

SOMA
SPA THE REFINED

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SPA

WELCOME \

to the
exclusive
retreat of
Soma Spa
'The Refined'

where the very essence of classical spa experiences is given profound meaning. Here, our commitment is to redefine luxury, infusing treatments with a level of sophistication that reflects the refined knowledge of our expert therapists.

Within the serene confines of Soma Spa 'The Refined,' every treatment is an artful masterpiece, meticulously crafted to ensure an elevated experience tailored precisely to your individual needs.

Our therapists, possessing a wealth of expertise, bring forth a level of refinement that transforms each moment into an indulgent journey, uniquely yours. Embrace the truest sense of luxury as you become the focal point of our carefully studied protocols.

Our therapists, with a discerning eye, guide you through an array of massages, results-oriented facials, and purposeful body treatments, all designed to not only pamper but to meaningfully contribute to your overall well-being.

Embraced by ELEMIS, iS Clinical and Codage Paris, with signature treatments that are exclusive to our spas.

This is not just a spa; it's a sanctuary where time-honoured traditions meet modern sophistication. Let Soma Spa 'The Refined' be your haven, where every detail is an homage to the classic meaning of spa, and every moment is a celebration of refined luxury.



DOMES OF EOUNDA

AUTOGRAPH COLLECTION®
HOTELS



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.

iS CLINICAL

is a results-driven skincare brand known for its advanced, science-based formulations. Developed through extensive clinical research, its products combine pharmaceutical-grade botanicals with innovative active ingredients to improve skin health, clarity, and vitality. Respected by professionals worldwide, iS Clinical delivers proven results while supporting the skin's long-term strength and resilience.

SIGNATURE SOMA SPA \

Immersion
Catharsis

Our SOMA Spa Signature Welcome Touch draws inspiration from the timeless ritual of Greek hospitality, inviting you to arrive fully and feel deeply cared for from the moment you enter the treatment room.

Your journey begins with a soothing foot cleansing ritual, where warm compresses infused with fresh lime gently cleanse and revive tired feet. This grounding ceremony symbolizes renewal and welcome, easing the body into a state of comfort and calm while awakening the senses with subtle citrus notes reminiscent of the Mediterranean.

As tension melts away and your energy is restored, mind and body are perfectly prepared to continue into our bespoke and advanced therapies, thoughtfully tailored to your individual needs and desires, and rooted in the holistic traditions of Greece.

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 \

Our signature treatments draw inspiration from the native flora of Crete, the island's fertile landscape, Greek mythological traditions, and the healing principles of Hippocrates—crafted to meet the unique needs of our spa.

THE ENCHANTED DITTANY \

Essence Spa
Retreat

75' \ 185 €

Dittany, a rare healing herb found only on the mountains of Crete, has been treasured since ancient times for its restorative properties. Traditionally harvested during its summer bloom, it was believed to aid healing and renewal. This Spa Journey combines the power of dittany with aromatic lime and lavender essential oils in a deeply relaxing full-body massage, followed by a gentle facial cleansing and hydration ritual guiding the body into complete balance and tranquility.

THERAPEUTIC HEALING \

Inspired by
Hippocrates

60' \ 170 €

Inspired by the teachings of Hippocrates, this therapeutic dry massage and assisted stretching ritual restores balance through rhythmic movements and intentional touch. Focusing on the Head & Neck, feet, and abdomen—the crown, foundation, and center of the body—the treatment supports circulation, detoxification, and overall vitality. The journey begins with invigorating dry brushing and concludes with a refreshing Kefir Tea water mist, awakening the senses and leaving the body aligned, light, and renewed.

THERMAE EXPERIENCE \

30' \ 25 €
60' \ 40 €

Laconium

With low humidity, heat is provided through a stove and heated ceramic walls and benches. This initiates the detoxifying process.

Steam
Room

With low humidity, heat is provided through steam. Relieves muscle tension and stiff joints, boost the immune system, lymph detoxification and helps in blood circulation improvement.

