



spa menu

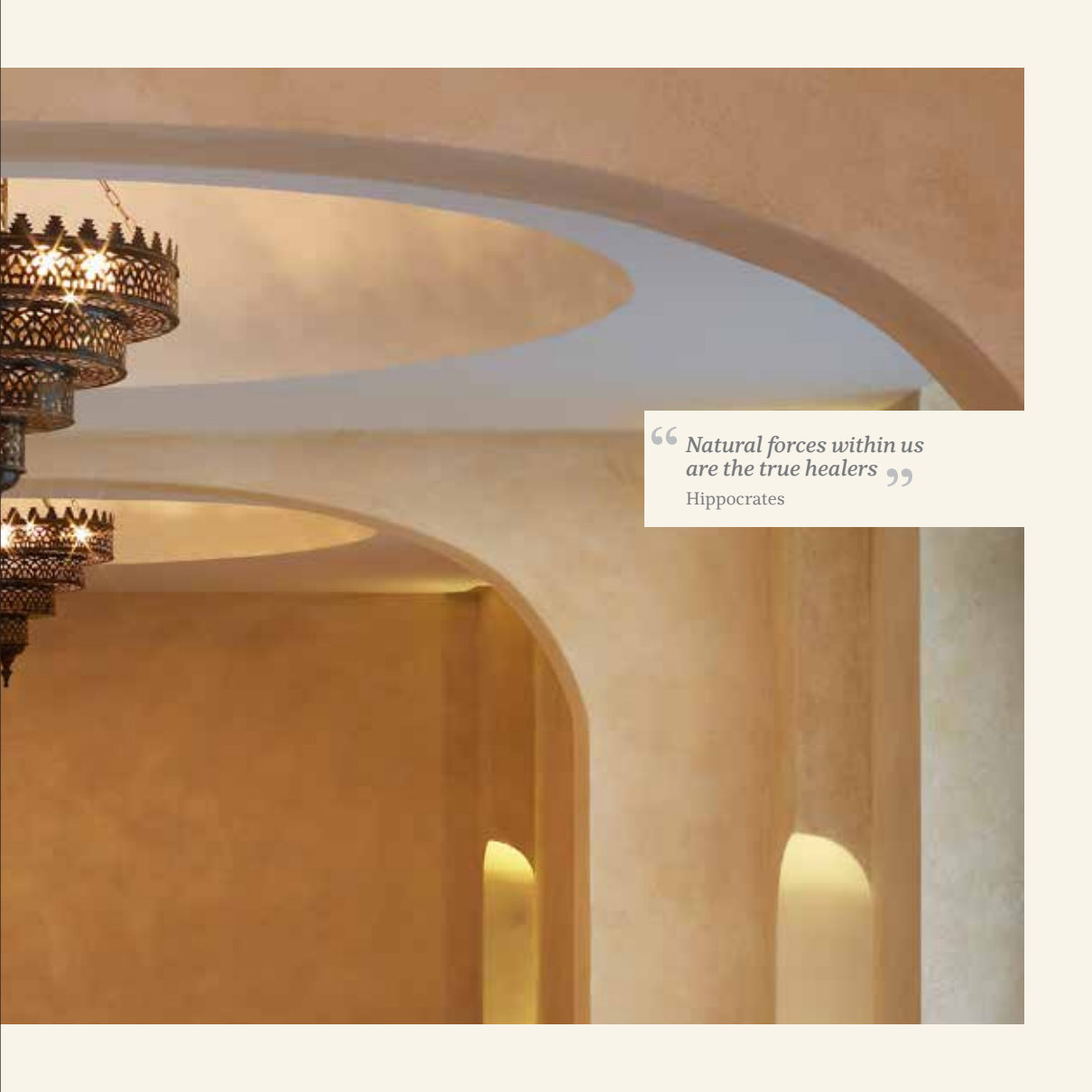


ANAZOE

Costa Navarino







“ *Natural forces within us
are the true healers* ”
Hippocrates



World Traveler
HOT
LIST
2011



THE SUNDAY TIMES

Best spas around the world 2011

“ *Best spas for 2011
Best for switching off*

Ruby Warrington, The Sunday Times Style magazine (Dec 2010)

“ *Inside the Anazoe Spa, serene treatments,
herbal saunas, and an ice-grotto room
fulfill all cravings for pampering*

