

## Kinsterna Spa

The inspiration behind **Kinsterna Spa** derives from its central location within the historical mansion, which draws its mysterious energy from the eternal spring that flows secretly beneath the spa. Its minimalistic architecture reveals a mystical ambiance as the area unfolds, transitioning you from subdued lighting to a brilliantly sunlit area where you can indulge and unwind in the purifying Steam Room, the relaxing Herbal Steam Bath & Experience Showers, the Indoor Jacuzzi as well as the uniquely designed backyard with the Outdoor Jacuzzi.

Kinsterna Spa is your private sanctuary for relaxation and rejuvenation of your body and mind. We have redefined the relaxation concept through our unique holistic approach allowing you to realize internal harmonization enabling you to contact your inner power and approach your true nature.

Using Alqvimia and Omorovicza spa care products as well as locally harvested ingredients from our estate, our customized therapies restore the balance between body and spirit and offer you a real incomparable sense of a complete rejuvenation.



# Facilities

## MAGICAL AQUATIC WORLD / Duration: 60 minutes - 70 € per person

A complete relaxation journey, which includes the use of all Kinsterna Spa's hydrotherapy facilities, providing unique experiences of wellness and rejuvenation.

Commence with the Steam Room to stimulate your blood circulation, thus releasing toxins and improving your metabolism and oxygen absorption. Continue by indulging in the Experience Showers, adorned with a tropical rain experience and alternating colors. A delightful twist is provided through using the Ice Fountain which triggers anti-inflammatory benefits for your entire body, simultaneously releasing muscle tension and stiffness. Transition then to the Herbal Steam Bath where you can rest your body comfortably upon the heated stones and absorb the benefits of this rejuvenating heat therapy.

Complete your journey of tranquility with a soothing hydro massage in the Jacuzzi and enjoy refreshing detox drinks and fruits in the relaxation area.

*For 2 people - 100 € / for 3 people - 150 € / for 4 people - 200 €*

## STEAM ROOM / Duration: 30 minutes - 30 € per person

Experience absolute physical and emotional detoxification in our Ottoman-style steam room. Indulge in the misty atmosphere to purify your skin pores, free your body and senses, and experience smoother and wonderfully radiant complexion.

## INDOOR OR OUTDOOR JACUZZI / Duration: 30 minutes - 30 € per person

Resign yourself to the watery environment and enjoy the relaxing massage provided by the jetted airflow offering you both physical and mental rejuvenation. As the hot air bubbles engulf and caress your body, you will sense your inner power emerging and possibly guiding you toward the discovery of your true nature.

## Signature Treatments

With absolute respect to the environment, and our guests, we would like to inform you that we use biodegradable potato sheets in all signature wrapping treatments.

### THE SECRET OF OLIVE OIL ESSENCES / Duration: 90 minutes - 150 € per person

A holistic treatment for the body and face that will bring brightness and suppleness to your skin, leaving you feeling incredibly relaxed and invigorated. It commences with a full body exfoliation consisting of our secret recipe made of sugar, honey, honeycomb, citrus juices, and extra virgin olive oil, followed by a wrapping experience, and a relaxing foot massage. Your treatment is concluded with a facial ritual based on the natural ingredients of peach pits, grape seed oil, olive paste and natural clay, in combination with selected care products. While the facial mask is absorbed by and rejuvenating your skin, allow yourself to relish in our nourishing hair mask based on extra virgin olive oil.

### AFTER SUN TREATMENT / Duration: 60 minutes - 85 € per person

An explosion of freshness for your skin that will offer you deep hydration and nourishment. A grandma's recipe for the entire body, based on yoghurt honey, and banana to repair and revitalize your complexion which has been exposed to the sun.

