

La Mer Spa Menu

Awaken your Body & Soul

Welcome to La Mer Deluxe Spa

Our inspiration in La Mer Spa is to return the body and mind to a natural state of bliss. A destination in its own right, the spa signature menu offers a selection of traditional and cutting-edge treatments. Our Spa professionals are on hand to assist you in selecting the right treatment(s) for your needs

Our spa menu consists of health services designed to deliver therapeutic benefits to you, not just to make you look better.

Experience the balance between inner and outer beauty that brings a feeling of contentment. Drift away with a combination of oriental traditions and modern skincare in our nurturing and inspiring ambience.

Rejuvenate and Awaken your Senses

Our Philosophy

Nurture your body, calm your mind, inspire your soul.

Our professional and caring team provides holistic spa treatments with a high- touch approach. Mindful connection and healing touch with careful selected premium natural products are the foundation for all our services.

Our spa facilities, services and products are created in honor and respect of nature's healing energy, its sustainability and in respect of our human need for relaxation, beauty, balance and connection.

Healing Spa products are developed in line with latest scientific research and containing only purest natural active ingredients to deliver outstanding results.

SPA PROTOCOL

Cancellation/Late arrival

Late arrivals will shorten your treatment time, but it will still be charged as the full price. Please notify us at least 24 hours in advance if you need to cancel or re- schedule your appointment. Any cancellation with a notice shorter than 6 hours will be subject to a full charge. No shows for confirmed appointment will be charged full amount for services booked. Packaged offers are not refundable, not transferable and pre-booking is required.

Health

Please let us know prior to your treatment if you have any concerns regarding your health or wellbeing. If you are pregnant please advise us at the point of booking so we can advise you on treatments and customize techniques that are safe to pregnancy.

Appointment Reservation

It is recommended to book your treatments in advance to be able to select your desired time and date.

Spa Arrival

To start your relaxing spa experience, please arrive 10 minutes prior to your treatment so that you can receive your full allotted treatment time.

What to wear

Upon arrival, you will be given a comfortable robe and slippers. We recommend you that you leave your valuables and jewelry in your room. We do not assume any liability for any valuables.

Spa Gifts

Spa gift cards are available for purchase for all spa services.

MASSAGE THERAPIES

Aromatherapy Full Body Massage

Duration: 60min / Cost: 70,00€

Duration: 90min / Cost: 100,00€

Aromatherapy massage not only has powerful physical, emotional and mental effects but it is also described as a great relaxing and rejuvenating experience. The benefits of aromatherapy massage affect a wide range of health conditions of nervous, circulatory, lymphatic, immune and muscular systems. Aromatherapy massage is a pleasant method for mental clarity, relaxation, stress and headaches alleviation.

Swedish Relaxation

Duration:30 min / Cost: 35,00€

Duration: 60 min / Cost:70,00€

Duration: 90 min / Cost: 100,00€

Swedish massage is intended for relaxation and comfort, and will help to relieve stress that affects you on a daily basis. It is very gentle, and will not abrade the skin or the muscles. It is not intended to work out kinks and knots, but to soothe them.

Therapeutic-Deep Tissue

Duration: 30 min / Cost: 40,00€

Duration: 60 min / Cost: 80,00€

Deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints).

During massage, the skin is warmed and the blood drawn to the surface, increasing circulation and encouraging the elimination of toxins from the body, which has the consequence of speeding up recovery time from any illness or injury. The manipulation of the muscles continues the process, whilst at the same time releasing tense knotted muscles by dispersing the buildup of lactic acid which often occurs after exercise.

Anti-Cellulite Massage

Duration: 30min / Cost: 40,00€

Anti-Cellulite massage stimulates the deep layers of the skin and the muscle, encouraging the flow of oxygenated blood to the area, which provides the nutrients that will improve the condition of your skin, as well as helping the lymphatic system to remove any toxins and excess fluid. The right massage technique will also break down the fat cells that build up under the skin, which stretch and pull on the skins connective tissue, causing the dimpled effect of your cellulite. Physically breaking up these deposits, and promoting better circulation in the area to help remove them, is one of the main reasons why a good anti cellulite massage can be so effective.

Back Massage

Duration: 20min / Cost: 20,00€

Duration: 30min / Cost: 30,00€

Duration: 40min / Cost: 40,00€

Increase blood flow and circulation, which brings needed nutrition to muscles and tissues. This aids in recovery of muscle soreness from physical activity or soft tissue injury (such as muscle strain). Decrease tension in the muscles. This muscle relaxation can improve flexibility, reduce pain caused by tight muscles and even improve sleep.

Increase endorphin levels-the "feel good" chemicals in the brain. This mood enhancer can ease depression and anxiety, which can help reduce pain and speed recovery, particularly important for those suffering from chronic back or neck problems.

Ancient Thai Foot Massage (Reflexology)

Duration: 45 min / Cost 45,00€

Thai foot massage is the application of pressure onto particular areas of the soles of the feet. A reflex action in another part of the body is stimulated by the manipulation of each specific area. Foot reflexology massage uses hands, fingers, thumbs, knuckles, and a rounded wooden stick with lotion or oil.

