

THE KBR SPA

rejuvenate & awaken your 6 senses

PHYTOMER

FLEUR'S
Artiste de Bonheur

THE KBR SPA

AT KASSANDRA BAY RESORT & KB SUITES

Daily Hours: 10 am to 8 pm (last appointment at 7pm)

Appointments: Please dial 180

WELCOME TO KBR SPA, a private oasis of calm where you can rejuvenate your spirit and awaken your 6 senses: sight, hear taste, smell, touch, and experience. Our inspiration in KBR Spa is to return the body and mind to a natural state of bliss. A destination in its own right, the spa signature menu offers a selection of traditional and cutting edge treatments.

Our Spa professionals are on hand to assist you in selecting the right treatment(s) for your needs.

CHECK IN PROCEDURE

Please arrive at least 10-15 minutes prior to your scheduled booking to relax and complete your health questionnaire whilst enjoying some complimentary spa refreshments or a freshly made herbal drink.

If you wish to enjoy our Spa facilities we recommend you arrive at least half hour before your treatment

Children under the age of 16 are not permitted in KBR Spa.

CLOTHING

We provide all guests with a spa bathrobe and slippers. Please ensure that you bring swimwear which must be worn while using the wet facilities.

Most body treatments are normally enjoyed without clothing. Our draping practice will ensure that you don't feel uncomfortable or exposed. However if you prefer to wear underclothes please feel free to do so.

There is no dress code in the spa, you may wear whatever you find comfortable.

PERSONAL BELONGINGS

We recommend to leave all valuables in your room safe, as there are no lockers in the spa.

We regret that we cannot take responsibility for any lost or damaged personal articles.

CANCELLATION/LATE ARRIVAL

Regrettably late arrival will shorten your treatment time but it will still be charged as the full price.

Please be advised that the full treatment and cost will be incurred if less than 24 hours' notice is given of an appointment postponement or cancellation.

HEALTH

Please let us know prior to your treatment if you have any concerns regarding your health or wellbeing.

If you are pregnant please advise us at the point of booking so we can advise you on treatments and customize techniques that are safe to pregnancy.

Alcohol consumption is not allowed and is not recommended before undergoing Spa treatment.

SPA GIFTS

Spa gift cards are available for purchase for all spa service.

SPA ETIQUETTE ON THE DAY

To maintain the serene ambiance of the spa, and in respect for our other guests we ask you not to use your mobile phone, iPod or cameras while in the KBR Spa.

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FACIAL CARE

EXPRESS HYDRA BLUE

A flash facial especially designed to nourish and soothe the skin. The powers of the treasures of the sea combined in treatment to rejuvenate, hydrate and bring radiance to the skin. The treatment can be tailored to meet your personal needs.

- Duration: 50 mins / Cost: 63,00€

SKIN RELIEF FACIAL

Optimum care for sensitive skin that directly calms and soothes. Acts on inflammations and irritations due to its high concentration of soothing ingredients. Water from marine sources, phycosaccharides and coral extracts improve microcirculation, ensuring a soft, smooth and dewy skin.

- Duration: 60 mins / Cost: 73,00€

YOUTH INTERVENTION

Anti-wrinkle, firming treatment to increase the skin's resistance and prevent deterioration of elastic tissue. It helps to rebuild cells and produce collagen. Effective care for glowing skin; firms and smoothes wrinkles, with 100% natural-active ingredients from marine sources to strengthen your skin against the ravages of time. Ocean-Science -Beauty in the service of aesthetics.

- Duration: 70 mins / Cost: 87,00€

CELL REJUVENATION AND HYDRATING FACIAL WITH MARINE CALCIUM AND SEA PEARLS

A super moisturizing, regenerative facial treatment for cell rejuvenation, with marine calcium and salt-water pearls. During the treatment, enjoy a massage with pouches of marine alginate pearls and Gigartina (red seaweed) on the face, neck and décolletage.

A treatment rich in marine sugars, minerals, and trace elements which strengthens cell cohesion, resulting in a deep steady hydration and firmness of skin. Give yourself a new lease of life and feel the unique sense of well-being and energy with a touch of the sea breeze.

