

SOMA
SPA THE BLISSFUL

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WELCOME \

to Soma Spa
'The Blissful'

a haven redefining classic spa elegance with a touch of Domes Resorts luxury. Immerse yourself in a journey seamlessly combining traditional spa charm with opulence for an adventure in relaxation beyond the ordinary.

Capturing elements from all our spa concepts, 'The Blissful' ensures encounters with transformative relaxation rituals, creating a truly memorable and honoured holiday experience. Each treatment is a carefully crafted ritual, a symphony of rejuvenation designed to bring out your very best.

Let the soothing ambiance and bespoke essential oils transport you to a realm of tranquillity. Our therapists, skilled in timeless spa traditions, guide you through experiences that marry classic spa essence with the contemporary luxury of Domes Resorts.

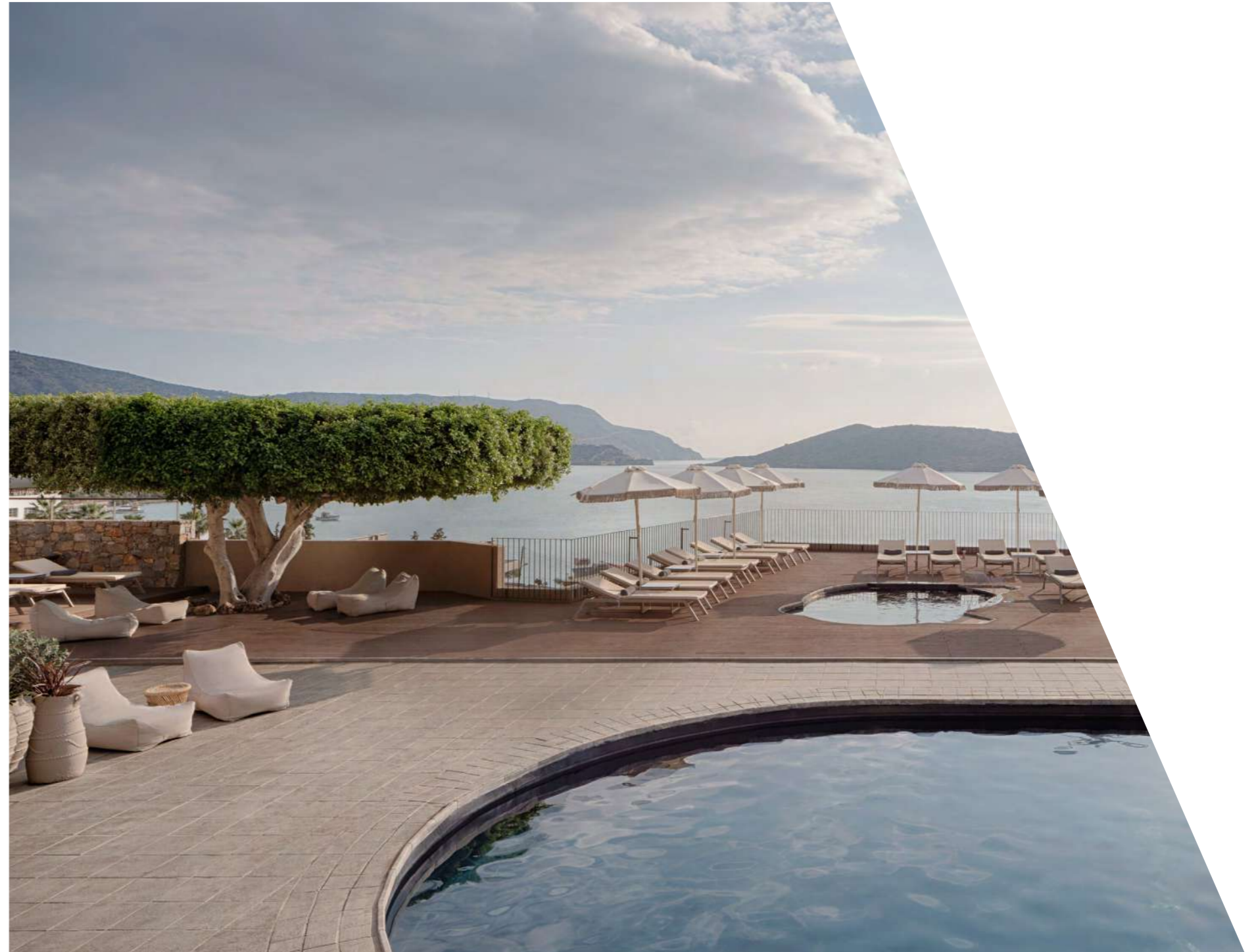
Powered by ELEMIS, and the most luxurious spa and skin treatments available in the market today.

