

PURE BLUE SPA



THE ROYAL BLUE
RESORT & SPA CRETE



PURE INGREDIENTS ON GLOBAL & LOCAL INSPIRED SPA TREATMENTS

The perfect combination to touch the body, heal the mind and calm the spirit.

PURE BLUE SPA

We invite you to discover our spa facilities and services

ESCAPE TO A WORLD OF SERENITY AND HARMONY....

The Pure Blue Spa, centrally located at the hotel THE ROYAL BLUE,
is the ultimate place to relax the mind, renew the body and revive the soul.

With the power of the Mediterranean Sea, the source of life and healing, we offer you a diverse range of global
and ancient treatments to suit all your needs.

Our team of professional therapists will help you to find the most suitable spa therapies by using
high quality products and all the pure elements from the sea.
Calming your senses through the world of tranquility, in the Pure Blue Spa.

WET AREA

Use of Sauna, Steam room and Thalassotherapy [50 min. 45€]

Thalassotherapy [25 min. 30€]

Children under 16 years are welcome between 10:30 – 13:30h [25 min. 15€]

"Sanus per Aquam"

The term "SPA" is a shortening of the Latin expression "sanus per aquam", which means "healthy by water".
Thalassotherapy can prove beneficial in diseases of the cardiovascular system, respiratory problems
and dermatological conditions such as psoriasis and eczema.

Relaxation, pain relief, improvement of physical health and mental wellbeing are just some of the benefits
of thalassotherapy. Combined with the use of Dry Sauna and Steam Room will strength the immune system
through detoxification of the body and to get renewed and radiant skin.

MASSAGES – TREATMENTS

The Royal Blue Touch

HARMONIA BODY & MIND BALANCING

This Medium pressure anti-stress massage is one of the most effective methods used to prevent stress-related problems in your body.

The massage is performed with slow and rhythmic strokes following the full body line. Special almond and olive massage oil; helps to nourish and reduce all the tension in your body.

[50 min. 90€]

[90 min. 130€]

CANDLE AROMATHERAPY MYSTIFYING MASSAGE

Indulge your senses in a mystifying massage ritual that will entice your mind, body and soul. Lay back and unwind while the heated solid waxes slowly turn into liquid oil, as the mesmerizing flame gently burns the candle.

An outstanding, sacramental experience of aromatherapy, relaxation and rejuvenation that promotes bliss, balance and well-being.

[50 min. 95€]

[90 min. 135€]

ANCIENT EGYPTIAN ROYAL EXPERIENCE

Inspired by ancient texts and epigraphs, this medium pressure massage is combined with foot & leg massage for a total experience. In ancient times, it was a ritual reserved only for the Egyptian Royals to create a feeling of total relaxation and contentment.

[50 min. 90€]

[90 min. 130€]

ANCIENT GREEK OLYMPIAN ATHLETIC MASSAGE

Based on saved text of Hippocrates this traditional therapeutic massage provides unique deep pressure manipulations which were applied in wrestling schools in ancient Greece, in gyms by "pedotrives" (therapists in ancient Greek Olympic games) and to patients in "Asklepieia" that operated as healing centers. A signature deep massage is appealed to anyone who desires to revitalize body and soul, to be lightened and to give himself a journey back to ancient Greece.

[50 min. 95€]

[90 min. 135€]

ROYAL BLUE WORLD SIGNATURE TREATMENT

A unique combination of different techniques of body massages including Ancient Greek, Ancient Egyptian, Indian, Harmonia and reflexology. A massage for connoisseurs, provides techniques from all over the world to succeed the most effective benefits to your body. Suggested for experienced people but it can also be ideal for non-experienced by asking only medium pressures techniques in order to feel all these different and unique manipulations.

[50 min. 90€]

[90 min. 130€]

MOTHER TO BE MASSAGE

A soft pressure massage with a specific technique to aid and comfort pregnant women with back pain and heavy legs. This treatment focuses on the special needs of the mother-to-be as her body goes through the changes of pregnancy.

[50 min. 90€]

SLIMMING / ANTI-CELLULITE

A great way to help reduce cellulite and promote fat reduction. This treatment help loosen fatty tissues which have accumulated under the skin and also to help visibly smooth out the surface of the skin. Combined with detox-slimming wrap for maximum effects.

[75 min. 115€]

SOOTHING FOOT & LEG MASSAGE

This soothing and restorative pressure point foot massage works wonders on heavy legs and feet. It focuses on stimulating organ function, encouraging drainage, enhancing flexibility and mobility, whilst also soothing the solar plexus to help calm. At the end of the treatment, you'll feel like you are walking on air.

