

**SOMA**  
**SPA** THE AMUSE

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## WELCOME \

to the  
dazzling  
realm of  
Soma Spa  
'The Amuse'

the place where relaxation meets a playful vibe! It's not just about calming your body; it's about doing it in the most fun way imaginable. Picture an atmosphere where everything is lively, uplifting, and boredom is officially banned!

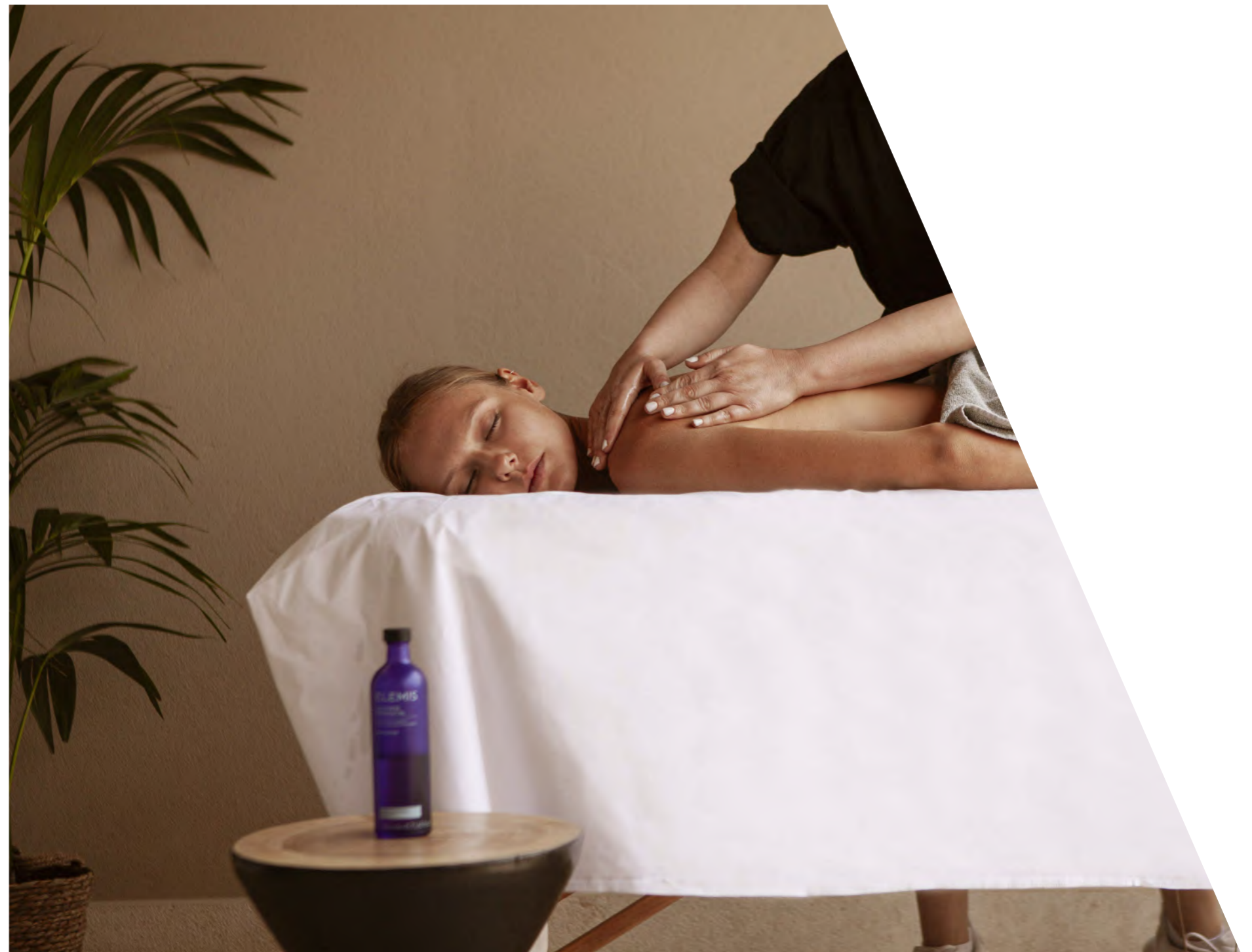
From our body-melting massages to our glow facials that'll have you ready to hit the party scene as the absolute shining star, we've got your back (and skin) for the best kind of revelry.

Recovery treatments and detox body indulgences bring a dose of chill to you and your body. Whether you're flying solo or sharing the bliss with a special someone, this is a moment that goes down in the fun-hall-of-fame—a memory-making, wellness-embracing escapade.