Embark on a transcendent journey at Soma Spa 'The Blissful,' where the fusion of classic spa elements and refined opulence forms an unrivalled sanctuary for your complete relaxation and well-being.



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OUR PREFERRED BRANDS \

ELEMIS

A skin wellness brand with an aromatherapist's soul, an artist's spirit, and a scientist's commitment to results. An innovative and global British skincare brand with over 30 years of expertise. A brand that believes in "truth in beauty", focusing in delivering proven results with feel-good skincare products combined with cutting-edge patent-ed technology. Nature powers the ELEMIS products: by sourcing natural extracts that catalyse each other and harnessing the power of nature's finest active ingredients, delivering results that you can see and feel, both inside and out.

CODAGE PARIS

Inspired by the Periodic table of elements, CODAGE uses cocktails of active natural ingredients that work synergistically to answer specific needs. Combined and dosed, they bring to the skin essential nutrients to its proper functioning. Each treatment is build as a unique composition of formulas that builds a code or "codage" in French.

SOMA SPA \ Green Promise

We prioritize safety and efficacy when choosing our spa products, therefore we ensure that all our brands make use of natural and clean ingredients, that are formulated with integrity and are sourced ethically respecting the environment. All our products are paraben free and formulated with no use of harmful ingredients for the skin. We also opt for vegan formulations where possible, from natural and sustainably sourced ingredients, in recyclable packaging. As a Wellness brand at SOMA Spa, we believe we have responsibility to the health of your skin and its environment. To minimize our impact, we ensure the minimum use of water within our treatments, and the use of the minimum disposable materials, that are mostly biodegradable or fully recycled. We are taking small steps for now, but we are committed to ensuring both the health of our guests and the environment.

CRETAN SIGNATURE SPA THERAPIES \

Inspired by the flora of Crete, the fertile land of our island, the Greek mythological Gods and the therapeutic practices of Hippocrates.

YOUR SPA ESCAPE \

The Dittany
Root Bliss

75' \ 150 €

Dittany of Crete, a plant renowned for its therapeutic properties, exclusively thrives on the mountainsides of Crete. It is carefully harvested during the summer months when it blooms, destined for various applications such as pharmaceuticals, perfumes, and beverages. In his work "The History of Animals," Aristotle noted that wild goats in Crete seek out dittany when wounded by arrows, believing in its ability to expel these foreign objects from their bodies. Our Spa Journey features a blissful full-body massage incorporating a harmonious blend of lime, lavender, and dittany essential oils, followed by a refreshing facial cleansing and hydrating treatment. This experience aims to immerse you in a state of complete wellness and tranquility.

INVOKING MINOAN POWER \

The Mythology
Spa Ceremony

90' \ 170 €

Inspired by the legendary King Minos of Knossos and his renowned valor, this Spa Massage Ceremony incorporates a unique blend of botanical herbs native to the Cretan landscape. Designed to alleviate muscle stiffness and target areas of discomfort, this massage sequence promotes deep relaxation and revitalization. Tailored to meet your individual needs, it offers a nurturing experience that intuitively responds to your body's requirements on any given day. The ritual commences with a meticulous body exfoliation using a Carob Body scrub, drawing inspiration from the abundance of Carob Trees in our region, known for their nutritious qualities as a sugar and sweetener alternative.

