



EUPHORIA

spa & wellness



ELE  NAS
Boutique Hotel & Spa

*Recharge Your Body.
Revive Your Soul.*

EUPHORIA
spa & wellness

Beyond rejuvenation.

Beyond restoration.



An invitation to breathe....

The path to a transformative experience begins the moment you walk through the doors of Euphoria Spa. Choose from the variety of our signature treatments, especially designed to reflect the essence of the distinct destinations that inspired them. Regardless which type of treatment you prefer, Euphoria Spa offers a harmonious blend of tranquility and seclusion paired with the personalized service of our experienced specialists.



THE CREATION OF THE FOLLOWING CATALOGUE
COMES FROM A UNIQUE INSPIRATION, THE GREEK
LAND AND THE GOODS IT OFFERS US.

OUR PHILOSOPHY

Many of our treatments are based on this philosophy. Our therapists, who have passion and dedication for their work, are ready to offer you a unique experience of relaxation, well-being, and peace, removing every aspect of stress and fatigue from your life. The fatigue of both the body and mind is the reason many people seek solutions in alternative treatments. The fast pace of our lives causes additional stress, making it important for each of us to find ways to eliminate it. We are here for you, ready to provide this much-needed luxury.



MASSAGES TREATMENTS:

Massage was very important in ancient Greece. In fact, even Hippocrates, who is considered the father of medical science, used massage to treat several diseases. Hippocrates wrote insistently that “ana-tripsis” as he characterized it “can relax, tighten, increase the flesh and emaciate.”



SIGNATURE OLIVE OIL MASSAGE

60'min - Tailored just for you

A warm mixture of excellent organic greek olive oil and orange blossoms comes to give you the most moisturizing and nourishing massage for your skin. Therapists adapt their technique to suit your personal needs while increasing circulation, relieving muscle tension and promoting relaxation.

SOOTHING FEET AND LEGS MASSAGE

25'min

A soothing leg massage can bring your heart rate below normal levels, relax tense muscles, and release endorphins. All of these effects calm the nerves and help you relax and loosen up

CLASSIC BACK MASSAGE

30'min

A classic back massage is a traditional massage technique with almond oil that focuses on relaxing the muscles and reducing tension in the back area. This massage is also an excellent way to relax and unwind after a day full of tension and duties, making it a popular choice among people seeking natural methods to improve health and quality of life .

AROMATHERAPY CANDLE MASSAGE

70'min

In a peaceful, perfumed atmosphere, the massage with hot candles creates a unique experience. The creamy, warm wax flows over the body, deeply nourishing the skin in a combination of massages, stretches, gentle pressure, and large continuous movements; relaxing the muscular system and stimulating blood circulation while helping the body eliminate all its tensions and inviting you to an escapist pleasure for the senses. You only have to choose between three different natural fragrances: Doceur d'Orient with Sandalwood -Orange for complete relaxation and harmony of the senses, Charme D'Andalusie with Citrus – Sunflower, vetiver, for well-being rejuvenation soul, body, mind. Perles D' Philippines with coconut, to stimulate, revitalize boost energy.



DEEP TISSUE MASSAGE

60'min

A deep tissue massage targets deep layers of muscle and the surrounding tissues. People may choose this type of massage to treat sports injuries or chronic pain. Massage therapists will use their fingers, thumbs or occasionally even elbows to apply the needed pressure. It is especially helpful for chronically tense and contracted areas such as stiff necks, low back tightness and sore shoulders.

MATERNITY MASSAGE

50'min

If you were a massage lover before pregnancy, you definitely need it more during pregnancy. Massage for pregnant women is indicated after the fourth month of pregnancy and as long as there are no problems in its development. It offers deep rest to the tired body of the pregnant woman, relaxes and calms her from all the anxiety that dominates her during this period and helps to avoid headaches and muscle pains. The massage is done with a special oil for the skin of the expectant mother, which offers deep hydration and prevents stretch marks.

