

noūs
santorini

wellness



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total detox journey

DAY 1

Start your detox journey with a full body exfoliation that will renew and leave your skin with a healthier and more hydrated look. Our vivid peeling massage techniques in combination with natural based scrubs, rich in antioxidants will provide a toned and healthier skin. Followed by one of our classics, the back massage. This massage is designed to release tension in the back, shoulders and neck. Our therapist will apply a range of techniques as well as a blend of ginger and lime oils with detoxifying properties. Following your treatment, you can enjoy a complimentary detox tea.

Key components:

Full body exfoliation-20min.

Back massage-30min.

Detox tea

Recommended facilities usage:

Steam bath and sauna

DAY 2

This day of your detox journey is dedicated on toning and nourishing your skin complex with the power of Santorini Grape Extract. Rich in polyphenols, resveratrol and higher elements, it assists counter the harmful effect of free radicals that cause skin aging while it protects from everyday pollutants. This especially designed detox treatment will start with a body wrap, which will provide a full body hydration followed by a fast detox facial that will tone the skin resulting to a healthier and look. Following your treatment, you can enjoy a complimentary detox tea.

Key components:

Detox body wrap-20min

Detox mini facial-25min

Detox tea

Recommended facilities usage:

Pool and steam bath

DAY 3

This last day of your detox journey it is time to recharge your body with a full body massage that will boost your circulation and relieve muscle tension in specific areas of the body with the assistance of powerful detoxifying essential oils. Following your treatment, you can enjoy a complimentary detox smoothie from our vitamin bar.

Key components:

Full body massage-55min

Detox smoothie

Recommended facilities usage:

**Cold plunge pool, sauna
and steam bath**

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total relaxing experience

DAY 1

Start your relaxing experience at our spa with a soft sensation body scrub followed by a cocoon wrap. The full body scrub will renew your skin and prepare it for the deeply moisturizing cocoon wrap. During the mask our therapist will provide you with a relaxing hand and foot massage. This first step will prepare your body and mind for the following experiences with us during your stay. Following your treatment, you can enjoy a complimentary lavender blend tea.

Key components:

Soft sensation body scrub-20min

Cocoon wrap-20min

Levander tea

Recommended facilities usage:

Steam bath and sauna

DAY 2

The second stage of this relaxing experience will include our ultimate relaxing experience, NOŪS signature massage. Our rhythmic body massage techniques enhance the energy flow and promote mind, body and soul connection. Additionally, the soothing application of lavender oil blend will assist on achieving an elevated state of wellbeing by restoring your balance and re-align the energy flow. Following your treatment, you can enjoy a lavender blend tea.

Key components:

Noūs signature massage-55min

Levander tea

Recommended facilities usage:

Cold plunge pool, sauna and steam

DAY 3

Your relaxing experience will come to an end with our favourite treatment combination, a back and head massage followed by a mini facial. The back and head massage will release tension from the neck and shoulders providing you with relaxation and tranquillity. Additionally, the mini facial treatment will release the tension of your facial muscles assisting on a refresh appearance. Following your treatment, you can enjoy a complimentary smoothie from our vitamin bar.

Key components:

Back and head massage-30min

Relaxing mini facial-25min

Smoothie

Recommended facilities usage:

Pool and steam bath

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total beauty booster

DAY 1

The beauty booster experience will start with a full spa manicure or spa pedicure treatment. Indulge in the care of this comprehensive treatment that will nourish and hydrate your hands or feet. During your treatment, you can enjoy a complimentary virgin cocktail.

Key components:

Spa Manicure or Spa Pedicure
Virgin cocktail

DAY 2

The next stage of the total beauty journey is dedicated on relaxing the head while treating the hair and boosting the area around your eyes. Starting with a sculp massage with hair mask application followed by the eye revival treatment which is dedicated on toning the skin texture around the eyes providing a fresher youthful look.

Key components:

Eye revival-20min

Sculp massage with hair mask-30min

Recommended facilities usage:

Steam bath and sauna

DAY 3

The beauty booster experience will be completed with a full facial treatment. Our beauty therapist will choose for you a combination of natural based products that fit your skin needs and provide you a tailored made facial treatment. The treatment includes makeup removal, face, neck and décolleté massage, a face mask as well as a head massage.

Key components:

Beauty booster facial-55min

Recommended facilities usage:

Pool and steam bath