

ĪDOR  
SPA & WELLNESS



# SIGNATURE TREATMENTS

## SOUND HEALING MASSAGE

GROUNDING & DEEP MUSCLE RELAXATION

ACTIVE INGREDIENTS: ESSENTIAL OILS, TIBETAN SINGING BOWL,  
ORGANIC EXTRA VIRGIN OLIVE OIL, VITAMIN E, CASTOR OIL,  
COCOA BUTTER, SHEA BUTTER, AVOCADO OIL

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

FOR MUSCLE TENSION

ACTIVE INGREDIENTS: GUA SHA CRYSTAL, CUPS, ORGANIC EXTRA VIRGIN OLIVE OIL, VITAMIN E,  
CASTOR OIL, COCOA BUTTER, SHEA BUTTER, AVOCADO OIL

50 MINUTES

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

INDULGENT WITH MASSAGE PRESSURE OF YOUR CHOICE

ACTIVE INGREDIENTS: ESSENTIAL OILS

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

DETOXIFYING & RENEWING

ACTIVE INGREDIENTS: GREEN CLAY, SEA MINERALS, ACTIVATED CHARCOAL, JUNIPER OIL, GRAPEFRUIT, ROSEMARY, ORANGE, LEMON, ORGANIC EXTRA VIRGIN OLIVE OIL

1 HOUR 45

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

ENERGISING, NOURISHING & REJUVENATING

ACTIVE INGREDIENTS: PINK CLAY, WHITE CLAY, SUGAR, SHEA BUTTER, EXTRA VIRGIN OLIVE OIL, SILK VITAMIN E, JASMINE, OLIVE SEED

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.



# BATHS

ADD ON: RED LIGHT THERAPY

## OLYMPUS

DETOXIFYING & CALMING

ACTIVE INGREDIENTS: 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

ACTIVE INGREDIENTS: 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

ACTIVE INGREDIENTS: 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

ACTIVE INGREDIENTS: 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.





