



THE ROYAL BLUE  
RESORT & SPA CRETE



PURE BLUE  
SPA



# GREEK INSPIRED THERAPIES WITH LOCAL INGREDIENTS & MODERN SKIN CARE SCIENCE ON HOLISTIC INSPIRED SPA TREATMENTS

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

# ESCAPE TO A WORLD OF SERENITY AND HARMONY

The Spa at **Royal Blue**, is the ultimate place to relax the mind, renew the body and revive the soul.

With the power of Greek ingredients and modern skin care science, the source of healing and healthy ageing, we offer you a diverse range of holistic treatments to suit all your needs.

Our team of high skilled therapists will help you to find the most suitable therapies by using high quality products and local elements from the Greek land.

Calming your senses through the world of tranquility, at The Pure Blue Spa.

## TREATMENT FOCUS & PRESSURE GUIDE

To help you select the experience best suited to your needs, the following indicators describe the primary focus and massage pressure of each treatment:

*(All treatments are fully personalized by our therapists according to your preferences.)*

## TREATMENT

Glow

Hydration

Detox

Anti-ageing

Sleep

Relaxation

Heat

## FOCUS

Radiance & luminosity

Deep moisture & nourishment

Purification & lymphatic support

Firming & skin renewal

Deep relaxation & improved rest

Stress relief & restoration

Warming & muscle release

## MASSAGE



## PRESSURE

Gentle Pressure

Moderate Pressure

Strong Pressure

# THALASSOTHERAPY POOL

## SANUS PER AQUAM

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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.

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THALASSOTHERAPY	25 min	25€
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THALASSOTHERAPY, SAUNA & STEAM ROOM	60 min	40€
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CHILDREN UNDER 16 YEARS ARE WELCOME BETWEEN 10:30 – 13:30H	25 min	15€
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# THE ROYAL BLUE RITUALS

## WINE HARVEST RITUAL BY ARIADNE

90 min 130€ per person

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Detox | Hydration | Relaxation | ● *Gentle Pressure*

Inspired by Greece's vineyards and the rituals of celebration, Wine Harvest is a sensorial journey of indulgence and release. The experience begins with a soft exfoliation of olive kernels, red grape, and rose petals, refining the skin and awakening circulation. A nutrient-rich antioxidant mask follows, while sparkling bergamot notes and a sun-soothing yogurt and honey infusion immerse the skin in freshness and hydration. An enveloping aromatherapy massage with warm candle wax completes the ritual, followed by a glass of local wine - an invitation to savor, relax, and fully indulge the senses.

**Key Elements:** Sauna, Welcome Touch, Body Scrub, Body Mask, Candle Aromatherapy Massage, Glass of Wine

## SUMMER ESCAPE BY ARIADNE

75 min 110€ per person

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Glow | Relaxation | Sleep | ● *Gentle Pressure*

### Flagship Couple Ritual

Spend time together and enjoy the truly unique experience of sharing time with your other half, as you both receive a pampering ritual perfect for couples. Take pleasure in a uniquely captivating experience of chocolate flavors, which combines the invigorating notes of mocha in a fine sugar crystal body scrub. Then, lay back and unwind while the heated solid waxes of candle massage slowly turn into liquid oil, as the mesmerizing flame gently burns the candle. Feel the delicately scented warm drops touch your skin, and envelop your whole body in a velvet-textured massage that will satisfy even the most demanding massage recipient.

**Key Elements:** Welcome Touch, Body Scrub, Candle Aromatherapy Massage, Final Body Butter

# SKIN CARE THERAPIES

## Facial Beauty Treatments by Ariadne

### “MELI” FACE HYDRATION BY ARIADNE

60 min 90€

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Hydration | Soothing

“Meli” is a deeply hydrating and comforting facial ritual centered on honey - one of the country’s most precious sources of nourishment. This rejuvenating experience begins with gentle cleansing and preparation, followed by a luxurious honey-infused mask that restores moisture levels and supports skin vitality. Rosewater soothes and balances the complexion, while fresh lime notes awaken the senses and refresh tired skin. Nourishing apricot oil, rich in essential fatty acids, is applied to enhance suppleness and support anti-aging benefits. The ritual concludes with a tailored final skincare routine, sealing in hydration and leaving the skin soft, luminous, and visibly replenished.

### ANAPLISIS ANTI AGENING MIRACLE SKIN RENEWAL BY ARIADNE

60 min 100€

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Anti-ageing | Hydration | Glow

A next-generation facial designed to support deep skin regeneration and visible renewal. Powered by the advanced *Skin Rebirth* line, this high-performance ritual works at a cellular-support level to restore skin vitality, resilience, and clarity. At the core of the experience are billion-level exosomes combined with the exceptional regenerative properties of *Alkanna Tinctoria* root. Together, these bioactive elements help soothe stressed skin, accelerate renewal processes, and support improved elasticity, hydration, and overall skin strength. Fine lines appear softened, texture looks refined, and the complexion emerges revitalized - balanced, resilient, and visibly renewed.

