

SOMA
SPA THE REFINED

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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.

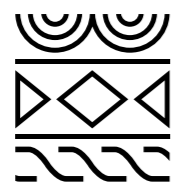
Within the serene confines of Soma Spa 'The Refined,' every treatment is an artful masterpiece, meticulously crafted to ensure an elevated experience tailored precisely to your individual needs.

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 ZEEN
CHANIA-CRETE



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.

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.

SIGNATURE SOMA SPA \

Immersion
Catharsis

Our SOMA Spa Signature welcome touch infuses the essence of Greece into the treatment room, setting the stage for a truly transformative experience. Each session begins with the application of a restorative body balm, delicately massaged onto your upper back or decollete, inducing a state of therapeutic relaxation.

Next, we elevate your senses with a refreshing Aloe Vera Mist sprayed high above your head, followed by an "Inhalation Tent" infused with the calming scents of Lavender and Rosewood Essential Oils. With your mind and body primed for rejuvenation, you're ready to immerse yourself in our bespoke and advanced Face and Body Therapies, tailored to your unique needs and desires.

SOMA SPA \

Green
Promise

We prioritize safety and efficacy in our spa products by selecting brands that use natural, clean ingredients sourced ethically. Our products are formulated with integrity, free from parabens and harmful ingredients. We also prioritize vegan formulations whenever possible, using natural and sustainably sourced ingredients in recyclable packaging.

As a Wellness brand at SOMA Spa, we take responsibility for both the health of your skin and the environment. To minimize our impact, we use minimal water in our treatments and opt for biodegradable or fully recycled disposable materials. While we're taking small steps now, we're committed to ensuring the well-being of our guests and the planet.

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.

THE ENCHANTED DITTANY \

Essence Spa
Retreat

75' \ 180 €

Dittany, an indigenous healing plant found exclusively on the mountainsides of Crete, holds profound therapeutic properties. Harvested only during its summer bloom, this botanical treasure is utilized in pharmaceuticals, perfumes, and beverages. According to Aristotle's "The History of Animals," wild goats in Crete are believed to seek out dittany to heal arrow wounds, as it possesses the remarkable ability to expel foreign objects from the body. Our Spa Journey harnesses the restorative power of dittany, along with aromatic lime and lavender essential oils, to provide a deeply relaxing full-body massage experience. This sensory journey culminates with a facial cleansing and hydration ritual, immersing your body in a state of complete wellness and tranquility.

MYTHICAL MINOAN SPA BLISS \

Strength
Unveiled

90' \ 190 €

Experience the essence of King Minos of Knossos in our exclusive Spa Massage Ceremony. Using botanical herbs from Cretan lands, this ritual melts away muscle stiffness, leaving you recharged and relaxed. Our Carob Body scrub, inspired by the region's rich flora, gently exfoliates, revealing radiant skin. Treat yourself to a legendary spa escape.

THERAPEUTIC HEALING \

Inspired by
Hippocrates

60' \ 170 €

Experience the timeless wisdom of Hippocrates with our therapeutic massage ritual, inspired by his foundational principles. Hippocrates advocated for massage techniques involving friction or rubbings, aimed at inducing relaxation and promoting balance within the body. Our healing approach targets key areas: the Head & Neck, representing the crown of the body; the feet, serving as the foundation; and the abdomen, the center of the body. Through targeted detoxification and cleansing, this massage promotes a healthier system from within. Immerse yourself in this comprehensive therapeutic experience, beginning with a revitalizing dry brushing of the body and concluding with a refreshing mist of Kefir Tea water to awaken the senses. Rejuvenate your mind, body, and spirit with our holistic Hippocratic massage.

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.

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.

MUSCULAR RELIEF THERAPY \

A Signature
Combo
Of Tech
& Hands

90' \ 190 €

(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.

Add-On

Recovery Air Pressure Boots

20' \ 40 €

MASSAGE THERAPIES \

Advanced massage sequences
to unwind and re-charge.

THE DEEP TISSUE \

Massage

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 flow- ing massage works deeper and deeper into the tension, encouraging optimum circulation.

30' \ 85 €
60' \ 140 €
90' \ 165 €

THE AROMA- THERAPY \

Massage

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.

60' \ 140 €
90' \ 165 €

THE HOT STONES \

Massage

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.

30' \ 90 €
60' \ 145 €
90' \ 175 €

THE FRANGIPANI INDIAN HEAD MASSAGE \

With Back
Massage

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.

60' \ 135 €

THE SWEDISH \

Massage

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.

30' \ 85 €
60' \ 135 €

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.

ADVANCED 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' \ 160 €

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' / 140 €

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' / 140 €

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

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.

30' / 90 €
50' / 125 €

MEN

ELEMIS PRO-GLOW MEN'S FACIAL \

The well-ageing
Facial for
Men's Skin

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 targeted scalp and foot massages deeply relax.

50' \ 125 €

FACE FITNESS WORKOUT \

Powered
By Theraface
Pro

The ultimate device for facial skin health. A relaxing facial massage meets the facial treatments you love. Reduce tension and relax facial muscles with the technology behind TheraGun percussive therapy, now designed for the face. This multi-tasking device doesn't stop there – from skin-toning microcurrent to rejuvenating light therapy, and completed with hot and cold therapy rings, with three temperature that are specifically designed to reduce tension, pain, and inflammation. A cardio gym session for your face with immediate results in toning, firming, and refining the contours. Performed with ELEMIS.