[45 min. 80€]

SHORT DURATION CHOICE PART MASSAGE

A short session massage, focusing on body parts with accumulated tensions like: head & shoulders, face & scalp, back or feet massage.
Great for those who have limited time or hold all their stress in these specific areas.

[30 min. 55€]



THE ROYAL BLUE RITUAL

MINOAN PRINCE & PRINCESS

Nourishing & Hydrating Face & Body Treatment.

Let us make you feel like a real Prince or Princess. Indulge in the genuine earthy notes of Greece, luxuriate in the benefits of rare herbs, relax in the velvet textures that cover your skin, as each and every step of this treatment imbue your senses in a world of opulence. The treatment includes an exfoliation with olive and roses, followed by the application of a rich body mask, containing a refreshing cocktail rich in organic honey, which contributes to the hydration, regeneration and tightening of the skin. The relaxing head to toe massage with warm pouches that complements the treatment with aromas of clary sage, honey and rosemary, literally endows an experience designed for royals.

Key Elements: Welcome Touch, Face & Body Scrub, Face & Body Mask, Face Massage & Full Body Massage with warm Herbal Pouches, Final Skincare.

[120 min. 180€]

*Ideal for couples

ADD ONS

RADIANCE FACE

A short duration treatment, comprises of cleansing, exfoliation, and application of a mask, toner, and moisturizer. Purifies the surface by removing toxins caused by dirt and pollution, removes a dead coat that clogs the pores and scrubs the skin for a brighter appearance.

[30min. 50€]

OLIVE OIL & SALT LOCAL CRETAN SCRUB

The combination of salt and local olive oil creates a superb exfoliation leaving your skin renewed and glowing. The salt stimulates and lifts dead skin cells while the antioxidants of the olive oil penetrate deeply to naturally provide anti-ageing benefits.

[30 min. 50€]

DETOX BODY WRAP MASK

Rejuvenate each and every part of your body with a thoroughly cleansing and detoxifying body mask, imbued with basil and lemongrass that purify, hydrate and detoxify.

[30 min. 50€]

LEGS CRYO-THERAPY

A lymphatic massage with the gel mask imbued with Aloe and menthol, offers absolute relaxation to the tired legs, as the red grape gel, rich in antioxidants, nourishes and renews the skin. Finally, a calming yogurt powder mixed with the red grape gel, offers ultimate comfort for tired legs, while your skin feels soft and supple.

[30 min. 50€]

SALT CAVE EXPERIENCE

In our Salt Cave you will totally relax and inhale the dry salt-enriched air deep down into their lungs which clean, promote better breathing, healthier skin, good sleep, improve physical fitness and overall wellness.

[25 min. 30€]

SPECIAL OFFER

Book 3 Massages and get a complimentary one of your choice with the same duration.

REMARKS:

- a) Treatments should be paid in advance
- b) the cost of the gift is calculated from the average prices of the previous treatments
- c) valid per person

COUPLES BLUE RITUALS

COUPLES' RELAX & BEAUTY MOMENTS

30 minutes private use of double cabin with Sauna, Candle massage, mini facial

Begin your journey with the private use of the double cabin with sauna and combine your relaxing moments with two glasses of prosecco and dry fruits. It will relax, soothe and melt your tension away. This ritual will prepare you to fully embrace the benefits of the romantic full body aromatic Candle massage following by a Mini Facial total care by Ariadne.

[120 min. 260€]

COUPLES' DETOX & RELAX DAY

30 minutes private use of double cabin with Steam room, salt room, body scrub, candle massage

Take your private moments with the use of the double cabin with the steam room and the Salt room to fully detoxify your body follows with a Black Sand Scrub or Olive Oil & Salt Scrub to clean, soften & smooth the skin. The couple ritual ends with the romantic full body aromatic Candle massage, for an unforgettable experience.

[120 min. 290€]

COUPLES' ROYAL RITUAL

Salt room, private use of double cabin with Sauna or Steam room, body scrub, Candle massage, Mini facial

This luxury package for couples' celebrations includes the 30-minute private use of the salt room and Sauna or Steam room combined with 2 glasses of Prosecco and dry fruits. Followed by a full body 50 minutes Candle massage for two, for an aromatherapy relaxing experience.

[150 min. 340€]

The ritual ends with a 20 minutes Mini facial hydration treatment by Ariadne based on guests needs, for an absolute holistic pampering.

FACIAL BEAUTY TREATMENTS

DEEP CLEANSING TREATMENT

[75 min. 120€]

Facial deep cleansing with the use of the steam, opens up your pores and softens blackheads, making them easier to remove. A special detox treatment with the care of our cosmetics for every type of skin. An enzymic Peeling for exfoliation and a moisturizing - soothing mask keeps your skin looking radiant and healthy.