Jessica Colley, Luxurytravelmagazine.com

“ *Costa Navarino has maybe the finest spa I have lounged in*

Amanda Jones, LA Times (June 2012)

“ *The signature Oleotherapy treatments are out of this world.
Be sure to make time for a Healing Massage Remedy by
Hippocrates and a traditional Olive Nourishing Facial.
You're in for a whole new spa experience!*

Claire Bloomfield, Wedding Ideas (Feb 2013)

“ *Messinia, the new wellbeing Greek spot
A healthy mind in a healthy body: this saying
makes total sense when one enters Anazoe Spa*

Chantal Soutarson, Votre Beauté, France (Jul Aug 2011)



The Anazoe Spa experience offers a full range of specialty treatments based on health and beauty practices of ancient Greece, utilizing the area's exclusive natural and revitalizing ingredients, as well as products from around the globe. Our 4,000 m2 spa introduces an exotic blend of age-old treatments that have been handed down from generation to generation, harmoniously combined with the discoveries of modern science.

Treatments are performed to the accompaniment of soothing music based on ancient Greek modes and scales. The ancient Greeks believed music to be divine, capable of healing both body and soul.

The name – Anazoe – derives from the Greek word for rejuvenation and encapsulates the underlying aim of the spa, which is total revitalization of body and spirit in accordance with the ancient Greek maxim “a healthy mind in a healthy body”.



Oleotherapy® Signature Treatments

At Anazoe we have developed signature treatments that constitute a harmonious combination of ancient wisdom and modern science. The therapeutic olive-oil treatments (oleotherapy®) are based on local practices inscribed on clay tablets discovered at the nearby Palace of Nestor.

Many of the therapies expand on the ideas and knowledge of Hippocrates, known in the West as the father of medicine, who described olive oil as “the great therapeutic”. Building on this ancient knowledge, treatments are totally individualized to address your personal ‘type’ and specific needs, identified through a questionnaire and private consultation.

European massage techniques using select products are then combined with the appropriate mix of treatment technologies and aromatherapy, to the accompaniment of therapeutic music composed exclusively for Anazoe, to offer a total spa experience with visible results.



*Nestor's Baths**

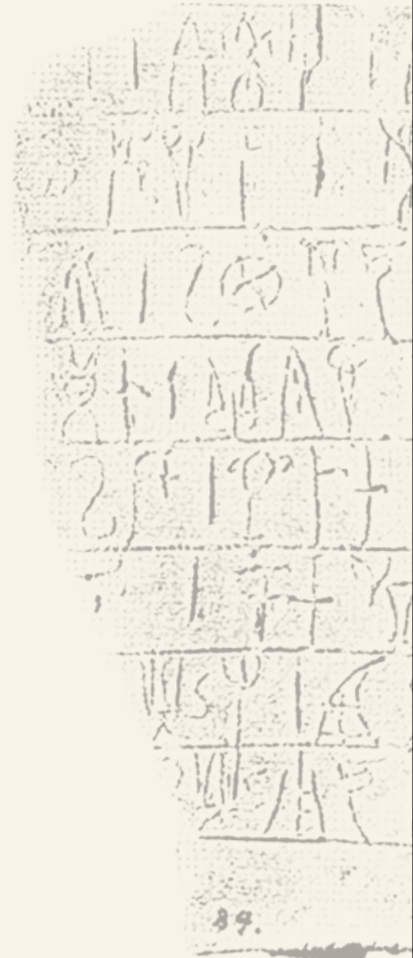
Inspired by Nestor's palace and the ancient tradition of welcoming guests at the court with a bathing ritual, Nestor's Baths constitutes a restorative water therapy-focused treatment designed to instill total well-being. Stress and tension melt away as you enjoy our aromatherapy-infused sauna, steam and inhalation circuit. A tranquil hydro massage in a customized therapeutic bath completes your ritual. *50 minutes*