# 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.





# 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

ACTIVE INGREDIENTS: EUCALYPTUS, PEPPERMINT

30 MINUTES

## HERBAL INHALATION

SUPPORTS RESPIRATORY CIRCULATION

ACTIVE INGREDIENTS: ROSEMARY, SAGE

30 MINUTES

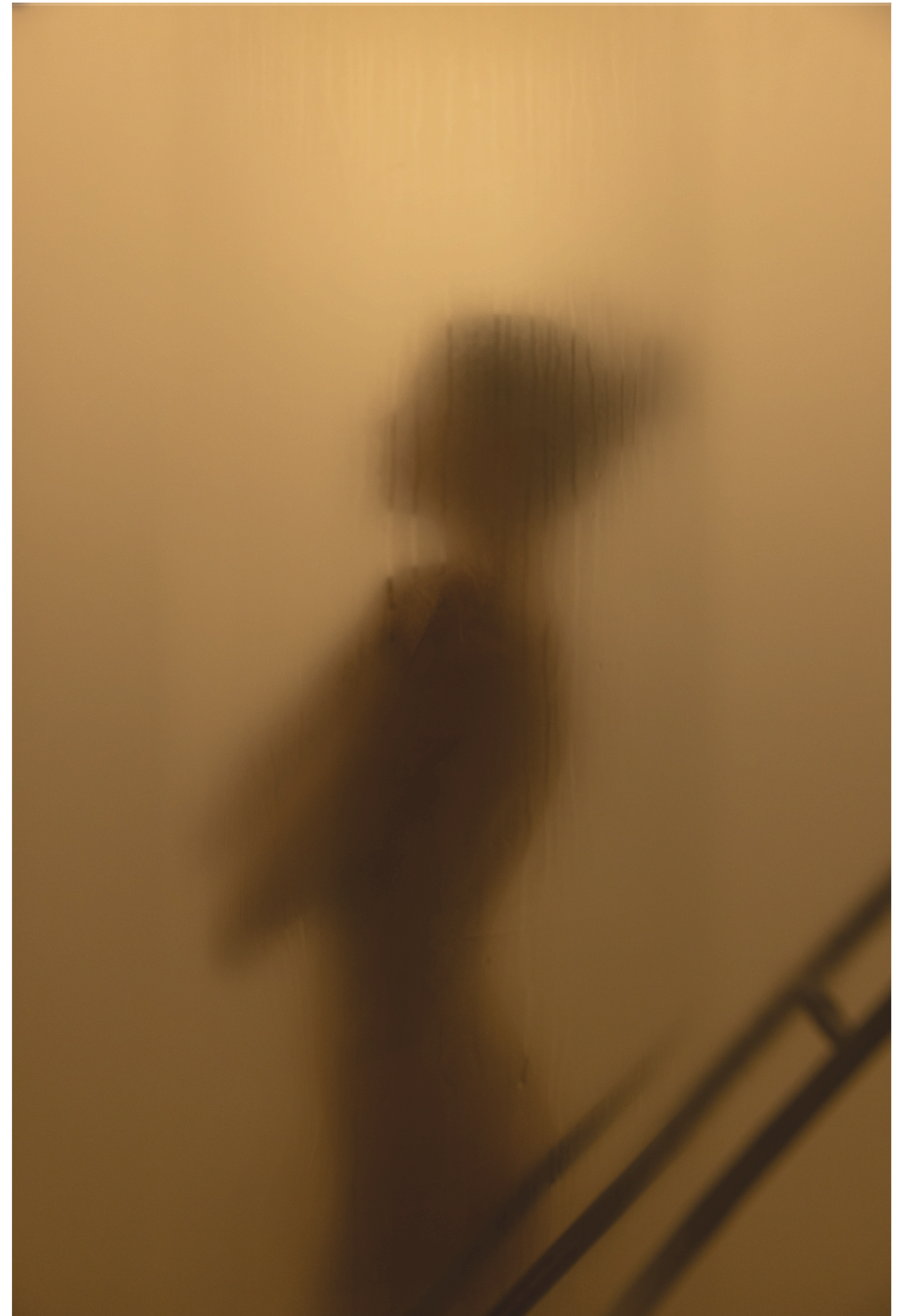
## HYDRATE & GLOW

NOURISHES & HYDRATES DRY SKIN

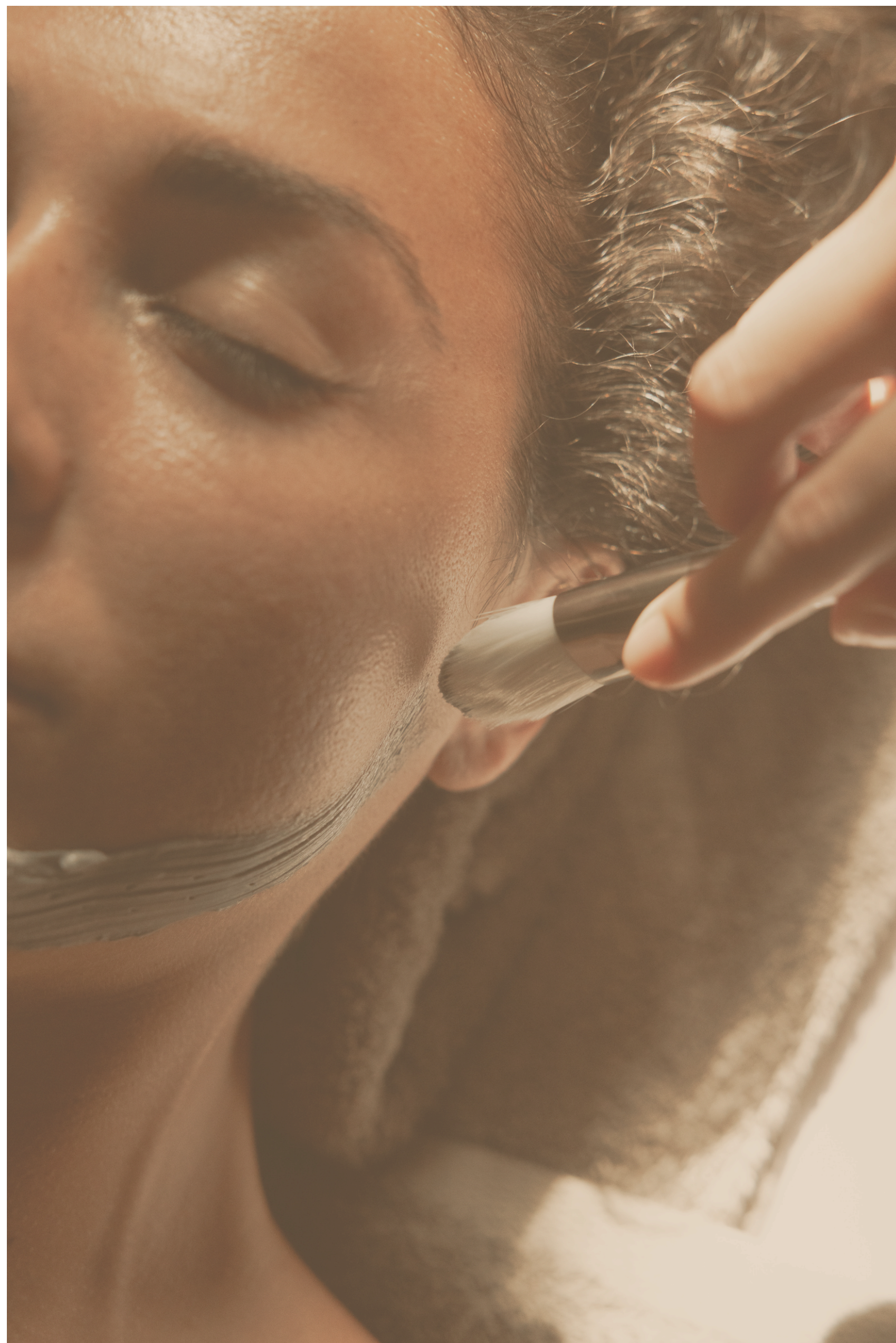
ACTIVE INGREDIENTS: PINK CLAY, WHITE CLAY, JASMINE, CEDARWOOD, SHEA BUTTER, SILK, VITAMIN E, ORGANIC EXTRA VIRGIN OLIVE OIL, CALENDULA

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.







## FACIALS

### COLLAGEN RADIANCE LIGHT THERAPY

ANTI-AGING, BRIGHTENING & HYDRATING  
ACTIVE INGREDIENTS: COLLAGEN, HYALURONIC ACID, RED 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. Recommended for men as well.

### SKIN REBIRTH

EXFOLIATING, BRIGHTENING, REJUVENATING  
ACTIVE INGREDIENTS: EVENING PRIMROSE, GUA SHA CRYSTALS, PAPAYA, PINEAPPLE, CHIOS  
MASTIC ALKANNA TINTORIA

1 HOUR 15

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

ANTI-AGING & DETOXIFYING  
ACTIVE INGREDIENTS: HAND-HARVESTED SEAWEED, EVENING PRIMROSE OIL

1 HOUR 15

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. Recommended for men as well.



# MASSAGE

ACTIVE INGREDIENTS: ORGANIC EXTRA VIRGIN OLIVE OIL, COCONUT OIL, SHEA BUTTER, COCOA BUTTER, CASTOR OIL, AVOCADO OIL, ARGAN OIL, VITAMIN E, ESSENTIAL OILS

## DEEP TISSUE

1 HOUR | 1 HOUR 30

A deeply healing therapy using strong massage pressure, 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 15

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.