### RADIANT FACE BY ARIADNE

30 min 60€

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Hydration | Glow

Luminous, radiant skin with an instant infusion of intense hydration and multiple anti-ageing benefits. Thoroughly cleansing peel gently removes dead skin cells from the surface, gradually revealing a silky smooth appearance. Soft and delicate, naturally scented Rose oil replenishes the skin through a deeply nourishing facial massage, delivering essential elements that promote skin’s vitality and youthfulness, offering a vividly radiant look.

## DERMALOGICA PRO CALM SKIN TREATMENT

60 min 110€

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Glow | Hydration

Soothe and strengthen sensitive skin. Soothing botanical actives provide relief while lymphatic drainage and pressure point massage help calm a stressed nervous system. This targeted treatment helps hydrate, balance and restore the skin barrier for reduced sensitivity and calmer skin.

## DERMALOGICA PRO BRIGHT SKIN TREATMENT

60 min 120€

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Anti-ageing | Glow | Hydration

Fade dark spots and reveal brighter skin. This high-intensity treatment combines a brightening peel with electric infusion of professional-grade Vitamin C, Niacinamide and Hexylresorcinol – addressing all pigmentation concerns.

## ADD ONS RECOMMENDATIONS

Choose any of our Facial Treatments and enjoy a special price when you add one of the treatments below:

## FEET MASSAGE

30 min 40€

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Relaxation | Sleep | Detox | ●● Moderate Pressure

