

KARMA MINOAN

SPA, YOGA AND WELLNESS MENU



K
Karma Spa

AGIOS NIKOLAOS, CRETE

WE CREATE... WELLNESS

SPA ETHOS

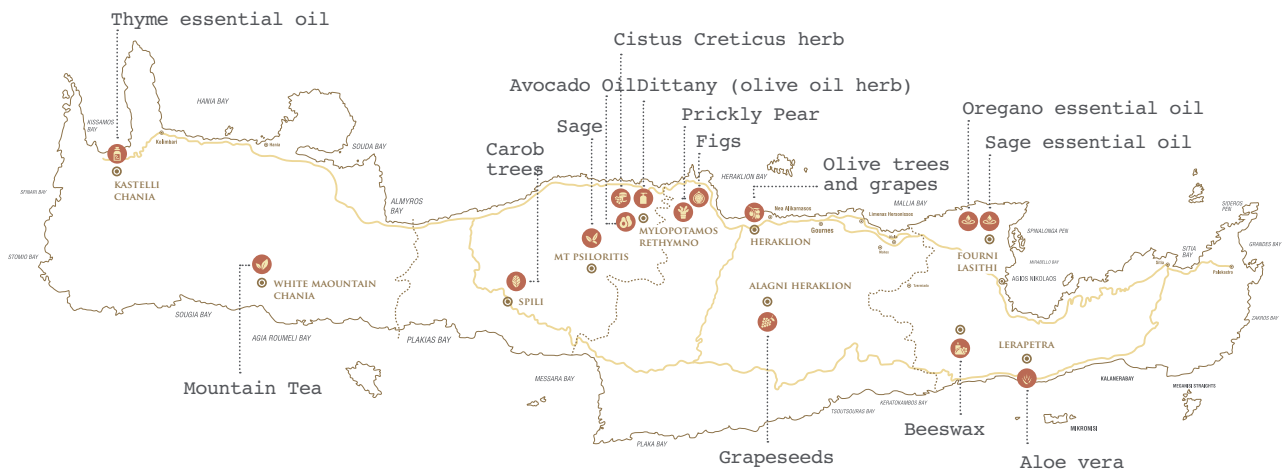
Karma Spa offers the ideal space to slow down, heal and relax. Experience local Cretan rituals which utilise time-honoured, locally sourced ingredients. We have partnered with the island's best life experts to offer high-quality wellness, fitness and yoga services to our members. Our anatomy-trained bodyworkers deliver treatments designed to ease you into a state of deep healing. *Enjoy!*

www.karmagroup.com

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THE CRETAN APOTHECARY

Crete is bountiful with ingredients that nourish, detox and rejuvenate the skin, body and mind, including organic olive oil, grapeseed oil, carob, aloe vera, and essential oils. We curate bespoke treatments and rituals tailored to your body's needs and condition.



MASSAGE & BODYWORK

Soothe your mind and muscles

AROMATHERAPY RELAXATION

This meditative massage is designed to ground your body and give your mind a rest. It consists of long and soothing effleurage strokes. Delivered with a meditative blend oil infused with, ylang-ylang, geranium and sandalwood.

Benefits: Relaxing • Sleep Remedy • Mind-Soothing

60 MINUTES - €80 / 90-MINUTES - €100

DEEP TISSUE OLIVE OIL MASSAGE

Feeling fatigued from travel or experiencing tightness in your body? This acupressure style massage will help stretch out your muscles and release any tension.

Benefits: Muscle-tension • Grounding • Flexibility

60 MINUTES - €80

DE-STRESS SWEDISH MASSAGE

Long gliding strokes and other techniques are applied to improve circulation in the body. . Helps to lower stress in your mind. Feel fluid, flexible and free.

Benefits: Relaxing • Jet Lag • Eases tension

60 MINUTES - €80

BE IN THE MOMENT - BESPOKE MASSAGE

Every day is different. Each body is unique, and sometimes we need a little TLC. Your massage is tailored to specific points and areas on your face and neck. The session time, naturally, is also flexible.

60-MINUTES - €80

HEAD, NECK & SHOULDER

Recommended to relieving tension as well as improve the texture of your hair and encourage growth. Helps to stimulate circulation and flow of blood, lymph and oxygen to your upper body – *a real brain booster!*

Benefits: Improves hair growth • Sleep Remedy

45-MINUTES - €65

KARMA SURRENDER

This neck and shoulder therapy will help release tension in your upper back, neck and shoulder area. We apply St. John's Wort oil which is renowned for soothing muscle strain and stress.

Benefits: Neck and Shoulder Release • Tension-releasing

45-MINUTES - €65

CLEANSE + RENEW

We've collaborated with holistic brand, Agnotis Pure Philosophy, whose products are made of organic ingredients grown around the Greek islands and the mainland. These include antioxidant-rich organic olive oil, carob, honey, thyme and sage. All products are ECOCERT certified organic.

DETOX SEA SALT + OIL EXPERIENCE

This treatment will cleanse your skin, increase metabolism and reduce fluid retention. It begins with magnesium-rich sea salt and sage body scrub to remove toxins from your skin.

We follow with a full body Olive & Grapeseed massage. Concludes with a mini-facial.

Benefits: Detoxifying • Invigorating • Booster

90-MINUTES – €125

OLIVE OIL FACIAL + MASSAGE RITUAL

This Cretan treatment begins with a neck and shoulder massage, followed by a facial cleanse, scrub, hydration mask and serums. The highpoint is your Olive Oil Facial Massage to release tension in your face, and smooth out fine lines. Your treatment concludes with a lower leg and foot massage.