Frigidarium

Cooling showers are taken between the heat rooms, and the Frigidarium provides ice shaving to enhance the cooling process, stimulating circulation and refreshing the body between heat experiences.

Sauna

The hottest of the dry heat rooms. This traditional Finnish sauna has a hand-built stone oven providing a dry heat, assisting the process of eliminating toxins.

Tepidarium

Completing the experience is the Tepidarium room with heated loungers to relax and unwind your body and mind.

ICE BATH EXPERIENCE \

30 €

BIOHACKING EXPERIENCES \

Next-generation treatments that combine advanced recovery and sensory technologies to enhance longevity, optimize awareness, and support systemic regeneration. Each session targets a specific system, offering measurable benefits and deep restorative effects.

NEUROSIGHT \

30' \ 100 €

A rapid neural reset using a vibroacoustic lounger paired with neuro-sensory goggles. Gentle vibrations, sound frequencies, and ocular stimulation work together to calm the nervous system, reduce stress, and prime the mind for clarity and focus. This session improves mental alertness, supports cognitive recovery, and encourages deep relaxation in just 30 minutes.

CIRCADIAN FLOW \

60' \ 170 €

A recovery session combining dynamic pneumatic compression boots with integrated LED therapy and Therabody Smart Goggles. While cycled air pressure improves circulation, stimulates lymphatic drainage, and accelerates cellular recovery, the Smart Goggles provide targeted therapy to support eye and brain wellness, helping to reduce stress and enhance focus. This dual approach helps reduce fatigue, balance metabolism, and leaves the body and mind feeling refreshed, energized, and renewed.

QUANTUM RESET \

60' \ 190 €

A comprehensive longevity ritual using the vibroacoustic lounger and full-face LED therapy. Vibrational frequencies throughout the body relax muscles, enhance circulation, and restore autonomic balance, while the facial LED stimulates cellular regeneration and improves skin health. This immersive session promotes systemic wellness, mind-body coherence, and long-term vitality.

ENHANCEMENTS

Hydrating Hand Wrap	15 €
Rejuvenating Eye Patches	20 €
Neck Rejuvenating Cream Mask	15 €

MASSAGE THERAPIES \

Advanced massage sequences
to unwind and re-charge.

THE DEEP TISSUE \

Massage

40' \ 110 €
60' \ 160 €
90' \ 190 €

Tailored entirely to your needs, it leaves you feeling grounded and focused. We will select an ELEMIS Luxury aromatic oil according to your concerns, be they muscle pain, stress relief, pure relaxation, or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation.

THE AROMA- THERAPY \

Swedish Massage

30' \ 90 €
60' \ 145 €
90' \ 175 €

Step into a realm of pure relaxation with our luxurious aromatherapy oasis massage. Immerse yourself in the soothing scents and therapeutic benefits of aromatherapy, tailored to envelop you in a state of tranquility. Feel your stresses melt away as you indulge in this blissful escape, leaving you feeling rejuvenated and revitalized.

TRANQUIL CBD \

Massage

60' \ 150 €

Our CBD Massage is specifically designed to alleviate pain and inflammation, accelerating the recovery process. CBD interacts with your brain's endocannabinoid receptors, stimulating the endocannabinoid system, which plays a vital role in immune function, digestion, mood, and sleep regulation. This massage induces a rest-and-digest state, allowing your body to release toxins and achieve maximum relaxation. By targeting areas of concern, we promote deep relaxation and encourage your body's natural healing processes.

THE FRANGIPANI INDIAN HEAD MASSAGE \

With Back
Massage

60' \ 145 €

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' / 150 €

This treatment provides a concentrated firming and toning action. The toning massage helps smooth the skin and reduces the appearance of the "orange-peel" effect. The drainage-stimulating massage techniques promote cellular elimination and regeneration.

