel, cucumber flower water, argan oil and turmeric. The mask is followed by a gentle, relaxing massage with aloe vera oil and lavender essential oil, to nourish and rebuild the skin, and to relieve the body from the feeling of tightness caused by the sun's rays.

(50 minutes – 150€)

The secret of the Dryads

To help the body eliminate toxins and restore its well-being, while stimulating the breakdown of adipose tissue.

The technique begins with strong peeling on the whole body, with a mixture of ground coconut shell grains and aloe gel. The body is then wrapped in a mask of zeolite, seaweed powder and ivy oil to eliminate toxins and help burn fat. Finally, the procedure is completed with a strong massage in the areas where there is a special need, with seaweed and birch oil, adding essential oils of juniper, geranium, rosemary and lavender, a combination that acts as a tonic for circulation, toxin elimination and lymph movement.

(50 minutes - 180€)

Artemis' Care

We start with a bust mask made from spirulina, seaweed, jingo biloba and menthol. This composition is proven to have firming, antioxidant, as well as restorative benefits. Then, we continue with a gentle chest massage with rose oil and essential oils of neroli, bitter orange blossom and natural pearl powder that are considered ideal for anti-aging, vigor, and shine. The treatment of the bust, in addition to tightening and other cosmetic benefits that it offers, helps in lymph circulation and easier elimination of toxins. Therefore, it reduces the risks of fibroadenomas and cyst formation.

(30 minutes – 120€)

Hephaestus' Fire

An energy purification ritual for body and spirit, which allows you to feel deep harmony and relaxation as it frees you from any trace of negative energy and restores your balance.

The treatment begins with peeling all over the body with pink Himalayan salt and fleur de sel from Greece, as well as Greek olive oil. We continue with a body mask with green (red or white) clay, black tourmaline powder (mineral), zeolite and Greek yogurt. The process is completed with gentle massage where an obsidian passes gentle over the whole body with purifying Greek essential oils, such as thyme, rosemary, and sage.

(50 minutes – 180€)

The Awakening of the Goddess

A fresh, rejuvenating combination for the whole body, which regenerates the skin holistically and supplies it with nutrients.

We prepare a mask for the whole body and face with fresh fruit pulp and white clay. Then, we continue with a gentle massage with avocado oil, coconut oil, vitamin E and star powder. We finish with a gentle pass of jade roller and Gua Sha rose quartz on the face, to stimulate the skin.

(50 minutes – 180€)

SAUNA – HAMAM

Treatment for physical pains

We begin with a dry massage with natural loofah to stimulate circulation and detoxify lymph. We continue with a body mask with aloe vera gel, achilles oil (common yarrow) and essential oils of rosemary and eucalyptus. This combination offers muscle relaxation and relief from musculoskeletal pain.

(30 minutes – 100€)

Detoxification treatment

We begin with a dry massage with natural loofah to stimulate circulation and detoxify lymph. This is followed by a body mask made of a mixture of activated carbon, zeolite and thyme essential oil. This combination offers deep detoxification and epidermal nourishment.

(30 minutes – 100€)

Better Breathing

We begin with a dry massage with natural loofah to stimulate circulation and detoxify lymph. This is followed by a mask on the chest and back made of aloe gel, with the addition of kajeput and mint essential oil.

(30 minutes - 100€)

Skin nourishment

We begin with a dry massage with natural loofah to stimulate circulation and detoxify lymph. This is followed by an aloe gel mask with aloe vera oil, coconut oil, argan oil and avocado oil, adding ylang-ylang and barberry essential oil.

(30 minutes - 100€)

BATHS

The voice of Nereid

A deeply purifying and relaxing bath, which allows you, as you lie in the bathtub, to indulge in the luxury of ultimate healing. With the addition of obsidian remedy, Greek herbs, aromatic salts of Greek sea breeze, Epsom salts and Greek salt blossom, we harmonize and cleanse your energy. The bath time is initially accompanied by cymbal music, which leads to spiritual and mental relaxation.

(50 minutes – 150€) - (x2 – 90minutes – 250€)

The Three Graces

A bath that offers rejuvenation and freshness, replenishing your energy and renewing your senses. Starting with a body mask made of dead sea mud, the experience continues with a therapeutic massage with macha green tea butter and ends with a bath with lemon flower water, lime essential oil, aromatic lemon salts and fresh herbs, giving you plenty of time to replenish your strength.

(50 minutes – 150€) - (x2 – 90minutes – 250€)

Honey Goddess

Starting from an exfoliation with grated almond shells and aloe gel, your skin is prepared for the ultimate hydration, through a body mask with bentonite and green clay, vitamin E, Greek yogurt and Greek honey. The experience continues with a soothing massage with walnut oil. Finally, you will experience complete relaxation, in a bath of milk, honey and Epsom salts and other aromatic salts.