- Duration: 70 mins / Cost: 85,00€

MARINE BREEZE ANTIOXIDANT & OXYDENANT

This facial treatment is designed to eliminate free radicals and premature skin aging. Oxygenation by marine sources, rich in minerals and trace elements. It provides natural stimulant force that renews, detoxifies and protects the skin. An oxygenating serum and a mask combined with a totally detoxifying facial massage, regulate the imperfections of the combination skin allowing it to become deeply radiant. The skin, is totally cleansed and detoxified. Revivify yourself and feel the unique well-being and energy through the touch of a marine breeze.

- Duration: 60 mins / Cost: 80,00€

INTENSE EYE AND LIP TREATMENT

An antiwrinkle eye treatment with collagen's marine elements and elastin. It smoothes the wrinkles on the eye contour and helps decrease the edemas and dark circles. At the same time you enjoy a complete treatment for the lips contour. A cocktail of exfoliation with very effective ingredients stimulates the circulation while the splendor mask balm with hyaluronic acid, nourishes and hydrates the contour of the lips by giving them a natural volume.

- Duration: 35 mins / Cost: 50,00€

SEA MASCULINE

Detoxification and oxygenation treatment for the skin. It softens signs of facial fatigue, moisturizes and soothes the skin from irritation. Suitable for men's skin, it softens and refreshes.

- Duration: 50 mins / Cost: 60,00€

BODY CARE

SPA PEELING MASSAGE

A rejuvenating exfoliation and massage for clean, radiant and detoxified skin. Peeling in cream gel gives your skin a silky effect. Your skin will be left refreshed and satin smooth.

- Duration: 45 mins / cost: 30,00€

SHIMMER SATIN TREATMENT - EXFOLIATION AND HYDRATION

The skin is deep cleansed by exfoliation with salts, corals, hazelnut oil, walnut oil, soybean, coconut and Oligomer (solidified seawater). This is followed by a body massage with a cocktail of marine ingredients to enhance the pellucid tone of your skin and prepare it for safe exposure to the sun.

- Duration: 45 mins / cost: 58,00€

THALASSOTHERAPY FULL BODY (DETOXIFYING & SCULPTING)

An authentic, full-body Thalassotherapy treatment that envelops your body, detoxifies the tissues, stimulates the metabolism, and helps sculpt your figure using the most active of ingredients with the primordial power of the sea.

Tension and toxins are eliminated from the body giving you a feeling of relaxation and peace, silky-smooth glowing skin, and a sculpted body.

The treatment includes exfoliation - a marine gel mask, hot foaming mud on the feet and a final care product treatment adapted to your personal needs.

The clean fresh feeling brings the coolness and energy of the Greek islands alive for you.

- Duration: 60 mins/ cost: 75,00€

SEA ESSENTIAL CRYOTONIC MASSAGE

Treatment that relieves and soothes tired, swollen legs. Peeling, with salts and essential oils, and a special cooling gel mask from the soles of the feet to the thighs, to promote microcirculation, soothe, relieve fatigue, rejuvenate and reduce swelling.

- Duration: 45 mins / cost: 55,00€

THE AFTER SUN NOURISHING BODY AND FACIAL TREATMENT

A highly two in one concentrated calming and hydrating treatment, ideal for sunburned and dehydrated skin. Too much exposure in the sun may result to a red, itchy, burning skin. This treatment will help in elevating the moisture of your skin, soothe, calm the redness and nourish the dermis to its deepest level. A soothing mask will be applied all over your body to help refresh the skin and maintain its moisture. During the body mask, your face will be pampered with a treatment that will balance the levels of moisture, will diminish the sense of heat and dryness and will reinforce your skin. Calming, refreshing and moisturizing products seal this specific treatment and give your skin comfort and elasticity.

- Duration: 75 mins / cost: 93,00€

SCULPTS ZONE – CONTOURING – ANTI CELLULITE

The Sculpt Zone treatment targets the abdomen

-thighs-buttocks area and attacks cellulite and accumulated fat. It is based on a series of “Redox” (reduction-oxidation) reactions, in synergy with the super lipolytic agent “Pepper Slim Active”, which traps the free radicals by neutralizing them, stimulates the action of lipolysis and detoxification, combats and decreases cellulite. A delicate, thermal, creamy and foamy texture embraces your body and delivers a deep sense of relaxation and pleasure. The ultimate contouring and anti-cellulite performance in an express course. Reduced curves and cellulite, a body lighter and detoxified, smoothed thanks to the intensive formula starring the super active “Slim Pink Pepper”. Visible results from the first treatment!

