

THE SPA MENU

HEALING RITUALS

CASA COOK MYKONOS



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HEALING RITUALS

Inspired by the healing power of nature, our Healing Rituals offer a soothing and restorative escape for the body and soul. Through the healing hands of our expert therapists, we take you on a journey through some of the world's most ancient techniques in body healing, inspiring you to leave your worldly cares at the door.

Each treatment has been designed with utmost care, using only the best herbs and natural products. Whether you're in the mood for a reviving massage or a refreshing facial, let us guide you to a place of balance and tranquility.

Opening hours

Our therapists are available daily from 10h - 19h.

If you want to find out more or book your spot, please contact reception or use the Exclsusivi application on your mobile.



CIEL
MYKONOSSPA
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CIEL MYKONOS SPA PRODUCTS

PHYTOMER

lenga  
LABORATOIRES

## MASSAGES

### JET LAG

An ideal combination for travelers, for relief, proper functioning and body balance.

45min - 80.00€

### SWEDISH

Based on your personal physiology, this full body massage treatment combines techniques for total body release and relaxation.

55min - 90.00€

### AROMA DREAM

The experience of reawakening your senses starts with marine mist rain drops all over, followed by a soft massage with mastic and vanilla essential oils.

55min - 90.00€

### COCONUT

An excellent moisturizer and an anti-inflammatory massage treatment with raw organic coconut oil will protect your skin from drying. Rich in Vitamin.

55min - 95.00€

### DEEP TISSUE

An effective combination of deep tissue massage techniques that works into the muscles, knots, relief pain and tension, adjusted to your personal needs.

55min - 95€

### PREGNANCY MASSAGE

This customized approach using organic coconut oil, calms the tension, eases sore spots and improves mobility. A pampering experience designed with the safety of mother and child in mind.

55min - 90€

#### CUPPING MASSAGE

This treatment can be used for muscle problems or for cellulite. Increases blood circulation, loosens muscle spasms and releases tension. Also drastically reduces cellulite from the very first treatment session.

55min - 90€

#### REHABILITATION MASSAGE

A great treatment to enhance your rehabilitation. The mobilization of soft tissue in order to restore normal systemic and biomechanical-functional use. It can be used to assist in the treatment of most Musculo-skeletal and associated problems. For chronic injuries, problematic areas, frozen shoulder etc. Thrust technique is softly used.

55min - 110€

### HOLISTIC MASSAGE

#### SHIRODHARA WATER SOURCE

An ayurvedic healing holistic technique. The steady pour of warm water in forehead along with massage, promotes tranquility and the body enters a deep relaxation state. Focuses in rebalancing your body, reduces the stress hormones, also helps in alleviating psychosomatic ailments as stress, tension, depression, anxiety.

70min - 120.00€

#### DELOS ENERGY SINGING BOWL

A relaxing spiritual experience focused on energy, followed by singing bowl vibration, heating mud on the spinal cord, binaural acoustic waves and a light touched massage, helps bring you to a more restful, uplifted state of mind.

55min - 120.00€

#### MOXA TREATMENT

A traditional therapy utilizing moxa or artemisia herb. Used to warm regions and acupuncture points with the intention of stimulating circulation through the points including a smoother flow of blood and qi. Ideal for cold or stagnant conditions.

55min - 100.00€

## SIGNATURE COUPLES

### HARMONY

Enjoy together a total relaxing full body massage experience. The most memorable journey of the senses from head to toe.

55min - 180.00€

### MYKONIAN CHAMPAGNE EXPERIENCE

A unique experience into a world of luxury, Romance and relaxation awaits for you. A heart of flowers on beds, music, and candles for all senses, a 5-star Aroma massage with hot mud on pelvic area, head face massage and a bottle of Greek Champagne for you to enjoy after treatment, will absolutely spoil you!

1.15min - 330.00€

### MYKONIAN WINE EXPERIENCE

Indulge yourself with nature's most desirable gift. Grapes! Start with a grape seed body exfoliation and continue with fresh grapes and their juice back into your body with all the antioxidant properties and polyphenols. Let yourself go into a wine wonder world with a light massage and enjoy a great bottle of Greek wine with a plate of snacks.

1.15min - 290.00€

## MINI SPA TREATMENTS

### BUCCAL & FACE HEAD MASSAGE

Release tension, get spiritual calmness and give yourself a non-surgical face lift. A technique that works on heads pressure points, muscles ligaments and lymph.

30min - 70.00€

### BACK & NECK

The perfect treatment for back, neck, waist and arms. Soothes and calms pains and stress, reduces tension and improve blood circulation.

