

ĪDOR  
SPA & WELLNESS

**F**ZEEN  
KEFALONIA

## OUR PHILOSOPHY

The Ancient Greeks believed in the importance of incorporating self-care practices into their daily lives as they understood the benefits of a sustainable and consistent routine.

Commonly they would frequently use baths and steam rooms and enjoy exfoliating and massage treatments.

This combination would nourish and encourage the rejuvenation of the skin, help to detoxify the body, relax the mind and improve circulation.

Our spa retreat facilities have been inspired by this philosophy, adopting a holistic approach to wellness, using natural products that nourish the body without overwhelming the skin with chemicals and creating a menu with treatments that compliment your lifestyle as opposed to a quick fix.



## SIGNATURE TREATMENTS

### SOUND HEALING MASSAGE

1 HOUR 30

Enter a new dimension, using sound therapy to fine-tune your inner world. Everything is made up of energy, each particle having its own frequency. Singing bowls emit specific frequencies, bringing out countless health benefits. This treatment is perfect for grounding and reducing stress. The vibrations and sounds of the singing bowl are used to penetrate tense body tissue and target the central nervous system to relieve stress and calm the body. Combined with essential oil blends to help calm restless thoughts and release any energetic blockages, leaving you feeling centered and relaxed.

### MUSCLE RELEASE WITH CUPPING

1 HOUR

Highly effective for pain relief, releasing blockages and supporting muscle performance through deep tension release. Using ancient techniques to promote healthy circulation and help support an active lifestyle, including Gua Sha and fire cupping. This therapy is completed with a relaxing massage using our signature oils to accelerate the skin healing procedure. Perfectly combined with a deep tissue massage to thoroughly relax the muscles.

### CANDLE MASSAGE

1 HOUR | 1 HOUR 30

Immerse yourself in the luxurious experience of a candle massage, where warm, aromatic oil gently drips onto the skin, melting away tension and stress. Each candle is crafted with nourishing ingredients that hydrate and soften the skin, while its soothing fragrance creates a cocoon of tranquility. Perfect for those seeking an indulgent escape, this massage is an ideal way to nurture both body and mind.





## GAIA DETOX JOURNEY

1 HOUR 30

Indulge in the ultimate detox ritual designed to cleanse, renew and restore your body. Begin with the therapeutic warmth of the hammam. The steam gently opens the pores and releases built-up toxins. A revitalizing full-body exfoliation follows, using a luxurious detox scrub infused with sea minerals and botanical extracts leaving your skin radiant and refreshed. Next, a deeply purifying body mask, enriched with powerful detoxifying ingredients including activated charcoal and green clay, is applied to draw out impurities whilst nourishing the skin. This journey concludes with a soothing massage using a blend of essential oils, including juniper, grapefruit and rosemary to stimulate circulation and promote total relaxation. This holistic treatment is your perfect escape for a lighter, brighter and beautifully rejuvenated you.

## KEFALONIAN ESCAPE RITUAL

1 HOUR 30

Inspired by the untamed beauty of Kefalonia, this signature ritual offers a holistic journey to rejuvenation and renewal. Begin with an invigorating full-body exfoliation using sugar, grated olive seed and silk, leaving your skin smooth, radiant and refreshed. A nourishing body mask with pink and white clay and extra virgin olive oil is then applied, deeply hydrating and detoxifying while enveloping you in the essence of the island. The experience concludes with the hydrating application of our signature Body Elixir and a deeply relaxing back and foot massage, melting away tension and restoring balance to both body and mind. Reconnect with this celebration of Kefalonia's natural and therapeutic elements.

# BESPOKE FACIALS

## COLLAGEN RADIANCE LIGHT THERAPY

1 HOUR

Reveal your most radiant and rejuvenated self with our advanced facial treatment that combines the restorative power of collagen with cutting-edge red light technology. Perfect for those seeking immediate results in reducing fine lines, firming the skin and boosting natural collagen production..

## SKIN REBIRTH

1 HOUR

A personalized treatment that helps to reduce the appearance of fine lines and wrinkles whilst deeply moisturizing and regenerating the skin. The ingredients help to soothe redness and irritation, heal scars and reinforce natural cellular regeneration. The face, décolletage, hands and arms are treated with natural products and Gua Sha techniques, resulting in a renewed and rejuvenated appearance.

