



GRACE SPA Treatments have been selected
in collaboration with APIVITA.

PRICES INCLUDE TAXES & VAT.

SPA TREATMENTS

PHILOSOPHY

APIVITA, inspired by the philosophy of Hippocrates, Greek nature and the power of aromatherapy, has created the APIVITA SPA: a unique series of holistic, natural and effective treatments that combine APIVITA natural products with innovative treatments and special massage techniques that promise to inspire wellbeing of body and soul. In the protected environment of the spa, a place of tranquillity and relaxation, we follow a holistic therapeutic approach that rejuvenates and stimulates the five senses. The unique spa experience can also be continued at home with the suitable APIVITA products.

HOLISTIC

The holistic approach of APIVITA is based on the use of essential oils - the soul of plants. Essential oils are particularly effective as their scent positively affects the psyche and improves our mood, while they also nourish, moisturize, and rejuvenate the skin in depth. APIVITA SPA offers a complete experience of relaxation and wellbeing for the body and soul, through its specialized treatments and massage techniques incorporated in the APIVITA signature massage, hot baths and the use of essential oils.

EFFECTIVE

With its 30 years of experience in the domain of natural cosmetics, APIVITA possesses considerable expertise and a deep knowledge of Greek flora. The choice of natural ingredients is based on clinical studies that have proven their effectiveness. For example, in the queen bee treatment the royal jelly is trapped encapsulated in liposomes that delivers its active ingredients deeper into the keratin layers of the skin. In the wine elixir treatment we use the power of red wine, which according to clinical studies, reduces the surface of wrinkles by up to 77% and the number of wrinkles around the eyes by 71%.

NATURAL

In APIVITA SPA treatments, we use the APIVITA natural products, which are based on organic essential oils, plant extracts and oils from organic cultivations, and pure honey products of Greek nature. APIVITA SPA treatments are inspired by traditional face and body treatments and incorporate ingredients from the Mediterranean diet to create a relaxing and rejuvenating natural experience. With up to 100% natural ingredients, APIVITA products do not contain parabens, propylene glycol or silicones.

SIGNATURE GRACE TREATMENT

CYCLADES TREAT

€200 / 120'

REJUVENATING RICH BODY & FACIAL TREATMENT

The “Queen” of treatments is a complete care that has been designed exclusively to utilize a steam bath, the nourishing ingredients from the hive of APIVITA: a Steam bath, followed by a gentle Swedish massage with essential oils, leading to a cleansing and relaxing facial and head massage. You will then succumb to the pleasure of the wine elixir face treatment, with red wine and beeswax.

FACIAL TREATMENTS

WINE ELIXIR

€100 / 60'

ANTI-AGING

An anti-aging treatment that utilizes the powerful antioxidant qualities of red wine and lupin. Resveratrole, the main active ingredient of red wine, naturally increases the production of collagen and reduces even the deepest wrinkles while lupin improves elasticity and restores the contours of the face. APIVITAS's “acupressure diffusion” technique helps the active ingredients penetrate the deeper skin layers to maximize their effect. Treat yourself to a natural “lifting” experience that will give you immediate and visible results.

EXPRESS MEDITERRANEAN

€35 / 15'

€65 / 30'

The ideal solution for those who want to enjoy immediate results with a short treatment. Can be combined with body treatments or massage.

QUEEN BEE FACE

€115 / 70'

*REJUVENATING & FIRMING FACE TREATMENT
WITH ROYAL JELLY & HONEY*

A “Royal treatment” based on the beneficial properties of royal jelly and honey to restore and firm the skin. APIVITAS's unique face massage activates selected energy points (acupressure points) and helps the regeneration and restoration of the skin. Royal jelly - an elixir of life and youth - nourishes, regenerates, rejuvenates and restores the skin's vitality.

BODY MESSAGES

TRADITIONAL OLIVE OIL RELAXING MASSAGE

€95 / 50'

Experience the powerful effects of natural essential oils of healing Greek plants, roots and flowers combined with pure organic Greek olive oil which is heated and applied in a rhythmic way. This is a classic, relaxing massage. The oil penetrates deep into the tissues, loosening toxins at a cellular level.

SWEDISH MASSAGE

€80 / 60'

Indulge yourself with a relaxing full body massage using light/medium pressure that will encourage you to escape in a dreamy state of mind

AROMATHERAPY MASSAGE

€90 / 60'

Rejuvenate and unwind your energy levels with a full body massage using a selection of divinely smelling essential oils and different strokes that will make you drift away).

DEEP TISSUE

€90 / 55'

Full Body massage targeting muscular tension. This method changes depending on each person's individual needs, using invigorating stretches melting the concentrated tension away.

INDIAN HEAD MASSAGE

€70 / 40'

A traditional Ayurvedic experience preventing headaches, promoting lymphatic drainage, hair growth and memory using oil combined with face and neck massage.

TAILORED MADE - BREAK

UPPER BODY (NECK, HEAD AND FACE)

€60 / 30'

MIDDLE BODY (BACK AND ARMS)

€60 / 30'

LOWER BODY (LEGS AND FEET)

€60 / 30'

BODY TREATMENTS

QUEEN BEE BODY

€150 / 90'

*REJUVENATING, RICH BODY TREATMENT
WITH ROYAL JELLY & HONEY*

The “Queen” of treatments, an elixir of youth, designed exclusively to utilize the nourishing ingredients from the hive of APIVITA. The crystallized honey exfoliates the body while at the same time moisturizing and softening the skin. The luxurious body massage that follows relaxes the senses. The treatment includes a short facial with fresh royal jelly that nourishes, rejuvenates and restores glow and vitality to even the most demanding skin. This ‘sweet’ treatment improves the texture of the skin and offers spiritual wellbeing.

AEGEAN BREEZE

€100 / 60'

*BODY TREATMENT WITH OLIVE OIL & CRETAN
SEA SALT*

A wonderful journey to the deep blue of the Aegean Sea. A herbal scrub with Cretan sea salt and olive oil, rich in minerals and trace elements, will remove dead cells from your skin while leaving it soft and rejuvenated. Thereafter, indulge in a unique APIVITA signature body massage with olive oil, enriched with the essential oils selected according to your needs, leaving your skin deeply moisturized and nourished while leading you to a world of ultimate relaxation, inner harmony and balance.

ALOE DEEP HYDRATION

€100 / 60'

DEEP BODY HYDRATION

Strengthen your skin’s natural defences with a treatment that deeply hydrates and balances skin moisture levels. The organic extracts of aloe and fig, together with the rich mixture of olive, jojoba and almond oil moisturize and nourish the skin, leaving it soft and smooth. Meanwhile the cucumber mask rejuvenates and provides a feeling of freshness to the face and a relaxing body massage revives you after a difficult day. An effective treatment for dry dehydrated body and face skin which is ideal after extended sun exposure.

SPA POLICY

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room safe before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

ARRIVAL

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form.

CONSULTATION

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

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.

CANCELLATIONS

Please allow five hours notice on individual treatments; otherwise, 50% of the treatment price will be charged. Failure to keep your appointment will result in a 100% treatment charge.

DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage or body treatment for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

PAYMENT

Major debit and credit cards are accepted.

GRACE

MYKONOS



ARIA
HOTELS

AGIOS STEFANOS MYKONOS, GREECE
T: 0030 22890 20000
ARIAHOTELS.GR