



euphoria

WELLNESS & BEAUTY TREATMENTS
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AVATON
LUXURY HOTEL & VILLAS
 RELAIS & CHATEAUX

Dear Valued Guest,

We would like to welcome you at Euphoria beauty & wellness facility of Avaton Luxury Villas Resort, a proud member of Relais & Châteaux. Through our carefully curated menu, we aim to offer you a personalized journey to revitalize and reconnect your body, mind and soul in the natural environment of Komitsa bay, protected by NATURA 2000. This journey takes place next to one of the most spiritual places on Earth, Holy Mount Athos, an UNESCO World Heritage Monument.

In our resort we try to enhance guests' experience through our wellness philosophy, L'art de Vivre (also called The Art of Living Well). This philosophy is based on four pillars: Eat well, Sleep well, Treat to Rejuvenate and Move in this blessed natural environment where the resort is located to maximize the results of your Avaton moments.

To fulfill our "Treat to Rejuvenate" pillar, we have joined forces with Sothys, one of the world's leading cosmetic brands. At Sothys, nature has always been the heart of its philosophy and its source of inspiration, while its experience and advanced research have produced scientific innovation that will effectively rejuvenate our guests and offer them a blissful feeling. All Sothys treatments are applied by our highly trained therapists who look, listen, feel and tune all of the treatments in to you personally.

Our secrets are hidden in the wealth of sea, the extracts of the plants and flowers around you and our expert techniques used in every session.

Enjoy your euphoric journey!



Face Treatments

▶ FACE HYDRATING TREATMENT

DURATION: 45 min | PRICE: 90€

After your suntan, a very light scrub will eliminate dead skin cells, refine skin texture and reawaken the skin. The hydrating ampoule and mask will “quench” and rebalance the thirst of your skin, offering the necessary moisture and radiance.

▶ YOUTH ANTI-AGE TREATMENT

DURATION: 75 min | PRICE: 140€

Up to 6 years off your skin after 3 treatments. If you are looking to visibly reduce your wrinkles and to correct the signs of ageing with an exceptional brightness, this skincare treatment will make you keep your age only to yourself.

▶ HIGH PROTECTION EYE TREATMENT

DURATION: 55 min | PRICE: 110€

A specifically designed treatment for the eye contour area, very efficient after lack of sleep, for tired and swollen eyes. This program will immediately diminish the signs of fatigue and ageing, combining a hand massage with icy modelling porcelain spoons. A unique experience for your eyes.



Body Treatments

▶ BACK AND SHOULDER RECOVERY

DURATION: 25 min | PRICE: 50€

A recovery massage that stimulates the flow of energy along the spine and strengthens the nervous system.

▶ HAIR SCALP MASSAGE

DURATION: 25 min | PRICE: 60€

Absolutely relaxing head massage including neck and shoulders using techniques with particular pressure points and shiatsu movements.

▶ MASSAGE OF THE POSTERIOR SIDE OF THE BODY

DURATION: 45 min | PRICE: 90€

A massage that focuses on the back and legs with stronger pressure, relieving muscular pain and tension.

▶ SLIMMING MASSAGE

DURATION: 45 min | PRICE: 90€

This treatment provides a concentrated anti-cellulite action. The toning massage helps eliminate cellulite and reduces the "orange-skin" effect. This treatment stimulates the microcirculation for a true sensation of lightness.

▶ HARMONY FULL BODY MASSAGE

DURATION: 55 min/85 min | PRICE: 90€/140€

A true source of stress relief, this enveloping and pampering massage soothes and relaxes the body for a moment of pure wellbeing with medium pressure. Tension is released and the skin is left nourished, deeply moisturized and incredibly soft.

▶ HOLISTIC THERAPEUTIC MASSAGE

DURATION: 60 min | PRICE: 110€

The term "holistic" derives from the ancient Greek word "holos", which means "whole". Holistic Massage allows the body's natural healing abilities to come forth and balance the entire body as a wholeness. Enjoy a combination of different techniques carefully tailored to your needs.

▶ HOT & COLD STONES MASSAGE

DURATION: 60 min | PRICE: 120€

To achieve the ultimate relaxation experience, we combine a luxury therapy with hot basalt and cold marble stones. How they work: The hot stones are a pain relief method, which at the same time soothes muscle tension. On the contrary, the cold stones detoxinate and heal in depth.



Body Treatments

▶ REFLEXOLOGY FOOT MASSAGE

DURATION: 40 min | PRICE: 70€

There are more than 7,000 nerve endings in each of your feet. So it's a good idea to give them the attention they deserve. This therapy uses gentle pressure, applied in particular areas of the feet, in order to unlock tension and stress.

▶ CUPPING THERAPEUTIC MASSAGE

DURATION: 45 min | PRICE: 90€

Cupping is a traditional time-honored treatment. A therapy method based on the power of suction. Loosens and lifts connective tissues and breaks up/drains stagnation while increasing blood and lymph flow, to skin and muscles.

▶ LYMPHATIC MASSAGE

DURATION: 50min | PRICE: 90€

An ideal treatment to stimulate circulation, eliminating toxins and reduce fluid retention through your body. This treatment is incredibly soft to the touch and uses gentle movements along the natural elimination pathways of your lymphatic system.