- Duration: 60 mins / cost: 80,00€

BODY RELAX - BODY MASSAGE

INDIAN HEAD MASSAGE

Indian head massage is based on the ayurvedic system of healing which has been practiced in India for over a thousand years. The aim of Indian head massage is to release the stress that has accumulated in the tissues, muscles and joints of the head, face and neck.

- Duration: 30 mins / Cost: 52,00€

RELAX MASSAGE

Muscle-relaxing massage with lavender essential oils and a cocktail of marine ingredients to relieve signs of tension, calm the nervous system and relax the body.

- Duration: 30 mins / cost: 54,00€
- Duration: 60 mins / cost: 79,00€

AROMA MASSAGE

Full-body and face aromatherapy massage with natural apricot oil and extracts of aromatic plants and herbs with healing powers. Depending on your mental and physical state, you choose the essential oil that suit your personal needs. Find relief from headaches, migraines, muscular aches and pains. Aromatherapy massage energizes and releases endorphins - the happiness hormones.

- Duration: 75 mins (face and body) / cost: 97,00€

TRADITIONAL MASSAGE

A combination of various massage techniques with essential oils of the Mediterranean mastic, that rejuvenates, relaxes and tones all the tensed areas of your body, offering you serenity and well-being. The beneficial properties of the mastic oil treat in depth and offer your skin glow and beauty. The seductive fragrance of the mastic transports all the primeval energy of the Greek Land.

- Duration: 60 mins / cost: 84,00€

CELLULITE MASSAGE

Massage for slimming and treatment of cellulite. Buttock and thigh sculpting massage with active ingredients from the coastal plant Suaeda maritime, which aims to reduce the volume of fat cells.

- Duration: 20 mins / cost: 50,00€

DEEP TISSUE MASSAGE

A purely therapeutic massage, made to measure your needs which focuses on the areas of the body that are affected by tension and stress. Special blends of oils are prepared to penetrate your skin and to soothe tired, aching muscles. A unique discipline that encompasses techniques, recovers chronically fixed tight muscles and areas of the body, helps release tension around the spine, the lower back area and other parts of the body.

- Duration: 50mins / cost: 87,00€

THERAPEUTIC MASSAGE FOR THE BACK - NECK – ARMS

Therapeutic massage to eliminate the tension of locked muscles, relieve aches and pains and boost energy. Ideal for those who suffer from aches and pains in the back, neck and arms.

- Duration: 30mins / cost: 58,00€
- Duration: 45mins / cost: 69,00€

GROUNDING FOOT MASSAGE

A thorough relieving foot massage experience that aims to help increase blood circulation and relax tired and heavy legs. This massage offers a variety of traditional techniques, including targeted local pressure and two-handed palm movements that will glide over your tired feet and legs, eliminating tiredness and offering total relief.

- Duration: 30 mins / Cost: 50,00€

UNIQUE HOLISTIC MASSAGE

EXOTIC - LOMI LOMI MASSAGE

This ritual massage with original Monoi de Tahiti, the sacred oil of the Polynesians, gives a moment of absolute pleasure that balances the energy flow and promotes total relaxation and well-being.

This precious nectar with its subtle fragrance flows from the head to the soles of the feet, following the energy lines and offering up its soothing and purifying properties.

Special massage, deep movements with the forearms and gentle pressure relaxes tired areas, absorbs tension and stress while transporting you to an exotic paradise of fragrances and colors.

- Duration: 60 mins / Cost: 88,00€

CANDLE MASSAGE

In a tranquil, fragrant atmosphere, the warm candle wax massage is a unique experience. The delicate, warm, creamy wax flows over the body, deeply nourishing the skin, while a combination of massage, stretching, gentle pressure and long continuous movements relax the muscular system, stimulate blood circulation, helping the body to eliminate all of its tensions, and inviting you to let your senses run wild.

All you need to do is to choose between 3 different natural fragrances: Douceur d'Orient with sandalwood and orange for complete relaxation and harmonization of the senses, Charme d'Andalousie, with citrus, sunflower and vetiver, for relaxation and rejuvenation of the soul, body and mind, and Rythme du Bresil, with rosewood, orange, copaiba oil for a stimulating, invigorating, energy boost.

