



ELIXIR SPA

MELI PALACE

OUR PHILOSOPHY

The Elixir Spa of the Grecotel Group, inspired by the Minoan civilization, the oldest in Europe, offers an exquisite blend of relaxation, class and top service. Drawing inspiration from the ancient Greek alchemists, our methods embody the philosophy of longevity and personal exploration towards inner wellness: harmony of mind and spirit.

Elixir Spa provides highly curated menus and treatment protocols designed to offer unique pampering experiences, the result of three decades of empirical research and tangible exploration to achieve the ultimate balance of body and spirit.

The local tradition and the natural richness of the land invite you to immerse yourself in an oasis of tranquility and luxury that unites the timeless elements of earth, sun and water.

This trinity had profound significance for the ancient Greeks: not only was it vital to the practical aspects of life, but it was deeply rooted in their spiritual beliefs.

“Our greatest journey we make it with our soul” N. Kazantzakis





MASSAGES

MELI MASSAGE

Inspired by the grooming rituals of Classical beauties. This treatment consists of a full body massage, using techniques inspired by the calming influence of the sea's movement.

HEALING DESTRESS MASSAGE

Surrender to the soothing power of touch and sensation and let your body flow back into its natural rhythm.

The warm body massagers tools made of black obsidian glide effortlessly over your skin, releasing tension and offering a profound sense of relief. A botanical elixir of essential oils caresses your body, gently absorbing into the skin. The rhythmic, harmonious movements begin with the tools, then flow into the hands, delivering a wave of pure tranquility and awakening your senses to a new level of relaxation.

DEEP TISSUE MASSAGE

Relieves stress that causes muscle tension. This therapy rejuvenates the body by using deep pressure massage. Deep muscle group massage using fingers, fists, forearms & elbows. The result is complete rejuvenation, toning, and relaxation that also relieves pain, reduces stress and fights inflammation by improving posture and sleep quality.

SEA BREEZE AROMA MASSAGE

A lavish body massage using essential oils made from plant and herb extracts. The oils have either detoxifying, stimulating or relaxing properties chosen to suit individual needs. The aroma from the oils has a therapeutic effect, inducing a feeling of utter mind & body peace.

LYMPHATIC MASSAGE

A detoxifying treatment performed specifically on legs. It activates the circulation and the lymph glands flushing out excess liquids, making the muscle tissue firmer. Ideal for combatting cellulite and stimulating your blood flow systems.

CANDLELIGHT MASSAGE

Find your mind and body inner peace in a warm place, gently lit by the flame of a candle. The soothing scent and light shadows of creamy wax will lead you to a sensory journey: oils awaken your senses and deeply nourish your skin, enhancing the massage experience.



KIDS' MASSAGE

A unique treatment specially designed for children. Touch is a natural healing therapy. The Kids Massage is ideal for boys and girls aged 5 to 14 years. Natural hypoallergenic oil is applied with a gentle massage. The qualified therapists gently massage the muscles and joints (hands - back - legs - face - neck - scalp - hair).

MOM-TO-BE MASSAGE

Indulge in a caring touch which is in complete harmony with the very special period of your pregnancy. Mom To Be massage relieves the stressed zones and at the same time strengthens the blood circulation. The specialized, soft and nurturing handling of this technique offers a safe treatment that embraces your needs as well as your baby's.

ULTRA FACE & SCALP MASSAGE

This relaxing massage performed with essential oils on the pressure points of the neck, scalp, ears, and face concentrates on soothing away tiredness, stress, and excess tension. A wonderful treatment for headaches, stiff and tired muscles, as well as obtaining harmony, both body and mind.



FOR TWO

Surprise your partner with a signature treatment for two. Choose between our unique treatments according to your needs.

LOVE POTION

Succumb to the touch of romance and get into the mood for love. Share an unforgettable experience with your partner: on twin massage beds, enjoy a full body scrub, followed by a wash with warm towel. To close, indulge in a sensual relaxing partner massage with essential oils that the ancients believed had aphrodisiac effects.

PASSION RITUAL

The passion ritual for 2 combines the rejuvenating effect of fragrances with the wealth of aromatherapy and the caress of warm herbal extracts. Relax in the scent-laden atmosphere and bask in the pleasure of a warmed creamy wax film that nourishes the skin while a soothing massage helps the body eliminate tension.



BODY & SOUL ELIXIRS

Specially designed programs for a truly unique pampering experience in exclusive settings. They offer both ancient and modern techniques to relieve the body and feed the soul meticulously.

THALLASEA TREATMENT

Exfoliate with a refreshing scrub infused with local citrus fruits for a revitalizing Vitamin C experience. The lavish body massage that follows concentrates on soothing away tiredness, stress and alleviating tension, inducing a nascent uplifting sensation to the body and mind.