## Seasonal Treatments

### GRAPE EXPECTATIONS / Duration: 60 minutes - 120 € per person / 90 minutes - 150 € per person

Enjoy this treatment during the summer months, when the vines of our mansion generously provide us with their fruits and offer your skin the gift of regaining its vitality, suppleness, and luminosity. Begin this pampering treatment with a full body exfoliation engulfed by the aromas of brown sugar, cinnamon, citrus juices, extra virgin olive oil and grapes, followed by wrapping in biodegradable potato sheet. Complete this purifying and nourishing ritual with an all-natural facial care, and an olive oil hair mask.

### REGENERATIVE POMEGRANATE / Duration: 60 minutes - 120 € per person / 90 minutes - 150 € per person

During the autumn months when our pomegranate trees bear fruit, you can have the opportunity to enjoy this treatment that will deeply nourish and hydrate your skin! Start with a full body exfoliation in the aromas of brown sugar, cinnamon, citrus juices, extra virgin olive oil, and pomegranate, followed by wrapping in biodegradable potato sheet. This holistic ritual is completed with an all-natural facial care, and an olive oil hair mask.

# Alqvimia Facial Treatments

For over 30 years ALQVIMIA uses high – quality, totally natural cosmetics that make full use of the beneficial properties of plants. ALQVIMIA products act in a holistic manner, aiding overall well-being, while allowing both inner and outer beauty to flourish.

## REJUVENATE FACIAL TREATMENT / Duration: 60 minutes - 95 € per person

An anti-ageing treatment that nourishes and repairs mature skin. Wrinkles and fine lines will appear visibly reduced while your face, neck and décolleté will regain vitality, suppleness, and luminosity. We thoroughly cleanse, exfoliate the skin, and proceed with an anti-aging facial massage. While the products are resting on the skin you are enjoying a scalp or hand and arm massage. Complete this ritual with an anti-aging mask and the application of the perfect facial care according to your skin's needs.

## NOURISH FACIAL TREATMENT / Duration: 60 minutes - 85 € per person

A bath of intense hydration for your face, neck and décolleté that will bring brightness and suppleness to your complexion. After we thoroughly cleanse and exfoliate the skin, you experience a nourishing facial massage that stimulates microcirculation, and sends away any kind of facial muscles tension. While the products are resting on the skin, you are enjoying either a scalp or hand and arm massage. Complete this ritual with a nourishing mask, and the application of the appropriate facial care that gives back to your complexion its lost luminosity and radiance.

## WHITE LIGHT TREATMENT / Duration: 60 minutes - 85 € per person

An anti-pollution treatment, for dull and tired-looking skin, to fight built up pollution of the atmosphere and harmonize the tone of the skin. It includes a cleansing and exfoliation routine to smooth and brighten skin's texture on the face, neck, and décolleté, followed by a stress-releasing facial massage with the most appropriate cream. The ritual is completed with an Active Charcoal Face Mask, while you are still enjoying a relaxing lower leg massage.

## MEN'S FACIAL TREATMENT / Duration: 60 minutes - 95 € per person

This treatment is a perfect solution for men's skin, to erase any signs of fatigue and ageing, while enhancing the natural radiance of the complexion. Skin is thoroughly cleansed and exfoliated. While we purify the skin with a mask, you are enjoying a relaxing cranial massage. Complete this experience with a nourishing facial massage that stimulates microcirculation, leaving you feeling incredibly invigorated. We are completing this treatment with the application of the ideal face care for your skin's condition.

# Alqvimia Body Rituals

Enjoy Alqvimia's body treatments made from raw materials that have been sourced from plants and minerals, they are free of artificial preservatives, synthetic components, and perfumes.

## BACK RELIEF / Duration: 60 minutes - 85 € per person

A purifying and nourishing treatment for the "restless" back area. Revitalizes the skin, releases muscle tension, and soothes aching joints. Deep cleansing and exfoliation, followed by a self-heating Thermal Clay Mask application, while we perform a lower leg and foot massage. The treatment is completed with, a back massage tailored to your specific needs to rejuvenate body and mind even further. For better results this treatment can be used after the Hammam or Sauna.