## LUXURY ANTI-AGING SEAWEED

1 HOUR

Suitable for all skin types, with a focus on achieving anti-ageing results. The facial is designed using the finest organic ingredients, combined with antioxidant algae complexes and a restorative blend of aromatherapy oils. This mix of seaweed and botanical ingredients helps stimulate collagen production and reduce the appearance of fine lines and wrinkles.

The results include firmed skin with a radiant glow. This luxurious treatment features a lymphatic facial massage, two masks and a relaxing head massage that also incorporates the arms.





## MASSAGE & BODY THERAPY

### DEEP TISSUE

1 HOUR | 1 HOUR 30

A deeply healing therapy using strong massage techniques, combining herbal oils and movements to release stress from deep within the muscle and fascia.

### RELAXING

1 HOUR | 1 HOUR 30

A relaxing experience using light pressure with long, flowing strokes to gently melt away tension and calm the nerves. Combined with plant essences, this treatment reduces stress and leaves you with an innate sense of calm.

### LYMPHATIC DRAINAGE

1 HOUR

This detoxifying massage helps to eliminate toxins, decongest tissues, release water retention and assist fluid circulation. It helps to activate immune function as well as encourage cell regeneration.

### REFLEXOLOGY

45 MINUTES

Based on the philosophy that all the body's organs are connected to points in the feet through constant flowing energy channels. Massaging these points helps to restore the energy flow, remove blockages, and restore the natural equilibrium in the body, encouraging balance and wellbeing within.

### PRENATAL MASSAGE

1 HOUR

By using gentle and focused movements along with careful body positioning for the mother to be, this blissful massage provides relief from body aches and helps relax the body and mind.

### BACK, NECK & SHOULDERS

30 MINUTES

Melt away tension where you need it most. This focused treatment targets the back, neck, and shoulders to relieve muscle tightness, ease stress, and improve circulation.

# BODY TREATMENTS

## SUN RITUAL FACE & BODY

40 MINUTES

For sensitive, irritated skin that is prone to sunburns or dryness. Carefully selected natural ingredients provide rich hydration and soothing relief. Yoghurt helps to cool and calm the skin, reducing redness and irritation. Honey deeply nourishes and promotes skin regeneration, while aloe vera provides powerful soothing and hydrating benefits, restoring the skin's natural balance.

Gradually, the skin feels revitalized, strengthened and more resilient against external stressors. This treatment is ideal for restoring comfort and radiance to sun-exposed skin.

## SEAWEED SCRUB

30 MINUTES

Our seaweed-based scrub removes dead skin cells while stimulating circulation as well as soothing and nourishing the skin with seaweed extracts, re-mineralising it for a healthy glow. The scrub is followed by a refreshing shower to rinse away impurities then an application of revitalizing body oil to nourish and energise.

