



THE SPA
AT
MANDARIN ORIENTAL
COSTA NAVARINO





The Spa at Mandarin Oriental, Costa Navarino set in serene natural surroundings, the resort is a perfect wellness destination with a world-class spa which features an indoor 25-metre swimming pool, that traverses from indoor to outdoor providing mesmerising bay views and extensive Heat and Water facilities including Olive View Sauna, Cold Plunge, Experience Showers, Foot Bath, and Mineral & Flower Steam Bath. Together with a range of bespoke treatments we deliver a holistic approach to the guest experience. Our Fitness and Wellness center offers modern strength training, and an outdoor movement studio all complete with healthy and rejuvenating Mediterranean cuisine.



ESSENCE OF COSTA NAVARINO

BOTANICAL RESCUE – COSTA NAVARINO

3 HOURS / 465 EUROS

This regenerating experience begins with a grounding meditation and restorative foot ritual immersed in the essences of orange flower and lemon. Followed by a rich and luxurious honey scrub combined with a Cretan Olive stone scrub to remove dehydrated skin. A full body massage using infused olive oil blended and locally sourced herbal poultices to release muscular pain and regenerate the body and mind. Your journey is then completed with a Vitamin C infused facial followed by a fresh lemon and orange beverage.

Includes:

- Foot Ritual
- Cretan Olive Stone Full Body Scrub
- Full body Massage using locally sourced herbal poultices.
- Efficacious natural Facial

NATURAL BALANCE – COSTA NAVARINO

2 HOURS / 430 EUROS

Inspired by the intoxicating yet calming scents of Greece, this Revitalising Facial offers the perfect balance between ingredient efficacy and gentle stimulation of the olfactory system. Harnessing the most luxurious products, all inspired by the essence of Greece, this sense-stimulating journey envelops your skin with lightweight textures and organic fragrances such as Eucalyptus, Mandarin, Orange, and Basil. While gloriously luxurious, results are also prioritised with ingredients such as Vitamins C and E, Hyaluronic Acid, Malachite, Salicylic Acid and Probiotics to ensure complexion concerns are individually treated, so not only are your body and mind refreshed and revitalised, but your skin is toned, lifted and more radiant.

- Foot Ritual
- Facial Treatment
- Indulgent head massage and hair treatment

SIGNATURE THERAPIES

Our holistic signature therapies are guided by our oriental heritage drawing from Traditional Chinese Medicine.

TIME RITUAL™

2 HOURS / 420 EUROS

Book a length of time and enjoy the most holistic experience possible, by allowing our therapists to utilise their individual talents to create and customise treatments to your unique individual needs.

INTELLIGENT MOVEMENT

1 HOUR 30 MINUTES / 270 EUROS

The Intelligent Movement Treatment has been designed to help guests improve their posture and mobility through trigger point release work, deep muscle manipulation, stretching and elongation of the muscles. This treatment helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body.

ORIENTAL QI

1 HOUR 30 MINUTES / 270 EUROS

A simple, effective and authentic spa experience. This relaxing, hands-on body massage ritual works on the energy of the meridians' using the benefits of essential oils.

INNER STRENGTH

1 HOUR 30 MINUTES / 270 EUROS

Using a blend of healing and balancing aromatherapy oils, this nurturing treatment uses massage to ease physical tension and emotional anxiety resulting from a traumatic experience or stressful time in one's life.

DIGITAL WELLNESS ESCAPE

1 HOUR 30 MINUTES / 270 EUROS

Concentrating on the head, eyes, neck, shoulders, hands and feet, this restorative treatment aims to ease stresses and strains resulting from the frequent use of digital devices.

ORIENTAL ESSENCE

1 HOUR 30 MINUTES / 270 EUROS

Using custom-blended oriental oils and movements inspired by traditional oriental therapies, this tension-busting massage treats the whole body. Focuses on the traditional stress-holding areas of the back, neck and shoulders.