## MASSAGE

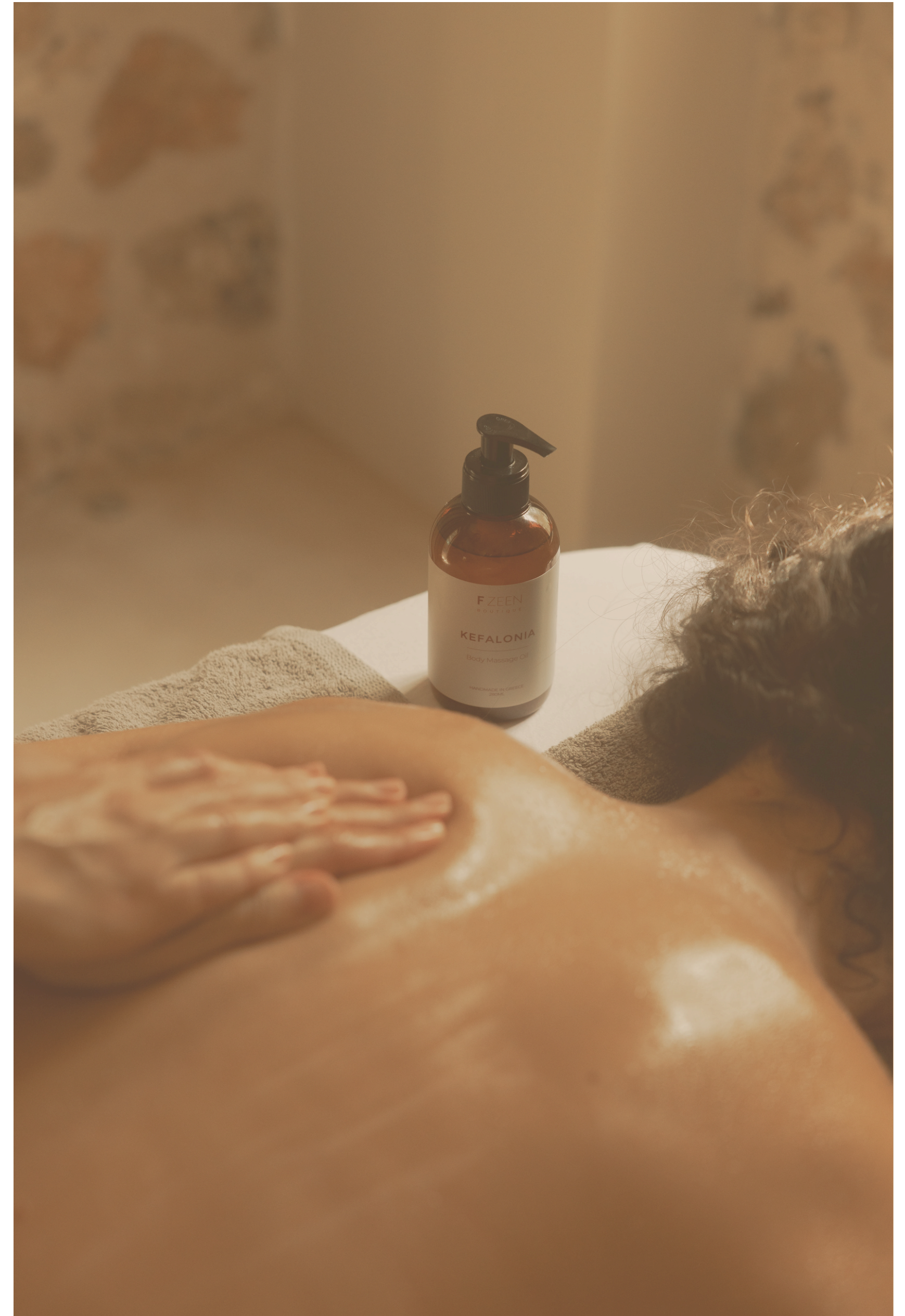
30 MINUTES

Focus your massage on a specific area that is holding onto tension or in need of relaxation.

## 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.







## SWEET HYDRATION SCRUB

NOURISHING & MOISTURISING

ACTIVE INGREDIENTS: SUGAR, JASMINE, ORGANIC EXTRA VIRGIN OLIVE OIL, OLIVE SEED, SILK, COCOA BUTTER, VITAMIN E, SHEA BUTTER, AVOCADO OIL

40 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.