60' / 150 €

FIRE & ICE FACIAL \

The “Red Carpet
Hollywood Facial”
by iS CLINICAL

*A pharmaceutical grade, botanically derived
cosmeceutical brand.*

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.

60' / 150 €

DÈESSE PRO EXPRESS \

Led Mask

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.

10' / 35 €

PREGNANCY \

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

ELEMIS PEACEFUL PREGNANCY MASSAGE \

75' \ 160 €

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 \

2h35' \ 290 €

Face & Body
Experience

Peaceful Pregnancy Massage	75'
ELEMIS Pro-Glow Brilliance	50'
Foot Treatment	30'

BODY THERAPY \

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

ELEMIS CELLUTOX SEAWEED WRAP \

Against Fluid
Retention

75' \ 150 €

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.

CODAGE CONTOURING & DRAINAGE \

Full Body
Massage

60' / 140 €

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.

ELEMIS TARGETED CONTOURING & TONING TREATMENT \

30' / 90 €
90' / 175 €

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.

*You can choose a localised treatment:
arms, hips & thighs, or abdomen.*

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 AFTER SUN \

Body Nectar
Nourishing
Wrap

60' / 125 €

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.

HANDS & FEET \

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

THE FINISHING TOUCHES \

LADIES HAIR STYLING & GENTS' HAIRCUTS* \

Services
Include

Highlights (Partial Or Full) & Blow-Dry
Single Colour Process & Blow-Dry
Gentleman's Hairstyling Hair Treatments
Bridal Hair

**Available Upon Request With Pre-Booking*

MAKE-UP* \

Bridal
Special Occasion
Bridal Make-Up & Hair Styling

**Available Upon Request With Pre-Booking*

Please contact the Hotel Reception Desk
for appointments

SPA PACKAGES \

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

DETOX & CONTOURING PACKAGES \

3 Days \ 650 €

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

FINDING
EQUILIBRIUM
THROUGH
RELAXATION \

3 Days \ 540 €

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'

PRO -
AGEING
BOOTCAMP \

5 Days \ 900 €

Day 1	ELEMIS Pro-Glow Genius Facial	75'
	ELEMIS Targeted Contouring Treatment (Abdomen or Thighs)	30'
Day 2	ELEMIS ELEMIS Pro-Glow Brilliance Facial	50'
Day 3	ELEMIS Pro-Glow Smooth Facial	75'
	ELEMIS Targeted Contouring Treatment (Abdomen or Thighs)	30'
Day 4	CODAGE Contouring & Drainage Massage	60'
Day 5	ELEMIS Pro-Glow Brilliance Facial	50'

THE
SLEEP
RECOVERY \

ELEMIS Aromatherapy Massage	90'
ELEMIS Pro-Glow Brilliance Facial	50'

2h20' \ 260 €

SPA
TOGETHER \

90' \ 220 € (per person)

Frangipani Lovers Couple's Retreat	ELEMIS Deep Tissue Full Body Massage	60'
	ELEMIS Pro-Glow Brilliance Facial	30'

90' \ 210 € (per person)

"Mazi" Spa Experience	ELEMIS Aromatherapy Massage	60'
	ELEMIS Pro-Glow Smooth Facial	30'

2h30' \ 340 €

Soma Spa Bride Spa Rituals	ELEMIS Intensely Cleansing Salt Scrub	40'
	ELEMIS Pro-Glow Facial	50'
	CBD Relaxing Massage	60'

2h30' \ 310 €

Soma Spa Groom Spa Rituals	ELEMIS Deep Tissue Massage	60'
	ELEMIS Pro-Glow Men's Facial with LED Light	60'
	Men's Pedicure	

SPA GENERAL ETIQUETTE \

Soma Spa and its environs are strictly no smoking areas. We do not allow mobile phones in our customer areas, please leave them switched on in your room. This is the time for your body and mind to release the worries and stresses of the day. Please conduct all conversations at levels consistent with a relaxing Spa environment.

All guests will be required to complete and sign a Health & Lifestyle Questionnaire upon arrival, prior to entrance to the treatment rooms. If you have a gift voucher, please remember to bring this with you on the day to hand to Spa Reception. All treatment rooms are subject to availability.

Please notify us at least 24 hours in advance for any cancellations. Any cancellation or rescheduling with less than 24 hours of notice or no-show appointments, will result in the the full cost of scheduled service to be charged.

WHEN TAKING A TREATMENT \

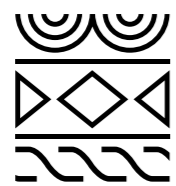
Time lost through late arrival will result in a shortened or amended treatment being offered without refund. Underwear or suitable swimwear should be worn going into the treatment room and during treatments.

For some treatments you will be provided with disposable undergarments by your therapist, and suitable towel draping will be used at all times. During treatments, please let your the- rapist know if you are comfortable or uncomfortable, too warm or too cold, or if their pres- sure is too light or too firm.

Your comfort and care is our greatest concern and priority. If you have a particular injury or physical condition, please explain it to the therapist. They can suggest appropriate adjust- ments to the treatment for your comfort and enhancement.

There is no pressure to talk during a treatment. It is entirely up to you. If you have any ques- tions or would like to talk, certainly do so. The therapist will take their cues from you. If you are quiet they will be too.

We hope you enjoy this interlude of pampering and relaxation. Your comments are always welcome.



DOMES ZEEN
CHANIA-CRETE



