asian spa resort



### THE ASIAN SPA RESORT AT VEDEMA

### SPA ETIQUETTE

Although we avoid making rules, we would like to inform you of the following:

### **Punctuality**

Please arrive 10 minutes prior to your booking time. To gain maximum benefit from your treatment allow this extra time to relax, complete the health questionnaire and enjoy a complimentary cup of our freshly made signature drink.

In order to ensure guests are not kept waiting, treatments must finish at the allotted time. If you arrive late you may find your treatment time has to be reduced. If no guest is expected immediately after your booking you will be able to enjoy the full duration of your treatment.

#### **Mobile devices**

**Offline is a luxury!** Please ensure that mobile phones are switched off during your visit at the spa. Our environment is one of tranquillity and relaxation. Please respect all spa guests to their right to privacy and serenity.

#### Communication

Our spa professionals are always on hand to assist you in choosing the right treatment(s) based on your needs.

### **Attire / Nudity concerns**

Our goal is for you to be comfortable, thus you will never be asked to change in front of any of our staff. All rooms are private and you will be alone while changing. The therapist will always knock on the door before entering the room, and if you are not ready they will not enter. During the treatment, only the area being treated will be uncovered. Our staff is highly trained in "draping," which is the careful practice of covering all parts of the body not being touched.

### **Jewellery**

Please leave your jewellery and valuables in your room or safety deposit box.

### **Payment**

Payment for spa treatments will be billed to your room account.

### **Cancellation Policy**

You will be charged 50% of the treatment(s) cost if the appointment is cancelled less than 6 hours before the treatment(s) start time. If you fail to give us a cancellation notice, a 100% of the services booked will be charged. Should you like to contact us during non-working hours, please do by emailing us on: info@asianspa.gr

### **Face Essentials**

### **Hydration Burst**

For dry and dehydrated skin

#### 50 min - 75€

Ageing can delay to a great extent when we are consistent with our skin and eye hydration. This deeply nourishing facial contains avocado oil that comes with an abundance of vitamins and nutrients that are extremely beneficial for the skin. An effective way of helping our skin look clean, smooth and luminous.

### **Mattifying Facial**

For oily and problematic skin

#### 50 min - 80€

A skin repairing and purifying treatment that softens pore clogging congestion. Not only blemishes are diminished but overall skin quality, tone and smoothness are enhanced.

#### **Sun Cooler**

For sun exposed skin

#### 50 min - 85€

This treatment has been specifically designed to moisturize and protect sun-exposed skin including the eye area. Through the cooling and deeply hydrating properties of the aloe vera gel, it prevents skin damage due to burns, helps detoxify and improves the overall texture.

### **Express Face treat**

30 min - 45€

Reenergize before a night out with this quick protocol that aims to firm and brighten the skin!

# **Body Essentials**

### **Full Body**

### Vedema Signature Massage 50 min - 110€ / 80 min - 145€

The Vedema Signature massage is a fabulous, unforgettable experience. This simply luxurious treatment starts with a Thai massage, which soothes and invigorates the body, followed by the application of warm oil for deep relaxation. The therapist will improve your body's natural equilibrium, leaving you glowing and revitalized both inside and out.

### Grape Seed Oil Massage

#### 50 min - 100€ / 80 min - 135€

With the use of the deeply moisturizing grape seed oil, your therapist will use a range of gliding massage strokes, kneading and friction on the more superficial layers of muscles to stimulate circulation and soothe tensed muscles. You will feel your body extremely relaxed and your skin soft and silky.

### **Aromatherapy Massage**

#### 50 min - 105€ / 80 min - 140€

The ideal escape from every day stresses. This light-technique massage, reduces tired muscles, rejuvenates your system and balances your spirit. Choose from our selection of 4 aromatherapy essential oils designed to detox, relax, awake or repair to enhance your experience.

### **Avocado Sun Soothing Massage**

#### 50 min - 95€ / 80 min - 125€

With a delicate and pleasant fragrance this full body massage nourishes the skin after sun exposure, leaving it soft, supple and deeply hydrated. It contains a rich complex of minerals, avocado oil, chamomile, olive oil and Vitamins A & E.

### **Traditional Greek Massage**

### 50 min - 100€ / 80 min - 135€

Through this purely Greek massage, you will experience a combination of vigorous and gentle massage strokes with the use of traditional Greek olive oil. During this amazing treatment, your body receives a lot of activity, energy and a tremendous relief from stress, while your skin is deeply hydrated and nourished.