MUSCULAR RELIEF SPORTS MASSAGE \

A Signature
Combo
Of Tech
& Hands

90' \ 195 €

(Using Theragun Percussive Therapy by Therabody)

Experience the ultimate Jet Lag Recovery with our exclusive Signature Massage, crafted by our team of expert physios and therapists to provide maximum relief for overworked muscles and extreme fatigue. This Authentic Massage targets your entire body, combining Deep Tissue techniques with the added benefits of Percussive therapy from Therabody's renowned Theragun Elite. Feel your blood circulation harmonize with your body's physiology as tension melts away, leaving you with a sense of lightness and tranquility. Let us rejuvenate your body and mind, ensuring you're ready to conquer your next adventure feeling refreshed and revitalized.

ELEMIS PEACEFUL PREGNANCY MASSAGE \

75' \ 170 €

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

Theragun Percussive Therapy	10 €
Theracup Cupping Therapy	10 €
Foot Scrub & Foot Massage	10 €
Scalp Massage with Hair Treatment	10 €
Dedicated Face Mask	10 €
Hot Stone Back Recovery	30 €

ADVANCED FACIALS \

Our facials combine expert hands-on therapy, advanced technologies, and potent active ingredients, all delivered with the skill and care of our trained therapists. Using carefully selected premium brands, each treatment is tailored to your skin's unique needs, providing visible results while offering a deeply restorative and indulgent experience.

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' / 90 €
Deeply hydrate and awaken tired, dull skin

Reveal Brightening Facial 50' / 150 €
Smooth, refine, and reveal a luminous glow

Renew Pro-Ageing Facial 50' / 150 €
Lift, firm, and restore youthful vitality

Men's Rejuvenating Facial 50' / 150 €
Energize, renew and hydrate for
a healthy complexion

Define Sculpting Facial 80' / 185 €
Contour, energize, and rejuvenate for
a sculpted finish

ELEMIS EXPERT TECH FACIAL \

Powered
By ELEMIS
BIOTEC

Harnessing advanced skincare technology and high-performance ELEMIS actives, these expert facials deliver visible, tailored results for every skin need. Each treatment combines professional techniques with powerful botanicals to rejuvenate, restore, and revitalize your skin.

Choose from the below High-Tech Facials

Radiance & Revive 50' / 165 €

Brighten and energize tired, dull skin. Includes: Ultrasonic Spatula, Oxygen Infusion, Galvanic Current

Lift & Rejuvenate 50' / 165 €

Smooth lines and restore suppleness for a refreshed glow. Includes: Microcurrent, Oxygen Infusion, Ultrasonic Spatula

Smooth & Polish 50' / 165 €

Exfoliate and refine for soft, luminous skin. Includes: Ultrasonic Spatula, LED, Galvanic Current

Sculpt & Firm 80' / 195 €

Lift and tone for a more defined, youthful contour. Includes: Oxygen Infusion, Microcurrent, LED, Galvanic Current, Ultrasonic Spatula

FIRE & ICE FACIAL \

60' / 170 €

The "Red Carpet
Hollywood Facial"
by iS CLINICAL

*A pharmaceutical grade, botanically derived
cosmeceutical brand.*

A clinically active treatment designed to resurface the skin, reducing fine lines and wrinkles while smoothing, softening, and accelerating cellular renewal safely and effectively. Known globally as the "Red Carpet Facial" and favored by A-list celebrities before appearances, it delivers an instant glow using pharmaceutical-grade and botanically derived ingredients. A skin consultation is required to ensure the treatment is tailored to individual needs and achieves optimal results.