## ENERGISING SCRUB

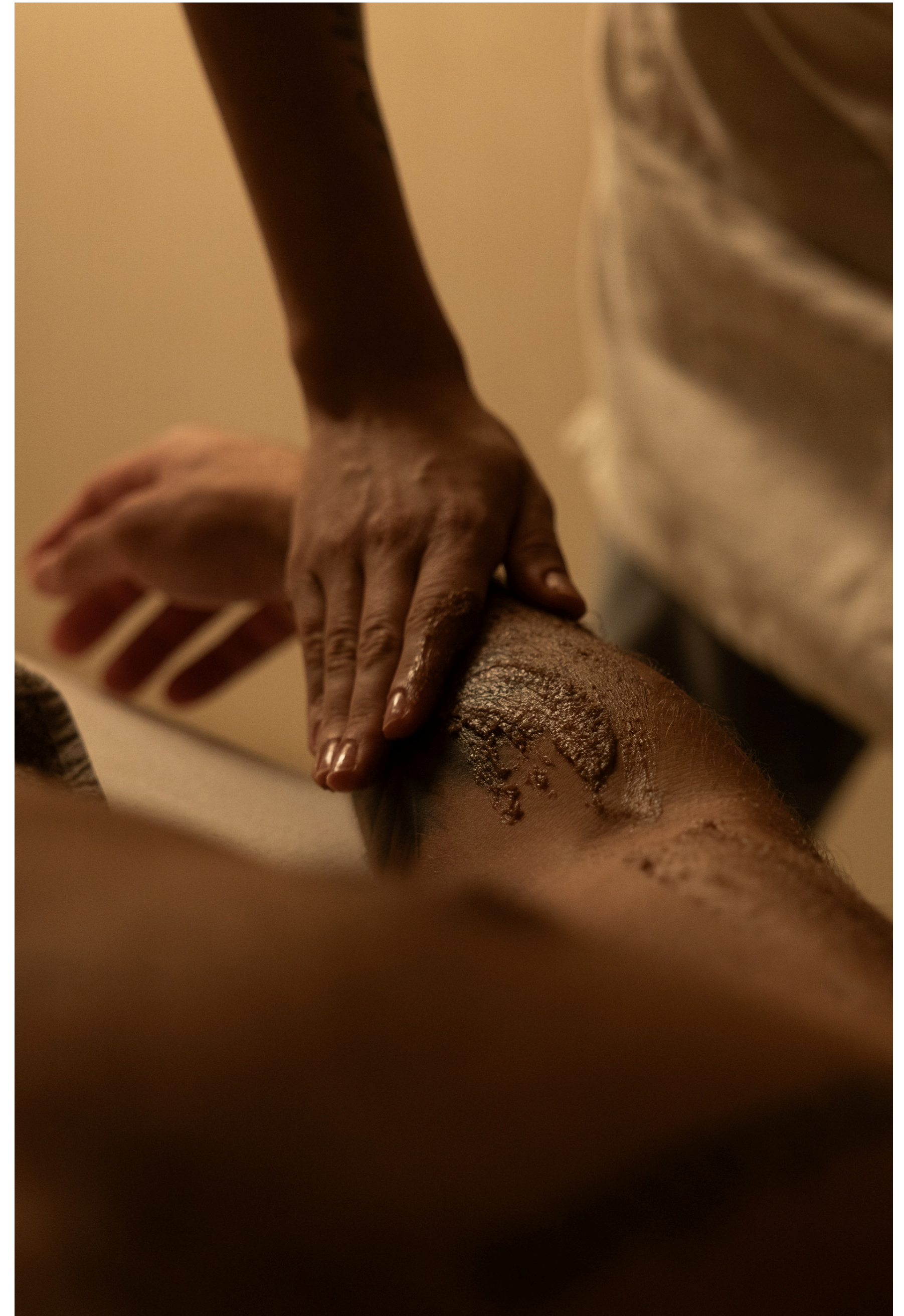
30 MINUTES

An exfoliating scrub enriched with citrus and Ionian sea salt, gently removes dead skin cells and stimulates circulation. A refreshing shower follows to rinse away impurities, leaving your skin renewed. To complete, our hydrating body cream infused with grapefruit and lemon is applied, leaving you energised and glowing.

## SWEET HYDRATION SCRUB

30 MINUTES

This sweetly scented scrub combines gentle sugar crystals with nourishing oils, infused with the delicate aromas of jasmine, to exfoliate and smooth the skin. After a soothing shower, the experience concludes with our hydrating body elixir, leaving your skin soft, radiant and deeply moisturized.



# COUPLE'S TREATMENTS

## COUPLE'S RITUAL

INDULGE & RELAX

1 HOUR 30

Prepare the body and mind for deep relaxation with your choice of steam bath:

DETOX | HERBAL INHALATION

The steam bath is followed by a Candle Massage, enjoyed in the same room, ensuring a seamless and rejuvenating experience tailored to your preferences.

## COUPLE'S BATH

NOURISH & UNWIND

45 MINUTES

Indulge in a romantic and rejuvenating experience with our Couple's Bath, designed to enhance your connection while soothing the body and mind. Choose from four luxurious options for the ultimate sensory escape: OLYMPUS | EUCALYPTUS & SEA SALT | ROSE & COCONUT MILK

This indulgent bath experience is the perfect way for couples to unwind together, while the nourishing properties of each blend promote tranquility and skin vitality.

## COUPLE'S BATH & MASSAGE

NOURISH & UNWIND

1 HOUR 30

Follow your choice of bath with a deep tissue massage for the ultimate journey of nourishment and relaxation together.



# WELLNESS PACKAGES

## SEAWEED WRAP & MASSAGE

1 HOUR 30

With the detoxifying strength and cellulite-reducing properties of seaweed, this treatment stimulates the blood and lymph flow and encourages the renewal of dead skin cells whilst combating fatigue. This therapy will leave the skin feeling rejuvenated and thoroughly hydrated.

## SCRUB & MASSAGE

1 HOUR 30

Begin by selecting from four luxurious scrubs: ENERGISING | SWEET HYDRATION | SEAWEED  
The scrub gently exfoliates, removing dead skin cells and leaves your skin smooth and renewed. After a refreshing shower, the experience continues with a full body massage. Choose between two signature oils crafted to enhance relaxation and nourishment, ensuring a completely personalized treatment.

