Give us a call to make an appointment that fits your schedule!
Main Services

The treatments with Loutraki’s world famous thermal water, rejuvenate, relax and invigorate the muscles and soothe the body pains created by the sedentary lifestyle. The unique treatments and special Spa programs calm the spirit and eliminate the stress of everyday life.

<table>
<thead>
<tr>
<th>MAIN SERVICES</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pool Hydro massage</td>
<td>20’</td>
<td>9,00€</td>
</tr>
<tr>
<td>Bath Tub Hydro massage (from 1/6 till 31/10/2016)</td>
<td>20’</td>
<td>9,00€</td>
</tr>
<tr>
<td>Hydro massage in Individual Tub with Multiple Sprinklers – Caracalla (from 1/6 till 31/10/2016)</td>
<td>20’</td>
<td>11,00€</td>
</tr>
<tr>
<td>Sauna</td>
<td>30’</td>
<td>9,00€</td>
</tr>
<tr>
<td>Vapour Bath (Hamam)</td>
<td>30’</td>
<td>9,00€</td>
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</tbody>
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<table>
<thead>
<tr>
<th>SPECIAL OFFERS</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pool Hydro massage and Sauna</td>
<td>60’</td>
<td>15,00€</td>
</tr>
<tr>
<td>Pool Hydro massage and Vapour Bath (Hamam)</td>
<td>60’</td>
<td>15,00€</td>
</tr>
<tr>
<td>Pool Hydro massage – Sauna - Vapour Bath (Hamam)</td>
<td>90’</td>
<td>18,00€</td>
</tr>
</tbody>
</table>
Antistress Massage

Hydrotherapy in the ultramodern Pools, relaxes the body and prepares it to accept a beneficial massage.

Body Relaxing Massage

A full body relaxing massage is the ideal choice to discharge your body tension and remove the stress. This excellent session includes soft and slow moves over the soft tissues of the body, providing a total relaxation and rest. The relaxing massage will significantly improve the functions of the musculoskeletal, nervous and circulatory system, while offering deep relaxation, body and mind regeneration, rejuvenation and wellness.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Duration</th>
<th>Price</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>20’</td>
<td>30’</td>
<td>27€</td>
<td>30€</td>
</tr>
</tbody>
</table>

Body and face massage

An excellent session which is designed to offer you deep body relaxation and peace of mind. The massage which is applied all over the body, the legs, the arms, the back, the neck, is moving away the negative energy from the muscles, the tension is neutralized and the body is getting totally relaxed. The session is completed with a facial massage that will relax the facial muscles, providing full regeneration, revitalization and peace of mind.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Duration</th>
<th>Price</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>45’</td>
<td>50’</td>
<td>45€</td>
<td>50€</td>
</tr>
</tbody>
</table>

Give us a call to make an appointment that fits your schedule!
Making a massage regularly, will enhance your physical and mental health, which is the best way to face the stress of everyday life.

**Therapeutic Massage**

**Back Massage**

The back massage is the ideal solution to discharge your body from muscle aches and pains caused by the sedentary way of life, tension and stress. A back massage session will relieve the muscles’ pain, offering deep relaxation and energy.

**Thai foot Massage**

The Thai Foot Massage is a special massage technique which is applied on the soles and the tibia. It includes relaxation techniques and specific pressure on the energy points. It aims to gain the necessary balance on the body’s internal organs. It offers deep relaxation, wellness and rejuvenation.

**Indian Scalp Massage**

The Indian scalp, is a particular technique of massage, focuses on the scalp, the temples, the base of the occipital bone, in the area between the eyes. This technique, it uses relaxing and smooth moves and it is a wonderful therapeutic method which refreshes and helps the human to better respond to all physical, mental and emotional demands, that are created from the hectic pace and stress of daily life.

**Trigger Points Massage**

It’s a particular massage technique which disarms the pain! This special massage technique is used to face the painful muscle points (Trigger Points) and the muscle spasms. An intense pressure is exerted with the fingers to specific points of the muscle, which stop spasms or pain in the muscles. This is an excellent technique “deactivation” of pain, applied to the body with very positive results.