Powered by the chic touch of Codage Paris, and the sassy vibes of ELEMIS, our treatments are the sexiest rendition of protocols in the market. Our therapists are here to embrace the luxury of uplifting you, ensuring every moment is filled with joy and a touch of chic playfulness.

Because at Soma Spa 'The Amuse', we're all about turning well-being into a fabulous affair!

DOMES NORUZ CHANIA



## WELCOME HOME \

Signature  
Soma Spa  
Immersion  
Catharsis

Immerse yourself in a journey of tranquility with our SOMA Spa THE AMUSE Signature welcome touch, designed to infuse the ambiance of Greece into your treatment experience. We begin by applying a nourishing body balm, expertly massaged onto your upper back or decollete', inducing a state of deep relaxation.

Following this, we envelop you in the refreshing mist of Aloe Vera sprayed high above your head, followed by an "Inhalation Tent" infused with the calming scents of Lavender and Lime Essential Oils. With your senses awakened and your body prepared, you're invited to indulge in our bespoke and advanced Face and Body Therapies, tailored to your unique needs and desires.

## YES, WE CARE \

A Soma Spa  
'The Amuse'  
Green  
Policy

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 responsibly 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.

## SOMA SPA \

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 patented 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.

### *iS CLINICAL*

One of the world's leading Cosmeceuticals, iS Clinical offers technologically advanced treatments, with pharmaceutical grade ingredients, that are botanically derived. Using only the best active ingredients, the products rejuvenate the complexion, while clarifying, balancing, and nourishing the skin. Used by some of the world's leading dermatologists and celebrity aestheticians, it prides itself in real and visible results.

### *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.

## CRETAN SIGNATURE SPA THERAPIES \

Inspired by the flora of Crete, the Greek mythological Gods  
and the therapeutic practices of Hippocrates.

### YES HONEY \

Body  
& Face  
Ritual

75' \ 175 €

This ritual commences with a tranquil full-body massage from head to toe, ensuring relaxation and rejuvenation. It culminates with a refreshing face cleansing experience, featuring a Honey Enzyme Peel renowned for its potent anti-inflammatory and antioxidant properties, along with its natural antibiotic benefits. This holistic treatment offers a truly relaxing and revitalizing experience for both the body and face.

### GAEA & URANUS \

An Inspiring  
Body Massage

90' \ 190 €

Immerse yourself in a rejuvenating ritual that celebrates the natural bounty of our land. Experience the therapeutic benefits of aromatherapy with a Deep Tissue Massage, infused with the aromatic richness of Rosemary, Lemons, and Chamomile. Your journey begins with a luxurious exfoliation using our invigorating Carob seed body scrub, deeply cleansing, and polishing your skin to reveal a nourished and velvety-smooth complexion. This revitalizing treatment promises to captivate your senses and leave you feeling pampered from head to toe.

### BACK IN TIME \

Hippocratic  
Therapeutic  
Massage

60' \ 170 €

This Massage Ritual draws inspiration from the Massage Principles of Hippocrates, a pioneer in the field of massage therapy. Hippocrates advocated for massage techniques characterized by friction or rubbings, aiming to induce relaxation while also promoting constriction, thickening, and thinning. With a holistic healing approach, this massage focuses on key areas: the Head & Neck as the crown of the body, the feet as its foundation, and the abdomen as its center, aiming to promote a healthier system through targeted detoxification and cleansing. Offering a comprehensive therapeutic experience, the ritual begins with dry brushing of the body and concludes with a refreshing mist of Kefir Tea water, awakening the senses and leaving you feeling revitalized.

## 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.

### CLOUD HIGH \

CBD Relaxing  
Massage

60' \ 160 €

This CBD Massage is specifically tailored to alleviate pain and inflammation, expediting the recovery process. The endocannabinoid receptors in your brain readily respond to the compound, which penetrates the skin, thereby stimulating the endocannabinoid system. This system is crucial for various bodily functions including immune function, digestion, mood, and sleep regulation. As the body transitions into a rest-and-digest state, massaging the areas of concern encourages the release of toxins and promotes maximum relaxation. Experience the soothing benefits of CBD, helping you achieve a state of profound relaxation and wellness.

### FUTURISTIC BLEND \

A Signature  
Combo  
Of Tech  
& Hands

90' \ 180 €

*(Using Theragun Percussive Therapy by Therabody)*

Experience the ultimate Jet Lag Recovery with our unparalleled Signature Massage, a truly unique and authentic experience. Developed by our expert team of physios and therapists, this massage is designed to facilitate maximum recovery for overworked muscles and extreme fatigue. By targeting the entire body with a blend of Deep Tissue techniques and the additional benefits of Percussive therapy from Therabody's legendary Theragun Elite, this massage ensures that blood circulation harmonizes perfectly with your body's physiology. Feel a sense of lightness and tranquility as tension melts away, leaving you rejuvenated and calm.