FACIALS

CELESTIAL BLACK DIAMOND NON-SURGICAL LIFT FACIAL

1 HOUR 30 MINUTES / 295 EUROS

A luxurious experience that harnesses the power of 111SKIN's most potent collection – the Intensive Collection – to promote a youthful, sculpted appearance. This treatment includes a unique facial peel and uses products enriched with Retinol, Fine Diamond Particles, and our patented NAC Y²™ formula. With a combination of Wrinkle Minimising Wand movements and signature massage techniques, this facial ensures skin is fresh and taut, sculpting along the natural contours of the face for a truly lifted and youthful appearance.

THE SIGNATURE HARLEY STREET FACIAL

1 HOUR / 195 EUROS

A high-performance facial to deeply nourish and hydrate. Suitable for all skin types, its formulation is especially effective to calm and soothe damaged, inflamed, and irritated skin. Originally created by Dr Yannis Alexandrides to accelerate the post-surgery healing processes; this facial epitomises the best of 111SKIN's famed surgically inspired skincare. Harnessing the power of our exclusive NAC Y²™ complex to strengthen the epidermal barrier and prevent further inflammation, this facial magnifies the restorative effects of our Reparative Collection to enhance your skin.

SIGNATURE NUTRI GLOW FACIAL

1 HOUR 15 MINUTES / 240 EUROS

OSKIA's all-encompassing signature facial uses a combination of essential skin nutrients, bio-actives and modern & traditional glow-inducing techniques to illuminate the skin and leave face, body and mind feeling rejuvenated and skin immediately radiant. Natural Face Therapy and eye contour massage techniques, lymph drainage and acupressure lift, relax & contour the face while therapeutic head, hand and back massages are worked into the treatment to soothe residual tension.

REVITALISING SUPER C FACIAL (or 75 min with IZone Anti-Fatigue)

1 HOUR / 230 EUROS

Described as a non-surgical facelift, this ultra-hydrating, super-nutrient facial is designed to sculpt and provide immediate anti-ageing benefits. This treatment concentrates on reducing visible fine lines and lifting the contours of the face in the short term while also harnessing OSKIA's breakthrough biomimetic serum and smart Vitamin C to maintain a youthful complexion in the long term.

THE ULTIMATE WELLBEING FACIAL

1 HOUR 30 MINUTES / 270 EUROS

More than just a facial, Aromatherapy Associates pioneering treatment focuses on lowering stress levels in the body and encouraging full reset and repair for skin and mind. Scalp and face massage releases areas of tension, improving blood flow and activating pressure points to encourage lymphatic drainage and a gentle abdominal massage using warm oil supports top to toe physical and emotional wellness. Skin is twice cleansed and exfoliated using expertly formulated, high performance natural products that contain botanical actives. Serum, oil, and moisturiser are applied for optimum hydration, alongside a special massage and mask for tired eyes.





MASSAGE

RELAX & SLEEP

1 HOUR 30 MINUTES / 270 EUROS

The ultimate massage for your best night's sleep. Carefully applied pressures relieve key areas of tension, whilst our award-winning essential oil blend sedates, calms and grounds you to induce a serious state of relaxation.

HOT STONE

1 HOUR 30 MINUTES / 280 EUROS

This restorative massage uses heated stones combined with the grounding effects of our signature elemental earth oil flourish to regenerate energy and create a sense of balance. It also helps relieve deep-seated muscle tension.

FOREST THERAPY

1 HOUR 30 MINUTES / 270 EUROS

Bring the serenity of nature to your mind, body & skin. Forest Therapy's® unique essential oil blend & treatment massage will reinforce your intention to feel refreshed, tranquil & grounded. Commencing with a cleansing, guided inhalation & tension releasing massage, followed with a warm grounding mud mask to recharge through hands and feet. Finally, restoring tranquility to the mind with our expert facial cleanse, facial mask, and scalp massage.