Thai foot reflexology is a marriage between the ancient healing arts of Reflexology, Chinese Tuina, Japanese Shiatsu and Indian Ayurveda yoga. Working with the feet, lower leg and knees, this highly reputed session frees up blocked energy within, to produce a deep and unique feeling of balance, relaxation and well-being.

Mixed Champion Massage

Craniosacral Technique and facial (70% is lifting massage)

Duration: 60min / Cost 50,00€

Cranio-Sacral Therapy, is a gentle, hands-on manipulation of a physiological body system called the cranio-sacral system. This system is comprised of the soft tissue and bones of the cranium (or head), the spine and the pelvis. Massage therapists that perform cranio-sacral therapy also target the membranes and cerebrospinal fluids that surround and cushion the brain and spinal cord from injury during a therapy session.

Rejuvance massage

Duration: 30min / Cost: 30,00€

The Rejuvance is a revolutionary renewal massage for face. Soft and sharp, indolent but precisely executed movements of the fingertips release connective tissue and remove the tension from facial muscles and stimulate collagen production and elasticity. Face becomes bright, quiet, with fewer wrinkles while softening and relaxation can be felt throughout the body.

Ayurvedic Massage

Duration: 60min / Cost: 70,00€

Ayurvedic is an ancient practice which aims to create harmony within the body. A good Indian massage supplies proper circulation, which helps our bodies grow and renew. Ayurvedic massage expels toxins and provides deep relaxation. Physically, it benefits all systems and activates all chakras of the body. Mentally, it helps the mind to relax by removing energies that store past tensions and emotional complications in our body.

Thai Oil Massage

Duration: 60min / Cost: 70,00€

Thai Oil Massage specifically aims to stimulate the flow of energy and unblock meridian (sen) lines so that the body can rebalance and clear negative energy and fully recharge itself. It involves deep, firm pressure and rolling and stretching movements using palms, thumbs, elbows and knees and the application of warmed oils. This massage follows eastern and Ayurvedic traditions adapted perfectly for the western environment and is usually performed on a table.

Lymph Drainage Massage (Ladies)

Duration: 90 min / Cost: 80,00€

With lymph massage, the system gets a wake-up call through delicate means. Lymph massage is extremely gentle and slow, not just as an aspect of its healing nature, but by necessity. The light and slow pressure techniques mimic the pulse and rhythm of the lymphatic system itself and gets the vessels to respond as they should. Each stroke slightly moves the skin in the direction of the lymphatic flow to encourage the drainage of fluid and waste.

Zanzibar - Bio-energetic Therapeutic Massage

Duration: 50min / Cost: 70,00€

When nodes or points are blocked or stagnant with energy, the body begins to deteriorate, the antibodies are weakened which leads to the degradation of our immune system. Receiving a massage of bio-energy not only manipulates and stimulates muscles, tissues, circulatory system, bones and tendons, but also works with the body's subtle energies. Balances body, spirit and mind.

Lomilomi massage

Duration: 60min / Cost: 70,00€

Duration: 90min / Cost: 100,00€

Lomilomi massage helps to unblock and release energy and give a new flow direction. Thus, Lomilomi is a type of massage that facilitates mental, emotional and spiritual healing. The lack of harmony in the flow of energy causes physical, mental and emotional discomfort. On the physical level, stress and tension are relieved, blood and lymph flow assisted and the elimination of wastes and toxins stimulated.

The massage is given in fluid, rhythmic motion using the palms, forearms, fingers, knuckles, elbows, knees and feet.

BODY TREATMENTS

Cleopatra's Beauty

Duration: 75 min/ Cost: 90,00 €

A powerful treatment based on the main components of the Dead Sea and healing properties beyond the aid rates of cell reconstruction, offers feeling wellness and rejuvenation. The skin becomes very smooth, shiny, hydrated and really healthy. Dilates the skin pores, removing dead cells and moisturizing the skin deeply. Mud acts deeply helping the absorption of 26 Dead Sea minerals. The famous Sea of Spa Body Butter, combination of 3 essential oils of coconut, avocado, olive and shea butter, will leave your skin shiny, strong, rejuvenated and will increase the elasticity. If desired, the treatment is applied on the soles of the feet with wonderful results.

Aphrodite's Treatment

Duration: 50 min/ Cost: 70,00 €

For deep moisturizing and removal of dead cells. It offers extremely intense rejuvenation and wellness. Using the selected products, this treatment achieves extremely long nutrition of the skin with Dead Sea's minerals offering also an ideal preparation before the sun! The skin is very shiny, silky smooth, firm and with increased flexibility. Ideal treatment for highly dehydrated and dull skin. Exfoliates the skin and is accompanied with 5 different essential oil peeling. Hydrates and strengthens the skin with the usage of a body mask made of essential oils of olive, coconut and avocado. A rain of minerals and special scents will transform your skin.