▶ MOTHER-TO-BE MASSAGE

DURATION: 60 min | PRICE: 100€

As an expecting mother advances in her pregnancy, hormones loosen ligaments, strain nerves, and cause muscle pain. Whether it's the beginning of your maternal journey or nearing the end of your pregnancy, this massage promises to be a blissful session.

▶ REJUVENATING BODY & FACE TREATMENT

DURATION: 55 min | PRICE: 110€

An anti-antiaging and hydrating massage that stimulates the blood flow to rejuvenate skin cells and release them from stress, tension and toxins.

▶ TONING SCRUB

DURATION: 45 min | PRICE: 80€

An invigorating toning scrub with a melt in texture enriched with lemon peels that will captivate your senses. The treatment is rounded off by the application of concentrated body milk which gives vitality and smoothness to the skin.



Packages

	3 DAYS PACKAGES (save 10%)	5 DAYS PACKAGES (save 12%)	7 DAYS PACKAGES (save 15%)
BALANCE YOUR MUSCULAR SYSTEM	2 x HolisticTherapeutic Massage (60')	2 x Holistic Therapeutic Massage (60')	3 x Holistic Therapeutic Massage (60')
	1 x Posterior Side of the Body (45')	2 x Posterior side of the Body (45')	2 x Posterior Side of the Body (45')
		1 x Hot & Cold Stones Massage (60')	2 x Hot & Cold Stones Massage (60')
	280€	460€	640€
BALANCE YOUR NERVOUS SYSTEM	1 x Reflexology (40')	2 x Harmony Full Body Massage (55')	3 x Harmony Full Body Massage (55')
	1 x Hot & Cold Stones Massage (60')	2 x Reflexology (40')	2 x Reflexology (40')
	1 x Harmony Full Body Massage (55')	1 x Hot & Cold Stones Massage (60')	2 x Hot & Cold Stones Massage (60')
	250€	390€	550€
BALANCE YOUR LYMPHATIC SYSTEM	2 x Lymphatic Massage (50')	3 x Lymphatic massage (50')	3 x Lymphatic massage (50')
	1 x Reflexology (40')	1 x Reflexology (40')	2 x Reflexology (40')
		1 x Hot & Cold Stones Massage (60')	2 x Hot & Cold Stones Massage (60')
	220€	400€	550€



Hand & Foot Care

▶ EXPRESS ESSIE NAIL POLISH

DURATION: 25 min | PRICE: 25€

▶ ESSIE MANICURE

DURATION: 45 min | PRICE: 45€

▶ ESSIE PEDICURE

DURATION: 45 min | PRICE: 45€

▶ HAND REVIVAL

DURATION: 25 min | PRICE: 40€

Release the tension from the hands and restore a noticeably younger, smoother appearance with this blissful combination of scrub, massage and hydration. A relaxing add-on to a manicure.

▶ FLAWLESS LIGHT FEET

DURATION: 25 min | PRICE: 40€

A relaxing and energizing treat for flawless feet, comprising a scrub to smooth, massage to stimulate and get rid of "heavy legs", and cream to soften. Perfect for jetlag to get vitality and lightness. A relaxing add-on to a pedicure.

essie®

▼ TREATMENT ROOM ETIQUETTE

- **RESERVATIONS:** For enquiries or reservations please contact the reception. Advance bookings are recommended to secure your preferred treatment time.
- **PRIOR TO ARRIVAL:** We recommend that you leave all jewelry and valuables in your room before coming to the treatment room. The resort will not be held responsible for valuables lost within the spa.
- **ARRIVAL:** Please arrive 10 minutes prior to your treatment in order to complete your health assessment form and take time to relax in the tranquil surroundings of our treatment room before your treatment in order to enjoy the full session time. Before your treatment please inform your therapist or the reception about any specific issues (e.g. pregnancy, allergies, blood pressure problems, recent surgeries, medication or pain and discomfort, etc.) or any other problems in order to best assist you. Use the treatment room and services only if not contraindicated by your doctor and only if your health conditions are good enough to take advantage of the treatment experience.
- **CONSULTATION:** Personal consultations are offered to determine your special skin needs and to allow us to design your treatment experience.
- **LATE ARRIVALS:** Out of respect for other guest's reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.
- **CANCELLATIONS:** Please allow 12 hours' notice on individual treatments and 24 hours' notice on treatment packages, otherwise 50 percent of the treatment PRICE will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.
- **DURING YOUR STAY:** In consideration of other guests, smoking and active mobile phones are not permitted in the treatment room. Our treatment room is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.
- **AFTER YOUR TREATMENT:** We recommend that you do not sunbathe after any massage, body treatment or facial treatments for at least six hours.
- **PAYMENT:** For hotel guests, all treatments can be charged to your guest room folio and will appear on your account at the time of departure from the hotel.
- **CHILDREN:** Young guests over 13 years old are welcome to enjoy a selection of treatments under the supervision of a guardian.
- **MASSAGES IN THE ROOM OR IN THE VILLA:** It is possible to request private massages in your room or in the Villa. For further information, please contact the reception.



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RELAIS & CHATEAUX

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