



ELIOS SPA

ERÉMA  
MILOS

## Contents

Handpicked Skincare Lines **4**

Massage Journeys **5**

Swissline Signature Skincare **8**

Vital Body by Swissline **9**

Pure Skin Facials by Aegli Premium Organics **10**

Elios Spa Kids & Teens **11**

Elios Spa Etiquette **12**



## Wellness in the Sun

Deriving its name from the Greek word for the sun (ἥλιος), Elios Spa pays tribute to the extraordinary settings where it is nestled, drawing on the warmth and appeasing energy of the Aegean islands.

Elios allows you to rediscover harmony, relaxation and inner peace amid the unfettered beauty of the Cyclades, a land gifted with natural resources such as plants and herbs that cure the soul and body.

Capturing the timeless roots of mind and body wellness and combining them with a modern philosophy that is inspired by the blue and the white of the Aegean, the simplicity of essential life and the harmony of natural beauty, our holistic treatments use exclusively indigenous resources, pure extracts and innovations.

The **Aegli Premium Organics** products and **Swissline by Dermalab** award-winning formulations, are committed to providing a balanced journey of senses.

Wholly embracing the slow-paced Cycladic way of life and the overwhelmingly serene vibe of the Greek Islands, Elios Spa is a sanctuary of the senses, lending itself to the ultimate time out. Here, you will step into an authentic retreat and be enveloped in an array of locally-inspired healing rituals, treatments and therapies, crafted to your needs and designed to stimulate and revitalize your body, soul and spirit.

Welcome to Elios Spa, your oasis of calm.

## Handpicked Skincare Lines

### Swissline by Dermalab

Founded in Switzerland over 35 years ago, Swissline by Dermalab pioneers cellular therapy and biotechnological innovation, using skin-identical growth factors, collagen, and peptides for exceptional skincare results. Since 2002, the brand has transitioned to plant-based ingredients.

At Elios Spa, we offer Swissline's award-winning formulations, blending scientific innovation with nature for visible results and radiant transformation.

### Aegli Premium Organics

Aegli Premium Organics is a Greek clean beauty brand founded in 2018 by Dr. Errika Papavenetiou. Specializing in organic, vegan, cruelty-free, and gluten-free skincare, Aegli focuses on holistic beauty with a commitment to sustainability.

Their non-toxic, high-performance products cater to all skin types, especially sensitive skin and maternity care. Through our partnership with Aegli, Elios Spa offers an eco-conscious skincare experience aligned with our commitment to wellness and natural beauty.



## Massage Journeys

### Golden Harmony

Elios Gold Massage

A restorative treatment using grape-seed oil blended with the bright, uplifting scents of basil and citrus. The therapist employs fluid, intuitive techniques to ease muscle tension, improve circulation, myofascial release, and nourish the skin. The result is a balanced, revitalizing experience that leaves you feeling both refreshed and invigorated.

|       |      |
|-------|------|
| 50min | €160 |
| 80min | €210 |

### Aegean Escape

Candle Massage

Experience the warmth of hand-poured candles that melt into rich, nourishing oils. Each carefully selected scent creates a unique atmosphere, while the gentle heat and smooth massage leave your skin feeling deeply hydrated and subtly scented—offering a moment of pure escape on the Aegean coast.

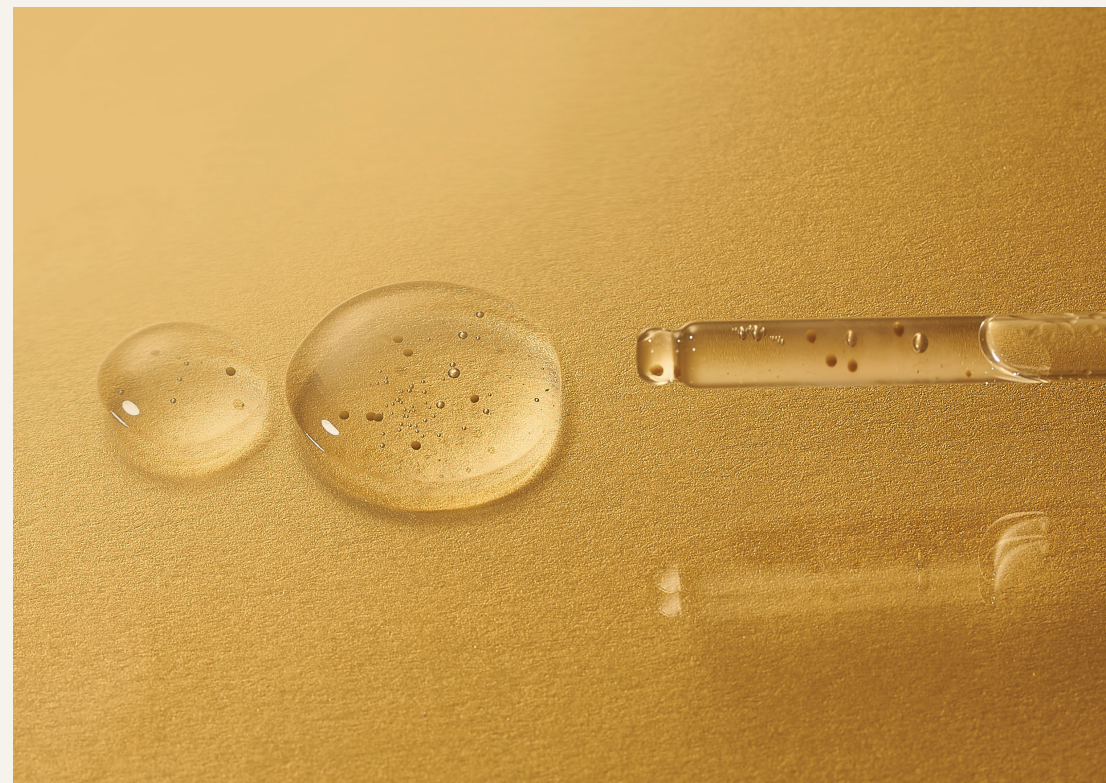
|       |      |
|-------|------|
| 50min | €140 |
| 80min | €190 |

