

SOMA
SPA THE FINEST

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EMBARK \

on a journey into
the epitome of
spa excellence at
Soma Spa
'The Finest'

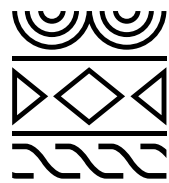
where the harmonious blend of opulence and serenity creates an exclusive haven of tranquillity and calm.

Our Soma Spa 'The Finest' is the pinnacle of refined relaxation, offering a sanctuary where each therapist undergoes meticulous training, striving for perfection. They embody haute couture in their approach, ensuring that every guest is enveloped in a bespoke and unparalleled journey of rejuvenation.

At SOMA SPA 'The Finest', your well-being is our paramount concern. Our skilled therapists don't just address your skin concerns; they meticulously attend to them with a level of expertise that defines sophistication. Delving into your personal needs, we create an experience uniquely tailored to you. We are not merely providers of treatments; we are here to transform your desires into a tangible reality.

Our treatments represent a seamless fusion of luxury, undeniable results, and profound knowledge, powered by the sophisticated medical-grade formulas of Augustinus Bader, ELEMIS & iS Clinical. From the world's most advanced facials to meticulously curated protocolled massages and detoxifying body treatments, each moment is a testament to the embodiment of spa truth.

Elevate your senses and immerse yourself in a level of indulgence that transcends the ordinary. Welcome to the apex of spa sophistication, where every moment is meticulously crafted for your absolute well-being.



DOMES ZEEN
CHANIA-CRETE



SIGNATURE SOMA SPA THE FINEST \

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 THE FINEST \

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.

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.

AUGUSTINUS BADER

Inspired by three decades of groundbreaking research by a celebrated stem cell specialist, Augustinus Bader skincare is backed by the highest caliber of applied science in the industry. A multi-award-winning skincare brand that was launched by Professor Bader, a world-renowned expert in stem cell research whose application of knowledge and science has resulted in a game-changing platform that takes a revolutionary approach to skincare. This is done predominantly via Professor Bader's TFC8, a Trigger Factor Complex, which supports a person's natural self-healing processes.

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 TREATMENTS \

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' \ 185 €

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 PACKAGE FOR
FACE & BODY \

Strength
Unveiled

90' \ 190 €

Experience the essence of King Minos of Knossos in our exclusive Spa Massage Ceremony. Inspired by the rich heritage of Crete and enriched with botanical herbs from its fertile lands, this ritual releases muscle tension and restores deep relaxation, leaving you recharged and balanced. A Lime and Ginger Salt scrub, drawn from the vibrant flora of the region, gently exfoliates and renews the skin, revealing a smooth and radiant glow. The experience is completed with a soothing 30 minute facial that deeply cleanses, hydrates, and revitalizes the complexion, enhancing your natural luminosity while extending the sense of calm.

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.

THERMAL
JOURNEY \

30' \ 25 €

Sauna & Steam Room & Experience Shower

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 \

20' \ 70 €

A rapid neural reset using the Therabody neuro-sensory goggles. Gentle vibrations and ocular stimulation works 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 20-minutes. The therapy also includes a nourishing foot hydration wrap for added comfort while you enjoy the goggles.

CIRCADIAN FLOW \

40' \ 110 €

A recovery session combining dynamic pneumatic compression boots with 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.

THE LONGEVITY
RESET \

90' \ 210 €

Elevate your recovery with The Longevity Reset, a signature biohacking-inspired ritual designed to optimize relaxation, support recovery, and leave you feeling recharged from the inside out. Your experience begins with a 15-minute Infrared Sauna session to gently warm the body, stimulate circulation, and prepare your muscles for deeper recovery. Next, enjoy a Full-Body Energetic Deep Tissue Massage using premium CBD oil to release muscular tension, promote relaxation, and restore balance throughout the body. To complete your experience, a Red LED Light Therapy facial treatment helps revitalize the skin, supporting a radiant, healthy-looking complexion while adding the finishing touch to your recovery ritual.

The Longevity Reset combines heat therapy, therapeutic bodywork, CBD, and light therapy into one powerful experience designed to help you recover, recharge, and perform at your best.

ENHANCEMENTS

Hyperbaric Oxygen Face Infusion	40 €
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 € (Back & Shoulders)
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.

THE
FRANGIPANI
INDIAN HEAD
MASSAGE \

With Back
Massage

60' \ 150 €

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.

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.

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.

THE
CONTOURING
& DRAINAGE
MASSAGE \

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.