A relaxing foot massage ritual that promises to relief tired and swollen feet

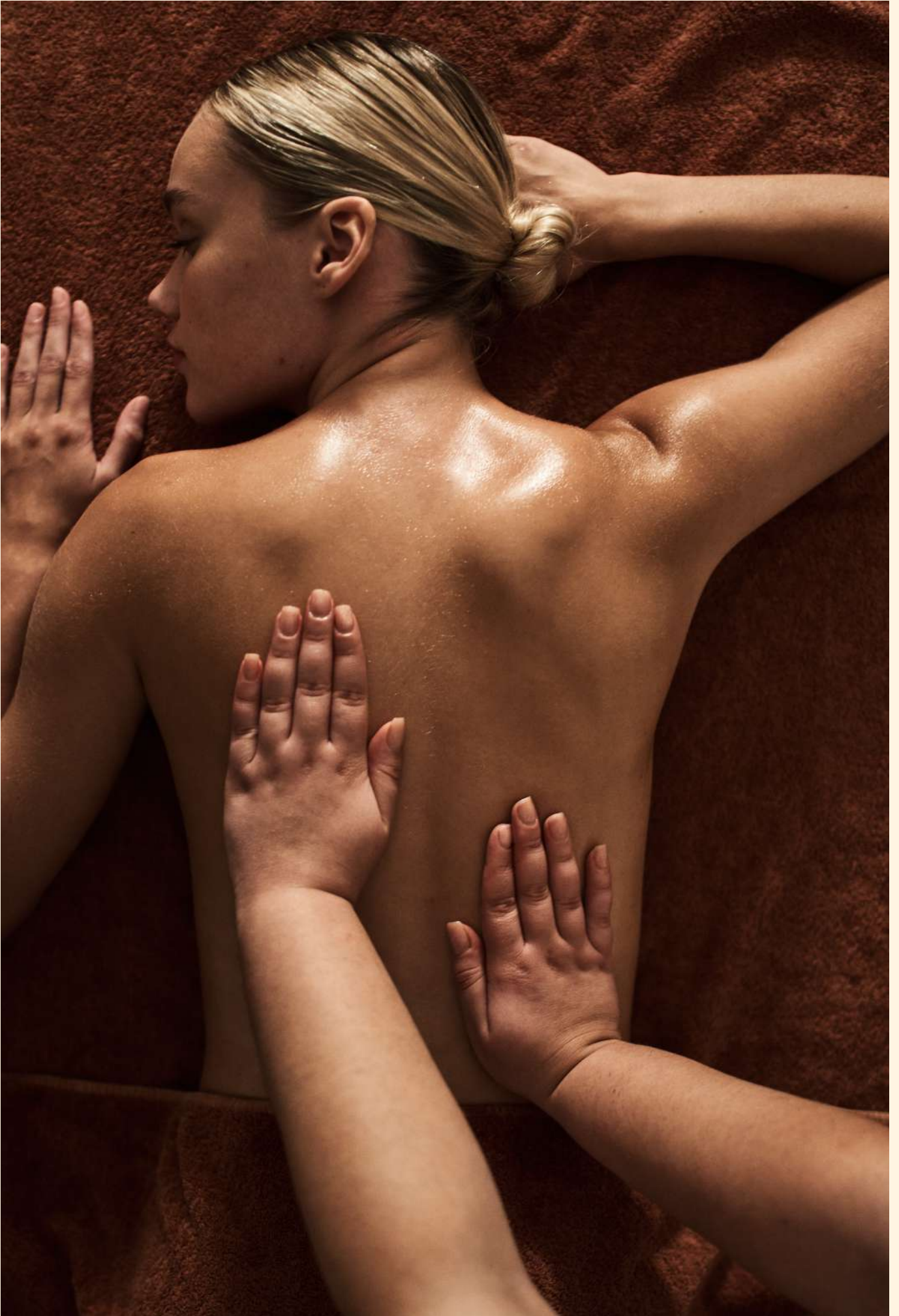
## LIGHT LEGS RELIEF TREATMENT

30 min 40€

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Hydration | Refreshing | Relaxation | ● Gentle Pressure

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 rich in antioxidants, gel mask that nourishes and 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.



# BODY TREATMENTS

## DELOS PEARLS BODY EXPERIENCE BY ARIADNE

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90 min 120€

Glow | Relaxation | Hydration | Detox | ●● *Moderate Pressure*

Inspired by the sacred island of Délos, this ritual celebrates light, femininity, and inner radiance. An ancient dry-brushing technique using a natural horsehair brush refines the skin and stimulates circulation. A deeply restorative anti-stress massage follows, performed with Délos Oil infused with the ritual's signature fragrance, melting away tension and leaving the skin luminous. The experience is completed with a soothing scalp massage and hair brushing using a natural resin comb - an intimate, grounding moment that restores balance and glow.

## UNDER THE SUN BY ARIADNE

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45 min 90€

Refreshing | Restoration | Hydration

**After sun face & body treatment.** A cooling ritual designed to restore sun exposed skin. Sea water drops and honey calm irritation and replenish moisture, while Greek yogurt supports healing and regeneration. Prickly pear and aloe strengthen the skin's natural barrier, helping it recover balance and comfort. The skin is left soothed, refreshed, and naturally radiant.

## LIGHT LEGS RELIEF TREATMENT

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30 min 55€

Hydration | Refreshing | Relaxation | ● *Gentle Pressure*

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 rich in antioxidants, gel mask that nourishes and 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.

# THE ROYAL COLLECTION SIGNATURE MESSAGES

*A sensory wellness journey through Greek local herbs and oils to a deeply relaxing, detoxifying, and balancing pathways brought to restore and reset.*

*Developed to promote inner beauty and healing, restores the body and mind to a state of harmony. It is recommended for all skin types and moods. Active natural ingredients promoting inner healing process and brings self-care and restoration. If you are feeling or experiencing:*

*Stressed | Anxious | Unable to switch off | Jet lag | Insomnia | Back pain | Low energy*

*Choose one of the following massage rituals. Consult our therapists to personalize your treatment.*



## CRETAN MASSAGE WITH RAKI, ORANGE & CINNAMON

60 min 90€

90 min 110€

Detox | Relaxation | ●● Moderate Pressure

A revitalizing Soft or Strong full-body massage, featuring a rich blend of Cretan olive oil, raki, orange and Cinammon extracts, balancing both mind and body.

## PREGNANCY MASSAGE

50 min 95€

Relaxation | Sleep | ● Gentle Pressure

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.

## AROMATHERAPY RELAXING MASSAGE

60 min 95€

90 min 120€

Relaxation | Detox | ●● Moderate Pressure

A deeply relaxing massage that bring calmness in your mind and ease the stress levels of your body by implementing relaxing massage techniques to the whole body and a head massage we promote a feeling of "let it go" to reduce tiredness and improve sleep.

## PERSONALIZED SWEDISH MASSAGE

60 min 95€

90 min 120€

Relaxation | Relieving | ●● Moderate Pressure

In this Almond based oil massage, our therapist uses diverse techniques to deliver your personal and customized needs emphasizing the holistic approach. Massages are tailored to address your specific tension areas. We encourage you to communicate your needs and preferences so that your therapist may determine your best course of treatment.

## RELAXING MASSAGE

60 min 90€

90 min 110€

Relaxation | Sleep | ● Gentle Pressure

A deeply relaxing massage that bring calmness in your mind and ease the stress levels of your body by implementing relaxing massage techniques to the whole body and a head massage we promote a feeling of "let it go" to reduce tiredness and improve sleep. We utilize a combination of olive oil, sesame oil and almond oil to enhance application and a blend of pure natural essential from the land of Greece: jasmine, rose, sandalwood, Ylang Ylang, lavender, chamomile, bergamot.