SOOTHING FACIAL

[50 min. 90€]

The ultimate after-sun care for your skin. This treatment embodies the refreshing properties of sea water drops and the calming benefits of acorn flour, combined to help restore skin's moisture. Inflammation and skin-irritation are minimized, offering a unique sense of relief after sun exposure. On one hand, Greek yogurt offers a healing and regenerating action and on the other, water lily combined with aloe helps improve overall skin's appearance.

"MELI" FACE HYDRATION

[60 min. 110€]

A highly rejuvenating and ultimately hydrating experience dedicated to the richness of local flavors and aromas, such as sage, honey and other nourishing elements that instantly restore your skin's hydration levels. Feel your skin soft and supple with an immediately healthy and radiant appearance. Allow yourself to experience the soothing effect of rosewater intertwining with the thirst-quenching aromas of lime, while your skin indulges in the unique moisturizing benefits of our precious honey mask.

LUNAR GRACE PRO AGEING

[60 min. 100€]

This ultimate anti-ageing experience for your skin, empowered by precious gemstones for a totally glass skin effect. Specifically designed to target dullness, dryness, wrinkles and sagging, promises to reduce fine lines and wrinkles, support thin, fragile skin and increase its elasticity and firmness. Rose Quartz Crystals contribute to the specially designed facial massage, focusing on minimizing fine lines and wrinkles, as the proprietary blend of evening primrose and Ylang-Ylang repairs and rejuvenates the skin, promoting an overall youthful appearance, with a visibly firmer, tighter and lifted look.

ANAPLASIS MIRACLE SKIN RENEWAL

[60 min. 100€]

A high-performance, all-in-one, innovative treatment that promises to diminish the look of fine lines and wrinkles, deeply moisturize and regenerate the skin, reinforce natural cellular turnover and improve overall appearance. Our star product, Skin Rebirth Miracle Skin Reinventing gel, infused with the remarkable healing effects of alkanna tinctoria root and its multiple anti-ageing, anti-oxidant and anti-inflammatory properties, promises to soothe, heal and regenerate your complexion. Your skin is recharged. Your skin is reformed and reborn.

RECOMMENDATIONS

Choose any of our Facial Treatment and add:

Focus Massage	only with 30€
Legs Cryo-Therapy	only with 30€

SUPER SPECIAL OFFER

Book 3 Facial treatments and get a complimentary one of your choice with the same duration.

REMARKS:

- a) Treatments should be paid in advance
- b) The cost of the gift is calculated from the average prices of the previous treatments
- c) Valid per person



BODY TREATMENTS

AFTER SUN FACE & BODY TREATMENT

[50 min. 90€]

Acorn Flour, Greek Yogurt, Water Lilly & Aloe Vera Application

The ultimate after-sun care for your skin. This treatment embodies the refreshing properties of sea water drops and the calming benefits of acorn flour, combined to help restore skin's moisture. Inflammation and skin-irritation are minimized, offering a unique sense of relief after sun exposure. On one hand, Greek yogurt offers a healing and regenerating action and on the other, water lily combined with aloe helps improve overall skin's appearance. Gradually, your skin regains its own strength to fight external stressors, while the skin's natural moisture barrier becomes more resilient to maintaining its natural hydration levels. Feel your skin calm, soothed and moisturized with a naturally healthy appearance.

BOTANICAL SPRINGS PURE DETOX BODY TREATMENT

[50 min. 100€]

Body scrub, Detox Mask Wrap

Guide your mind, body and soul onto a dream botanical voyage! Feel your skin soft and supple. Rejuvenate each and every part of your body with a deeply exfoliation and a thoroughly cleansing and detoxifying body mask.

NYMPH OF CRETE *Recharging Multi-Vitamin face & body Pre-Sun treatment*

[120 min. 160€]

Body Scrub, Body-Face-Hair Mask, Face & Body Massage

The absolute multi-vitamin treatment for your skin. The most proprietary anti-oxidants, vitamins and more, are blended in a unique treatment to offer your skin absolute nourishment. Feel your skin become stronger and healthier. A lush deliverance of Iris flowers and olive kernels indulge the skin in a soft body scrub, while the antioxidant nutritious masks for face, hair & body enhance their structure, restoring natural glow and elasticity. Rejuvenating face and body massage with orange oil seals all the benefits of this treatment, strengthening underlying tissue to offer the most resilient touch.

PRENATAL BLOSSOM

[75 min. 125€]

Gentle Scrub, Facial Massage, Body Butter Application

This head to toe, prenatal treatment is designed for expectant mothers from the second trimester. This treatment begins with a gentle cleanse and exfoliation, followed by a facial massage with wild rose oil. Using nourishing organic karite butter, this treatment helps to alleviate muscle tension and fatigue while assisting to ease any discomfort during and after pregnancy. In addition, the luxurious gardenia body butter leaves the skin soft and supple whilst the relaxing fragrances help calm the mind.