TREATMENT
ENHANCEMENTS \

Theragun Percussive Therapy	10 €
Theracup Cupping Therapy	10 €
Compression Leg Boots	20' \ 40 €
Foot Massage	10' \ 25 €
Customised Face Mask	10 €
Hot Stone Back Recovery	30 €
Infrared Sauna (single use)	20' \ 50 €

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 Facial 50' \ 150 €
Smooth, refine, and reveal a luminous glow

Renew Facial 50' \ 150 €
Lift, firm, and restore youthful vitality

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

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

THE RADIANCE REBORN FACIAL \

with Oxygen
& LED

Immerse your skin in a transformative treatment powered by pure Oxygen infusion, revitalizing Anion therapy, and advanced LED phototherapy tailored to your skin’s unique needs. This multi-sensory experience works at a cellular level to energize, calm, and restore balance, leaving your complexion luminous, refreshed, and visibly renewed. A true symphony of skin rejuvenation, this facial delivers an instant glow while supporting long-term skin health for a radiant, lit-from-within finish.

60' \ 180 €

FIRE & ICE FACIAL \

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.

60' \ 170 €

FACIAL ENHANCEMENTS \

- Led Face Mask Therapy 10' \ 25 €
- Oxygen & Anion Dome 15' \ 40 €
- Scalp & Hair Therapy 10' \ 20 €
- Compression Boots 20' \ 40 €
- Hand Peel & Mask 10' \ 15 €

AUGUSTINUS BADER
& THE METHOD FACIALS \

Augustinus
Bader

is a globally acclaimed luxury skincare brand, distinguished by its science-led innovation. At its core is TFC8®, a proprietary, award-winning technology that supports cellular renewal and the skin’s natural repair processes. The treatments are guided by The Method, a fascia-focused approach that enhances circulation, optimizes absorption, and promotes lasting skin vitality and performance.

THE JET LAG
FACIAL \

60’ \ 200 €

Your transformation begins with this essential ritual, powered by a multidose of Augustinus Bader’s proprietary TFC8® technology to enhance cellular renewal. Guided by The Method—a fascia-focused technique that optimizes skin and tissue health —this facial not only delivers immediate radiance but also introduces expert practices to elevate your results at home.

THE DETOX
FACIAL \

75’ \ 280 €

An elevated cleansing ritual designed to purify, sculpt, and restore radiance. Rooted in The Method by Augustinus Bader and powered by TFC8®, this bespoke facial combines lymphatic massage, LED technology, and a purifying mask to enhance circulation, support natural exfoliation, and stimulate skin renewal. Enhanced with LED and cryotherapy, it delivers immediate clarity, refined tone, and our signature glow.

BODY THERAPY \

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

THE 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.

THE TARGETED CONTOURING & TONING TREATMENT \

50' \ 130 €
(Choose from Thighs or Abdomen)
80' \ 175 €
(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.

THE 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.

HANDS & FEET \

Manicure	60 €
Pedicure	70 €
Soak Off Manicure Gel	70 €
Soak Off Pedicure Gel	80 €
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 \ 540 €

Day 1	ELEMIS Intensely Cleansing Salt Scrub	40'
	CODAGE Contouring & Drainage Massage	60'
Day 2	ELEMIS Cellutox Seaweed Detox Wrap	75'
	ELEMIS Expert Touch Nourish Facial	30'
Day 3	ELEMIS Targeted Contouring Treatment	80'

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 Expert Touch Renew Facial	50'

2h20' \ 280 €

THE
SLEEP
RECOVERY \

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

SPA
TOGETHER \

90' \ 230 € (per person)

Frangipani Lovers
Couple's Retreat

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

"Mazi"
Spa Experience

90' \ 215 € (per person)

ELEMIS Aromatherapy Massage	60'
ELEMIS Expert Touch Nourish Facial	30'

Soma Spa
Bridal Skin & Body Renewal
Spa Rituals

2h30' \ 335 €

ELEMIS Intensely Cleansing Salt Scrub	40'
ELEMIS Expert Touch Renew Facial	50'
CBD Relaxing Massage	60'

Soma Spa
Groom Skin & Body Revive
Spa Rituals

2h30' \ 335 €

ELEMIS Deep Tissue Massage	60'
Expert Touch Mens Facial with LED Light	60'
ELEMIS Foot Treatment	30'

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 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/ reschedules require 24 hours' notice; late cancellations /reschedules 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 \

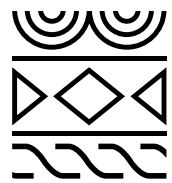
Guests under 18 years must have parental consent. Charges will be billed to your room account unless you prefer to pay by cash or credit card. Gift vouchers must be presented at the Spa reception upon arrival.

Please dial extension **8080** 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.



DOMES ZEEN
CHANIA-CRETE