## FACIAL & MASSAGE

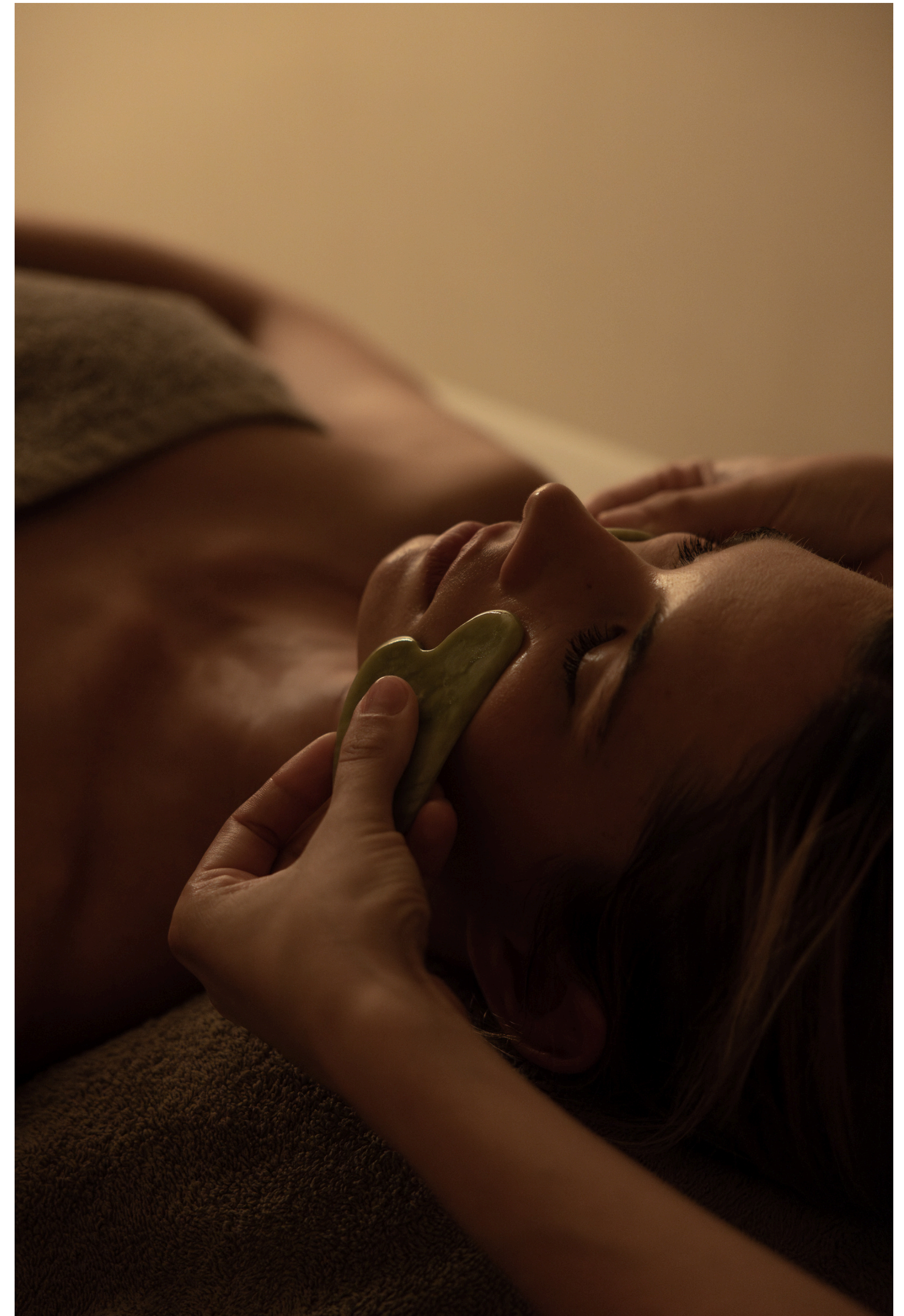
2 HOURS

A complete wellness experience combining a 1 hour deep tissue massage to relieve muscle tension and restore balance with our signature Collagen Radiance Light Therapy facial, an advanced treatment using collagen, hyaluronic acid and red light therapy. Ideal for those seeking ultimate relaxation, muscle relief and skin rejuvenation, with visibly radiant results.