ASK FOR MORE INFORMATION
AND CUSTOMIZE YOUR OWN PACKAGE, BASED ON YOUR NEEDS.

KIDS MENU

LITTLE PRINCESS MASSAGE

[30 min. 40€]

Let your little one feel like a real princess after this special designed full body massage with a secret sparkle

LITTLE HERO MASSAGE

[30 min. 40€]

Your little hero deserves the very best, so we designed a full body massage for him full of sweetness

MINI MANICURE OR MINI PEDICURE

[20€]

Even little feet or hands need some pampering. A choice of a manicure or pedicure includes a bubbly hand or foot soak, nail trimming, cream-mask and polish for the ladies.

MINI FACIAL

[30 min. 40€]

For the cutest faces we have a mini facial treatment which includes cleansing, a gentle face mask and face massage.

MOTHER OR DADDY & ME

[140€ for 1 parent & 1 child] [210€ Family Package]

The time together is very precious. A spa package is the perfect date between mother or father and the child. This unique spa package includes a full body Aromatherapy massage for the parents and for the children a mini massage & mini facial treatment.

NAIL STUDIO

Nail Polish	25€
Manicure	45€
Spa Manicure	55€
Pedicure	45€
Spa Pedicure	55€
Permanent Nail Polish	55€
Remove permanent Nail Polish	15€
Shellack Removal	20€
Acrygel Natural Nail Strengthening	80€
Acrygel Nail Extension	95€
Gel / Acrygel Removal	20€

WAXING

Full Leg	55€
Half Leg	40€
Full Arm	30€
Half Arm	20€
Under Arm	20€
Bikini Line	30€
Upper Lip & Chin	20€
Full Back Area Male	55€
Eyebrow Shape	20€

HAIR SALON SERVICES

Woman's Haircut	35€
Men's Haircut	30€
Coiffure for short hair	30€
Coiffure for medium hair	35€
Coiffure for long hair	40€
Special coiffure	50€
Bride's coiffure	250€
Coloring short hair	45€
Coloring medium hair	50€
Coloring long hair	60€

Coloring Root	40€
Reflet short hair	25€
Reflet medium hair	30€
Reflet long hair	35€
Streaks short hair	45€
Streaks medium hair	70€
Streaks long hair	80€
Treatment for Xeroderma	25€
Nutrition Mask	25€
Shine & Hydration Therapy	35€



SPA ETIQUETTE

We care for your safety! The Spa safety is essential for the health of us all.

The PURE BLUE SPA is ready to welcome you with all the necessary health protocols and a fully trained staff at your disposal.

In order to ensure you a safe, comfortable and relaxing spa experience we kindly request to follow our spa rules and all the hygiene measures for your better and safer relaxation.

Please respect the quiet and the privacy of other guests and do not use mobile phones and cameras. Please try not to attend Spa facilities with personal valuables. The hotel is not responsible for any loss or damage of your belongings.

HEALTH CONCERNS

Please inform us of any health conditions, allergies or injuries that could affect your treatments or use affect your treatments or use of the spa facilities.

RESERVATIONS

Advanced booking is highly recommended to ensure preferred times are available. Reservations can be made through the hotel's Exclusivi App or you may call the Spa Reception at 5050.

SPA EXPERIENCE

We recommend you to arrive minimum 20 minutes prior to your scheduled treatment that gives you time to check in, shower off, and let the relaxation begin. For your convenience, you can use the lockers in our changing rooms.

The spa will provide towels, bathrobes and slippers necessary for your treatment.

MOBILE PHONES & SMOKING

The use of mobile phones is not permitted in the Spa. Smoking is prohibited.

LATENESS & CANCELLATION POLICY

Please be aware that your late arrival will result in a reduction of your treatment time as a courtesy to our next guest.

We kindly request a minimum of 4 hours cancellation notice for a treatment otherwise we will regrettably have to charge a 50 % of your treatments.

MINIMUM AGE

The minimum age for spa treatments, use of the heat experience and fitness area is 16 years old and above. All children below 16 years need to be supervised by an adult.

GIFT CERTIFICATES

Our gift certificates make a wonderful present for any special occasion.

Please contact the spa reception for details.

HOURS OF OPERATION

Pure Blue Spa 10:30 – 19:00

Fitness Centre 07:30 – 21:30

Before and after the opening hours of the Spa, you may use the stairs or the elevator (Level 0) for using the gym.

DISINFECTION

All rooms and cabins are disinfected and ventilated before each treatment.