**Hot Stone Massage**

A unique treatment with hot volcanic stones which will loosen the muscles and boost the energy flow in the body. The hot stones are positioned at the chakras (energy centers of the body) while the temperature helps the muscles to relax faster than with a traditional massage. The hot stone Massage improves the blood circulation and the nervous system, while is relaxing for waist, back, neck.

For more information please go online to www.loutrakispa.gr
Body Wellness & Invigoration Treatments

The specialized Body Spa Treatments are using specific relaxation techniques, which offer psychical wellness and mental tranquility.

Essential Silt Therapy with mud from the Dead Sea

The essential silt therapy with mud from the dead sea, reliefs from the muscular pains, retains the skin fresh and it offers the feeling of a full rejuvenation, while improving the functions of the musculoskeletal, nervous and circulatory system. It’s also suggested for a range of dermatoses and skin diseases.

Chocolate Therapy

Chocolate therapy uses the beneficial qualities of the chocolate which are essential for beauty and wellness. The chocolate is spread all over the skin, while offering deep hydration, firming and shine. It is known that the sensation and the natural rich aroma of chocolate, brings a state of relaxation and wellness. The serotonin, the hormone which is released when we smell or eat chocolate, is known as the hormone of Happiness. The endorphins, “the molecules of happiness” give feelings similar to those we feel when we are in love, while stimulating the senses and release the tension.

Herbal Body Treatment

Exceptional cajoling which starts with Hydro massage in pools and a Hamam session. It follows a full body peeling with healing herbal extracts and oils and then the application of a nourishing cream-mask. The session is completed with a relaxing massage with refreshing olive oil, which is enriched with Rosemary extracts, Chios Mastic and Citrus fruits extracts. The Herbal Body Treatment, is especially designed to detoxify the body while offering a deep moisture and skin nourishment.
Body Wellness & Invigoration Treatments

The Spa treatments for man and woman, have been exclusively designed in order to meet the modern needs of the everyday way of life.

"Elektra" Body Cajoling for Women

Total luxurious cajoling which combines peeling removing the dead cells, while leaving the skin smooth and soft. It follows a Hydro massage in a individual tub with aromatic pearls, in order to stimulate the blood circulation and offer you deep relaxation and invigoration. The session is completed with massage with an aromatic cream, which hydrates, firms and rejuvenate the skin leaving it sparkling youth!

"Adonis" Body Cajoling for Men

Total luxurious cajoling which combines peeling removing the dead cells, while leaving the skin smooth and soft. It follows a Hydro massage in a individual tub, with aromatic pearls, in order to stimulate the blood circulation and offer you deep relaxation and invigoration. The session is completed with massage with aromatic cream, which hydrates, firms and rejuvenate the skin leaving it hydrated and sparkling youth!

Price 50€
Duration 90’

For more information please go online to www.loutrakispa.gr
Facial Treatments to Invigorate & Enhance your Complexion

Indulge in hands of our Spa specialists and select one or more of the unique skincare programs that we have designed exclusively for you, which will offer you beauty, radiance, hydration, firming and glow!

**Nutrition and Hydration Facial - Nourishing Therapy**

Choose this excellent moisturizing and nourishing facial treatment, that enhances the skin’s natural defenses, providing antioxidant protection. This precious treatment hydrates the skin in depth, spreading to all parts the moisturizing active ingredients, thereby is preventing the degradation of collagen and elastin.

**Price**

40 €

**Duration**

50'

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**Cell Rebuild Facial with a Diamond Mask (for Brides) - Aging Regulator Therapy**

This unique facial treatment with a Diamond Mask, is the favorite diamond treatment of the celebrities. The effect of diamonds embedded in this treatment, aims to offer direct radiance results, firming, hydration and youthful vitality to the skin. The active ingredients of the treatment restore the youth in the skin, making a “self-cleaning” of the cells. This is an innovative facial treatment which offers immediate spectacular results.

**Price**

60 €

**Duration**

50'

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**Facial Treatment with Hyaluronic Acid - Hyalouronic Therapy**

Hyaluronic acid offers a deep and lasting hydration to the skin, while is acting to inhibit the aging process. This special facial treatment helps in formation of new cells, while is fighting against the action of free radicals. This unique moisturizing treatment which is based on hyaluronic acid, deeply hydrates the tired skin and it gives the elasticity and firmness so that it needs. The treatment is especially suggested for dry and damaged skin.

