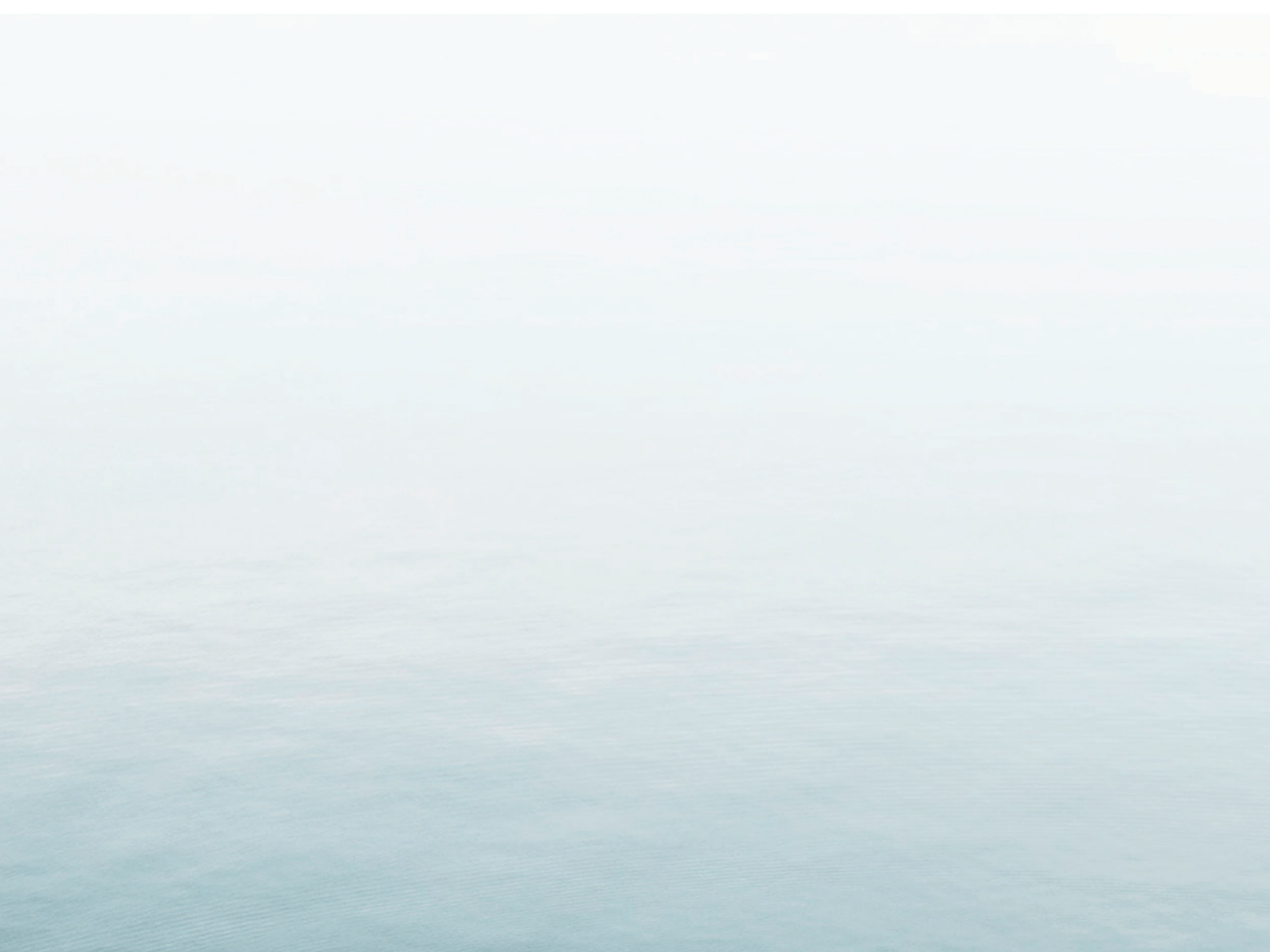


KARMA MINOAN

SPA, YOGA AND WELLNESS MENU



K
Karma Spa

AGIOS NIKOLAOS, CRETE

WE CREATE... WELLNESS

SPA ETHOS

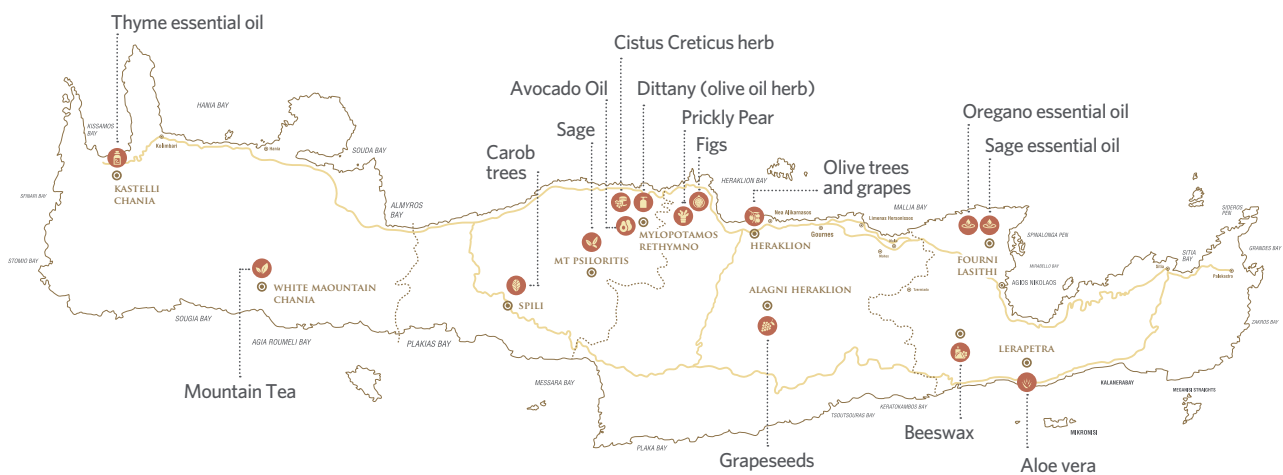
Karma Spa offers the ideal space to slow down, heal and relax. Experience local Cretan rituals which utilise time-honoured, locally sourced ingredients. We have partnered with the island's best life experts to offer high-quality wellness, fitness and yoga services to our members. Our anatomy-trained 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 & 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 • Deeply Rest • Mind-Soothing

60 MINUTES - €85 / 90-MINUTES - €105

DEEP TISSUE OLIVE OIL MASSAGE

Feeling drained from too much time at the desk or experiencing stress in your body or mind? This treatment will sort you out. Deep tissue massage movements are designed to stretch out your muscles and release tightness in the body.

Benefits: Nourishing • Grounding • Eases tension

60 MINUTES - €85 / 90-MINUTES - €105

DE-STRESS SWEDISH MASSAGE

Long gliding strokes and other techniques are applied to improve circulation and flexibility as well as, lower your stress levels. You'll feel fluid and free.

Benefits: Relaxing • Detoxifying • Eases tension

60 MINUTES - €85

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 / 90-MINUTES - €95

INDIAN HEAD SOOTHER

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 • Restorative

45-MINUTES - €70

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: Deep relaxation • Tension-releasing • Knot-free

45-MINUTES - €70

CLEANSING DETOX RITUALS

We have 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 & 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 - €105