## MESSAGE THERAPIES \

Advanced massage sequences  
to unwind and re-charge.

### A CULT CLASSIC \

Deep Tissue  
Massage

30' \ 90 €  
60' \ 150 €  
90' \ 175 €

Customized to meet your individual needs, this experience leaves you feeling centered and rejuvenated. We carefully select an ELEMIS Luxury aromatic oil tailored to address your specific concerns, whether it 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. This tailored approach ensures that you leave feeling grounded, focused, and completely revitalized.

### ENERGY ALL OVER \

Stone  
Massage

60' \ 150 €

The power of hot stones will help release any tension trapped in the muscles whilst reducing stress and anxiety. Our Hot Stones Massage promotes a healthier sleep and a boost on the immunity. Placing the stones on key points, the heat from the stones is deeply relaxing and helps warm up tight muscles allowing our therapist to apply a deeper pressure to those areas needed without causing discomfort.

### AROMAS IN CHARGE \

Relaxing  
Massage

60' \ 150 €  
90' \ 175 €

A true source of stress-relief, this deep and enveloping massage soothes and relaxes for a moment of pure well-being. Tension is released and the skin is left nourished, deeply moisturized and incredibly soft.



## DREAM ON \

60' \ 140 €

Head & Scalp  
Massage  
With Back  
Massage

Experience the release of tension with a unique fusion of ancient healing techniques. Our massage combines the ancient Chinese healing massage Tui Na and Japanese Shiatsu to dissolve tension. Additionally, Indian and Thai kneading techniques are incorporated to invigorate and clear your mind, leaving you feeling refreshed and rejuvenated.

## BODY FIX \

60' \ 150 €

Contouring &  
Drainage Body  
Massage

This treatment provides a concentrated action against uneven skin texture. The toning massage helps alleviate dimples and reduces the appearance of "orange-peel" skin. The drainage-stimulating massage techniques promote the elimination of uneven skin texture and encourage regeneration. This treatment stimulates microcirculation for a true sensation of comfort and lightness. Using a Contouring Body oil containing 100% Natural plant extracts, it helps eliminate toxins and prevents skin sponginess, providing an exhilarating experience for tired muscles. A blend of Clary Sage, Ginger, Carrot Seeds, Cedar, and Gaiac Essential Oils lock in moisture and encourage your body to release toxins completely.

## MAMA TO BE \

75' \ 160 €

Pregnancy  
Massage

Indulge in our unique pregnancy massage, designed to provide profound nurturing and tranquility. This intuitive, sensitive, and deeply relaxing massage focuses on hydrating and moisturizing the skin as it expands to accommodate your growing baby. We use only nurturing aromatics, infused with wisdom, empathy, and respect, ensuring a truly soothing and comforting experience for both you and your baby.

## A LITTLE MORE \

10 €

Theragun  
Add-On

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 recover. Add it to any of the massages for that extra bit of recovery and stress relief.

## ADVANCED FACIALS \

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

### FACE RE-FACE \

The  
Ultimate  
Facial

75' \ 160 €

*Your Line-Fighting Superhero*

Clinically proven intelligent skincare and a triple level approach to skin hydration results in transformative results for younger-looking skin. Powered by the ELEMIS 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, and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

### SKIN IRON NOW \

The HIIT  
Workout  
for Your  
Skin

50' \ 150 €

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.

### SMOOTH AND EVEN \

(Cleansing Facial)

Resurfacing  
for Stunningly  
Smooth Skin

50' / 150 €

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

## THAT GLOW ... \

Your  
Vegan Skin  
Recipe for  
Radiance

30' / 95 €  
50' / 140 €

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.

## FACE FITNESS WORKOUT \

Powered By  
Theraface Pro

60' / 150 €

This is a cardio session for your face, that tones, tightens and sculpts the facial contour. A real workout for your face, and not just a facial; Using the ELEMIS Sculpting wands we help encourage micro-circulation all over the face and at the same time help penetrate the ELEMIS active ingredients to the deeper levels of the epidermis. Powered by Micro-currents, Percussive vibration, Cryo/Thermal tech and LED light, this facial will simply be one of the best gifts you have given your skin in a long time.

## SUPER HIGH-TEC FACIAL \

Powered By  
ELEMIS BIOTEC

50' / 160 €  
75' / 180 €

Combining scientific expertise with the artistry of hands-on therapy, our facials offer a revolutionary experience that merges the best of both worlds: High-Tech Skin Technologies and Touch. Designed for ultimate skin rejuvenation, this innovative approach ensures immediate and long-term results. Experience the perfect synergy of advanced skincare techniques and personalized touch, promising a transformative journey for your skin.