**Price**

40 €

**Duration**

50'

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Give us a call to make an appointment that fits your schedule!
Facial Treatments to Invigorate & Enhance your Complexion

All our treatments are designed to provide to your skin tightening, real glow, firmness and youthful freshness.

Choco Face Dream - Choco Face Treatment

A unique - wonderful face care program, which will enhance the beauty and brilliance of your face, is designed exclusively for you! It’s a treatment of the senses that will give the skin holistic wellness and health. Recommended by the Healers for tired dull and sensitive skin, which will add sparkle, youthful freshness and vitality. The chocolate with the special ingredients which contains, stimulates the production of beta-endorphins, natural molecules wellness of the body and helps to maintain elasticity and cohesion of the skin.

Facial Regeneration and Photo Aging Treatment - DNA Repair Therapy

The excellent facial treatment DNA Repair, aims to provide all the ingredients which skin needs to function normally. This unique facial session is designed to offer regeneration results in a wide range of skin complaints, such as premature aging, photo aging and acne scars.

Face Firming Treatment with the Strength of Collagen - Lifting Therapy

Facial amazing treatment which is considered to be the alternative natural way of skin lifting. It offers an intense, immediate and visible lifting effect of the characteristics and the oval of the face. The lifting therapy provides immediate skin firming that lasts and maximizes the skin’s resistance to signs of fatigue.
One Day Wellness & Invigoration Sessions

The one-day packages have been created in order to combine the beneficial properties of thermal waters, with different techniques of Spa treatments.

<table>
<thead>
<tr>
<th>ONE DAY WELLNESS AND INVIGORATION SESSIONS</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pool Hydro massage – Relaxation Body Massage 20’</td>
<td>50’</td>
<td>32,00€</td>
</tr>
<tr>
<td>Pool Hydro massage - Sauna – Vapour Bath - Relaxation Body Massage 20’</td>
<td>110’</td>
<td>40,00€</td>
</tr>
<tr>
<td>Pool Hydro massage - Sauna or Vapour Bath - Body &amp; face Massage 50’</td>
<td>110’</td>
<td>60,00€</td>
</tr>
<tr>
<td>Pool Hydro massage – Body and face Massage 45’</td>
<td>75’</td>
<td>50,00€</td>
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</table>

Give us a call to make an appointment that fits your schedule!
One Day Wellness & Beauty Sessions

The purpose of beauty packages is to offer luxurious skincare, hydration, firming and glow.

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**Bride’s Royal Spa**

An excellent session for invigoration, wellness and beauty, designed and dedicated to you, for the most important event of your life! The session begins with a pool Hydro massage followed by Sauna and Vapour Bath. This will detoxify your organism and consequently you will feel relaxed. Then the hot chocolate body treatment will regenerate you and will help you eliminate the stress. Now you are ready for the exquisite cajoling designed only for you! An ideal invigorating and rejuvenating face cajoling with the special Diamond mask will endow your skin with freshness, elasticity, beauty and luminosity! Now you are glowing as you should be!

**Bachelor Party**

A wonderful and outstanding idea to organize your Bachelor Party in the Thermal Spa, full of relaxation and fun! Enjoy exceptional moments of wellness and rejuvenation with your friends, and add memories in your life, which will remain unforgettable!

**Spa for Couples**

"Always Happy Together"

This session aims to the couples who wish to share each other at every moment and cherish these feelings and experiences, forever! For both, we selected Sauna or Vapour bath for wellness & invigoration. It follows the luxurious session “ELEKTRA” for her and “ADONIS” for him, an exquisite body treatment, for deep relaxation and rejuvenation. The journal in the world of the senses does not end still: it continues with an Indian scalp massage for him and an excellent Vitamin E face treatment for deep hydration, beauty and glow, for her!

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Price: 110€
Duration: 3 hours
On request

Price: 130€
Duration: 2½ hours per person

For more information please go online to [www.loutrakispa.gr](http://www.loutrakispa.gr)
The specific Spa wellness programs are aimed at the ultimate rejuvenation of the organism.