Benefits: Glowing Skin • Anti-aging • Relaxing

2 HOURS - €120

SEA SALT BODY SCRUB + WARM OLIVE OIL MASSAGE

During this rejuvenating treatment, we gently cleanse your skin with a blend of sea salt from Mesologi in the Sterea region of Greece. After your shower, we deliver a full body massage with nourishing organic olive and grapeseed oil to hydrate your skin.

Benefits: Skin-Renewing • Rejuvenating • Grounding

90 MINUTES - €105

INVIGORATING MASSAGE + FACIAL THERAPY

This strong style of massage is delivered with organic grapeseed and olive oils to hydrate the skin. Will help unlock and release any stress. Concludes with a mind-soothing facial massage.

Benefits: Nurturing • Restorative • Recharge

60-MINUTES – €70

BEAUTY & GROOM

Let your inner light shine

OLIVE & POMEGRANATE FACIAL MASSAGE

This beautifully slow facial sequence will nourish your skin and nurture your mind. It consists of facial massage using acupressure techniques to tone and lift skin.

Benefits: Skin-nourishing • Hydrating • Healthy glow

45-MINUTES - €65

KARMA BESPOKE FACIAL

This customised facial includes a gentle cleanse, scrub or peeling, rosewater toner, serums and a firming mask tailored to your specific skin needs. The treatment includes our signature Karma Surrender neck and shoulder release therapy and includes a deeply relaxing facial massage.

Benefits: Customized • Hydrating • Anti-aging

60-MINUTES - €85

DEEP CALM MEN'S FACIAL

A facial to deeply cleanse the skin and calm your mind. It begins with a gentle facial cleanser and exfoliation, followed by a deep cleansing green clay mask. Includes a Karma Surrender neck and shoulder release - *you'll feel so good!*

Benefits: Cleansing • Nourishing • Calming

60-MINUTES - €85

SPA MANICURES & PEDICURES

100% hygienic and well-executed. We begin your spa manicures and pedicures with a heavenly foot wash ritual followed by a sequence of heavenly scrubs, creams and balms.

Includes a hand & arm or lower leg & foot massage and optional polish.

SPA PEDICURE | 60-MINUTES - €44

SPA MANICURE | 60-MINUTES - €35

EXPRESS MANI & PEDI

When time is of the essence, we clean, file and shape your nails to new.

MINI-MANI | 30-MINUTES - €25

MINI-PEDI | 35-MINUTES - €40

THE WAX EMPORIUM

FULL LEG | 60-MINUTES - €50

HALF LEG | 40-MINUTES - €40

FULL BIKINI | 45-MINUTES €40

HALF BIKINI | 30-MINUTES - €35

HAND | 30-MINUTES - €35

UNDER LIPS | 15-MINUTES - €25

YOGA WITH MARIA ARNAOUTAKI

We invite you to join us twice a week for a yoga class overlooking the sparkling sea. Space is limited, so please confirm your place on the mat with our staff at front office.

EVERY TUESDAY & THURSDAY

Awaken the body with a rejuvenating Vinyasa flow class that will revive your mind and stretch your muscles. This class will strengthen the whole body and also release any stored tension. Ideal after a long flight and to start your day with energy and clarity.

TUESDAY 6-7PM AND THURSDAY 9-10AM

€10 PER PERSON

PRIVATE YOGA WITH MARIA

Our resident yoga teacher, Maria, grew up on the island of Crete and practised yoga in London for four years before completing her teacher training in Nepal. Her classes are uniquely tailored to the needs of her students, while she believes that it is most important to treat our body with kindness and keep a peaceful mind. She specialises in Healing Yoga, which combines Vinyasa, Hatha and Meditation. Maria is available for private sessions and will tailor the classes to you.

60-MINUTES - €60 (1-4 PAX)

SPA ESCAPES

Explore our 2, 3 and 4-day wellness programs that will enhance your relaxing vacation.

2- DAY WEEKEND WARRIOR - €130

Day 1 - 60-minutes Deep Tissue Olive Oil Massage

Day 2- 60-minutes Aromatherapy Relaxation

2-DAY MEDITERRANEAN JOURNEY - €120

Day 1 - 60-minutes Deep Tissue Olive Oil Massage

Day 2- 45-minutes Olive & Pomegranate Facial Massage

3-DAY KARMA DETOX - €230

Day 1 - 90-minute Detox Sea Salt and Oil Experience

Day 2 - 60-minutes Deep Tissue Olive Oil Massage

Day 3 - 45-minutes Karma Surrender Neck & Shoulder

4-DAY KARMA RECHARGE - €255

Day 1 - 60-minute Customized Bespoke Massage

Day 2 - Warm Sea Salt Scrub + Facial Massage

Day 3 - 60-minutes Deep Tissue Olive Oil Massage

Day 4 - 45-minutes Karma Surrender

SPA ETIQUETTE

LOOKING AFTER YOU

We suggest you arrive 10 minutes before your appointment time to relax and enjoy your pre-treatment refreshment.

Take a digital detox - please turn off or leave your cellular phones behind – you'll feel much more relaxed!

The Spa is a non-smoking and alcohol environment – drinking too much coffee before you treatment is not recommended either.

We advise you not to carry any valuables as Karma Spa does not accept responsibility for loss of any valuables, cash, or any other personal belongings - sorry!

The duration of your treatment/s is according to the specified booking time. If you arrive late, your treatment time may be reduced – so don't miss out!

Cancellation of booking must be made 4 hours prior to the confirmed booking. Karma Spa reserves a right to deduct 50% cancellation fee, which will be charged to your room in cases where a cancellation has not been made.

If you follow the guidelines above, everything will flow well – enjoy!



**“WHAT IF WE RECHARGED OURSELVES
AS MUCH AS OUR PHONES”**

KARMA SPA @ KARMA MINOAN

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