## COMFORT LEGS / Duration: 60 minutes - 85 € per person

A revitalizing treatment for heavy legs and tired feet to stimulate microcirculation spreading the feeling of lightness all over your body. It begins with a vigorous massage to tone the tissue, followed by a gentle exfoliation to help activate the circulation. Afterwards we apply a mask to relieve and soothe tight muscles. The experience is completed with a scalp massage leading to ultimate levels of relaxation.

## DEAD SEA SALT EXFOLIATION / Duration: 50 minutes - 85 € per person

A full-body exfoliation treatment to naturally cleanse the skin and effectively eliminate dead cells and impurities from the surface to provide a luminous, nurtured skin. This ritual will free your senses and allow your entire body to breathe.

## QUEEN OF EGYPT / Duration: 90 minutes - 170 € per person

This Beauty Ritual, performed with Dead Sea Salt and Mud, with exotic fragrances with subtle nuances of incense and myrrh, will rejuvenate your face and body, restoring its beauty and natural attractiveness, enhancing self-esteem and inner strength. The treatment seduces with the enigmatic aroma of the Queen of Egypt, inspired by Cleopatra, one of the most fascinating women in history.



# Omorovicza Treatments

The Omorovicza journey began over 2,000 years ago, when the healing properties of Hungary's thermal waters were discovered, and the first thermal baths were built.

The magic of the healing waters comes from their unique mix of minerals and trace elements.

The Healing Concentrate™, patented by Omorovicza, is the “secret ingredient” of its cosmetic line which ensures the absorption of the minerals deeper into the epidermis resulting in the absolute hydration of your skin.

## GOLD HYDRA LIFTING FACIAL / Duration: 60 minutes - 110 € per person

This strengthening and hydrating treatment starts with an application of Hungarian Moor mud enriched products to cleanse and exfoliate. During exfoliation, Refining Facial Polisher will efficiently remove dead skin cells and refine texture, a “combination” scrub with both lava stone particles as well as lactobionic and exotic fruit acids. A rose scented gold mask then deploys hyaluronic acid in three different forms to plump, nourish and soothe the skin, while bio-available gold repairs micro-damage to strengthen the skin. During mask application you are enjoying a full hand and arm exfoliation and massage. The traditional Hungarian facial massage lifts and firms. The appearance of fine lines and wrinkles is reduced, cell renewal is encouraged. A sprinkling of Gold Shimmer oil adds a subtle sparkle to arms and décolleté.

## GOLDEN BODY TREATMENT / Duration: 60 minutes - 160 € per person / 90 minutes - 210 € per person

Dazzling as it is, gold is a mineral with proven anti-inflammatory properties, it helps to heal the micro-damage inflicted daily, and to revitalize the skin. This treatment involves an invigorating full body exfoliation with a golden sugar scrub, to help improve circulation and remove dead skin cells followed by a soothing massage, with an oil redolent of ylang-ylang and enriched with gold particles. Guaranteed to leave the body softened, hydrated and radiant. Feel free to choose between a full body massage unlike any other massage you have experienced before or a thirty-minute invigorating back massage.



# Massage Treatments

Massage has a long history in many civilizations around the world, dating back thousands of years ago, when it was considered a sacred technique to relieve pain, prevent illnesses, and restore the psychosomatic balance. Massage therapy aims to nourish and rejuvenate the body systems, remove toxins, release muscle tension, reduce pain, and promote the sense of general well-being.

## CANDLE MASSAGE / Duration: 50 minutes - 95 € per person

Enjoy this Swedish massage perfect for unknotting your whole body, deeply nourishing your skin, and improving your posture, accompanied by the aromas of citrus fruit organic candles, to completely rejuvenate your body and mind.

## CALM MIND RETREAT / Duration: 50 minutes - 85 € per person / 70 minutes - 110 € per person

A relaxing massage with light to firm pressure that will stimulate every part of your body, alleviating muscle fatigue, and strengthening your "inner power".