HOLISTIC HEALING \

The Hippocratic
Therapeutic
Massage

60' \ 130 €

Embracing the massage principles championed by Hippocrates, this Massage Ritual focuses on the therapeutic effects of friction and rubbing, as advocated by the ancient healer. With a healing intention, the massage targets key areas: the head and neck symbolizing the body's crown, the feet representing its foundation, and the abdomen, the core of its being. Through targeted detoxification and cleansing, this holistic approach aims to promote a healthier system. The experience begins with a gentle dry brushing of the body and concludes with a revitalizing mist of Kefir Tea water, awakening the senses and leaving you refreshed.

SIGNATURE SPA THERAPIES \

Global exclusives that are ingredient and results-focused using massage techniques from all over the world, powered by natural actives, science, and skin technologies.

BLISSFUL CBD RELAXING MASSAGE \

Massage

60' \ 130 €

Our CBD Massage is meticulously tailored to alleviate pain and inflammation, expediting the recovery process. By targeting your brain's endocannabinoid receptors, the CBD compound penetrates the skin, activating the endocannabinoid system. This system, crucial for immune function, digestion, mood, and sleep, is stimulated, guiding your body into a rest-and-digest state. Through focused massage on troubled areas, we coax your body to release toxins, ushering you into a state of profound relaxation.

MUSCULAR RELIEF THERAPY \

A Signature
Combo
Of Tech
& Hands

90' \ 165 €

(Using Theragun Percussive Therapy by Therabody)

Experience the ultimate Jet Lag Recovery with our unparalleled Signature Massage. Crafted by our team of expert physiotherapists and therapists, this authentic massage is designed to provide maximum relief for overworked muscles and extreme fatigue. By targeting the entire body using a blend of Deep Tissue techniques and the powerful percussion therapy benefits of the Theragun, this massage ensures optimal blood circulation, harmonizing with your body's physiology. Feel a sense of lightness and tranquility as tension melts away, leaving you rejuvenated and refreshed.

MASSAGE THERAPIES \

Advanced massage sequences
to unwind and re-charge.

ELEMIS DEEP TISSUE \

Massage

30' \ 75 €
60' \ 120 €
90' \ 145 €

Individually customized to cater to your specific requirements, this massage experience leaves you feeling centered and rejuvenated. Our skilled therapists will carefully choose an ELEMIS Luxury aromatic oil tailored to address your concerns, whether they be muscle pain, stress relief, pure relaxation, or emotional balance. Your skin is expertly prepared to release toxins, allowing the flowing massage to penetrate deeper into tension areas, promoting optimal circulation and a profound sense of well-being.

ELEMIS AROMA- THERAPY \

Massage

60' \ 120 €
90' \ 145 €

Experience the ultimate in relaxation with our aromatherapy hydrating body massage. Enhanced with our exclusive Essences, specially crafted for this deeply soothing treatment, it revitalizes the senses with the potency of modern aromatics. Let the power of scent transport you to a state of blissful tranquility as tensions melt away, leaving you feeling refreshed and rejuvenated.

ELEMIS HOT STONES \

Massage

30' \ 80 €
60' \ 125 €
90' \ 150 €

Balinese stones bathed in the ELEMIS Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the bonus of intensely hydrated skin. Achieves all over deep relaxation with penetrating heat from the stones and introduces you to a new level of touch and relaxation.

ELEMIS FRANGIPANI INDIAN HEAD MASSAGE \

With Back
Massage

60' \ 120 €

Tension is dissolved using a combination of the ancient Chinese healing massage Tui Na and Japanese Shiatsu, while Indian and Thai kneading that invigorates and clears your head.

CODAGE CONTOURING & DRAINAGE \

Full Body
Massage

60' \ 120 €

Indulge in a targeted anti-texture treatment designed to deliver powerful results. Our toning massage works to effectively combat skin irregularities, reducing the appearance of uneven skin texture. Through specialized drainage-stimulating massage techniques, cellular elimination and regeneration are promoted, helping to refine and tone your skin for a smoother, more revitalized appearance.