ANCIENT SPIRIT ELIXIR

A detox treatment which enhances metabolism. A light body scrub exfoliates and prepares the skin for a highly targeted lymphatic massage that follows and tones the blood circulation. Applying a mineral mask with dolomite argil rich in elements and vitamins which will detoxify and tone the skin.

ELIXIR MARINE RITUAL

A journey to the sea: a three-salt exfoliation, made of selected salt for their richness in minerals and trace elements release epidermis from dead cells. Followed by a remineralising seaweed wrap and a regenerating massage using bees- wax and essential oils.

LYMPHO-DRAINING LINE

Treatment indicated for all those suffering from circulation problems, liquid retention, edematous cellulite, tiredness and leg cramping. It helps to improve circulation and to avoid venodilation. Remineralises skin and tissues, while purifying, detoxifying and reducing volume.



SPECIAL THERAPIES

BACK RITUAL

A cleansing ritual combination of enveloping movements and the use of self-heating mud to relax the deep muscles and relieve joint tension. The self-heating oligo-active mud detoxifies the body and creates a profound feeling of relaxation in areas of muscle tension.

LIFTING HYALURONIC ACID

Regain your body's firmness and youth. Melting and fast absorbing lotion, capable of redefining your silhouette and toning your body. The combination of Jania Rubens coralline algae and sustained-release silicium with the power of hyaluronic acid and exclusive Massada extracts, such as orange blossom, make intelligent toning a real possibility. Discover how the Lift & Sculpt formula, which is highly effective against flaccidity, has a toning, lipolytic and draining triple effect, helping to sculpt your figure and return the natural elasticity and beauty to your skin.

RELIEF LIGHT LEGS

Refreshing notes of spearmint mingle with the velvet texture of sugar crystals to slowly stimulate the blood flow and offer a cooling sensation, as the body scrub smooths away dry, flaky skin. Potent red grape blends with local herbs in a rich in antioxidants gel mask that renews the skin. A pampering massage experience using the moisturizing properties of coconut oil to deeply hydrate. Finally, a calming yogurt powder mixed with the gel mask offers ultimate comfort for tired legs.

SUN-KISSED SKIN RITUAL

This after-sun body treatment soothes and refreshes the skin after sun exposure! A specific body wrap with hibiscus flower extract repairs the skin, and a complete body moisturizing massage soothes the sunburn. Intensely hydrated, the skin is soft, and the body is perfectly relaxed.

ADD ON

You can add any of the choices below to your selected treatment. Ask our specialist about personal recommendations!

BODY SCRUB

HAIR SPA BY MOROCCAN OIL



FACE

By Luxury Skin Care Products

MASSADA

Massada offers a wide range of natural cosmetics, the result of extensive experience in the beauty and integral health sector. The best raw materials are carefully selected in order to create cosmetics that treasure the wonders that nature offers. Exclusive formulas whose secret lies in the combination of the best natural ingredients, obtained through sustainable and respectful procedures, with the most cutting-edge biotechnological assets. The result of this union is unsurpassed: cosmetics that respond to the highest demands of skin care.

IMMACULATE SKIN

Treatment for skin with intensive hydration needs, that lacks elasticity and firmness due to the natural ageing process or extreme exposure to adverse external factors. The Massmed Antiaging Immaculate Skin line prevents the signs of ageing. It diminishes wrinkles and provides firmness, elasticity and hydration, achieving natural and immediate results.

LIFTING HYALURONIC ACID

The exclusive biotechnology active ingredient Hyaluronic Acid of different molecular weight is able to penetrate the skin layers and fill the interstices of the fibers with collagen, exerting a «molecular sponge» effect, retaining water and maintaining cellular hydration. It also effectively stimulates the synthesis of collagen and elastin, achieving smoother, younger and silkier skin.

BIOCELLULAR

An integral skin treatment especially designed for fighting signs of cellular aging. It combines the most sophisticated natural active ingredients with the ecological Massada TM Complex in order to achieve a visibly younger, more energised and deeply hydrated look.



primia
COSMETICI

The history of Primia, a family company, began in 1965 through who nourishing a strong attraction for the word of aesthetics, turned their passion into their business. In 2007 the Primia Cosmetici brand was founded, a dynamic brand, whose strong point are rigor, scientificity, effectiveness and safety of the products, innovation based on constant technological research and respect for the skin, always considering the characteristics of the individual to offer personalized and lasting results.