## FIGHT THE STRESS / Duration: 60 minutes - 100 € per person / 90 minutes - 150 € per person

A deep tissue massage with firm, and slow strokes to target chronic pain symptoms, loosen tight muscles, and dissolve any signs of stress.

## BACK MASSAGE / Duration: 30 minutes - 60 € per person

A massage tailored to your specific needs for the waist, back, and nape muscles to reduce muscle tension, and boost the body's release of feel-good hormones..

## HEAD OR FOOT MASSAGE / Duration: 30 minutes - 60 € per person

A gentle massage to boost blood circulation and sooth your nervous system. An ideal ritual to ease the symptoms of headache, stimulate toxins removal, improve your sleep patterns while releasing the tension from all over your body.

## FOR MOTHERS TO BE / Duration: 50 minutes - 80 € per person

A calming and pampering experience which is the perfect way to ease tension, reduce stiffness, and improve sleep patterns, as you approach this important milestone in your life. This is an ideal treatment for mums-to-be who have completed their first trimester.

# Customised Services

CUSTOMISED SERVICE / Our experienced therapists are at your disposal to:

- To plan a Spachelor with you!
- To propose a personalized combination of treatments for special occasions such as birthdays, anniversaries, renewal of vows.

BEAUTY ESSENTIALS UPON REQUEST

- Manicure
- Pedicure
- Make-up
- Hair-cut or hairstyle services

## Kids Spa Menu\*

This is a magical journey for our little guests to explore the mesmerizing world of spa. Sharing unforgettable moments of relaxation with your kids is fantastic way to bond!

THE CARESS OF THE FAIRY / Duration: 30 minutes - 40 € per person

A nourishing and relaxing massage with sweet almond oil that will bestow physical and mental well-being to your little princess, and promote sweet dreams at night.

A JOURNEY TO THE WORLD OF KNIGHTS / Duration: 30 minutes - 40 € per person

This specially designed massage is the ideal choice for the little gentleman. It includes a soothing massage on the whole body, and stretching techniques to spread a revitalizing energy from head to toe.

HAPPY CHOCOLATE THERAPY / Duration: 30 minutes - 55 € per person

It is really fun to be covered with real chocolate, and enjoy a calming massage! This is the sweetest treatment to nourish and hydrate the skin of your little angel!

\* For children between 4 and 14 years old.



# How To Spa

## OPENING HOURS

10:00-20:00. Last appointment 19:00

## SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact our Spa Therapists (ext. 860) who will guide you to the right choice or the Reception (ext.9). To ensure your preferred time and service is available we kindly urge you to book your appointment prior to your arrival via email [spa@kinsternahotel.gr](mailto:spa@kinsternahotel.gr).

## ARRIVAL

To start your relaxing journey, please allow sufficient time before your treatment to complete a brief questionnaire. We recommend you arrive 10 minutes in advance of your treatment so that you may change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

## SPA ETIQUETTE

Rediscover inner calm and physical wellbeing by respecting our holistic philosophy which boasts an environment of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity and speak quietly. In light of this, the spa is a mobile phone, camera and smoke free zone. Showering before partaking in any hydrotherapy experience is strongly recommended. The use of sun care lotions while in our premises is forbidden.

## FACILITIES AND DRESS CODE

The following spa facilities are available: steam room, indoor and outdoor jacuzzi, ice fountain, experience showers, grooming services, relaxation area and changing facilities. Kinsterna Spa will provide towels, robes and slippers and any amenities required for use during your spa visit. You are kindly requested to make a separate reservation for any spa service. The spa accepts no responsibility for loss of valuables and jewelry at any time on the spa premises.

## CANCELLATION POLICY

In case you wish to cancel a session, please inform us 24 hours in advance. Otherwise, 100% charge will be incurred for any treatment cancelled less than 6 hours prior to your scheduled time as well as in no show-up. 50% charge will be incurred for any treatment cancelled up to 6 hours before the session. Late arrival will shorten your treatment time.