After Sun Treatment

Duration: 30min/ Cost: 30,00 €

An ideal treatment for after sun bathing. Hydrate your skin deeply and maintain your tan with the strength of pure aloe Vera from the very best special products of our Sea of Spa from the Dead Sea. Protect your skin from the burning sensation and enjoy the sun without fear...

Body Detox & Firming Therapy

Duration: 50 min/ Cost: 80,00 €

Special treatment for firming and reduction of points. Significant breakdown of cellulite and reduction of orange peel skin.

Shamanic Dance Foot Therapy

Duration: 25 min/ Cost: 30,00 €

Ideal Treatment for nourishing the foot cracks. Softens the soles and offers a strong sense of relaxation as it increases the magnetism of the body. The steps while walking become lighter and very relaxed.

Hand Aromatherapy Treatment

Duration: 30 min/ Cost: 25,00 €

For intense hydration, very smooth and shiny hands.

Foot Aromatherapy Treatment

Duration: 35min/ Cost: 30,00 €

RESULTS: Intense hydration, skin particularly soft and shiny.

FACIAL TREATMENTS

Cleopatra Beauty

Duration: 50 min/ Cost: 100,00

A luxurious treatment with Dead Sea minerals, powder from black pearls and gold 24K. This unique treatment will restore your skin's lost luster and youthful appearance as the active ingredients of the gold penetrate into the deeper levels of keratin, will rejuvenate and offer a refill of energy at your skin by retarding the destruction of collagen. Reduces freckles, age spots, exfoliates and regenerate effectively your skin cells. A truly unique treatment with impressive results!

Black Pearl's Miracle

Duration: 70 min/ Cost: 120,00 €

The black pearl's powder is a rare treasure with beneficial effects on the skin. The unique combination of the Black Pearl, algae and minerals from the Dead Sea will bring out the hidden beauty of the face. The proteins and the water containing the pearl (also contains calcium carbonate) provide instant shine that lasts. This treatment strongly induces collagen and elastin, with effective clamping of the tissue and increases the elasticity. Treatment rich in antioxidant elements that improve the appearance of the skin and give a bright look, youthful and fresh. Ideal treatment for antiaging and radiance with immediate results!

Touch of Luxury

Duration: 50min/ Cost: 70,00 €

Treatment for a particularly glowing and vibrant skin, with a slight smoothing of wrinkles. Skin tightening and visible improvement of facial contour. Cell regeneration thanks to a powerful complex of hyaluronic, A, B, C, F, E vitamins, 26 minerals of the Dead Sea, evening primrose and seaweed. Spectacular results in tired, dehydrated and tired skins from the very first treatment.

Black Pearls Eye- Ithamar's Eye

Duration: 40 min/ Cost: 50,00 €

Treatment Dedicated to your eyes offering deep moisturize and wrinkle smoothing with a special glow. For a restful eye look. Smooths the eye contour offering a sense of relaxation that make the person pointing relaxed and therefore more fresh and youthful. Muscle contractions are reduced, as the stress is released.

Bio Marine Deep Cleansing Tripl Effect Complex

Duration: 50min/ Cost: 80,00 €

A treatment based on modern biotechnology and products based on the "Triple Effect Complex innovation" of the Bio Marine Collection, enriched in $\Omega 3$, $\Omega 6$, oils and vitamins, for a deep face tissue cleansing. Thoroughly cleanses the skin and helps in deep moisturization. Ideal for preparation before sun exposure.

SPA PACKAGES

Aromatherapy Full Body Massage - Rejuvance Massage

Duration: 80 min / Cost: 90,00€

Back Massage - Neck Massage - Head Massage

Duration: 50 min / Cost: 50,00€

Rejuvance Massage - Bio Marine Deep Cleansing Tripl Effect Complex

Duration: 80 min / Cost: 100,00€

Anti-Cellulite Massage - Body Detox & Firming Therapy

Duration: 80 min / Cost: 110,00€

Foot Relaxing Therapy - Pedicure

Duration: 90min / Cost: 70,00€

BEAUTY TREATMENTS

Manicure-Pedicure

Manicure & Color	30,00€
Pedicure & Color	40,00€
Manicure& Pedicure & Color	60,00€
French Manicure	35,00€
French Pedicure	45,00€
French Manicure & French Pedicure	70,00€
Shellac Manicure	40,00€
Shellac Pedicure	50,00€

Hair Removal with Wax

Full Feet Wax	35,00€
Full Feet & Bikini Wax	60,00€

Half Leg Wax	25,00€
Bikini Wax	30,00€
Back Wax	25,00€
Chest Wax	25,00€
Arm Wax	20,00€
Eyebrows	10,00€
Upper Lip	8,00€

Hairstyle

Shampooing	10,00€
Women Haircut	30,00€ - 40,00€
Evening Hairstyling	80,00€ (depends of the style)
Men Haircut	30,00€
Hairstyling	40,00€ (depends of the style)
Bridal Hairstyling	200,00€
Make-up artistry	150,00€

For Reservation & Information

Tel: +30 22860 32061 Email: info@lamer-santorini.com