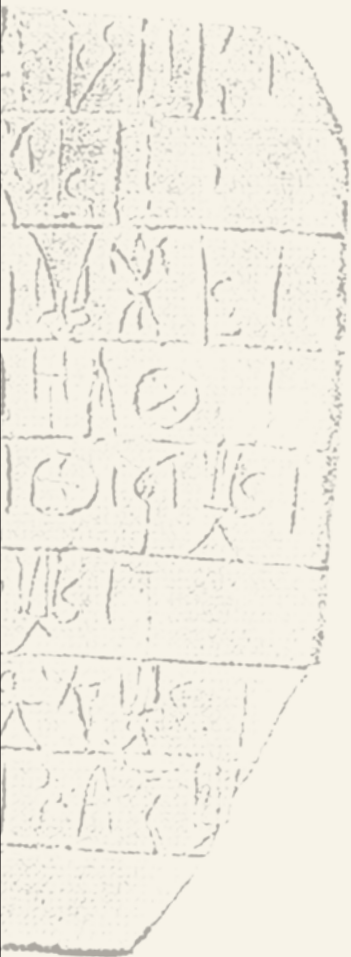
Messinian Salt & Honey Scrub

This luscious honey-based scrub uses the honey of Messinia to soften your skin while lifting your spirit with a combination of healing oils and local herb essences. *50 minutes*

Olive Leaf & Calendula Scrub

A delightful blend of olive leaf and calendula gently removes dead surface skin cells and unclogs pores as it restores the skin to a fresh, healthy glow. This scrub, rich in olive oil extracts, leaves your skin soft & supple. *50 minutes*





Traditional Olive Nourishing Facial

This refreshing and soothing facial utilizes the ingredients of lime blossom, sage and olive leaf to provide skin with a healthy glow. Includes a hydrating ampoule treatment to improve the quality and appearance of the skin as well as a luxurious facial massage and a hydrating hand and foot treatment. *80 minutes*

Healing Massage Remedy by Hippocrates

The Healing Massage Remedy by Hippocrates is an innovative style of massage combining advanced soft-tissue therapies with techniques derived from the ancient healing art of physiotherapy. By fusing ancient therapeutic knowledge and Greek aromatherapy in a unique manner, our Healing Massage Remedy will leave you feeling invigorated and renewed. *80 minutes*

**Denotes heat treatments. Not recommended for guests who have heart conditions, high blood pressure, are sensitive to heat or are pregnant.*



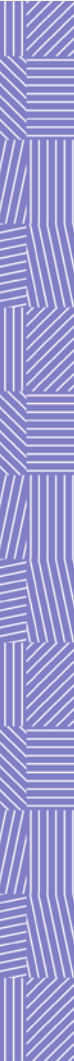


Anazoe Dynamics

Choose three of these popular treatments offered at Anazoe Spa. Can be combined and administered in any order to suit your own personal needs.

- Back, Neck, and Shoulders Massage *25 minutes*
- Post-Golf, Neck & Shoulder Massage on course *15 minutes*
- Foot Massage *25 minutes*
- Post-Golf, Foot Massage on course *25 minutes*
- Seawater Hydro Massage Bath* *25 minute*
- Consultation with our specialized physiotherapists or osteopaths *25 minutes*
- Self-Guided Meditation *25 minutes*
- Head-to-Toe Hydration *25 minutes*

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The Healing Powers of Water

*Heat Experience & Seawater Ritual**

Discover the benefits of our three Thalassotherapy warm pools with hydrotherapy jets to stimulate and tone tired aching muscles. Continue in our Heat Experience area that offers a Rasul, a Herbal Steam Bath, a Brine Light Steam Bath, Ice- Grotto room, Golden Rain Shower, Dousing Bucket, Scottish Shower, Bi-Thermal Shower and Mist Shower for a unique revitalization ritual.

Unlimited use for one day

*Herbal Bath**

An ancient remedy still used today for therapeutic purposes, the herbal bath uses a potent aromatic solution from a blend of Sideritis (mountain tea) to induce relaxation, Syzygium aromaticum (cloves) to soothe aching muscles and joints, Salvia officinalis (sage) to stimulate the senses and Anthemis nobilis (chamomile) to calm the body. *25 minutes*

*Thalasso Bath**

A purifying seawater bath combining fresh dried seaweed and seawater crystals. Designed for overall health maintenance or for the weary traveler, this treatment is rich in vital minerals that nourish skin, stimulate circulation and provide antioxidant benefits. *25 minutes*

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*'Oxos' Hot Bath**

Oxos is ancient Greek for vinegar. It is known that Hippocrates used vinegar for medicinal purposes. Soak in our hot apple cider vinegar bath, eliminating toxins from your body. Salt crystals are also used for maximum detoxification. For optimum results, this bath is recommended twice weekly. *25 minutes*