(50 minutes – 150€) - (x2 – 90minutes – 250€)

The rebirth of Goddess Aphrodite

Dry massage with natural loofah to stimulate circulation and detoxify lymph, followed by a mask with pink clay, zeolite and seaweed oil. Then gentle massage with essential oils of ylang-ylang and geranium. Continue with a bath with wild herbs of Milos. During the bath, a crystalline mandala will already be built around your bath, which will allow you to absorb the beneficial properties of the minerals.

(50minutes – 150€) - (x2 – 90minutes – 250€)

Circe Enchantress

Therapeutic all-body rubbing with natural loofah sponge and soap mousse in the sauna deeply exfoliating the skin while stimulating and balancing blood and lymph circulation, leading to deep detoxification. Then, a body mask with aloe gel, coconut oil and cucumber hydrosol, is going to offer deep hydration and regeneration to the skin tissues, while the massage with green tea butter complements the treatment, leading to unique relaxation and a sense of well-being. We end with the activation of Qi with a jade ball.

(50 minutes – 150€) - (x2 – 90minutes – 250€)

Private baths

Detoxification and relief of muscle pain

Bath mixture of dead sea salts, seaweed, magnesium sulfate, Greek salt with cedar aroma, herbs such as mint, black pepper, dandelion, thyme, cedar seeds, nettle and lime slices.

(50 minutes – 150€)

Aphrodite's beauty

Bath mixture made of hibiscus, jasmine blossom, rose blossom, pomegranate seeds, lavender blossom and nutmeg blossom. Greek salt with rose aroma, Epsom salts and honey.

(50 minutes – 150€)

Love Embrace

Bath mixture made of Greek salt with honey aroma and Epsom salts. Honey, milk, dried orange, rose, jasmine, dittany, cinnamon and cardamom.

(50 minutes – 150€)

** a face mask can be applied optionally in individual baths. With the addition of a face mask, the price is set at 200€**

Tantric baths

Tantric hugging

The couple takes a few minutes to hug and look into each other's eyes. Then they rub oil of wild roses on each other for a few more minutes, with the addition of essential oil of ylang-ylang and sandalwood. They move to the bath that has been prepared for them, with dried roses, herbs, aromatic salts, mineral elixirs, milk, honey, and colors.

The therapist acts as a guide for the whole process of tantric connection and facilitates the connection with the sounds of the gong.

(90 minutes – 280€)

Tantric breath

This technique is initiated with the energy purification of the couple with palo santo. Then the couple sits in a specific tantric position, which allows their faces to get very close to each other and share the same breath, looking into each other's eyes. This is followed by hugging in the same position, with closed eyes, allowing the couple to feel the energy that they share and the connection between them, to the sound of the Tibetan cymbal corresponding to the energy center of the heart. Then, they enter the specially prepared bath with dried roses, herbs, aromatic salts, mineral elixirs, milk, honey and colors.

The therapist acts as a guide for the whole process of tantric connection, purifies the energy at the beginning of the technique and harmonizes the aura with the sound of the Tibetan cymbals.

(90 minutes – 280€)

Tantric ritual

The couple enjoys full body peeling with ground almond grains and aloe gel. This is followed by a body mask with red clay, milk, honey and cotton extract. They are then massaged with argan oil and erotic essential oils such as cardamom, ylang-ylang and cinnamon. Then they step into the bath, made of dried roses, orange peels, milk, honey, perfumes, mineral elixirs, salts, and colors.

The therapist acts as a guide for the whole process of tantric connection.

(90 minutes – 280€)

Tantric harmony

The couple's process of harmony begins with the harmonization of their personal energy. One person stays in the sauna, while the other receives a light massage of the back and spine. Then the couple changes positions. Later, they sit facing each other, touching each other's heart with a tantric technique and remain in that position for a few minutes. At the same time, the energy of the couple is harmonized with the use of tuning forks.

The process continues with the sharing of the special bath that has been prepared for them with rose quartz crystalline water and aroma of passion fruit, salts, aromas and colors.

The therapist acts as a guide for the whole process of tantric connection.

(90 minutes – 280€)

Honeymoon bath

Massage with argan and almond oil and essential oils of ylang-ylang and sandalwood.

Combined with white clay face mask, rice powder, Greek yogurt and honey.

The Bath is made of a mixture of jasmine, rose, lavender, mallow, nutmeg blossoms, basil and Greek salt with "wedding day" aroma. It is topped up with milk and honey.

A tonic dessert is then served with pink pepper, cinnamon, honey and walnuts as well as tea from rose flowers with honey.

The therapist acts as a guide for the whole process of tantric connection.

(90 minutes – 280€)

FACE TREATMENTS

At the end of each facial treatment, we apply a jade roller or quartz massage wand to the face, so that the materials penetrate deeper into the skin.