## MOTHER TO BE EXPERIENCE

2 HOURS

Pamper yourself during this special time with a gentle, hydrating facial designed specifically for expectant mothers. Using Voya's certified organic products, this treatment soothes hormonal skin changes while replenishing moisture and restoring a natural glow. This indulgent experience is followed by a 60-minute pregnancy massage, using gentle, flowing techniques and supportive positioning to ease muscle tension and promote deep relaxation.





## BATHS

### OLYMPUS

DETOXIFYING & CALMING

CHAMOMILE, FENNEL, NETTLE, THYME, MOUNTAIN TEA, SAGE

45 MINUTES

Journey inward with a blend of our signature tea, herbal extracts and essential oils inspired by the majestic Greek mountains. Enjoy this detoxifying and calming experience.

### EUCALYPTUS & SEA SALT

INVIGORATING & BALANCING

SEA SALT, EUCALYPTUS

45 MINUTES

Journey inward with invigorating eucalyptus and renewing Ionian sea salt, perfect for cleansing and restoring balance.

### ROSE & COCONUT MILK

INDULGENT & NOURISHING

COCONUT MILK, ROSE

45 MINUTES

Indulge yourself with the soothing scents of rose petals and the indulgent nourishment of coconut milk, ideal for relaxation and hydration.

### SEAWEED

DETOXIFYING & STIMULATING

ORGANIC HAND-HARVESTED SEAWEED

45 MINUTES

Known as the Sailor's Cure, submerge yourself in a bath of organic, hand-harvested Atlantic seaweed to remove unwanted toxins and alleviate aches and pains, incredibly detoxifying and healing.

# STEAM BATHS

## PP | COUPLE

Select your ideal steam bath treatment and let us do the rest. Enjoy privately or with the company of a loved one.