## BODY TREATMENTS

### SUN RITUAL FACE & BODY

SOOTHING, HYDRATING & NOURISHING  
ACTIVE INGREDIENTS: YOGHURT, HONEY, ALOE VERA

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

RELAXING & REJUVENATING  
ACTIVE INGREDIENTS: SEAWEED, EVENING PRIMROSE, CITRUS, CEDARWOOD, BASIL

40 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

INVIGORATING & REFRESHING  
ACTIVE INGREDIENTS: ORGANIC EXTRA VIRGIN OLIVE OIL, IONIAN SEA SALT, OLIVE SEED, ORANGE, GRAPEFRUIT, LEMON, SILK, COCOA BUTTER, SHEA BUTTER, AVOCADO OIL, VITAMIN E

40 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.



# MOTHER TO BE

## PRENATAL BODY TREATMENT

RADIANCE, HYDRATION & RELAXATION

ACTIVE INGREDIENTS: YLANG-YLANG, BERGAMOT, PALMAROSE, CORIANDER, CACAY, SEAWEED

1 HOUR 30

This organic wellbeing ritual promotes relaxation and a sense of tranquillity while deeply hydrating and nourishing the skin. A full body exfoliation will gently renew the skin, leaving you feeling radiant. Nourishing Mama oil is used to gently ease stress and tension with a top to toe body, face and scalp massage. Melt away the aches and pains associated with pregnancy and feel cocooned, supported and restored.