FACIAL ENHANCEMENTS \

Led Face Mask Therapy	10' / 30 €
Scalp And Hair Therapy	10' / 20 €
Compression Boots	20' / 40 €
Hand Peel & Mask	10' / 15 €

BODY THERAPY \

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

ELEMIS CELLUTOX SEAWEED WRAP \

Against Fluid
Retention

75' \ 160 €

Experience the ultimate detoxification and cleansing with our seaweed body treatment, designed to purify both inside and out. Harnessing the power of sea plants and marine algae, this treatment combines with aroma-therapeutic actives to deeply cleanse and revitalize your body. Perfect for reducing fluid retention and improving skin texture, a warm seaweed body mask infused with a detoxifying blend of Juniper and Lemon essential oils is applied before you're enveloped in a comforting foil wrap. While cocooned, indulge in a deep Thai drainage facial massage and a de-stress scalp treatment, leaving you feeling refreshed and rejuvenated from head to toe.

INTENSELY CLEANSING SALT SCRUB \

Frangipani or
Lime & Ginger

40' / 90 €

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.

ELEMIS TARGETED CONTOURING & TONING TREATMENT \

50' / 130 €
(Choose from Thighs or Abdomen)
80' / 185 €
(Includes Arms, Thighs & Abdomen)

A potent blend of minerals, and seaweeds collaborates to address concerns of skin texture and tone on hips, thighs, abdomen, and backs of arms. Targeted sculpting massage techniques stimulate micro-circulation, promoting a smoother silhouette and invigorating the entire body. A cooling rubberized mask, enriched with detoxifying caffeine and green clay, is applied to problem areas, while clinically proven Red Algae revitalizes areas prone to sagging, leaving you feeling refreshed and rejuvenated.

HANDS & FEET \

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

DEPILATION \

Full Leg	65 €
Arms	50 €
Under Arm	35 €
Bikini Line	35 €
Upper Lip	20 €

HAIRDRESSING SERVICES* \

Ladies' Haircuts
Gentlemens' Haircuts
Ladies Hairstyling
Bridal Hairstyling
Special Occasion Hairstyling

**Available upon request with pre-booking
in the privacy of your room*

MAKE-UP* \

Bridal
Special Occasion
Bridal Make-Up & Hair Styling

**Available Upon Request With Pre-Booking*

EYEBROWS \

EYEBROW SHAPING	20 €
EYEBROW / EYELASH TINT	50 €
BROW LAMINATION / LASHLIFT	100 €

THE FINISHING TOUCHES \

SPA PACKAGES \

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

DETOX & CONTOURING PACKAGES \

3 Days \ 510 €

Day 1	ELEMIS Intensely Cleansing Salt Scrub	40'
	CODAGE Contouring & Drainage Massage	60'
Day 2	ELEMIS ELEMIS Cellutox Seaweed Detox Wrap	75'
Day 3	ELEMIS Targeted Tightening Body Treatment	50'
	ELEMIS Expert Touch Nourish Facial	30'

2h20' \ 295 €

THE SLEEP RECOVERY \

ELEMIS Aromatherapy Massage	90'
ELEMIS Expert Touch Renew Facial	50'

SPA TOGETHER \

90' \ 240 € (per person)

Frangipani Lovers Couple's Retreat	ELEMIS Deep Tissue Full Body Massage	60'
	ELEMIS Expert Touch Nourish Facial	30'

90' \ 230 € (per person)

"Mazi" Spa Experience	ELEMIS Aromatherapy Massage	60'
	ELEMIS Expert Touch Nourish Facial	30'

2h30' \ 340 €

Soma Spa Bridal Skin & Body Renewal Spa Rituals	ELEMIS Intensely Cleansing Salt Scrub	40'
	ELEMIS Expert Touch Tech Facial	50'
	CBD Relaxing Massage	60'

2h30' \ 340 €

Soma Spa Groom Skin & Body Revive Spa Rituals	ELEMIS Deep Tissue Massage	60'
	ELEMIS Expert Touch Men's Facial	60'
	Men's Pedicure	

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 pools or thermal areas. A robe 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 require 24 hours' notice; late cancellations or no-shows will incur full charges.

SPA FACILITIES \

Complimentary use of the Spa Wet Facilities is offered with spa treatments. If you wish to enjoy the spa facilities without booking a treatment, a nominal fee applies. Reservations are required in both cases.

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 **1200** 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