### DETOX

IMPROVES CIRCULATION

EUCALYPTUS, PEPPERMINT

30 MINUTES

### HERBAL INHALATION

SUPPORTS RESPIRATORY CIRCULATION

ROSEMARY, SAGE

30 MINUTES

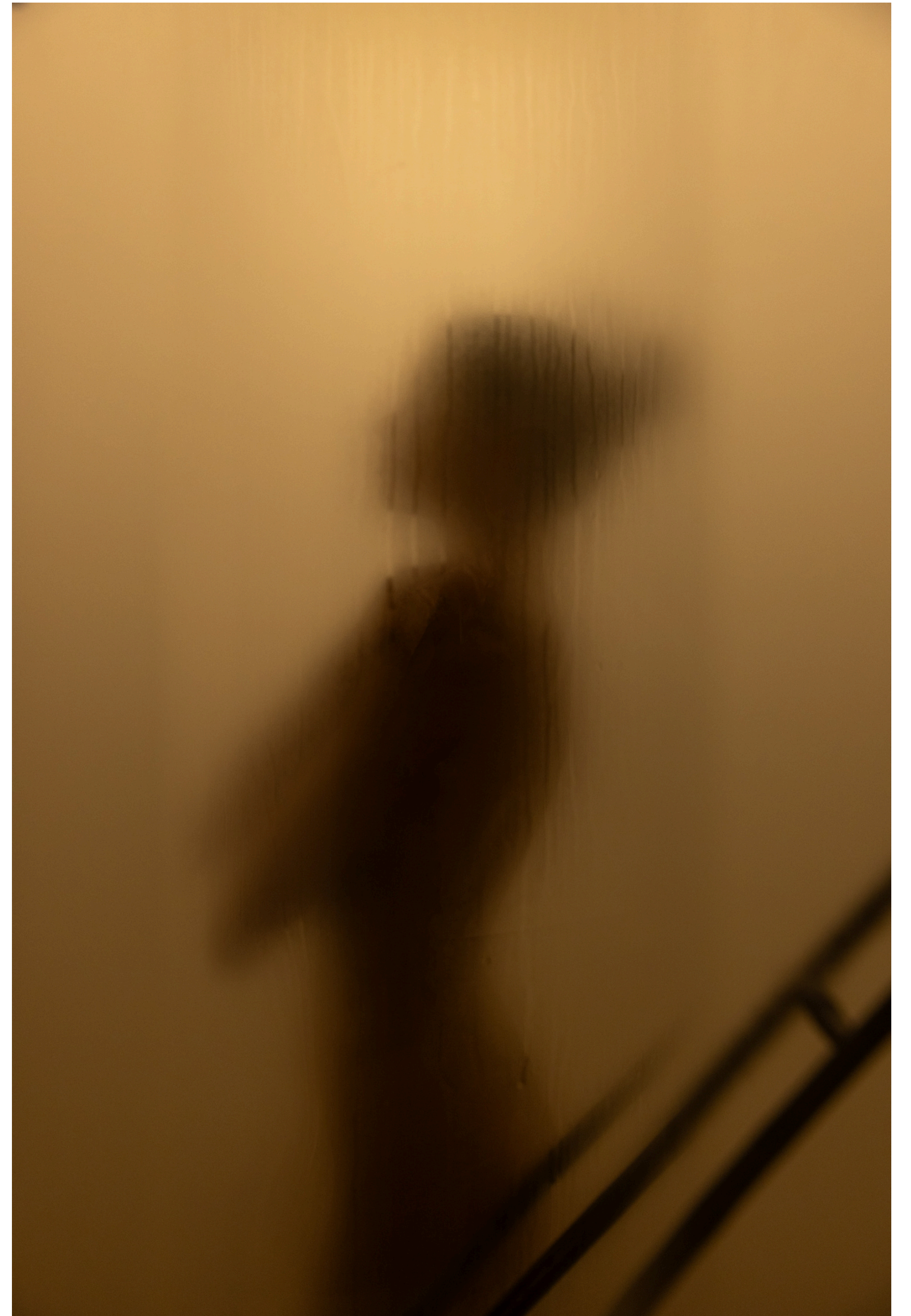
### HYDRATE & GLOW

NOURISHES & HYDRATES DRY SKIN

PINK CLAY, WHITE CLAY, JASMINE, CEDARWOOD, SHEA BUTTER, SILK, VITAMIN E, ORGANIC EXTRA VIRGIN OLIVE OIL, CALENDULA

30 MINUTES

During your steam bath enjoy our luxurious body and hair masks. Our pink and white clay mask contains extra virgin olive oil, silk, jasmine and shea butter to detoxify the body as the pores open and hydrate deeply. Our hair elixir is highly nourishing with olive oil and calendula to strengthen and nourish along with jasmine and cedarwood for the perfect summer scent.





## MANICURE & PEDICURE

### MANICURE / PEDICURE

45 MINUTES

Enjoy a rejuvenating manicure or pedicure designed to restore the natural beauty and health of your nails without the use of nail polish. This treatment focuses on essential nail care, including gentle nail shaping, precise cuticle care, and smoothing of the nail surface for a clean, polished look.

### MANICURE & PEDICURE

90 MINUTES

A complete hand and foot treatment designed to shape, nourish, and restore. Nails and cuticles are carefully groomed, skin is softened and hydrated.

### MANICURE / PEDICURE

WITH COLOR

60 MINUTES

Indulge in a relaxing manicure finished with organic, toxin-free nail polish for a flawless shine and healthier-looking nails.

### MANICURE & PEDICURE

WITH COLOR

1 HOUR 50 MINUTES

A complete hand and foot treatment designed to shape, nourish, and restore. Nails and cuticles are carefully groomed, skin is softened and hydrated, and your look is finished with a flawless polish for perfectly pampered hands and feet.

### FILE & POLISH

30 MINUTES

The perfect express treatment to shape, refine, and add a beautiful touch of colour.

## ADD ON

RED LIGHT THERAPY

COLLAGEN MASK



# SPA ETIQUETTE

## CANCELLATION POLICY

Should you need to cancel or reschedule your Spa appointment, we request a minimum of 24 hours' notice to avoid a full charge.

## ARRIVAL

Please arrive 10 minutes before your treatment to give yourself time to fill in our consultation form and prepare for your treatment.

## ETIQUETTE

Please maintain a low voice when in the Spa as treatments are taking place throughout the day. For the consideration of others, we ask that you switch your cellular phones and electronic devices off or to silent mode.

## HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries prior to your booking.

## VALUABLES

Please leave all items of value in your room's safe box. The Spa is not liable for loss or damage to a guest's personal belongings.

## SMOKING & ALCOHOL

The Spa and its environs are strictly no smoking areas. Consumption of alcohol within the Spa is prohibited. It is also advisable to avoid the consumption of alcohol or heavy meals prior to or after any Spa treatment.

## RESERVATIONS

For Spa enquiries or reservations, please contact the Spa reception directly. Advance bookings are recommended to secure your preferred treatment time.

## PRICE

All prices are quoted in Euros and are inclusive of VAT. Additional gratuities may be added at your discretion. Prices and services are subject to change.