*Ombros**

The powerful effects of aromatherapy combined with our gentle seawater massage technique increase circulation and relieve sore muscles. Guided by a therapist and based on your personal needs, select one of our signature oils during the massage. *25 minutes*

Stimulating Jet Shower

During this treatment, pure seawater is directed in specific pressurized sequences over your body to stimulate the lymphatic system to remove toxins. *10 minutes*

Thalassotherapy Floating Pool

Floatation therapy involves lying in a pool of warm salt water. Float weightless in the healing waters of the sea, as the warmth completely relaxes the physical system. *50 minutes*

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Anazoe Trilogy Ideas

Unique to Anazoe Spa, 'Trilogy Ideas' encourages a spa lifestyle with a combination of three treatments. This traditional European treatment concept helps remineralize, nourish and balance the body. Each Trilogy includes take-home products to continue the benefits of these therapeutic treatments.

*Oleotherapy® Trilogy**

Based on the centuries-old Greek tradition of using olive oil, water and light massage therapy, this treatment has a detoxifying and thoroughly relaxing effect. The Oleotherapy® Trilogy begins with an olive oil-based body wrap followed by a tranquil hydro massage in a bath enriched with beneficial local herbs. The experience culminates with a massage using a soothing, nourishing crème mixed with our signature detoxifying oil. *80 minutes*

*Herbal Trilogy**

Utilizing a variety of popular herbs to relax and then revitalize, this Trilogy begins with a herbal bath followed by a soothing clay-stamp body scrub to cleanse the skin and calm the spirit. A full-body massage with lavender oil completes this experience, leaving one feeling totally revitalized.

80 minutes

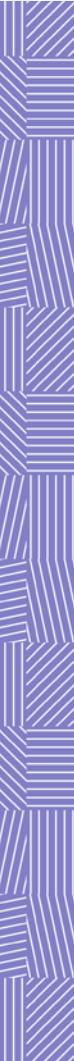
*Sea Trilogy**

Immersing guests in the rejuvenating powers of the sea, this Trilogy washes away stress while nourishing the body with a natural algae wrap rich in antioxidants and other beneficial nutrients. The wrap is followed by a luxurious hydro massage in a seawater bath of algae and sea salts, culminating with an algae oil massage. *80 minutes*

*Men's Trilogy**

Discover the therapeutic benefits of sea minerals, eucalyptus herbal mix and deep massage techniques. This revitalizing treatment involves a eucalyptus and olive leaf ritual bath, a full body scrub to refine and soften skin and a part body, deep tissue massage to relax muscles. *80 minutes*

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Massage Practices

Used through the ages to improve general health, massage is an integral part of your spa experience. The many benefits of massage include stress reduction, increased circulation, shortened recovery time from sports injuries and a general sense of well-being.

Anazoe Classic Massage

This gentle, relaxing full-body massage is a spa classic. Therapists adapt their technique to suit your personal needs while increasing circulation, relieving muscle tension and promoting relaxation.

50 or 80 minutes

Aromatherapy Candle Massage Remedy

Effective combination of relaxing tissue practices, a range of motion techniques utilizing Anazoe essential oils to work the central nervous system and indirectly relax muscles. The Anazoe aromatherapy essential oil blends are personalized to your special needs.

50 or 80 minutes

Melisseus, The Spirit of Honey

Heat and honey are good for the skin and support the body's energy balance. The Honey Concept combines the power of heat with activating and balancing massage techniques. The application of gentle heat promotes circulation and relaxes muscles, which in turn helps loosen stubborn knots during massage. An amazing multi-faceted treatment, the results of which include a special experience for the senses. *50 or 80 minutes*

Deep Tissue Massage

A therapeutic, firm massage which focuses on specific areas to relieve tension. Using various strokes and deep pressure, specific muscle tension is released and flexibility restored. Recommended after golf, tennis or a strenuous workout. May include assisted stretching. *50 or 80 minutes*

Couple's Massage

Enjoy an Anazoe Classic, Aromatherapy Candle or Deep Tissue Massage side-by-side in our beautifully-appointed double rooms. *50 or 80 minutes*

Golfer's Body Preparation

The complex technique of golf presents a specific challenge for a golfer's body. This balanced, individually prescribed treatment is the perfect preparation for a round of golf and ideal for post-game relaxation and revitalization. The treatment incorporates the most modern therapeutic methods, including three Kinesio tapings, full body massages and neural stretches. It enhances body balance, improves the golf swing and also involves stretching exercises. *50 or 80 minutes*

