



# WELLNESS AREA



AMMOS

AN ENORME LUXURY RESORT



## OUR PHILOSOPHY

Embark on a personalized journey of opulence and tranquility at our spa. Indulge your senses with our unbelievably deluxe treatments, each meticulously crafted to provide a sensuous and deeply relaxing experience. Entrust your well-being to our master therapists, who will tailor your treatment to your unique needs, leaving your mind and soul completely refreshed and rejuvenated. Discover a sanctuary where your individual wellness is our utmost priority.

# FACIAL TREATMENTS



## **ALOE VERA COOLING MIST**

Enjoy this soothing treatment that also combats the signs of stress and fatigue with the power of Aloe Vera and Chamomile.

✔ 30'-50'

## **HYDRATION WITH HYALURONIC ACID & OLIGOPEPTIDES**

Ultra-hydrating and anti-wrinkle treatment that boosts skin elasticity and effectively combats the first expression lines.

✔ 50'

## **LUXURIOUS BEAUTY ELIXIR**

Luxurious antiwrinkle, firming and brightening face care. Based in Gold, Silk protein, marine Collagen "wrinkle-fillers", antiaging Oligopeptides and natural antioxidant extracts. In combination with the use of healing crystals and gua-sha roller, it effectively targets deep wrinkles and the signs of aging.

✔ 50'

## **HARMONIZING CARE WITH GREEN CLAY**

A highly effective treatment designed to balance the skin's pH and regulate oil production, suitable even for teenage skin.

✔ 30' - 50'

## **EYE & LIP PERFECTION**

Advanced moisturizing and anti-wrinkle treatment, for targeted care of specific issues around eye (wrinkles, dark circles, puffiness) and lip area, with the use of quartz stones and the power of plant stem cells, oligopeptides, and hyaluronic acid.

✔ 30'



# BODY WRAPS



## **ALOE RENEW AFTER SUN CARE**

A soothing and rejuvenating wrap Aloe Vera, Panthenol and chamomile designed to deeply regenerate the skin and ideal as an after-sun therapy.

✔ 30'

## **SWEET MASK**

The sweetest chocolatey, moisturizing, and nourishing mask with cocoa extract and butter, avocado, and jojoba oil.

✔ 30'

## **GOLDEN MASK**

Moisturizing, luxurious gel mask for Hydration, Firming and Slimming body care. Contains gold 23K, ginger extract, silk proteins and other skin friendly actives.

✔ 30'

# BODY SCRUBS



## **PEARL GLOW EXFOLIATION**

A revitalizing scrub with pearl and olive leaf extract, it increases the elasticity, hydrates and softens the skin.

✔ 30'

## **'BRONZE TAN' EXFOLIATION**

Body scrub with chocolate, cocoa butter, and chamomile oil that deeply cleanses the skin, helping it renew faster. The skin becomes brighter, smoother and softer, ready to embrace the sun.

✔ 30'

## **REJUVENATING EXFOLIATION**

Skin clarifying body scrub with Silk proteins and Ginger extract. Cleanses, purifies and leaves the skin silky soft and smooth by removing dead skin cells and impurities.

✔ 30'

# MASSAGES



## AROMATHERAPY

Carefully selected essential oils, combined with a rhythmic and soothing massage technique, relieve tension, awaken the senses, and provide ultimate tranquility.

✔ 50' - 80'

## DEEP TISSUE

An intensive massage with focused pressure techniques, mobilization, and targeted movements to release muscle tension and promote relaxation.

✔ 50'

## BACK, NECK AND SHOULDERS

It reduces the stress and the strain on the back, neck and shoulders. Helps in the total muscle relaxation.

✔ 30'

## HEAD MASSAGE

Experience the ultimate relaxation with a luxurious scalp massage, offering stress relief, headache relief, better sleep, scalp nourishment, mental clarity, and a deep sense of well-being. Reawaken your mind, body, and spirit with this serene ritual.

✔ 20'

## FOOT MASSAGE

A specialized foot pressure technique allows the therapist to restore balance and harmony between the body and spirit.

✔ 30'

## MAMA'S HEAVEN

A carefully tailored pregnancy massage that provides relaxation, support, and a profound sense of connection between mother and baby.

✔ 50'



# SIGNATURE TREATMENTS



## THE ART OF RELAXATION MELTING SENSATION CANDLE MASSAGE

Relax and let go as the warm, aromatic drops touch your skin, enveloping you in a soft, velvety massage that will satisfy even the most sophisticated of massage lovers. Feel the oil deeply penetrate, releasing its healing properties, while its alluring fragrance soothes your mind. An exceptional experience of relaxation, rejuvenation, and aromatherapy that encourages balance, bliss, and well-being.