RELAXING HEAD AND NECK MASSAGE

25'min

The massage of the neck and head can provide relief from various specific conditions. For example, it can help relieve tension headaches and migraines by reducing muscle tension and promoting relaxation. It can also provide relief from temporomandibular joint (TMJ) disorders by releasing tension in the jaw muscles. Neck and head massage can even help relieve symptoms of sinus congestion by improving lymph flow and reducing inflammation.

COUPLES MASSAGE

Relax and enjoy some relaxing time with your partner in our modern and luxurious massage suite. Choose any type of massage from the above and leave yourself in the hands of our expert therapists.

FACIALS TREATMENTS:

We offer a wide range of facial treatments, all of which are tailored to your individual skin care needs. If you're not sure which one to book, or have any skin concerns, just let us know. Free consultations are always available.

EXPRESS GLOW FACIAL

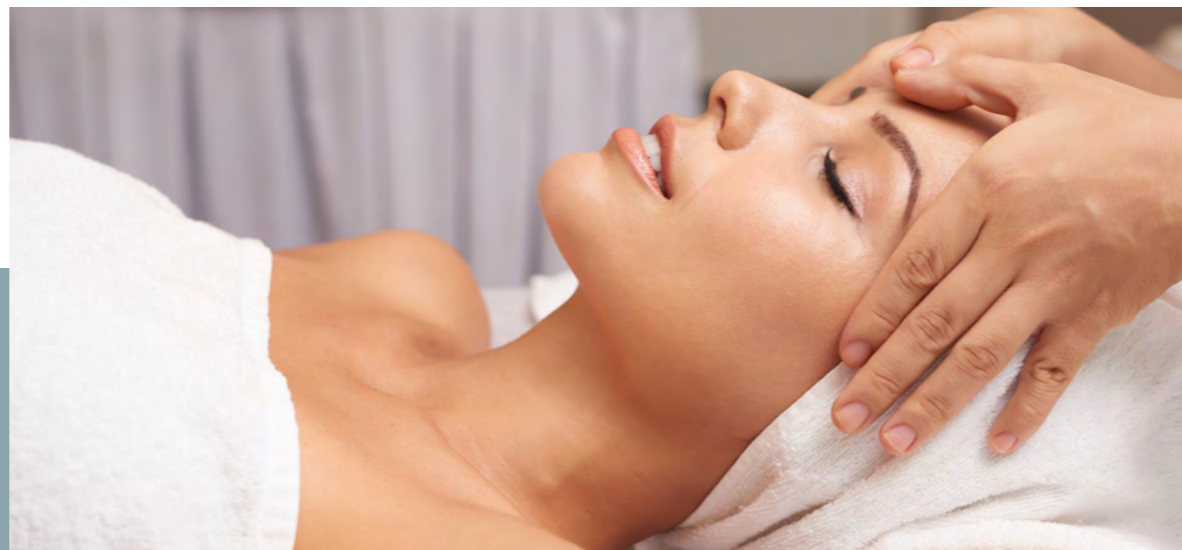
At our spa, an express facial is a 30'min procedure that includes a double cleanse, exfoliation, a hydrating mask and finishing creams. The protocol of the express facial is set at our spa but the therapist may use different products depending on what suits the clients skin best. You can add this treatment after each massage for a complete rejuvenating experience of skin and mind .

DEEP EFFECT FACIAL WITH LED THERAPY

A deep cleansing facial offers personalized treatments that are customized for your skin type and conditions. At our spa we use premium products to make your skin look firmer, exfoliate it by removing dead skin cells and treat certain areas where problems are prominent. Also, from acne to fine lines, the use of led phototherapy at the end of the treatment, help keep your complexion in tip -top condition.

OLIVE AND HERBS FACIAL TREATMENT

Natural anti - aging treatment with organic extra virgin olive oil, olive leaf and herbal extracts to moisturize, nourish, fight wrinkles and leave the skin firm and bright. Suitable for all skin types. Highly active ingredients, 94-98% natural content.