Lymph Drainage Face Massage

A very relaxing form of massage that gently unclogs certain lymph nodes and stimulates natural lymph movement. Using the pads of the fingers to lightly manipulate the fluid under the skin down pathways leading to large lymph nodes on the face, neck and chest – depending on treatment duration – this technique helps drain excess fluid and waste protein. *25 or 50 minutes*





Lymph Drainage Body Massage

A gentle massage designed to improve the natural circulation of lymph through the body. Lymph drainage uses a specific amount of pressure and rhythmic circular movements to stimulate lymph flow. *50 minutes*

Reflexology

The art of massaging specific pressure points on the hands, ears and feet which correspond to different parts of the body. By stimulating hand, ear and foot pressure points, the body is able to find its own energy paths. *50 minutes*

*Cupping Therapy**

Cupping is considered to be one of the oldest natural healing therapies. Hippocrates used cupping for internal disease and muscular problems. This ancient therapy causes local congestion by using vessels placed on the skin to create a vacuum, which then draws up the underlying tissue by means of heat or suction. The use of cups in this manner creates blood stasis that facilitates localized healing. This treatment can also be combined with most massages for a unique therapeutic experience. *25 minutes*

*'Monolithos' Holism**

Devised by ancient Greeks centuries ago, this therapy uses the monolith combined with our specialty blended grape oil. The monolith is smoothed over each muscle, relaxing the body and soothing the spirit. *80 minutes*

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Spinal Holistic Healing Therapy

Corrections of joint or spinal cord misalignments are performed for a balanced, natural and upright posture. Inspired by the Dorn-Breuss method, our physiotherapists use motion to divert muscle tension so as to induce a relaxed state that facilitates the realignment of bones.

During the treatment, the physiotherapist palpates the spine. If any 'unbalanced' areas are detected, possible underlying misalignments are treated with gentle pressure using the thumb or hand against the spinous processes, while the guest engages in guided movements such as swinging the leg or arms to counteract muscle inertia. *80 minutes*

Seated Massage

Chair massage that focuses on the back, shoulders, neck and arms. The back and neck completely relax while the therapist relieves muscle tension using Swedish massage techniques such as kneading and compression which don't require oil. This treatment is administered over clothes. *15 minutes*

Synchronized Massage

Experience a deep state of relaxation as your massage is performed, in harmony, by two therapists. *50 minutes*





Outdoor Massage

Enjoy an Anazoe Classic Massage at either our private pool or beach pavilions. Some restrictions may apply. *50 or 80 minutes*

'Selene' Moonlight Massage

Relax under the moonlight with a unique outdoor massage in our private seafront sanctuary. The massage begins at sunset and continues as the full moon slowly rises and illuminates the evening sky. *80 minutes*