- Duration: 60 mins / Cost: 88,00€

LAVA SHELLS TROPICAL MASSAGE

Enjoy a tropical massage with real shells from the Pacific Ocean, which naturally produce calcium ions that are transferred directly to the skin through heat. While the warm shells glide over your body one after another in alternating strong and gentle movements, they eliminate muscle tension, calm the nervous system and improve blood and lymphatic circulation.

Smooth, with subtle hints of exotic fruits and rich in vitamin E, the massage oil soothes, nourishes and adds a gentle glow to your skin. The uniqueness of the Lava Shells Massage lies in the combined power of heat, touch and fragrance.

The receptiveness between therapist and client creates an unparalleled experience.

- Duration: 60 mins. (Body) / Cost: 97,00€

HAND & FOOT CARE

SPA MANICURE

A luxurious hand and nail treatment that leaves you with a sense of pure bliss. Using our signature product line, this deluxe experience includes a unique hand exfoliation, a nail-oil application to promote healthy nails, filing, shaping and buffing of the nails, a hand soak in mineral salts and essential oils, a mask treatment and application of polish. A hand massage, using hydrating and skin-conditioning body butter, adds to the experience.

- Duration: 60 mins / Cost: 40,00€

French Spa manicure / Cost: 45,00€

Shellac Spa manicure / Cost: 45,00€

Shellac French Spa manicure / Cost: 47,00€

Shellac Remove / Cost: 10,00€

Nail polish / Cost: 20,00€

French nail polish / Cost: 25,00€

SPA PEDICURE

An indulgence for your needy feet. Cracked heels and tired feet will appreciate our spa bath and exfoliation in this foot treatment. A sea salt scrub will be applied to help smooth any excess dry cracked skin, corns or calluses. The nails will be shaped and properly groomed, a very relaxing massage will follow and a treatment mask, will complete this ritual. You will be left with a very relaxing sensation and the healing action on your tired feet will be visible. This is a sensory sole delight foot ritual that will leave you walking on air.

- Duration: 60 mins / Cost: 45,00€

French spa pedicure / Cost: 50,00€

Shellac spa pedicure / Cost: 50,00€

Shellac French spa pedicure / Cost: 52,00€

Shellac Remove / Cost: 10,00€

Nail polish / Cost: 20,00€

French nail polish / Cost: 25,00€

HANDS ALIVE

A very rejuvenating treatment for your hands. A deep invigorating scrub is applied on your hands to eliminate dead cells followed by a hydrating mask to rehydrate and restore the moisture of your skin, leaving them velvety soft and nourished. At the end, a very relaxing massage will calm and soothe your tired hands!

- Duration: 30 mins / Cost: 25,00€

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FEET ALIVE

Revive tired heavy legs prone to circulatory concerns with this refreshing treatment. A very invigorating sea salt scrub is applied to your feet, to banish dead cells. After that, a hot nourishing mask follows to hydrate and soothe the skin, leaving you with a sense of relief. Finally, a foot massage will improve blood circulation, stimulate and help you relax.

- Duration: 30 mins / Cost: 30,00€

OTHER SERVICES

Hamam / Cost: 10,00€ per use

Sauna / Cost: 10,00€ per use

Whirlpool / Cost: 10,00€ per use

MAKE UP

Simple make up / Cost: 45,00€

Bridal make up / Cost: from 135,00€

HAIR REMOVAL

Hair removal is done with a soft, non-sticky wax, rich in natural plant-based ingredients, made from TEA TREE OIL. We use the most innovative hygienic hair removal method in the strictest compliance with hygiene rules. Wax that touches the skin is never reused.

Legs (calves and thighs) / Cost: 35,00€

Thighs / Cost: 20,00€

Calves / Cost: 20,00€

Bikini / Cost: 20,00€

Arms / Cost: 20,00€

Armpits / Cost: 15,00€

Upper lip / Cost: 10,00€

Chin / Cost: 10,00€

Eyebrow shaping / Cost: 18,00€

HAIR REMOVAL FOR MEN

Back / Cost: 35,00€

Chest / Cost: 30,00€

Legs / Cost: 45,00€

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