70'min

AGE DEFYING FACIAL TREATMENT WITH RF

Anti-wrinkle and firming treatment with Collagen fillers, Gold and Silk proteins is suitable for all skin types especially mature and dry. A combination of luxurius anti-aging products come to fill your wrinkles with special massage techniques and with the use of radio frequencies, leave your skin smooth, radiant and rejuvenated. The use of radio frequensies in the aesthetic field is a form of bloodless lifting and a new generation technology. It is a non-invasive and completely painless way of tightening the skin.

60'min

EYE COLLAGEN AND LIPS TREATMENT

A powerful treatment for the eye and lip area, that leaves your eye contour feeling hydrated, refreshed, and younger looking. The lips are exfoliated with a gentle scrub and receive deep nourishment from the products used.

30'min



BODY TREATMENTS:

Each treatment promotes cell regeneration, helps your circulatory system, all the while leaving your skin soft by removing dead skin.

FULL BODY SCRUB

30'min

A gentle refining scrub that removes impurities and dead skin cells. This scrub contains fine sugar crystals and antioxidants, soothing extracts, and natural oils such as olive leaves, organic olive oil, mastic, orange and bergamot.

DETOX THALASSO WRAP

60'min

Seaweed mirrors our own natural trace elements, helping to boost the immune system. A remarkable treatment for body contouring, this treatment detoxifies and re-mineralises the body. As stress and toxins are eliminated, the entire body is replenished with multiple vitamins.

ORGANIC ALOE VERA BODY AND FACE WRAP

50'min

Cooling gel wrap is designed to reduce body temperature and soothe sunburn. It provides a moisturizing and soothing treatment with organic Aloe Vera and Hyaluronic.



SIGNATURE SPA EXPERIENCES:

Experience an indulgent selection of tailor-made treatments that gives you ultimate tranquility and rejuvenation. Choose from our selection of spa packages specially designed to refresh your body and calm your mind.

Package pricing is fixed and cannot be combined with other discounts or promotions.



ROMANTIC PACKAGE FOR TWO

1h & 40'min

Create cherished memories together and embark on a journey of serenity and connection with our Romantic Package For two. Relax together in our private jacuzzi area 30'min with two complimentary glasses of sparkling wine accompanied by seasonal fruit and then rejuvenate your body with a Aromatherapy Candle Massage 70'min in the double massage suite.

"ELAIONAS" SPA EXPERIENCE

1h & 50'min

Inspired by the land of Greece and the treasure that the olive trees offer. This package begins with a 20' minutes herbal body scrub that exfoliates the body and removes all the dead cells from it, leaving it smooth and clean. Then you will enjoy an extremely relaxing Back and Legs Massage 30'min with the nourishing herbal body oil with organic olive oil and natural essentials oils of chamomile, calendula, rosemary, and orange. After all hydration will not be missing from your face as the Olive and Herbs facial treatment 60'min comes to deeply nourish and hydrate your face with its unique natural ingredients.

MOTHERS TO BE

60'min

Celebrate the incredible journey of motherhood with our exclusive "Mothers to Be" spa package. Tailored to the needs of expectant mothers over 12 weeks into pregnancy. This nurturing ritual offers a safe and soothing experience that will leave you feeling pampered relaxed and radiant. This package starts with foot exfoliation and removal with a hot towel for 15'min. Then we continue with an express facial treatment for 25'min. While the face mask is on, enjoy a gentle massage on the shoulders, hands and gentle belly massage for 20'min. All the products used in this package are suitable for pregnancy.

CREATE YOUR OWN PERSONAL PACKAGE

At our spa we give you the opportunity to create your own personal package, according to your own needs and desires, choosing three or more different services from our catalogue and you will receive a 15% discount on the total price. These packages must be exclusive and for one person only and will be pre-paid and scheduled at our spa reception.

JAPANESE HEAD SPA EXPERIENCE:

Indulge in the ultimate sensation of relaxation and tranquility with the Japanese Head Spa Experience. The new trend that has come to the field of aesthetics and is conquering more and more fans.