BIOTIKA TREATMENT

The microbiome is the identity of our skin and the microflora is the protective barrier. The active ingredients of the Biotika line are strictly of vegetable origin ideal for all skin types, even the most stressed and sensitive ones and especially for all ages. The ingredients of Vitamin E and Grape Stem cells from Italian Unripe Grape effectively counteracts free radicals by increasing the long-term antioxidant capacity of the skin, while Aloe Vera gel with calendula extracts make it perfectly for dry and sun-damaged skin because they offer active nourishment.

OXYREVITAGE AGE TREATMENT

Anti-wrinkle treatment for dry, tired and dehydrated skins. The proper combination of active retinol and vitamin C releases oxygen. The epidermis is rebuilt, bright, vigorous and protected from photoaging. An ideal treatment for the summer months.

DERMOSTAMINE TREATMENT

A Face treatment for those worried about age signs. It fights surface and deep wrinkles, helps to regenerate and regenerate skin cells through plant liposomes.

ADD ON

You can add any of the choices below to your selected treatment. Ask our specialist about personal recommendations!

COLLAGEN EYE PATCHES

FACE MASK

SALON TREATMENTS

- MANICURE
- LONG LASTING MANICURE
- PEDICURE
- LONG LASTING PEDICURE
- COLOR CHANGE
- LONG LASTING COLOR CHANGE
- LONG LASTING REMOVAL





DAY SPA RITUALS

BODY RELAX 2 HRS

- 60' Back Ritual
- 60' Candlelight massage

ESCAPE 3 HRS

- 20' Body Scrub
- 60' Candlelight massage
- 60' Facial Treatment

MEN'S GETAWAY 2 HRS

- 60' Deep Tissue
- 60' Facial treatments



MELI WELLNESS PACKAGES

WEEKEND SPA 2 DAYS

Day 1: 20' Body Scrub, 60' Meli Massage

Day 2: 60' Facial treatments

EXPRESS DETOX 3 DAYS

Day 1: 20' Body Scrub, 20' Seaweed Wrap, 60' Lymph massage

Day 2: 80' Ancient Spirit Elixir

Day 3: 80' Lifting Hyalouronic Acid

RELAX 4 DAYS

Day 1: 20' Body Scrub, 60' Meli Massage

Day 2: 60' Facial treatments

Day 3: 60' Candlelight, 20' Ultra face & Scalp Massage

Day 4: 80' Elixir Marine Ritual

SPA ETIQUETTE

OPENING HOURS

Spa: Daily | 10:30 - 19:00

Gym: Daily | 10:30 - 19:00

May this journey of rejuvenation and balance awaken your inner radiance, as you step into a state of complete harmony with yourself and the world around you.

SCHEDULING AN APPOINTMENT

Our expert guides are here to curate a personalized experience, designed to nourish, soothe, and uplift. To ensure an experience tailored to your every need, we invite you to book in advance, allowing us to craft the perfect moment of tranquility and rejuvenation just for you.

ARRIVAL TIME

To fully immerse yourself in the tranquility of your spa experience, we recommend arriving a little earlier to relax and transition into this peaceful space. Arriving 15-20 minutes prior to your appointment allows time for a gentle pre-treatment conversation with your therapist, ensuring your experience is perfectly attuned to your personal needs. For your comfort, a robe and slippers await you in your room, along with towels and an additional robe for use at the pool.

CANCELLATION POLICY

To honor the time and care dedicated to your experience, we kindly ask for at least 12 hours' notice for Signature Treatment cancellations, and 24 hours for medical or specialized therapies. Cancellations made after this time will be fully charged. In case of late arrival, your treatment may be adjusted to respect the next guest's appointment.

SPA FACILITIES

Our spa invites you into a world of calm, with relaxation lounges, private changing rooms, and select wellness areas extending beyond the main spa. Just beside the entrance, our open-air Therapy Pool offers a peaceful space to unwind with unobstructed views to the Temple of Poseidon. If you wish to enjoy it or any hydrotherapy rituals, please bring your swimwear. To ensure a serene experience for all, spa and pool access is reserved for guests aged 16 and above. Younger guests are invited to select special treatments from our Kids Menu for family wellness moments.

FITNESS AREA

Our Gym is located next to the Spa, with three pavilions tucked amid the pine forest. Fully equipped with strength, cardiovascular, and cross-training gear. Our coaches are available upon request for tailored personal training sessions, including yoga and mat Pilates. Children aged 12-16 may use the gym only when accompanied by a parent. Proper footwear is required to ensure your safety.

CHILDREN'S WELL-BEING

We are delighted to offer our younger guests, aged 5-16, the opportunity to enjoy specially tailored treatments, available upon request with the consent and presence of a guardian. To maintain a tranquil atmosphere for all, the spa's changing areas and relaxation zones are designed for guests aged 16 and above. We warmly encourage our younger visitors to enjoy the thoughtfully crafted, family-friendly wellness experiences offered.