## PRENATAL MASSAGE

RELAXING & NOURISHING

ACTIVE INGREDIENTS: ESSENTIAL OILS

1 HOUR

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

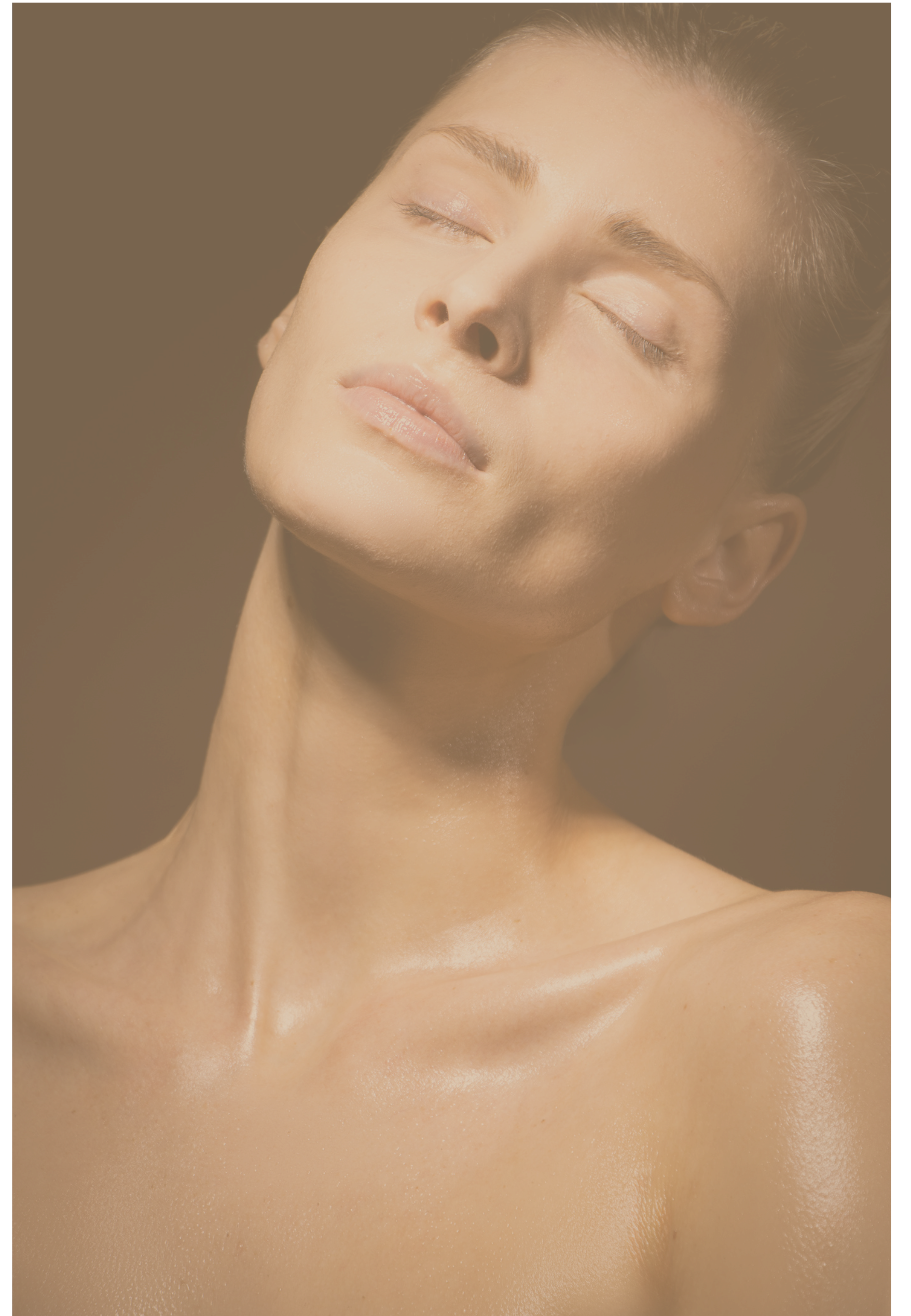
## MOTHER TO BE FACIAL

NOURISHING & HYDRATING

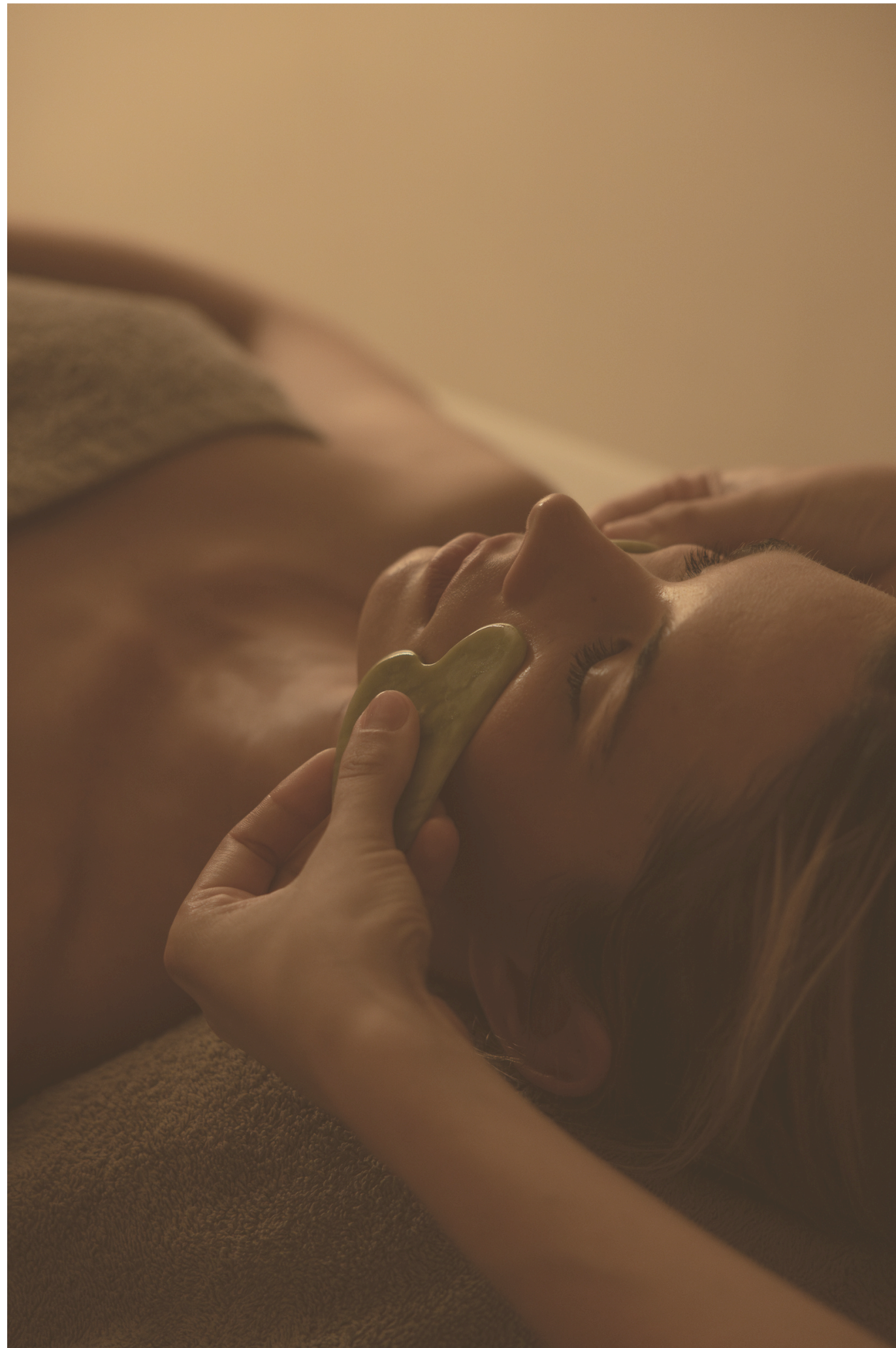
ACTIVE INGREDIENTS: ORGANIC SEAWEED, GREEN TEA, CHAMOMILE, SEA HEATHER

1 HOUR

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. The facial begins with a deep cleanse and gentle exfoliation, followed by a relaxing facial massage to promote lymphatic drainage. A soothing mask, enriched with organic seaweed and botanicals, works to nourish and hydrate the skin, leaving it soft, smooth and refreshed.







## WELLNESS PACKAGES

### SEAWEED WRAP & MASSAGE

FOR LETHARGIC MUSCLES & LYMPH STIMULATION

ACTIVE INGREDIENTS: HAND-HARVESTED SEAWEED, EVENING PRIMROSE, MANDARIN, CITRUS, CEDARWOOD, BASIL

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

REJUVENATING & NOURISHING

ACTIVE INGREDIENTS: ORGANIC EXTRA VIRGIN OLIVE OIL, VITAMIN E, SILK, COCOA BUTTER, SHEA BUTTER, CASTOR OIL, AVOCADO OIL

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

ANTI-AGING, BRIGHTENING & RELAXING