THE VITALITY EXPERIENCE

1 HOUR 30 MINUTES / 270 EUROS

Inspired by the authentic aromas of Ancient Greece, this reviving massage uses medium pressure. and slow massages to cleanse and re-energise the body. Using oils infused with evocative, sweet Marjoram, zesty citrus and bold notes of Rosewood, this combination of essences promises relief from tension, headaches, body aches, jet lag, fatigue, and lethargy.

ROSE INDULGENCE MATERNITY MASSAGE

1 HOUR 30 MINUTES / 250 EUROS

This wonderful pregnancy massage uses the healing benefits of rose oil to balance hormones, calm emotions and rejuvenate the skin. Using techniques designed to improve lymphatic drainage and help reduce swelling and discomfort, the treatment is performed on a pregnancy comfort cushion, using only all-natural ingredients.

REVITALISE, SCULPT, RESTORE

1 HOUR 30 MINUTES / 295 EUROS

Opulent and indulgent, this powerful body treatment delivers dramatic results to shape, smooth and saturate the skin with nourishment. Through signature massage techniques and potent surgically inspired formulas, this treatment encourages lymphatic. drainage to tone and firm the skin. Expect a smoother, sculpted figure with age-defying results.





COUPLES EXPERIENCE

TIME TOGETHER

1 HOUR 30 MINUTES /
280 EUROS PER PERSON

Spend time with your loved one in a synchronised treatment together in our double treatment rooms that offer that special time together whilst unwinding. A sensational experience, The Luxury Face & Body Treatment combines our most luxurious radiance-boosting and anti-ageing facial techniques with the very best deep pressure massage to entirely renew your complexion and your sense of well-being.

INNER STRENGTH OUTER STRENGTH JOURNEYS

Prioritize your personal wellness and become stronger and more resilient with our Inner Strength – Outer Strength journeys. Focus on Inner Strength development by taking time for silence, contemplation, and mindfulness while building Outer Strength by boosting physical vitality through exercise, movement, and healthy nutrition. We offer curated journeys that renew energy and increase strength both physically and mentally.

MOVEMENT

3 HOURS 30 MINUTES / 430 EUROS

The perfect programme for an active person offering movement analysis, personal training and our signature body treatment designed to improve your posture and mobility.

- **Heat and Water Journey:** Sauna, Plunge Pool, Mineral Steam Room, Experience Showers. Our recommendation is to experience the journey post treatments. Recommended Duration: 30 minutes
- Movement Analysis & Body composition 1 hour
- Personal Training Session 1 hour
- Intelligent Movement 1 hour 30 minutes.

Why not enhance your experience

- Facial 1 hour
- Healthy Juice
- 2 course lunch

MINDFULNESS

3 HOURS / 420 EUROS

An introduction to meditation and other mindfulness practices combined with yoga and completed with a powerful massage to restore energy and rebalance the body and mind.

- **Heat and Water Journey:** Sauna, Mineral Steam Room, Cold Plunge, Floral Steam Room, Footbath. Our recommendation is to experience the journey post treatments. Recommended Duration: 45 minutes
- Yoga Session 1 hour
- Guided Meditation or introduction to breathe work training 1 hour
- Inner Strength Massage 1 hour

Why not enhance your experience

- Healthy Juice
- Guided nature mindful trail walk
- 2 Course lunch





VITALITY

2 HOURS 30 MINUTES / 370 EUROS

Develop personal vitality and take advantage of the natural environment on offer with the programme designed to reinvigorate the body and mind.

- **Heat and Water Journey:** Sauna, Cold Plunge, Floral Steam room; Experience Showers. Our recommendation is to experience the journey post treatments. Recommended Duration: 45 minutes
- Olive lined hill trail or guided walk 1 hour
- Kettle bell session 30 minutes
- The Vitality Experience Massage 1 hour

Why not enhance your experience

- *Revitalising Super C Facial*
- *Healthy Juice*
- *2 course lunch*

SLEEP

2 HOURS 30 MINUTES / 340 EUROS

A deeply relaxing and sleep enhancing journey and the perfect antidote to the stresses of modern life.