HEALTH & WELLNESS CONSIDERATIONS

For a truly personalized experience, please inform us of any medical conditions, allergies, or injuries when booking. This allows us to tailor your treatment to your specific needs, ensuring a safe balance of body, mind, and spirit. We're here to support your wellness journey with care and expertise, any questions are happily welcome via WhatsApp, call, or at our Spa premises.

SPA ENVIRONMENT

As you immerse yourself in this peaceful sanctuary, we invite you to fully embrace the calm that surrounds you. To maintain a restful atmosphere for all guests, please keep mobile phones on silent mode, and kindly refrain from photography and smoking within the Spa premises. Your cooperation is greatly appreciated, ensuring that everyone can fully enjoy the serenity and rejuvenating energy of this special space. We sincerely thank you for your understanding.

VALUABLES

For your peace of mind, we kindly suggest keeping any valuables and jewellery secured in your in-room safe before visiting the spa. While we take great care in providing a welcoming and safe environment, the spa cannot assume responsibility for lost or misplaced personal items.

HOMECARE

Carry the essence of your wellness journey home with our exquisitely curated collection of spa and self-care treasures, available at the Spa Boutique. Thoughtfully designed in collaboration with our expert therapists, this collection brings together elevated wellness insights and holistic lifestyle guidance, graciously shared to help you nurture balance, vitality, and radiant well-being long after your visit.



PAYMENTS

For your ease and comfort, spa treatments may be effortlessly charged to your room or kindly settled at the spa reception. We graciously accept payments by credit card or in cash. All rates are inclusive of VAT and may be subject to slight adjustments.

GIFT VOUCHERS / WELLNESS TREASURES

Surprise someone special with a gift that soothes the soul. Ask our Wellness Spa team for more details on our exclusive gift vouchers, the perfect way to share the art of relaxation.

LOST & FOUND

Should you come across any item that doesn't belong to you in our Spa or Gym facilities, we gently ask that you bring it to the Hotel's Main Reception. This will ensure that the rightful owner can reclaim it with ease and peace of mind. Thank you for helping us maintain a thoughtful and caring environment for all.

PRICING & GRATUITY INFORMATION

All prices are listed in Euros (€) and may be subject to change. Gratuities are not included in our service rates but are always appreciated as a heartfelt expression of gratitude toward our devoted wellness team. To ensure gratuities reach our dedicated wellness team directly, we kindly recommend offering them in cash.

PRICE LIST

MASSAGES	Duration	Price
Meli Massage	60'	110€
Healing Massage	60'	120€
Deep Tissue Massage	30' / 60'	85€/135€
Sea Breeze Aroma Massage	30' / 50'	75€/95€
Lymphatic Massage	30' / 70€ & 60' / 100€	
Candlelight Massage	50'	105€
Kids' Massage	30' / 65€ & 50' / 90€	
Mom-To-Be Massage	45'	95€
Ultra Face & Scalp Massage	20'	60€
FOR TWO		
Love Potion	60'	210€
Passion Ritual	60'	220€
BODY & SOUL ELIXIRS		
Thallasea Treatment	60'	105€
Ancient Spirit Elixir	80'	120€
Elixir Marine Ritual	80'	115€
Lympho-Draining Line	80'	130€
ADD ON		
Body Scrub	20'	50€
Hair Spa By Ref	20'	60€
SPECIAL THERAPIES		
Back Ritual	60'	110€
Lifting Hyaluronic Acid	80'	120€
Relief Light Legs	40'	90€
Sun-Kissed Skin Ritual	30'	80€
FACIAL TREATMENTS		
Immaculate Skin	60'	130€
Lifting Hyaluronic Acid	80'	115€
Biocellular	60'	120€
Biotika Treatment	60'	120€
Oxyrevitage Age Treatment	60'	125€
Dermostamine Treatment	60'	130€
ADD ON		
Collagen Eye Patches		30€
Face Mask		20€

SALON TREATMENTS	Duration	Price
Manicure		40€
Long Lasting Manicure		50€
Spa Manicure		60€
Pedicure		60€
Long Lasting Pedicure		70€
Spa Pedicure		80€
Color Change		20€
Long Lasting Change		30€
Long Lasting Remover		15€
DAY SPA RITUALS		
Body Relax	2 Hrs	205 €
Escape	3 Hrs	250€
Men's Getaway	2 Hrs	€
MELI WELLNESS PACKAGES		
Weekend Spa	2 Days	250€
Express Detox	3 Days	375€
Relax	4 Days	470€



meli palace

GRECOTEL ALL INCLUSIVE RESORT