SWEDISH MASSAGE \

Massage

30' \ 75 €
60' \ 115 €

From the soles of your feet to the crown of your head, this is much more than just a massage. Your body is lightly dry brushed, before pure, warm aromatherapy oils prescribed to your needs are massaged over the body. A massage that deeply relaxes your mind and body.

THERAGUN ADD-ON \

10 €

A handheld, battery operated 'Percussive Therapy' device, designed to naturally address muscle pain. The rapid and repetitive application of pressure increases blood flow and the oxygen levels delivered to the muscle, relieving soreness, improving movement, and aiding recovery. Add it to any of the massages for that extra bit of recovery and stress relief.

ELEMIS PRO-GLOW HANDS-ON FACIALS \

Using hands as the strongest diagnostic tool
in combination with precise massage techniques and pure
natural active ingredients.

ELEMIS PRO-GLOW GENIUS \

Your Line-
fighting
Superhero
Facial

75' \ 140 €

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin. Powered by our ULTRA- SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient, and firmer looking. An unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.

ELEMIS PRO-GLOW SMOOTH \

The HIIT
Workout
For Your
Skin

50' \ 125 €

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

ELEMIS PRO-GLOW RESURFACE \

(Cleansing Facial)
Resurfacing
For Stunningly
Smooth Skin

50' \ 125 €

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

ELEMIS PRO-GLOW BRILLIANCE \

Your Recipe
For Radiance

30' \ 80 €

50' \ 115 €

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant- rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an out- door- fresh glow, skin is left feeling fresh, radiant, and healthy. Added bonus in that all formulas in this facial are vegan friendly.

MEN

ELEMIS PRO-GLOW MEN'S FACIAL \

The well-ageing
Facial for
Men's Skin

50' \ 115 €

This is the hard-working facial for ageing, stressed, dehydrated skin and tired eyes. An energising treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. Multi-dynamic facial massage sequences boost circulation, whilst target- ed scalp and foot massages deeply relax.

PREGNANCY \

Nurturing aromatics along with wisdom, empathy and respect for pregnancy safe treatments.

ELEMIS PEACEFUL PREGNANCY MASSAGE \

75' \ 140 €

This unique pregnancy massage is profoundly nurturing and tranquil. An intuitive, sensitive, and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted, along with wisdom, empathy and respect.

PEACEFUL PREGNANCY \

125' \ 245 €

Face & Body
Experience

Peaceful Pregnancy Massage
ELEMIS Pro-Glow Brilliance

75'
50'

BODY THERAPY \

Detox, re-shape and nourish with our high-performance body therapies.

ELEMIS CELLUTOX SEAWEED WRAP \

Against Fluid
Retention

75' \ 135 €

This seaweed treatment offers a thorough detoxification and deep cleansing experience, both internally and externally. It blends the finest sea plants and marine algae with aromatic therapeutic actives to rejuvenate the body. Ideal for addressing skin texture concerns and alleviating fluid retention, this treatment begins with the application of a warm seaweed body mask infused with a detoxifying blend of Juniper and Lemon essential oils. You'll then be enveloped in a cozy foil wrap, while enjoying a soothing Thai drainage facial massage and a stress-relieving scalp treatment.

ELEMIS TARGETED CONTOURING & TONING TREATMENT \

30' / 75 €
90' / 150 €

A potent fusion of minerals, and seaweeds collaborates to address skin texture concerns and lackluster skin tone on hips, thighs, abdomen, and backs of arms. A precise sculpting massage is employed to ignite micro-circulation, fostering a more refined silhouette, and energizing the entire body. Following this, a refreshing rubberized mask, infused with detoxifying caffeine and green clay, is applied to targeted areas, while clinically proven Red Algae works to redefine areas susceptible to sagging. Experience the transformative effects of this comprehensive treatment, leaving you with a revitalized and sculpted appearance.