30min - 65.00€

#### FOOT REVIVAL

A treatment with marine flavonoids that stimulates blood microcirculation, reinforces capillary tone and relieves tired legs. Followed by a peeling with crystal salts, a fresh gel mask from feet to thighs and a healing massage will rejuvenate your legs again.

45min - 80.00€

#### MARINE BODY SCRUB

This rich cream-scrub helps prevent cellular fatigue while gently cleanses and exfoliates to reveal cleaner and softer skin. Texture is refined and the complexion is radiant. Ready to enjoy summer vacations.

45min - 80.00€

## FACIALS

#### LUMINOUS EXPRESS

Get the instant glow in 30' minutes. A quick refresher for a healthier, radiant result just before an event. This express treatment includes cleansing, enzyme peeling, hyaluronic mask, face massage and moisturizer.

30min - 70.00€

#### HYDRATHERAPY

A complete and specialized facial treatment that reliefs from thirst and moisturizes while stimulates the proteins that contribute to cellular cohesion for strengthening of the skin. Feel it pure, moisturized and radiant.

55min - 95.00€

#### AEGEAN GRAPE FRESHNESS

An antioxidant facial treatment with red grape stem cells, vitamin E, hexapeptide and bioaccharide will give your skin-deep hydration regain elasticity, anti-age protection and wrinkle reduction while your skin looks shiny and refreshed.

55min - 95.00€

## CIEL SPA RITUALS

### GREEK HIPPOCRATIC METHOD

Hippocrates as the father of physicians had a high regard for massage. It was one of the primary treatments provided at the Greek gymnasiums & baths. Anatripsis was one of his technics (meaning "to rub up"). A combination of pressures on dry skin, brushing with talk powder, cupping in acupuncture points, frictions, "thopies" and joints mobilization, along with olive oil, therapeutic herbs and essence oils to body and head will regaining mental and physical balance.

1h20min - 150.00€

### AEGEAN GRAPE

Body scrub/body massage/facial treatment  
Perfumed with the Greek summer memories. From the Greek winery Avantis Lenga Grape Spa products. Enjoy a innovative treatment and pamper yourself with wine & grape osmetics with stem cells, polyphenols, resveratrols, grape water & vitamins. Let them reinforce, tone and moisturize your skin with all grapes advantages.

1h20min - 165.00€

### WELLNESS RETREAT

Skin brushing/body massage/ mini facial treatment  
A royal experience from head to toe with a combination of several extravagant treatments in one escape. Skin brushing, Swedish massage and a mini facial treatment will give a fresh and renewed skin.

1h20min - 150.00€

### INSTA BEAUTY

Body /face massage, facial treatment  
A beautiful experience will help you create the most amazing glowing skin for the perfect selfie on Instagram. A miracle mix of glow drops and nourishing oils will massage your face and body. A mini hydrating facial, with lip peeling, hyaluronic mask and a glitter body spray as finishing touch, will absolutely turn you into a Insta beauty!

1h20min - 165.00€



## CIEL PACKAGE

The perfect way to restart and restore your equilibrium. Our spa package is the ultimate way to de-stress and makes the perfect gift for loved ones. With a 10% discount, take a breath, relax and enjoy! You are ready to take on anything.

2 DAYS PACK 305.00€

### DAY 1

Foot Revival 45min

Facial Hydratherapy 55min

### DAY 2

Marine Body Scrub 45min

Coconut Massage 55min



## CASA COOK MYKONOS SPA ETIQUETTE

### Opening hours

The spa is open daily from 10h - 19h.

### Reservations

Treatments can be booked directly at the reception or by using the Exclusivi Application.

### Payment

We accept cash or card payment. Room charge is not available in all spa rituals and spa products.

### Cancellations

If you want to change or cancel an appointment, we kindly request a 24 hours notice. For cancellations with less than 2 hours notice including missed appointments, the full price will be charged.

### Our treatments

When booking, please advise us of any health conditions and medication you are taking. On the day of your treatment, our therapists will ask you to complete a health questionnaire to ensure we provide the very best service and safeguard your wellbeing. Please note that for certain medical conditions we will require written permission from your doctor to proceed. If you require any further information, our therapist team will be happy to help.

### Arrivals

Please arrive 10 minutes prior to your appointment in order to register.  
Late arrival will result in a shortened or cancelled treatment without refund

### Valuables

Please leave all jewelry and valuables in your room before visiting us for a treatment, as we do not have any lockers at our treatment rooms.

### Attire

Please dress yourself in suitable underwear or swimwear during the treatment. For some treatments you will be provided with disposable undergarments by your therapist, and suitable towel draping will be used at all times.

