

GRACE

MYKONOS

SPA TREATMENTS

The art of relaxation,
perfected by Grace.

MASSAGE TREATMENTS

SIGNATURE EXPERIENCE

30min/70€ | 60min/120€ | 90min/160€

A customized massage addressed to your specific needs where the spa therapist utilizes a variety techniques of Swedish, Aromatherapy, Deep Tissue and Balinese massage to result in a deep sense of wellbeing and feeling of tranquility.

HIPPOCRATES ANCIENT GREEK

60min/130€ | 90min/170

An ancient Greek massage based on Hippocrates method "ANATRIPSIS" which was applied at Asclepeion healing temples in different parts of Greece. A specific massage that relieves pain and stress symptoms, inducing deep relaxation, bringing balance to energy body centers, mind and emotions.

CBD

30min/70€ | 60min/120€ | 90min/160€

A signature massage with CBD infused oils which have the benefits of the cannabis plant. This treatment melts tension and helps alleviate pain to relax the muscles.

DEEP TISSUE

50min/120€ | 90min/170€

Ideal for chronic aches and pains and contracted areas such as leg muscle tightness, sore shoulders, lower back pain, a stiff neck and a stiff upper back. Deep tissue massage involves slower movements, deeper pressure and a focus on areas of tension and pain in order to reach the sublayer of muscles and the connective tissue surrounding muscles.

TRANQUIL

30min/70€ | 60min/120€ | 90min/160€

It is based on the Western concepts of anatomy and physiology and the five main techniques used in Swedish massage-stroking and gliding;kneading; rubbing;tapping or pounding;vibration-are designed to improve blood circulation, soothe the muscles, reduce tension and mental fatigue resulting in a feeling of total relaxation.

MASSAGE TREATMENTS

BALINESE

60min/120€ | 90min/160€

A holistic full body treatment combined with the aromas of essential oils where gentle stretches, acupressure, reflexology and aromatherapy stimulate the flow of blood, oxygen and energy throughout the body and bring a sense of wellbeing, calmness and deep relaxation.

FOOT CARE

30min/70€ | 60min/120€

A natural technique that focuses on the feet reflex points to relieve tension and restore the flow of body energy.

PAIN RELIEF

30min/70€ | 60min/120€

Ideal for chronic aches and pains and contracted areas such as leg muscle tightness, sore shoulders, low back pain and stiff neck and upper back. A deep tissue massage where the movement is slower and the pressure is deeper and focuses on areas of tension and pain in order to reach the sub-layer of muscles and the connective tissue surrounding muscles.

JAVA HOT STONE

60min/120€ | 90min/160€

Heated, smooth and flat basalt stones are placed on the body by the spa therapist who also uses them as an extension of her hands to massage along the body's energy channels. The heat of the stones warm and relax the tight muscles which allows the therapist to apply deeper pressure. Indulge an ancient healing treatment in pure luxury.

FACIAL TREATMENTS

GLOWING JEWEL OF MYKONOS

75min/150€

This restorative facial care draws on unique plant extracts to rejuvenate the skin. Lymphatic drainage techniques and a powerful mask encourage toxin release, increase blood supply, and boost collagen production at a cellular level. Skin tone is brightened and muscle contraction is inhibited, softening fine lines and wrinkles.

AFTER SUN TREATMENT FACE & BODY REPAIRING

30min/70€ | 60min/120€

An ideal treatment for sunburned and dehydrated skin, especially after too much exposure in the sun result to a red, itchy, burning skin. A soothing mask will be applied all over your body to elevate the moisture of your skin, soothe and calm the redness. At the same time calming, refreshing and moisturizing products are applied to your face so that to give your skin comfort and elasticity and to balance the levels of the moisture

SILK COCOON FACIAL TREATMENT

60min/120€

An ancient facial beauty treatment that has been used in China since 2000B.C. Silk cocoons contain sericin proteins and about 18 types of antioxidizing amino acids that are released when gently massaged over face. The facial increases skin elasticity, moisturizes chapped skin, reduces wrinkling, and alleviates UV damage.

EYE CARE TREATMENT

30min/70€

This eye treatment boosts the circulation around the eye area and eliminates dark circles and puffiness.

BODY TREATMENTS

THALASSO SCRUB SEA SALT

30min/70€

Enjoy a stimulating body scrub based on sea salt detoxifying and smoothing your skin.

SWEET SUGAR BODY SCRUB

30min/70€

A delicious body scrub leaving your skin feeling like silk with an exotic scent of lime and ginger.

BODY CONTOUR SPA

120min/200€

An authentic treatment created from well-blended rice extract and lemon oil, known to combat cellulite, refined with patchouli oil to stimulate skin cell regeneration.

OPENING HOURS: 11:00–20:00.

Appointments must be booked at least 24 hours in advance to ensure availability.

To book, please visit our front desk office or contact us at front.office@gracemykonos.com

To make the most of your experience, we suggest you arrive 10 minutes before your scheduled appointment time.

PRICES INCLUDE TAXES & VAT.

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