*You Can Choose A Localised Treatment:
Arms, Hips & Thighs, Or Abdomen.*

ELEMIS INTENSELY CLEANSING SALT SCRUB \

Frangipani Or
Lime & Ginger

40' \ 75 €

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.

SPA PACKAGES \

Targeted spa experiences for a holistic and 3D approach
to wellness and well-being.

DETOX & CONTOURING PACKAGES \

3 Days \ 560 €

Day 1	ELEMIS Cellutox Seaweed Body Wrap	75'
	CODAGE Contouring & Drainage Massage	60'
Day 2	ELEMIS Targeted Contouring Treatment (Buttocks & Thighs)	30'
	ELEMIS Pro-Glow Brilliance Facial	50'
Day 3	ELEMIS Targeted Contouring Treatment (Abdomen)	30'
	ELEMIS Pro-Glow Smooth Facial	50'

FINDING
EQUILIBRIUM
THROUGH
RELAXATION \

3 Days \ 560 €

Day 1	CBD Relaxing Massage	60'
	ELEMIS Foot Treatment	30'
Day 2	ELEMIS Aromatherapy Massage	90'
Day 3	ELEMIS Deep Tissue Full Body Massage	60'
	ELEMIS Pro-Glow Brilliance Facial	50'

WELLNESS SPA SUITE \

Your therapist will guide you at your private spa facilities. At your disposal you will find a sauna for a true holistic experience. Alone or with your beloved one, enjoy a truly unique spa experience. Our recommendation: extend the wellness private spa experience with one of the following spa programs. Alternatively, our wellness spa team will assist you in order to tailor make your package according to your specific needs.

HEAD TO TOE HYDRATION \

90' \ 155 € (per person)

Frangipani Indian Head Massage	60'
Foot Treatment	30'

CRETAN RITUAL \

90' \ 190 € (per person)

Carob Body Scrub	30'
Deep Tissue Massage	60'

NOURISHING RETREAT \

90' \ 190 € (per person)

Aromatherapy Massage	60'
Pro-Glow Brilliance Facial	30'

SOLE USE OF SAUNA \

30' \ 40 € (per person)

SPA ETIQUETTE \

RESERVATIONS, APPOINTMENTS & CHECK-IN \

Bookings in advance are highly recommended to secure the most suitable time for your schedule. Complimentary access of the heated swimming pool and jacuzzi.

CONSULTATION \

To enhance your Spa experience please visit us for a private consultation to determine your needs and design your treatments experience. Your personalized package will be tailored according to your needs.

SPA ENVIRONMENT \

Smoking and alcohol consumption are not permitted in the Spa. The use of video and still camera is strictly forbidden. The Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests. The mini- mum age for taking a treatment is 16 years. Guests under the age of 18 years are required to have parental consent prior to the booking being accepted.

VALUABLES \

We recommend that all our guests leave all jewelry in the safe of their rooms before coming to the Spa.

CANCELLATION POLICY \

Please notify us at least 24 hours in advance for any cancellations or rescheduling. Any cancellations with less than 24hours notice will result to a 50% of treatment charge while non shows will result to a 100% charge.

PAYMENTS \

All treatments and Spa products include a 24% government tax. All invoicing will be charged to your room and will appear on your account at the time of departure from the resort. Guests are welcome to pay by cash or with credit card if preferred.

SPA & HOMECARE PRODUCTS \

To extend your Spa experience at home, a variety of Spa products are available at the Spa reception. Your therapist will advise you as to the products that suit you and your skin type as part of the treatment experience.

OPERATION HOURS \

Soma Spa operates from 10:00-18:00 daily with the last booking at 17:00. Please dial extension 2800 to make a reservation.

HYGIENE \

Our team has been trained to be able to take all measures towards the highest stan- dards of hygiene within our Spa, to ensure you can enjoy your treatments with safety and peace of mind.



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