✔ 50' – 80'

## HIS & HERS

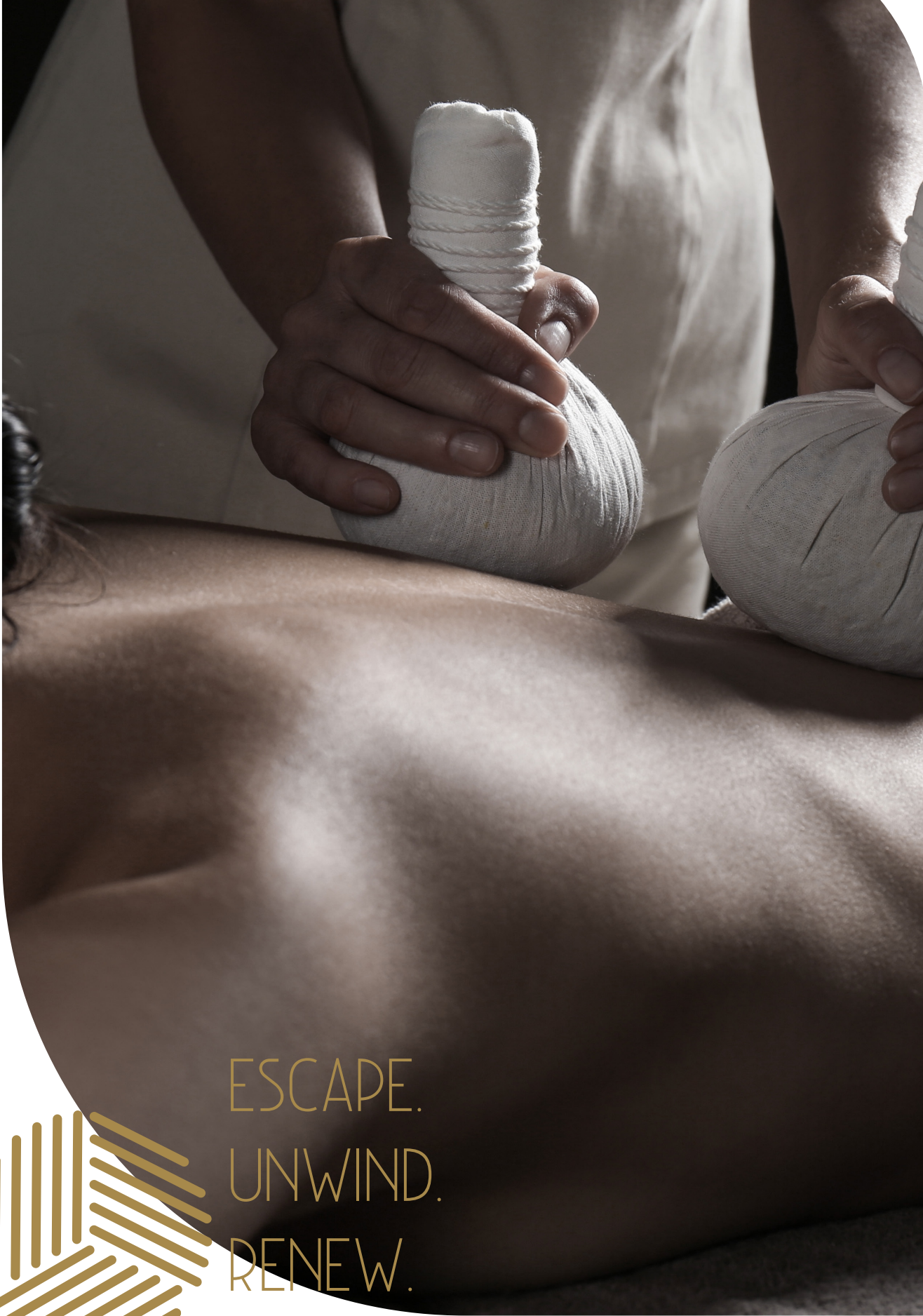
Enjoy a unique couples experience. In a peaceful, private setting, you and your partner will experience a calming treatment that reduces tension, promotes deep relaxation, and nurtures your connection.

✔ 75'

## THE ONE

A mesmerizing touch for your skin, a unique ritual for your senses, a mystifying journey for your soul! With the power of ginger and silk, which gently exfoliate the skin, preparing the body for the unique blend of the mask, containing 23K gold leaves, hyaluronic acid, and silk proteins. This treatment aims to provide the most luxurious and highly effective anti-aging therapy for both the face and body.

✔ 100'



ESCAPE.  
UNWIND.  
RENEW.



POWERED BY

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SPA RETREATS

[www.aquavitaspa.gr](http://www.aquavitaspa.gr)  
[info@aquavitaspa.gr](mailto:info@aquavitaspa.gr)

+30 6970 47 63 15  
aquavitaretreats