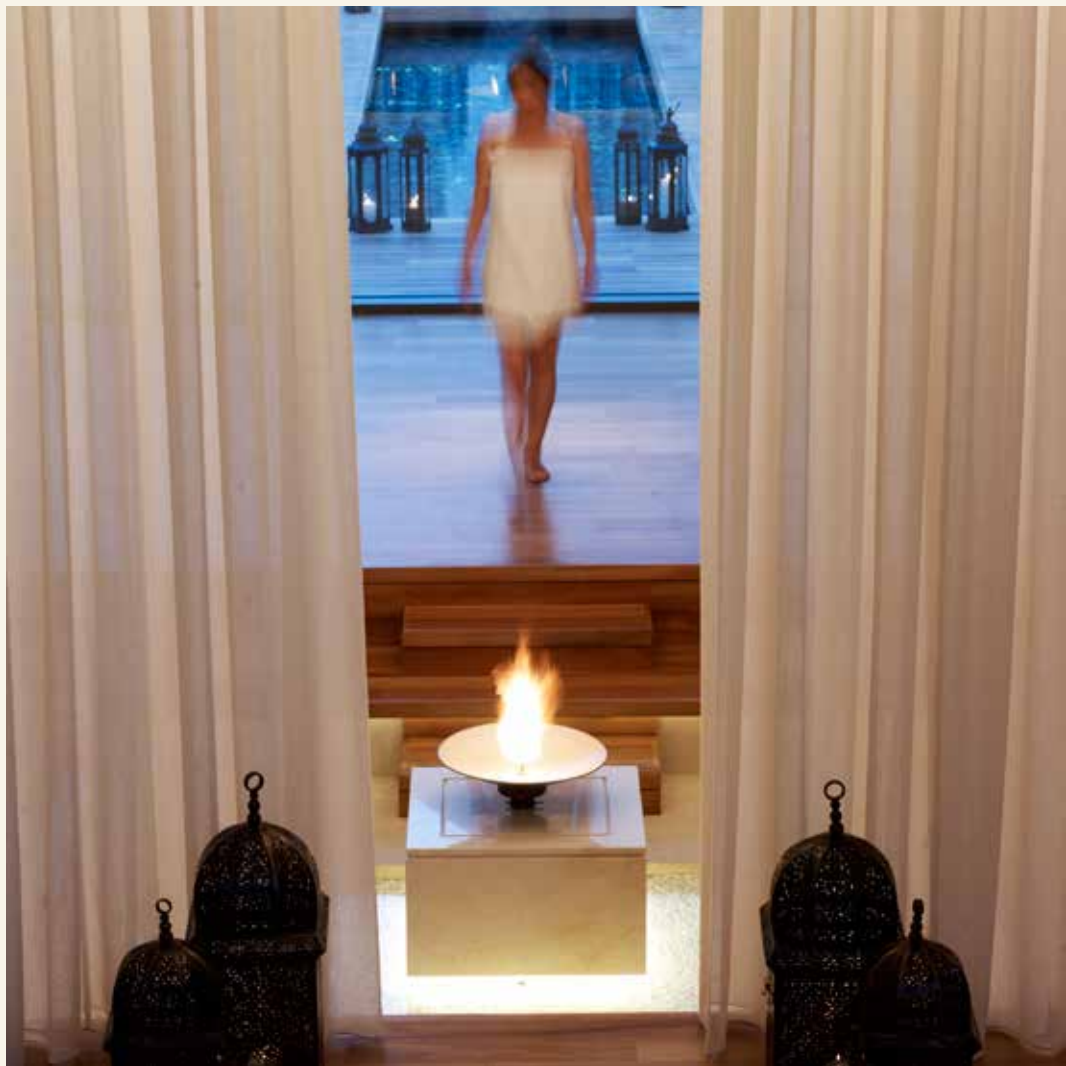
2013 Full Moon Schedule

June 22 & 23, July 21 & 22, August 20 & 21

In-Room

Experience a massage treatment in the privacy of your room. Evening treatments are available until 20:00. *50 or 80 minutes*





Osteopathy

The skeletal system with its muscles is the largest structure in the body. Osteopathy theory and practice are in keeping with the ideas espoused by Hippocrates. The guest is considered and treated as a whole. Osteopathy utilizes structural diagnosis and manipulative therapy as part of its philosophy and practice and is therefore an integral part of total guest care, since it is not confined solely to painful conditions of the musculoskeletal system.

Osteopathy & Pregnancy

Throughout pregnancy, the body undergoes continual musculoskeletal changes which are frequently associated with functional limitations and conditions such as pelvic and lower back pain. The osteopath has the opportunity to contribute to the musculoskeletal system structure and function and hence influence the altered homeostasis, thereby reducing discomfort and ensuring a more comfortable pregnancy. *50 minutes*

Osteopathy & Kids

A gentle, hands-on therapy specially designed for young children. It restores health by helping the body's own healing mechanisms to return to their normal level of functioning. The osteopath will gently hold your child in a way which encourages the anatomy and physiology to return to health. Most children find this process very calming and often fall asleep during the treatment. Factors which may be contributing to particular problems and ways to address them are discussed with the parents during the consultation. *50 minutes*





Osteopathy & Sports

Mobility of the body is of the utmost importance! Poor flexibility in the joints and muscles will prevent the body from performing at its optimum and is often a contributory element to injury. By assessing the posture and condition of those structures which make the human body a dynamic machine (bones, joints, muscles, ligaments and connective tissues), the osteopath is able to promote a rapid recovery from injury. Osteopathy can help prevent as well as treat injuries. It is particularly effective for sports that require controlled body mechanics such as golf and tennis. *80 minutes*

Osteopathic Manual Therapy

A holistic science, based on a comprehensive system of diagnosis and treatment. A way of detecting and treating damaged parts of the body such as muscles, ligaments, nerves and joints. The practitioner works with the body to enhance its natural ability to self-regulate and self-heal. *80 minutes*