### **Sports Massage**

### 50 min - 100€ / 80 min - 135€

Sports massage is not exclusively for athletes, it will benefit anyone who takes exercise. Concentrating on muscle flexibility and improving blood circulation, it helps repair damage after injury and is also effective in preventing mishaps. Whether your idea of exercise is a rigorous gym workout or a gentle swim, this treatment will help you achieve your goal of getting, or staying, fit and healthy.

### **Hot Stone Ritual**

#### 80 min - 130€

Different sized volcanic basalt stones are heated in water and used by your therapist to massage you before being placed on key points of the body; transferring the earth's natural energy held in the stones for an immense feeling of wellbeing. The use of long sweeping strokes is key to this healing, full body treatment, which helps remove toxins from your muscles, relieve stress and promote deep relaxation.

### Targeted Treats

### **Back Rejuvenation**

#### 25 min - 45€

An invigorating massage that not only eases tense muscles and knots in the back, but also induces a sense of relaxation. The healing properties in its almond oil base make it the ideal treatment after a long day.

### **Head Massage**

#### 25 min - 45€

A head massage that balances the body, mind and spirit as it releases the muscle tension, improves the circulation of the blood and energy throughout the body, improves memory and promotes clean thinking.

#### **Head, Neck & Shoulders**

#### 25 min - 45€

This relaxing treatment is for anyone who needs a speedy relief from daily stress. Focusing specifically on the head, shoulder and neck areas you will soon feel relaxed, revived and ready to go.

# **Body Exfoliations**

#### **Volcanic Foot Scrub**

#### 25 min - 40€

Utilizing the effects of mineralizing salts and Santorini's volcanic pumice, this foot treatment nourishes rough skin and makes it healthier while it prevents cracks and foot dryness.

### **Brown Sugar And Vanilla Scrub**

#### 25 min - 45€

Using almond oil, vanilla extract and unrefined sugar as the key ingredients, this body scrub is a successful recipe for exfoliating and hydrating the skin. The result is a healthy shine that looks good and feels great.

# **Body Envelopments**

# Mud With Carrot & Sea Buckthorn Wrap 25 min - 45€

An ideal combination of natural ingredients that are known for their invigorating, detoxifying and healing effects. Carrot and sea buckthorn have amazing skin restorative properties while the Dead Sea mud minerals are a 'gift' for a healthier and better feeling and looking skin.

### Aloe Vera Body Cooling Wrap 25 min - 45€

Specifically designed to restore sun damaged skin, this treatment gently soothes the skin tissue, calming any irritation. The cooling aloe vera gel is applied around the body to form a moisturizing layer, which is then wrapped to allow the treatment to permeate the skin and restore balance.

# Experiences

### 'Sun Prep'

### **Brown Sugar And Vanilla Scrub - 25 min**

The ideal recipe for exfoliating and hydrating the skin. The result is a healthy shine that looks and feels great.

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### **Enhance Your Tan Massage - 50 min**

This massage, not only soothes and invigorates the body in depth, but also enhances and accelerates the tanning procedure, helping the skin to get a darker hue, through the application of a special herbal oil.

Package Price: 120€

### 'Sun Relieving Ritual'

### Full Body Avocado Sun Soothing Massage - 50 min

Nourishes the skin after sun exposure, leaving it soft, supple and deeply hydrated.

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### **Express Post Sun Face Treatment - 25 min**

Through the hydrating properties of the aloe vera gel, this face treat prevents skin damage due to burns.

Package Price: 120€

### Vedema Spa & Dine Package For Two

### Grape Seed Oil Massage 50 min x 2

With the use of the deeply moisturizing grape seed oil, this treatment stimulates circulation and soothes tensed muscles.

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Dinner at the 'Alati' restaurant (19:00-23:30)

A 3-course dinner for two at Vedema Resort's signature restaurant, 'Alati' (excluding beverages)

Package Price: 260€



COLLECTION

# Asian Spa Resort at Vedema

Megalohori 84700, Santorini, Greece

**tel:** (+30) 22860 81796, **fax:** (+30) 22860 81798 **e-mail:** vedema@asianspa.gr, info@vedema.gr

www.asianspa.gr www.vedema.gr