### 6-Day Specialized Wellness, Relaxation & Invigoration Body Program

- **Day 1**: Pool Hydro massage, Scrub all over the body and 20’ Relaxation massage (T.D.: 60’)
- **DAY 2**: Pool Hydro massage, 30’ Trigger Points Massage (T.D.: 60’)
- **DAY 3**: Pool Hydro massage, Essential silt therapy with Natural Black Silt (T.D.: 50’)
- **DAY 4**: Pool Hydro massage, 45’ Hot Stone Massage (T.D.: 75’)
- **DAY 5**: Pool Hydro massage, 40’ Facial and Body Massage (T.D.: 70’)
- **DAY 6**: Pool Hydro massage, Sauna, Vapour Bath (Hamam), 45’ Chocolate Therapy (T.D.: 140’)

**Price**: 250 €
**Duration**: 6 days

### 6-Day Specialized Wellness, Relaxation & Invigoration Face and Body Program

- **Day 1**: Pool Hydro massage and 45’ Relaxation massage (T.D.: 75’)
- **DAY 2**: Pool Hydro massage and Vapour Bath, or Pool Hydro massage and Sauna and Facial treatment with hyaluronic acid - Hyaluronic therapy (T.D.: 110’)
- **DAY 3**: Pool Hydro massage, 20’ Relaxing body massage and 20’ Indian scalp massage (T.D.: 70’)
- **DAY 4**: Pool Hydro massage and 50’ DNA Repair facial Therapy (T.D.: 80’)
- **DAY 5**: Herbal Body Treatment (T.D.: 150’)
- **DAY 6**: Pool Hydro massage, Sauna and Face firming treatment with the strength of collagen - Lifting Therapy (T.D.: 110’)

**Price**: 300 €
**Duration**: 6 days

* T.D.: Treatment Duration

Give us a call to make an appointment that fits your schedule!
4 specialized therapeutic sessions treatments which are designed to relieve the symptoms of musculoskeletal, skin and other diseases.

"Asclipius"
**Specific 5 day sessions for skin complaints**
Day 1: Tub Hydro massage with thermal water, Mineral Silt Therapy (T.D.: 50’)
Day 2: Tub Hydro massage with thermal water, body massage (T.D.: 50’)
Day 3: Tub Hydro massage with thermal water, Mineral Silt Therapy (T.D.: 50’)
Day 4: Tub Hydro massage with thermal water, body massage (T.D.: 50’)
Day 5: Tub Hydro massage with thermal water, Mineral Silt Therapy and 20’ body relax massage (T.D.: 70’)

Price: 230€
Duration: 5 days

"Hippocrates"
**5 – day therapeutic sessions for arthitis**
Day 1: Pool Hydro massage with thermal water, Mineral Silt Therapy (T.D.: 50’)
Day 2: Pool Hydro massage with thermal water, sauna, vapour bath, full body massage (T.D.: 110’)
Day 3: Pool Hydro massage with thermal water, Mineral Silt Therapy (T.D.: 50’)
Day 4: Pool Hydro massage with thermal water, sauna, vapour bath, hot stone massage (T.D.: 140’)
Day 5: Pool Hydro massage with thermal water, Mineral Silt Therapy, body massage with ethereal oils (T.D.: 70’)

Price: 230€
Duration: 5 days

"Harmony"
**5-day therapeutic sessions for cervical syndrome, lumbago, sciatica**
Day 1: Pool Hydro massage with thermal water, sauna, vapour bath, Indian scalp massage (T.D.: 110’)
Day 2: Pool Hydro massage with thermal water, Mineral Silt Therapy (T.D.: 50’)
Day 3: Pool Hydro massage with thermal water, sauna, vapour bath, hot stone massage (T.D.: 140’)
Day 4: Pool Hydro massage with thermal water, sauna or vapour bath and Trigger Points massage (T.D.: 90’)
Day 5: Pool Hydro massage with thermal water, sauna, vapour bath, therapeutic back massage (T.D.: 110’)

Price: 230€
Duration: 5 days

"Nepheli"
**6-day therapeutic sessions against cellulite**
This special therapeutic program includes: Pool Hydro massage - Sauna or Vapour Bath and Therapeutic Program against cellulite. Duration: 2 hours/day.

Price: 330€
Duration: 6 days

For more information please go online to [www.loutrakispa.gr](http://www.loutrakispa.gr)
Give us a call to make an **appointment** that fits your schedule

LOUTRAKI THERMAL SPA CONTACT HOURS 11:00 – 19:00