JAPANESE CLASSIC HEAD SPA

60'min

The procedure includes assessment of the scalp, activation of blood circulation, exfoliation, washing with special products, massage with special massaging techniques on the head and neck, a shower with continuously flowing hot water constantly flowing over the head, hair mask and final treatment with simple drying.

HEAD SPA AND AROMATHERAPY TREATMENT

80'min

The procedure includes the entire ritual of the Japanese Classic Head Spa combined with the benefits of aromatherapy and face and neck massage. Make your own blend of essential oils and create the aroma that will wake up all your senses for an ultimate escape relaxation.

HEAD SPA AND FACIAL TREATMENT

80'min

The procedure includes the entire ritual of the Japanese Classic Head Spa combined with a facial treatment according to the client's skin type and includes makeup removal, exfoliation, face/eye mask and moisturizing.

HEAD SPA WITH SPA FOOT TREATMENT

70'min

The procedure includes the entire ritual of the Japanese Classic Head Spa in conjunction with a foot treatment. The client's feet are immersed in a bath while the Head Spa is being performed and then the foot is exfoliated with a special peeling product and massaged with a special foot cream that rests the tired legs. That removes impurities and dead skin cells. This scrub contains fine sugar crystals and antioxidants, soothing extracts, and natural oils such as olive leaves, organic olive oil, mastic, orange and bergamot.

SPA Etiquette

Reservations

To ensure availability, we recommend booking your treatments at least 3 days in advance. In order to confirm any spa reservation for non-hotel residents, a credit / debit card is required. All prices quoted are in euros and include all applicable taxes.

Arrival time

We invite you to arrive at least 15 minutes prior to your reserved treatment's time in order to check in. Please note your treatment must finish as initially scheduled so as not to cause any inconvenience to the next guest. If you arrive later, this will result in a shortened or amended treatment being offered without any refunds due.

Personal Belongings

If required, a locker for your personal belongings will be provided. The hotel is not responsible for any loss or theft of valuables left in the spa area.

When taking a treatment

Please remove all your jewelry before your treatments. Underwear or suitable swimwear should be worn into the treatment room and during all treatment sessions. For some treatments you will be provided with disposable undergarments by your therapist, and suitable towel draping should always be used. During treatments, please let your therapist know if the overall atmosphere is to your comfort or if the treatment pressure 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 let the therapist know. They can suggest appropriate adjustments to the treatment for your comfort and pleasure. There is no pressure to talk during a treatment. If you have any questions, our therapist will be more than happy to assist you.

After your treatment

Extend your treatment at home using our products which are available for sale at our spa reception.

Gift Vouchers

An ideal present. Gift vouchers are available for any treatments, packages, or products. Gift vouchers are non-refundable and must be presented at the time of treatment.

Cancellation policy

Please note a 12 hour cancellation notice is required for all bookings and services otherwise 50% of the total treatment price will be charged.

Mobile phones

In consideration of other guests, please turn off your mobile phones or pagers during your spa visit.

Euphoria SPA Facilities:

Euphoria SPA offers a haven of relaxation and rejuvenation, featuring a range of exceptional services designed to elevate your wellness experience. Step into the peaceful Yoga Area, a serene space that invites you to connect with your inner calm and find balance. The fully equipped Gym provides everything you need to enhance your strength, vitality and to achieve your fitness goals, while the Hammam offers a soothing, steamy escape that cleanses and refreshes. For ultimate relaxation, the Sauna's warmth revitalizes both body and mind, leaving you feeling renewed.

For more information about those facilities, please ask our friendly staff at the reception.

Useful Information

Treatments are available to hotel and external guests.

Smoking is strictly prohibited in the spa area.

The minimum age for receiving a spa treatment is 18 years old and above.

While in the spa area, please keep your voice to a minimum tone.

All facilities are subject to availability.

We hope you enjoy your experience at Euphoria spa,
your comments are always welcome.





EUPHORIA

spa & wellness

*Recharge Your Body.
Revive Your Soul*

✉ Euphoria.spa@eleonas-rhodes.gr

