

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.



DOMES AULÜS ELOUNDA

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OUR PREFERRED BRANDS \

ELEMIS

is a globally renowned skincare brand that harmoniously blends powerful natural ingredients with advanced scientific innovation. Using carefully sourced botanical and marine actives, ELEMIS creates high-performance formulas that deliver visible, transformative results. Known for its luxurious textures and sensorial experiences, each treatment supports skin health while offering a deeply indulgent and restorative journey.

CODAGE PARIS

is a contemporary French skincare house rooted in precision, customization, and clinical expertise. Inspired by pharmaceutical standards, its formulations combine high concentrations of active ingredients with exceptional purity to address individual skin needs. Each product is designed to restore balance, enhance skin performance, and deliver targeted, visible results through a personalized approach to skincare.

SOMA SPA \

Green
Promise

At SOMA Spa, we put safety, care, and effectiveness at the heart of everything we do. We are intentional about what we use in our treatments, choosing clean, natural ingredients that are ethically sourced and free from parabens and other harmful additives. Whenever possible, we work with vegan formulations and prioritize sustainably sourced ingredients, always mindful of how they affect both your skin and the world around us.

Caring for you also means caring for our environment. We consciously reduce water use throughout our treatments and select biodegradable or fully recycled disposable materials wherever we can. These may be small, considered steps, but they reflect our ongoing commitment to the well-being of our guests and to the planet we all share.

SIGNATURE 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.

HOLISTIC HEALING \

The Hippocratic
Therapeutic
Massage

60' \ 140 €

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.

MASSAGE THERAPIES \

Advanced massage sequences
to unwind and re-charge.

ELEMIS DEEP TISSUE \

Massage

40' \ 90 € (Back & Shoulders)
60' \ 135 €
90' \ 160 €

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 AROMATHERAPY SWEDISH MASSAGE \

Life Elixir
Massage

30' \ 75 €
60' \ 125 €
90' \ 150 €

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 FRANGIPANI INDIAN HEAD MASSAGE \

With Back
Massage

60' \ 125 €

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' \ 130 €

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.

BLISSFUL CBD RELAXING MASSAGE \

Massage

60' \ 135 €

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 SPORTS MASSAGE \

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.

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.

TREATMENT ENHANCEMENTS \

Scalp and hair therapy	10' \ 20 €
Theragun percussive therapy	10 €
Hand peel & mask	15 €
Hydrating eye patches	15 €
Hydrogel face mask	20 €
Led face mask	20 €

FACIALS \

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

ELEMIS \

Expert Touch Facials

Experience the ultimate in bespoke skincare. ELEMIS Expert Touch Facials combine luxurious formulas with masterful techniques to revive, sculpt, and illuminate your skin while melting away tension.

Nourish Aromatherapy Facial 30' \ 80 €
Deeply hydrate and awaken tired, dull skin

Reveal Pro-Age Facial 50' \ 130 €
Smooth, refine, and reveal a luminous glow

Renew Skin Cleansing Facial 50' \ 130 €
Lift, firm, and restore youthful vitality

Men's Facial 50' \ 130 €
Energize, renew and hydrate for a healthy complexion

Define Facial 80' \ 160 €
Contour, energize, and rejuvenate for a sculpted finish

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 aroma-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 \

50' \ 90 €
(Choose from Thighs or Abdomen)
80' \ 150 €
(Includes Arms, Thighs & Abdomen)

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.

ELEMIS INTENSELY CLEANSING SALT SCRUB \

Frangipani Or
Lime & Ginger

40' \ 80 €

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.

FINDING EQUILIBRIUM THROUGH RELAXATION \

3 Days \ 480 €

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 Expert Touch Reveal Facial	50'

THE SLEEP RECOVERY \

1h50' \ 230 €

ELEMIS Aromatherapy Massage	60'
ELEMIS Expert Touch Renew Facial	50'

BODY RENEWAL RITUAL \

1h40' \ 180 € (per person)

ELEMIS Intensely Cleansing Salt Scrub	40'
Aromatherapy Massage	60'

HEAD TO TOE HYDRATION \

90' \ 160 € (per person)

Frangipani Indian Head Massage	60'
Foot Treatment	30'

SKIN & BODY REVIVE \

90' \ 195 € (per person)

Deep Tissue Massage	60'
ELEMIS Expert Touch Nourish Facial	30'

NOURISHING RETREAT \

90' \ 190 € (per person)

CBD Relaxing Massage	60'
ELEMIS Expert Touch Nourish Facial	30'

SOLE USE OF SAUNA & STEAM ROOM \

30' \ 30 € (per person)

SPA ETIQUETTE \

Welcome to our Spa, a sanctuary of serenity and well-being. To ensure an exceptional experience for every guest, we kindly ask you to observe the following guidelines

ATMOSPHERE OF TRANQUILITY \

Our Spa and its surroundings are strictly smoke-free. Please keep mobile devices on silent or stored away to preserve the peaceful ambiance. Conversations should be conducted in soft tones to respect the calm environment. Photography and video recording are strictly prohibited to maintain privacy and tranquility.

PERSONAL BELONGINGS \

For your peace of mind, please secure all valuables in your locker or room safe. The Spa cannot accept responsibility for lost or damaged items.

FACILITIES & ATTIRE \

Kindly shower before using wet areas. Slippers and swimwear are required in common areas. Stay hydrated and limit alcohol or coffee consumption for optimal wellness.

RESERVATIONS & CANCELLATIONS \

Advance reservations are highly recommended. Arrive at least 15 minutes prior your scheduled appointment to allow time for preparation and ensure your treatment begins promptly. Any delays may result in an adjusted treatment duration without refund. Cancellations/ reschedules require 24 hours' notice; late cancellations /reschedules or no-shows will incur full charges.

HEALTH & WELL-BEING \

A Health & Lifestyle Questionnaire must be completed upon arrival. Inform your therapist of any medical conditions and communicate any preferences regarding pressure, temperature, or positioning, so treatments can be tailored to your needs. Disposable undergarments and professional draping are provided for your privacy.

PERSONALIZED EXPERIENCE \

Enhance your Spa journey with a private consultation to design a treatment plan tailored to your needs. Extend your Spa experience at home with our curated selection of products, available at the Spa reception. Your therapist will recommend products suited to your skin type.

ADDITIONAL INFORMATION \

Guests under 18 years must have parental consent. Charges will be billed to your room account unless you prefer to pay by cash or credit card. Gift vouchers must be presented at the Spa reception upon arrival.

Please dial extension **2800** for reservations

OPERATING HOURS \

Spa Facilities Daily **10:00 to 18:00**
Spa Treatments **10:00 to 18:00**

We invite you to relax, rejuvenate, and immerse yourself in an unparalleled wellness experience.



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