- **Heat and Water Journey:** Flower Steam room, Experience showers, Sauna. Our recommendation is to experience the journey post treatments. Recommended Duration: 30 minutes
- Relax & Sleep Massage 1 hour 30 minutes.
- Guided Breathe Work.

Why not enhance your experience

- *Ultimate Wellbeing Facial*
- *Lavender infused delights*

HEAT AND WATER EXPERIENCES

For our spa treatment booking guests you are encouraged to use these cooed facilities a minimum of sixty minutes prior to your scheduled treatments. The many benefits of heat and water experiences include:

- Assists in relieving stress and tension.
- Relaxes and relieves muscle tension.
- Increases the lymphatic and blood circulation.
- Stimulates the immune system.
- Promotes a feeling of well-being.
- Allows deeper penetration of both oils and creams in treatments.

To gain the most from your heat and water journey please ensure that before you commence your experience you are adequately hydrated.

START YOUR JOURNEY IN

1. FLOWER STEAM ROOM / 8 MINUTES

Our Flower Steam Room warms the body slowly and continuously, reaching the inner body whilst the aromatic flowers aid in relaxation and are known to release tension and relax the mind. Each day a variety of essential oils are used.

2. EXPERIENCE SHOWERS / 5 MINUTES

The Hydrotherapy Shower encompasses various water features including steam, cold, and water all of which are designed to relieve stress, pain, and reduce tension in the muscles and is highly beneficial for the rehabilitation after injury.

 Rehydrate with one of our infused waters.

3. MINERAL STEAM ROOM / 8 MINUTES


Enliven your senses as you breathe in the mineral-infused air and gently move into a state of relaxation as the mineral salts, lemongrass essence open and cleanse your pores. The mineral steam is an excellent way to clear congestion, improve joint stiffness and ideal for a workout recovery.





4. OLIVE VIEW SAUNA / 8 MINUTES

To relax both your body and mind then step into the sauna with aromatic herbs infused within the sauna. Saunas have been known throughout history to promote well-being and encourage the body's natural way to cleanse itself through perspiration. Designed to alleviate sore muscles, improve the health of the skin, and reduce stress.


 Rehydrate with one of our infused waters.

5. COLD PLUNGE / 1-3 MINUTES

Dip into the cold plunge for 1 minute and then gradually increase this to three minutes. The most important thing is to listen to your body. The benefit of a cold plunge is to help reduce inflammation and swelling. At the same time reduce stress and boost injury recovery.

6. FOOT BATH / 5 MINUTES

To sooth tired and aching feet

 Rehydrate with one of our infused waters.

TERMS & CONDITIONS

OPENING HOURS

Spa

Monday – Sunday 09:00am – 21:00pm

Indoor Pool

Monday – Sunday 09:00am – 21:00pm

Spa Treatments

Monday – Sunday 10:00am – 20:00pm

Heat & Water Experiences

Monday – Sunday 09:00am – 21:00pm

SPA ARRIVAL

We recommend that you check in at Spa Reception at least 45 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and gives you ample time to visit the spa's oasis of heat and water. Please understand that late arrivals will not receive an extension of scheduled treatments.

AGE REQUIREMENT

The minimum age requirement for access to the spa and fitness centre is 18.

CANCELLATION POLICY

Please allow 24 hours' notice of cancellation to avoid charges. Cancellations within 24 hours will incur 100% charge. A credit card number is required at the time of booking.

ADVANCED BOOKINGS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available. Please provide The Spa Concierge with valid credit card information and contact details to secure the reservation.

HOMECARE

To continue your spa regimen at home, all spa products used in the treatments are available in our spa boutique, including lifestyle items and souvenirs.

GIFT CARDS

Our gift cards are an ideal gift and are available online at <http://www.mandarinoriental.com/gift-cards>







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