



CIEL
MYKONOSSPA
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SPA MENU

## MASSAGES

- JET LAG 45min:** An ideal combination for travellers, for relief, proper functioning and body balance. **85€**
- SWEDISH 55min:** Based on your personal physiology, this full body massage treatment combines techniques for total body release and relaxation. **95€**
- AROMA DREAM 55min:** The experience of reawakening your senses starts with marine mist rain drops all over, followed by a soft massage with mastic and vanilla essential oils. **95€**
- COCONUT 55min:** An excellent moisturizer and a anti inflammatory massage treatment with raw organic coconut oil will protect your skin from drying. Rich in Vitamin D. **100€**
- DEEP TISSUE 55min:** An effective combination of deep tissue massage techniques that works into the muscles, knots, relief pain and tension, adjusted to your personal needs. **100€**
- PREGNANCY MASSAGE 55min:** This customized approach using organic coconut oil, calmes the tension, eases sore spots and improve mobility. A pampering experienced designed with the safety of mother and child in mind. **95€**
- CUPPING MASSAGE 55min:** This treatment can be used for muscle problems or for cellulite. Increases blood circulation, looses muscle spasms and releases tension. Also drastic reduce of cellulite from the very first treatment session. **100€**
- REHABILITATION MASSAGE 55min:** A great treatment to enhance your rehabilitation. The mobilization of soft tissue in order to restore normal systemic and biomechanical-functional use. It can be used to assist in the treatment of most musculo-skeletal and associated problems. For chronic injurys, problematic areas, frozen shoulder etc. Thrust technique is often used. **110€**

## HOLISTIC MASSAGES

- SHIRODHARA WATER SOURCE 70min:** An ayurvedic healing holistic technique. The steady pour of warm water in forehead along with massage, promotes tranquility and the body enters into a deep relaxation state. Focuses in rebalancing your body, reduces the stress hormones, also helps in alleviating psychosomatic ailments as stress, tension, depression, anxiety. **130€**
- DELOS ENERGY SINGING BOWL 55min:** A relaxing spiritual experience focused on energy, followed by singing bowl vibration, heating mud on the spinal cord, binaural acoustic waves and a light touched massage, helps bring you to a more restful, uplifted state of mind. **130€**
- ASMR BACK/NECK/SCALP 30min:** a sensory treatment using light trigger tools for deep relaxation., stress relief and calm nervous system. (Feathering, brushing, etc, light touch, for unwinding). **75€**

## SIGNATURE COUPLES

- HARMONY 55min:** Enjoy together a total relaxing full body massage experience. The most memorable journey of the senses from head to toe. **190€**
- MYKONIAN CHAMPAGNE EXPERIENCE 1h 15min:** A unique experience into a world of luxury, Romance and relaxation awaits for you. A heart of flowers on beds, music and candles for all senses, a 5 star Aroma massage with hot mud on pelvic area, head face massage and and a bottle of Greek champagne, will absolutely spoil you! **330€**
- MYKONIAN WINE EXPERIENCE 1h 15min:** Indulge yourself with nature's most desirable gift. Grapes! Start with a grape seed body exfoliation and continue with fresh grapes and their juice back into your body with all the antioxidant properties and polyphenols. Let yourself go into a wine wonder world with a light massage and enjoy a great bottle of Greek wine. **290€**

## MINI SPA TREATMENTS

- BUCCAL & FACE HEAD MASSAGE 30min:** Release tension, get spiritual calmness, emotional release and give yourself a non surgical face lift. A technique that works on heads pressure points, muscles ligaments and lymph. **75€**
- BACK & NECK 30min:** The perfect treatment for back, neck, waist and arms. Soothes and calmes pains and stress, reduses tension and improve blood circulation. **65€**
- FOOT REVIVAL 45min:** A treatment with marine flavonoids that stimulates blood microcirculation, reinforces capillary tone and relieves tired legs. Followed by a peeling with crystal salts, a fresh gel mask from feet to thighs and a healing massage will rejuvenate your legs again. **90€**
- MARINE BODY SCRUB 45min:** This rich cream-scrub helps prevent cellular fatigue while gently cleances and exfoliates to reveal cleaner and softer skin. Texture is refined and the complexion is radiant. Ready to enjoy summer vacations. **90€**

## FACIALS

- LUMINOUS EXPRESS 30min:** Get the instant glow in 30' minutes. A quick refresher for a healthier, radiant result just before an event. This express treatment includes cleansing, enzyme peeling, yalouronic mask, face massage and moisturizer. **75€**
- HYDRA FACIAL 55min:** A complete and specialized facial treatment that reliefs from thirst and moisturizes while stimulates the proteins that contribute to cellular cohesion for strengthening of the skin. Feel it pure, moisturized and radiant. **105€**
- AEGEAN FACIAL 55min:** An antioxydant facial treatment with red grape stem cells, vitamin E, hexapeptide and bioaccharide will give your skin deep hydration regain elasticity, antiage protection and wrinkle reduction while your skin looks shiny and refreshed. **105€**

## CIEL SPA RITUALS

**GREEK HIPPOCRATIC METHOD 1h 20min:** Hippocrates as the father of physicians had a high regard for massage. It was one of the primary treatments provided at the greek gymnasiums & baths. Anatripsis was one of his technics (meaning "to rub up"). A combination of pressures on dry skin, brushing with talk powder, cupping in acupuncture points, frictions, "thopies" and joints mobilization, along with olive oil, therapeutic herbs and essence oils to body and head will regaining mental and physical balance. **155€**

**AEGEAN RITUAL 1h 20min:** Body scrub/body massage/facial treatment. Perfumed with the Greek summer memories. From the Greek winery Avantis Lenga Grape Spa products. Enjoy a innovative treatment and pamper yourself with wine & grape cosmetics with stem cells, polyphenols, resveratrols, grape water & vitamins. Let them reinforce, tone and moisturize your skin with all grapes advantages. **165€**

**WELLNESS RETREAT 1h 20min:** Skin brushing/body massage/ mini facial treatment. A royal experience from head to toe with a combination of several extravagant treatments in one escape. Skin brushing, Swedish massage and a mini facial treatment will give a fresh and renewed skin. **155€**

**INSTA BEAUTY 1h 20min:** Body /face massage, facial treatment. A beautiful experience will help you create the most amazing glowing skin for the perfect selfie on Instagram. A miracle mix of glow drops and nurishing oils will massage your face and body. A mini hydrating facial, with lip peeling, yalouronic mask and a glitter body spray as finishing touch, will absolutelly turn you into a Insta beauty! **165€**

CIEL MYKONOS SPA PRODUCTS

PHYTOMER

lenga  
GRAPE SPA

## CIEL PACKAGE

The perfect way to restart and restore your equilibrium. Our spa package is the ultimate way to de-stress and makes the perfect gift for loved ones. With a 10% discount, take a breath, relax and enjoy! You are ready to take on anything!

🌀🌀 **2 DAYS PACK 335€** 🌀🌀

### DAY #1

Foot Revival 45min  
Facial Hydratherapy 55min

### DAY #2

Marine Body Scrub 45min  
Coconut Massage 55min



### **CANCELLATION POLICY**

Dear guest.

If you wish to reschedule or cancel your appointments  
please notify reception 24 hours in advance!

For cancellations with less than 2 hours notice  
including missed appointments, the full price will be charged.  
Late arrival will result in a shortened or cancelled treatment without refund.



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