**Benefits:** eases muscular tension, removes headaches, balancing vital energy.

## DEEP TISSUE MASSAGE (SPORT MASSAGE)

60 min 110€

90 min 130€

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Relieving | ●●● *Strong Pressure*

An intensive massage designed to address chronic muscle tension, pain and injuries by applying slow, firm pressure to the deepest layers of muscle and connective tissue. Unlike Relaxing massage focuses on breaking up adhesions and realigning deeper muscle layers to improve mobility and reduce discomfort.

## HOT STONES

90 min 130€

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Relaxation | Detox | Heat | ● *Gentle Pressure*

Hot stones massage uses a firm, slow technique with soothing, relaxing movements. This massage is ideal for relieving stress, detoxifying the body, improving circulation and stimulating energy. Facial tensions are released thanks to draining manoeuvres. Body and mind are perfectly aligned and in harmony.

## EXPRESS RELAXING EXPERIENCE

## THE DESK WORKER'S RECOVERY

30 min 60€

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Detox | Relaxation | ●● *Moderate Pressure*

A targeted therapeutic massage focusing on the back, neck, and shoulders, ideal for guests experiencing tension from prolonged sitting or travel.

## EXPRESS DE-STRESSER

25 min 55€

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Relaxation | ●● *Moderate Pressure*

A focused head massage designed to quickly release mental fatigue and restore clarity and balance.

## SOOTHING LEG AND FEET MASSAGE

30 min 65€

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Detox | Relaxation | ●● *Moderate Pressure*

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.

## ADD ONS RECOMMENDATIONS

Choose any of our Massages and add:

### RADIANCE FACE

30 min 50€

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Glow | Hydration

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.

### BRIGHT & POLISHED SCRUB

30 min 40€

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Glow | Relaxation | Hydration | Detox | ●● Moderate Pressure

A full body exfoliation treatment, fast and invigorating, with the luxuriant captivating aromas of jasmine and gardenia. Delicate white sugar crystals softly remove dead skin cells, while promoting body circulation. As a result, the body's skin regains its elasticity and smoothness while obtaining a velvet touch with a fresh, radiant, healthy look. At the end, the delicate scented jasmine and gardenia body butter seals in all the moisture and nourishment.

### SALT CAVE EXPERIENCE

25 min 30€

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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.



# KIDS MENU & BONDING EXPERIENCES

(Ages up until 12yrs)

## LITTLE PRINCESS MASSAGE

Parent presence required

30 min 40€

Relaxation | ● Gentle Pressure

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

## LITTLE HERO MASSAGE

Parent presence required

30 min 40€

Relaxation | ● Gentle Pressure

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.

## MOTHER OR DADDY & ME

150€ 1 parent & 1 child

210€ Family Package

Family Package can be either 1 parent & 2 children or 2 parents & 1 child

Relaxation | ● Gentle Pressure

A meaningful bonding ritual for parent and child, featuring a full-body aromatherapy massage shared together.



# NAIL STUDIO

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NAIL POLISH	25€	PEDICURE PERMANENT	55€
MANICURE SIMPLE POLISH	45€	SPA PEDICURE	65€
MANICURE PERMANENT POLISH	55€	REMOVE PERMANENT NAIL POLISH	15€
MANICURE STRONG BASE	65€	REMOVE EXTENSIONS	20€
PEDICURE SIMPLE POLISH	45€	SHELLACK REMOVAL	25€

# WAXING

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FULL LEG	55€	UNDERARM	20€
HALF LEG	40€	UPPER LIP & CHIN	20€
FULL ARM	30€	FULL BACK (MEN)	55€
HALF ARM	20€	EYEBROW SHAPING	20€

# HAIR SALON

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WOMAN'S HAIRCUT	40€	COLORING LONG HAIR	60€
MEN'S HAIRCUT	30€	COLORING ROOT	40€
COIFFURE FOR SHORT HAIR	40€	REFLET SHORT HAIR	30€
COIFFURE FOR MEDIUM HAIR	45€	REFLET MEDIUM HAIR	35€
COIFFURE FOR LONG HAIR	50€	REFLET LONG HAIR	40€
SPECIAL COIFFURE	70€	STREAKS SHORT HAIR	65€
BRIDE'S COIFFURE	250€	STREAKS MEDIUM HAIR	80€
COLORING SHORT HAIR	45€	STREAKS LONG HAIR	100€
COLORING MEDIUM HAIR	50€	SHINE & HYDRATION THERAPY	35€

# SPA ETIQUETTE & INFORMATION

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.

## 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.

## RESERVATIONS

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

## 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**.



## MOBILE PHONES & SMOKING

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

## GIFT CERTIFICATES

Our gift certificates make a wonderful present for any special occasion. Please contact the spa reception for details.

## DISINFECTION

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

## 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.

## HOURS OF OPERATION

<b>Pure Blue Spa:</b>	10:30 – 19:00
<b>Fitness Centre:</b>	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.



# THE ROYAL BLUE

RESORT & SPA CRETE