### Body Rejuvenation

Deep Tissue Massage

This targeted treatment uses firm pressure and a custom blend of locally sourced rosemary and ginger essential oils to address deep muscle tension. Combining precise strokes with deeper techniques, it enhances circulation, relieves tightness, and encourages a sense of clarity and rejuvenation, leaving you with a renewed sense of vitality.

|       |      |
|-------|------|
| 50min | €140 |
| 80min | €190 |



# Massage Journeys

## Tranquil Renewal

Relaxation Massage

A soothing blend of sweet almond oil, chamomile and bergamot essential oils gently melts away tension and restores a sense of calm. Using long, flowing strokes and precise pressure, this treatment improves circulation, relieves stress, promotes deep relaxation, and leaves you with a sense of serenity and balance.

50min €130

80min €170

## Release and Flow

Lymphatic Drainage

A therapeutic treatment designed to promote natural detoxification and enhance circulation. Through light, rhythmic strokes, this massage helps reduce fluid retention, alleviate swelling, and refresh the body. Ideal for alleviating the effects of jet lag or restoring vitality. Choose between soothing Lavender to unwind, or invigorating Citrus to support detox; the perfect escape for those seeking a revitalizing reset.

50min €130

80min €170

## Peace and Glow

Mother to be Massage

Designed with the expectant mother in mind, this treatment offers a soothing experience to relieve the common discomforts of pregnancy. Using gentle techniques, this therapy focuses on alleviating back pain, leg cramps, swelling, and tension while promoting overall relaxation. Expertly administered with natural, fragrance-free grape-seed oil, this cure nurtures both mother and baby, offering a sense of calm throughout this transformative time.

60min €130

90min €170

Elevate Your Treatment  
with Our Exclusive Add-Ons

|                          |       |     |
|--------------------------|-------|-----|
| Facial Express Treatment | 25min | €60 |
|--------------------------|-------|-----|

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|                 |       |     |
|-----------------|-------|-----|
| Partial Massage | 25min | €50 |
|-----------------|-------|-----|

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## Swissline Signature Skincare

### Swiss Lifting Infusion

Experience the epitome of Swiss skincare excellence with our Swiss Lifting Infusion. Enhanced with a concentrated blend of marine collagen and hyaluronic acid, this treatment deeply hydrates, plumps, and smooths fine lines and wrinkles, restoring a youthful glow. By combining advanced skincare science with luxurious ingredients, it not only revitalizes the skin but also nurtures it beyond beauty, leaving you with a firmer, more radiant complexion.

75min      €210

### Swiss Oxygen

Oxygenation & Hydration with Gua Sha

A 100% vegan treatment that tones and boosts the skin while simultaneously cleansing and oxygenating the skin cells. This invigorating facial stimulates, strengthens, and detoxifies the skin, addressing the effects of urban lifestyle factors such as pollution, smoking, and lack of sleep. It hydrates the skin, restores its glow, and enhances overall vitality.

75min      €180

### Radiant Hydra Flash

Hydra Flash Facial provides an instant burst of moisture and luminosity, visibly reducing the appearance of fine lines and wrinkles. Powered by Swissline, this treatment deeply hydrates and soothes, leaving the skin feeling soft, supple, and radiantly refreshed.

30min      €120

## Vital Body by Swissline

### Eréma Earth and Light

A signature tailor-made face and body sequence inspired by the mineral richness, raw beauty and radiant light of Milos. Combining Swissline's advanced formulations with intuitive techniques, the treatment adapts to your skin's needs in real time. Precious minerals, blended with the ancient art of gua sha, enhance lustre and restore vitality, while a sculpting facial and relaxing body massage create a sense of ease and lightness. A dedicated eye ritual completes the experience, illuminating and awakening the gaze. A refined fusion of earth, light and science for visibly luminous skin and deep relaxation.

120min      €290

### A Moment in Elios

This experience of beauty and relaxation is crafted to relieve stress and elevate your sense of well-being. The luxurious treatment includes a relaxation massage, designed to soothe and calm your body. Infused with oils and creams, the rich textures of the treatment combine the rejuvenating effects of 24-karat gold and collagen to hydrate and replenish your skin, leaving it soft and awakened. The indulgent sensations and soothing atmosphere provide the perfect space to create a feeling of joy and renewal.

