



RIGAS

BOUTIQUE HOTEL & SPA

Let the sun..shine in

YOUR MIND & BODY

**SPA MENU**



You are at a place where infinite blue of Toronaios Bay meets the sacred rocks of Afitos and together they redefine the Seaview Spa experience. Aiming to offer its guests a nurturing wellness experience, Rigas Spa, powered by Hydraspa Wellness Artists embraces the notion of vitality and active living with an eclectic selection of comforting spa therapies and treatments designed to soothe the senses and balance the body, mind and soul.

# BODY & MIND TREATMENTS

## Lomi Lomi Nui

It was first practiced and taught by Shaman healers named Kahunas, in temple style of Hawaii. Metaphorically Lomi Lomi means "return to the source", it helps us to remember our true nature and the purpose we are here. The long, rhythmic, sweeping movements of Lomi Lomi Nui Massage, likened to the waves of the sea, clear and remove tensions from the body.

Duration: 45' | 55€ - couples: 100€

## Coco Silk by Hydraspa Wellness Artists

Silky skin with detox and reverse exfoliation from rice beans, coffee, coconut sugar and mango, massage with Organic coconut & pure silk oil ! After the treatment, we offer you the product to enjoy a mini spa experience at home!

Duration: 40' | 60€ - couples: 100€

## Hot Stones Massage

One of the most popular massage techniques in the world. Relax with the use of volcanic stones!

Duration: 30' | 55€ - couples: 100€

## Gold - Caviar & Amber Massage by Hydraspa Wellness Artists

Massage and exfoliation with gold 23 K, Amber & Caviar, for tightening, fat burning, cellulite treatment. It offers hydration, nourishment and restoration of damaged skin. The ancient secret of rejuvenation and beauty opens up to share with you.

Duration: 50' | 90€ - couples: 160€

## HEAD AND NECK MASSAGE

This holistic massage manipulates the soft tissues in the neck, shoulders and scalp, to alleviate physical and mental stress.

Duration: 25' | 35€ - couples: 60€

## DETOX MASSAGE & SPA

This detox massage, using suction cups on different body parts, is an effective technique for releasing blockages and eliminating stagnant energetic and lymphatic build-up. It's an invigorating technique to boost organ function, stimulate circulation and improve skin tone. It also helps reduce the appearance of cellulite. After the treatments a complete spa experience is waiting for you and a detox cocktail is served in the seaview jacuzzi!

Duration: 120' | 130€ - couples: 200€

## Spa Packages

Choose a package for you! We offer a wide range of spa packages to fulfill your desire to reward yourself, relax and enjoy

## DEEP TISSUE MASSAGE

A powerful massage using deep, penetrating strokes to effectively relieve tension in specific parts of the body. This technique is particularly effective for reducing muscle stiffness due to over-exertion, improving circulation and reducing fluid retention. Detoxifying essential oils support the potency of this treatment and recondition the skin

Duration: 45' | 55€ - couples: 100€

## Candle Ritual Couple Massage

One of the most famous techniques in the most luxurious Spas in the world. With the use of a special vegan soy wax we make our luxurius handcrafted candles!

Duration: 45' | 70€ - 120€ - couple

## HYDRATING LIFTING BODY & FACIAL

Highly recommended for dehydrated, sensitive skin and perfect after sun treatment. The Soin Lissant facial massage helps to stimulate the skin's natural defence system by working in harmony with the lymphatic and circulatory system. It's also an excellent anti-stress treatment that will leave your skin feeling reconditioned and glowing. Using organic natural and highly hydration peptides and ingredients.

Duration: 60' | 90€ - couples: 150€

## Bamboo Massage

A unique massage technique with the use of bamboo (hot or cold), which you need to try. It offers you instant rejuvenation.

Duration: 30' | 35€ - couples: 60€

## Foot Spa Massage

In the sole end up 7000 nerve endings. After a foot bath with organic herbal products, we offer you rest or toning throughout the body!

Duration: 30' | 35€ - couples: 60€

## SPA HOUR EXPERINCE + Detox Drink

A unique seaview spa experience! it's a must!

60€ / couple- 100€ 4 people group

## SPA MANICURE AND PEDICURE

Ask for the services!



You can add any treatment for 20€/15' and maximize your wellness experience!