Facial massage with Gua Sha

Gua Sha is a beauty tool from China, made of minerals, which acts as an anti-aging agent and decongests lymph as using it on the face. It is called the "botox of the East" as it moves the lymph and activates blood microcirculation, giving a fresh and radiant skin, lifting the contour and restoring elasticity, boosting collagen production, smoothing the skin while ensuring wrinkle prevention.

The facial massage with Gua Sha is combined with the 8 precious oils for facial care and red grape extract, with jasmine essential oil.

(30 minutes – 150€)

Hydration and rejuvenation

The following facial treatment moisturizes, rejuvenates, offers natural glow, and activates the microcirculation of the skin, acting regeneratively. A mask is prepared from white clay, aloe vera oil and cucumber flower water.

It is accompanied by a facial massage with caviar, aloe vera oil, palmarosa essential oil and diamond powder.

(40 minutes – 150€)

Firming and toning

The following treatment is designed for firming and toning the skin, while nourishing it, moisturizing it and restoring its natural moisture and elasticity. A mask is made from red clay, ginseng flower water, and argan oil.

It is accompanied by a facial massage with Greek mastic peptides, rosewood essential oil, argan oil and ruby powder.

(40 minutes – 150€)

Anti-aging and regeneration

The following treatment works as an anti-aging agent and helps in cell regeneration, improving skin elasticity and smoothing wrinkles. A mask is prepared from pink clay, rose flower water and evening primrose oil.

It is accompanied by a massage with collagen, evening primrose oil, neroli essential oil, and emerald powder.

(40 minutes – 150€)

Reconstruction and recovery

The following treatment works towards the reconstruction and lifting of the skin, while also toning the face's contour. A mask is made from green clay, green tea flower water and turmeric oil.

It is accompanied by a facial massage with turmeric oil, quinoa extract, rosewood essential oil and black diamond powder.

(40 minutes – 150€)

Face scrub

Detoxification and facial rejuvenation

Scrub with cherry pit powder and application of a detoxifying mask with carbon. This is followed by a nourishing mask with aloe gel, vitamin E and orange pumpkin oil. Massage with the 8 precious oils for facial care and ylang-ylang essential oil.

(40 minutes – 150€)

Deep cleansing and face renewal

Scrub with cherry seed powder and face detoxification with Dead Sea mud mask. This is followed by a nourishing mask of aloe vera gel, vitamin E and helichrysum oil. Massage with the 8 precious oils and rosewood essential oil.

(40 minutes – 150€)

Eye Treatment

Eye mask with aloe gel, green coffee oil and ruby powder to tighten and tone the skin. Eye Patches with gold. Gentle lymphatic massage of the eye area and eye cooler compresses. We conclude the treatment with a jade roller.

(30 minutes – 150€)

Crystal therapy

The healing Art of Crystal Therapy is based on the established, beneficial vibration of crystals and minerals at various frequencies, which agree with that of the human body. The combinations of minerals and crystals that can be used by the therapist are infinite and can respond to many different cases of disharmony to restore balance and well-being.

The diagnosis is made on a case-by-case basis, using a crystalline pendulum in the energy centers (chakras) so as to find the appropriate crystal and mineral recipe to use accordingly.

(40 minutes – 160€)

Gaia's Embrace

An experiential technique, which can be adapted in various ways. The healing process may involve one person or a group of people: the person or persons lie down within a circle formed by mineral obsidian in order for the minerals to absorb the negative energy residues. Obsidian is a mineral that holds a special place in purifying minerals and has the ability, since antiquity, to provide purification and protection. The technique is accompanied by crystal bowls, Tibetan cymbals and gongs.

(1 person 40 minutes – 100€ / group 60 minutes – 180€)

The Lady of Phylakopi

A tuning fork is a type of split metal fork used as an acoustic resonator. It is meticulously crafted to emit a clear sound with harmonic sound vibrations of constant frequency. It regulates and coordinates the rhythm of the body and energy field.

Based on the basic theory of traditional Chinese medicine, we use meridians and acupuncture points, which we activate with tuning forks instead of needles, producing a pulse and giving a healthy rhythm to the flow of energy (Qi) of the meridian.

(30 minutes – 150€)

SALT ROOM

In this room of rock salt, your energy and body are relieved of the tensions they may be carrying. The Salt Room decongests the blocked areas of the body and the dysfunctional interference of toxic energy that everyday life may have burdened you with. In general, it brings about health and harmony on all levels, as rock salt harmonizes your energy field and helps tune your body to a healthier vibration. Inside the Salt Room you can receive a massage, a crystal therapy, a sound therapy or even do guided meditation. The effect of each treatment along with its depth changes dramatically level!

(50 minutes with a treatment of your choice – 160€)

(30 minutes without treatment – 60€)

(40 minutes with sauna/hammam and use of the Salt Room – 100€)