60min      €140



## Pure Skin Facials by Aegli Premium Organics

### Anti-Gravity Facial

A retreat that harnesses advanced skincare and the finest botanicals to restore and renew the skin. A purifying exfoliation refines the complexion, while a sculpting face and neck massage promotes a firmer, smoother appearance. Buriti oil, natural retinol, and hyaluronic acid work in harmony to smooth fine lines, improve elasticity, and support skin reconstruction processes for a smoother, firmer look.

70min      €150

### Aegli Hydration Journey

This rehydration treatment starts with a gentle skin cleansing, preparing the skin complexion to fully absorb the benefits of wild Mediterranean lavender extracts, deeply hydrating hyaluronic acid, and nutrient-rich Kakadu oil. Designed for all skin types, this indulgent ritual replenishes moisture, restores balance, and enhances radiance, leaving the skin refreshed, supple, and beautifully luminous.

50min      €120



## Elios Spa for Kids & Teens

At Elios Spa, we offer gentle treatments for children and teens aged 6 to 14, featuring all-natural ingredients from Aegli Premium Organics. Young guests within this age range are welcome when accompanied by a parent or guardian. For their safety and comfort, some areas are restricted to those under 14, and a parent or guardian must be present during closed-door treatments.

### **Hero's Calm: Relaxing Body Massage**

A soothing massage with gentle strokes to help young heroes relax and embrace calmness, leaving them feeling peaceful and refreshed.

50min      €110

### **Glow Blossom: Gentle Facial**

A soothing facial treatment using the purest, gentle products to enhance your child's natural glow. Designed to refresh and hydrate, leaving their skin soft and radiant, this is the perfect treat for young guests.

30min      €70

### **Mighty Mini Bliss: Hand, Foot and Scalp Massage**

A soothing hand and foot massage, complemented by a light scalp massage is designed to bring relaxation and joy to our little guests.

30min      €70

# Etiquette

## **Your Experience at Elios Spa**

At Elios Spa, we are dedicated to cultivating an atmosphere of tranquility and renewal. In order to maintain a serene environment for all our guests, we kindly request that you silence or set your mobile devices to flight mode. To preserve the peaceful surroundings, smoking, drinking, and eating are not permitted within the spa.

## **Pregnancy & Postnatal Care**

We offer a carefully curated selection of treatments for expectant and new mothers. Our experienced team is here to guide you in selecting the most suitable therapies, ensuring both comfort and safety for you and your baby throughout this special time.

## **Gift Experiences**

Treat your loved ones to the ultimate spa experience with our bespoke gift cards. Whether for an individual treatment, a luxurious package, or wellness products, our gift cards are the perfect way to share a moment of relaxation. Please note that gift cards are non-refundable and must be presented at the time of redemption.

## **Health & Wellbeing Information**

To ensure your visit is as relaxing and effective as possible, please inform us of any medical conditions or specific health concerns when scheduling your appointment. This will allow us to tailor the treatments to your unique needs. Upon arrival, you will be asked to complete a brief consultation form. Your privacy is our priority, and we fully comply with the EU's General Data Protection Regulation (GDPR) to safeguard your personal information.

## **Age & Wellness Restrictions**

For your safety and comfort, we kindly ask that guests be at least 16 years of age to enjoy most of our treatments. Specific age restrictions may apply to certain services or facilities. Please inquire with our team if you have any questions or need guidance in selecting the appropriate experiences.

## **Reservation Policy**

To ensure you receive your preferred treatment and time, we recommend reserving your appointment in advance. Our reception team is available to assist with bookings and ensure a smooth, seamless experience.

## **Cancellation Policy**

If you need to cancel or modify your booking, please notify us at least 24 hours in advance to avoid cancellation fees. Cancellations made between 12 and 4 hours of your scheduled appointment will incur a 50% charge, and cancellations within 4 hours, or a no-show, will result in a full charge.

# Etiquette

## **Preparation for Your Treatment**

We recommend avoiding heavy meals before your treatment, though a light snack is fine. Please refrain from alcohol consumption prior to your visit. For your safety and convenience, we recommend leaving valuables at home, as Elios Spa cannot be responsible for lost or misplaced personal items. If your treatment involves water, we invite you to wear appropriate swimwear.

## **Arrival Time**

To fully enjoy the experience, we kindly request that you arrive at least 15 minutes prior to your appointment. Late arrivals will shorten the duration of your treatment and may reduce its effectiveness. Feel free to let us know if you have any preferences regarding room temperature, pressure, or music to ensure the treatment is just right for you.

## **During Your Visit**

At Elios Spa, your comfort and relaxation are our top priorities. Should you have any special requests or need assistance during your visit, our team is always available to ensure your experience is nothing short of exceptional. We are here to guide you towards a complete sense of renewal.

## **Operating Hours**

**Wellness Center:** Open daily from 10:00 AM – 7:00 PM

**Fitness Center:** Open 24 hours



Elios Spa encapsulates  
the ethos of nature and man  
in harmony together