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 • Nurturing

90 MINUTES - €105

MEDITERRANEAN SPA RITUALS

INVIGORATING MASSAGE WITH 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 • Relaxing

60-MINUTES - €85

OLIVE OIL FACIAL AND 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

90 MINUTES - €105

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 - €75

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

YOGA WITH MARIA ARNAOUTAKI

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

MORNING YOGA FLOW

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.

EVENING RESTORATIVE YOGA

A gentle relaxation class for all levels that will help ground the body and balance the mind. Ideal for aiding with sleep and stress issues, back pain, arthritis and sore muscles.

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)

HOLISTIC PROGRAMS

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

2- DAY WEEKEND WARRIOR

Day 1 - 60-minutes Deep Tissue Olive Oil Massage

Day 2- 60-minutes Aromatherapy Relaxation

2-DAY MEDITERRANEAN JOURNEY

Day 1 - 60-minutes Deep Tissue Olive Oil Massage

Day 2- 45-minutes Classic Olive Oil Face Massage

3-DAY KARMA DETOX

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

Day 2 - 60-minutes Deep Tissue Olive Oil Massage

Day 3 - 45-minutes Circulation Booster: Feet & Leg Therapy

4-DAY KARMA RECHARGE

Day 1 - 45-minutes Digital Wellbeing: Feet & Leg Therapy

Day 2- 60-minutes Karma Bespoke Facial

Day 3 -60-minutes Deep Tissue Olive Oil Massage

Day 4 - 45-minutes Karma Surrender Massage

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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www.karmagroup.com