Craniosacral

A gentle, light-touch technique that eliminates muscle and energy blockages within the craniosacral system. The practitioner uses subtle palpitations and light pressure points of the cranium and sacrum to enhance the body's natural healing capabilities. Please wear loose-fitting clothing. *50 minutes*





Facials

We have selected the finest skin care products for Anazoe Spa's custom facials. All facials include thorough skin analysis, cleansing, masque and/or therapeutic treatment, massage, moisturizing and home care regimen. Please avoid direct sun exposure immediately after your facial.

Anazoe Deep Cleansing Facial

This purifying treatment for all skin types includes a gentle exfoliating peel to remove dull surface skin cells. It is followed by a luxurious facial massage and a deep-cleansing Anazoe masque and botanical extracts to rejuvenate and nourish the skin. A heated hand treatment completes the experience. *80 minutes*

Anazoe Herbal Facial

Suited for normal, dry and mature skin, this treatment utilizes herbs which work to relax, detoxify and soothe facial muscles while simultaneously hydrating and cleansing the skin. This treatment includes a gentle peel and a luxurious facial massage specifically chosen according to skin type. *50 minutes*

Gentleman's Facial

A deep cleansing, therapeutic facial designed specifically for the special skin care needs of men, including sensitivity and razor burn. Relaxes the skin as it refines pores. Includes a luxurious facial massage and deep-cleansing masque. *50 minutes*

Collagen Veil

This is a 100% pure native collagen sheet that is molded on the skin to provide optimum hydration.

Radiant Eyes & Smooth Lips

A healing and rejuvenating treatment for the delicate skin around the eyes and lips. Imparts moisture and nutrients while smoothing fine lines and reducing puffiness. Includes brow shaping.

Select facials listed may be upgraded with the following treatments. Upgrades are performed within the 50 - or 80 minute services.



Body Treatments

*Oleotherapy® Body Retreat**

Oleotherapy® is well-known for its powerful hydrating properties. The therapeutic assets of olive oil, lime blossom, sage, calendula flowers and rosemary remineralize, soothe, and rejuvenate dull skin. The wrap is applied full-body, including face application. *50 minutes*

*'All-Natural' Algae Wrap**

A slimming seaweed treatment, containing active Spirulina algae rich in antioxidants, essential vitamins, minerals and proteins to nourish and revitalize the body. The treatment includes a mild exfoliation. *80 minutes*

*Detoxifying Skin Indulgence with Algae**

The nourishing properties of organic seaweed help to relieve water retention and restore balance to the body. The treatment includes an anti-cellulite massage and Vichy shower. *80 minutes*

*Localized Detoxifying Skin Indulgence with Vinegar**

The use of apple cider vinegar helps reduce cellulite while minimizing the appearance of stretch marks. The natural minerals, vitamins, and enzymes, combined with unique acids, bind to toxins and help the body eliminate them more effectively. *50 minutes*



**Denotes heat treatments. Not recommended for guests who have heart conditions, high blood pressure, are sensitive to heat or are pregnant.*



Hand & Foot Care

Enjoy the Messinian lifestyle with well-groomed hands and feet. Our natural manicures and pedicures include nail and cuticle conditioning, nail shaping and polish application.

Manicures

Citrus Manicure 30 minutes

French Manicure 30 minutes

Oleotherapy® Manicure

(Including hydrating treatment, Anazoe moisturizer & manicure) 30 minutes

Shellac Manicure 60 minutes

Polish Change - hands or feet 10 minutes

French Polish Change - hands or feet 10 minutes

Gentleman's Manicure 30 minutes

Pedicures

Citrus-Mint Pedicure

(stimulating and refreshing, excellent for tired feet) 60 minutes

Chamomile - Clove Pedicure

(detox & relaxing, soothes sore muscles & joints) 60 minutes

Oleotherapy® Pedicure

(Including hydrating treatment, Anazoe moisturizer & pedicure) 60 minutes

Shellac Pedicure 80 minutes

Oleotherapy® Waxing

Lip, Brow or Chin

Half Leg or Arm

Bikini Line

Back or Chest

Underarm

Full Leg

Brazilian



Anazoe Babies, Kids & Teens

Offer your kids the healthful benefits of oleotherapy® with these therapies specially designed just for them! A parent or guardian must accompany children for the duration of their visit. Children over the age of 6 are welcome in the spa but must be accompanied by a parent or guardian for the duration of their visit.