*Choose from the below High-Tech Facials:*

### Genius Facial 75'

Includes: Ultrasonic, Microcurrent, Galvanic, Light Therapy & O2 Infusion

### Smooth Facial 50'

Includes: Ultrasonic, Microcurrent & O2 Infusion

### Resurface Facial 50'

Includes: Ultrasonic, Light Therapy, Galvanic

## THE FIRE AND ICE \

Facial

60' / 180 €

A clinically active treatment system designed to resurface the skin, reducing fine lines and wrinkles, smoothing, softening, and encouraging cellular renewal rapidly and safely. Known globally as the "Red Carpet Facial" that A-List Celebrities love before their appearances, it reveals an instant glow, through pharmaceutical grade and botanically derived ingredients. Performed with iS Clinical.

## LIGHT ME UP \

DEESSE Pro  
Express Led Mask  
- Add-On

10' / 40 €

Focusing on two clinically proven wavelengths of light 633nm (red) and 830nm (Near Infra-Red) we stimulate collagen and elastin production and improve circulation and tissue oxygenation. The Deesse Pro™ Express uses low-level light therapy (LLLT) to expose the skin to red and Near Infra Red wavelengths of light, delivered at a safe therapeutic dose, to stimulate a natural cellular response across one treatment mode. You can add this therapeutic and anti-ageing technology to any choice of treatments.

## BODY THERAPY \

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

### SILK SKIN & TAN EVENER, BODY SALT SCRUB \

(Frangipani or  
Lime & Ginger)

40' \ 90 €

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.

### HYDRATION BODY CUDDLE AFTER-SUN \

Body Nectar  
Nourishing  
Wrap

60' / 140 €

This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvety texture of the Monoi oil offers super-hydration, quenching a thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

An emotionally grounding experience for skin that has never felt silkier.

## DETOX AND UNWIND \

75' / 150 €

### The Seaweed Body Wrap

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.

## TIGHTEN AND CONTOUR \

30' / 75 €  
90' / 150 €

### The Body Fix

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*

MANICURE  
AND PEDICURE \

Manicure	55 €
Pedicure	65 €
Soak Off Manicure	65 €
Soak Off Pedicure	75 €
Removal Of Soak Off Gels (Hands Or Feet)	20 €

LADIES HAIR STYLING -  
GENTS' HAIRCUTS\* \

Services / Highlights (Partial or Full) & Blow Dry  
Include: / Single Colour Process & Blow Dry  
/ Gentleman's Hairstyling Hair Treatments  
/ Bridal Hair

*\*Available Upon Request with Pre-Booking*

WAXING \

Full Leg	60 €
Half Leg	45 €
Full Arm	30 €
Half Arm	20 €
Under Arm	30 €
Bikini Line	35 €
Chest	50 €
Belly	20 €
Shoulders	20 €
Back	50 €
Lower Back	20 €
Upper Lip	20 €
Eye Brow	20 €

MAKE UP\* \

/ Bridal  
/ Special Occasion  
/ Bridal Make-Up & Hair Styling

*\*Available Upon Request with Pre-Booking*

## SPA COMBOS \

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

### AFTER PARTY, THE BODY COMES BACK \

2h20' (Half Day) \ 360 €

Body Salt Scrub	30'
Contouring & Drainage Massage	60'
Skin Iron Facial	50'

### A SPA DAY FOR ME \

Full Day \ 450 €

Body Salt Scrub	30'
Deep Tissue Massage	60'
Skin Iron Facial	50'
Manicure	
Pedicure	

### DANCE FLOOR, READY & SEXY \

2h00' \ 270 €

Cloud High, CBD Relaxing Massage	60'
Face Fitness Workout	60'

### IT'S A SPA DATE BABY, FOR US TWO \

2h00' \ 550 € (for both)

#### Let's Be Spa Lovers

The Cult Classic Deep Tissue massage	60'
That Glow... Facial	60'

2h30' \ 350 €

#### Bridal Spa Vows

Body Scrub	30'
Aromas In Charge, Relaxing Massage	60'
Face Fitness Workout	60'

2h20' \ 350 €

#### Groom Spa Vows

Body Salt Scrub	30'
The Cult Classic Deep Tissue massage	60'
Skin Iron Facial	50'

## SPA ETIQUETTE \

### RESERVATIONS, APPOINTMENTS & CHECK-IN \

Bookings in advance are highly recommended to secure the most suitable time for your schedule.

### 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 \

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.

### 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 of any cancellations or rescheduling. Any cancellations with less than 24 hours 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.

### 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.

### HYGIENE \

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