However, children under the age of 12 are not allowed to use the private lounge areas, wet areas, fitness room or pool. Since Anazoe Spa is committed to providing a safe environment for everyone, minors (17 and under) who receive closed door treatments must have a parent or a guardian in the room for the duration of the service.

Anazoe Baby Massage

Research shows that with regular touch, babies cry less and sleep better. This massage can play a key role in circulation, digestion and growth. In addition, it can ease the symptoms of colds, colic and teething. *25 minutes*

Infant & Young Children Massage Workshop for Parents

Massage for infants and young children is an ancient tradition practiced on an almost daily basis in some countries. It is very important for parents to learn the baby massage routine and techniques from a qualified practitioner. Our experts focus on providing both physiological and emotional benefits for infants as well as a means of soothing and comforting that can be continued through their growing years. *50 minutes*





Oleotherapy® Kid's Massage

This light massage is a great introduction to massage for any young person. Therapists providing massage are gender specific. *25 or 50 minutes*

Oleotherapy® Kid's Facial

An enjoyable and enlightening primer for a lifetime of healthy skin. This facial includes a thorough cleansing and toning of the skin, a gentle mask and a facial massage. *25 minutes*

Oleotherapy® Teen Facial

Deep cleansing, toning, steam, mask, extractions and a facial massage all in one! Designed to accommodate all skin types. *50 minutes*

Kid's Foot Therapy

A citrus and honey version of our Oleotherapy® Pedicure. First, we soak the feet in a citrus and honey bath, then we trim nails and apply the Anazoe oleotherapy® moisturizer. The final touch is an application of polish. *25 minutes*

Kid's Hand Therapy

A citrus and honey version of our Oleotherapy® Manicure. First, we soak the hands in a citrus and honey bath, then we trim nails and apply the Anazoe oleotherapy® moisturizer. The final touch is an application of polish. *25 minutes*



Wellness & Exercise

Choose to exercise within the Anazoe facilities and continue the journey with our schedule of programs and classes. All Anazoe massage, body and skin care treatments include the use of the aqua pools and heat experience facilities on the day of your service.

Spa Recommendations & Spa Etiquette

Anazoe is a full-service spa facility. A robe, towel and slippers are provided, in addition to grooming and shower amenities. Guests are advised to bring a bathing suit to take full advantage of the facilities. Before visiting the spa, we recommend that you leave any valuables in a safety deposit box at the hotel reception. Out of consideration for other guests, we ask that cell phones be turned off while at the spa.

During your Stay

We have a wonderful selection of nutritional juices, which can be prepared for guests to enjoy after their treatments. Smoking is not permitted in the spa's indoor facilities at any time. The use of video and still cameras is strictly forbidden. The spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

Appointments & Check In

Guests are advised to arrive at least 30 minutes prior to their first appointment to allow themselves ample time to check in, change, and enjoy the spa's extensive facilities. Showering is also essential before any treatment, not least because the beneficial oils are best absorbed through clean skin. Out of consideration for all spa guests, late arrivals will not be given an extension of scheduled treatment times and the full cost of the treatment will be charged.





Personal Consultation

Before each treatment, guests are asked by our specialists to mention anything which they consider to be of special importance with regard to the booked treatment. Thus, the valuable treatment time can be ideally coordinated to satisfy the specific needs and priorities of each guest. During the treatment, please don't hesitate to communicate any feeling of unpleasantness or discomfort. Good communication is the key to a perfect treatment!

Opening Hours

Daily from 10:00 – 20:00.

Payment

All treatments will be charged to your room and will appear on the room account at the time of departure from the resort. Guests are welcome to pay by credit card or cash if preferred.

Cancellation Policy

As a courtesy to other guests and our therapists, any cancellations must be made at least 24 hours prior to appointment time. Appointments cancelled with less than 24 hours' notice will be billed 50% of the treatment cost. No shows or appointments cancelled with less than five hours' notice will be billed 100% of the treatment cost.

Age Requirement

The spa is appropriate for guests 17 years and older. Guests under 17 years of age must be accompanied by a parent or legal guardian in order to receive treatments.





ANAZOE

Costa Navarino



www.anazoespa.com