ACTIVE INGREDIENTS: COLLAGEN, HYALURONIC ACID, RED LIGHT THERAPY, ORGANIC EXTRA VIRGIN OLIVE OIL, VITAMIN E, COCOA BUTTER, SHEA BUTTER, CASTOR OIL, AVOCADO OIL

1 HOUR 30

Indulge in a romantic and rejuvenating experience, designed to soothe the body and mind. Choose from four options for the ultimate sensory escape: OLYMPUS | EUCALYPTUS & SEA SALT | ROSE & COCONUT MILK | SEAWEED. The treatment concludes with a one-hour relaxing massage, offering the ultimate sense of tranquility and wellbeing—the perfect way for couples to unwind together.

### BATH & MASSAGE

RELAXING & INDULGENT

ACTIVE INGREDIENTS: HERBAL TEA, EUCALYPTUS, SEA SALT, ROSE, COCONUT MILK

1 HOUR 30

Indulge in a romantic and rejuvenating experience, designed to soothe the body and mind. Choose from four options for the ultimate sensory escape: OLYMPUS | EUCALYPTUS & SEA SALT | ROSE & COCONUT MILK | SEAWEED. The treatment concludes with a one-hour relaxing massage, offering the ultimate sense of tranquility and wellbeing—the perfect way for couples to unwind together.



# MANICURE & PEDICURE

ADD ON: RED LIGHT THERAPY  
ADD ON: COLLAGEN MASK

## MANI/PEDI

1 HOUR 30

Choose between a manicure or pedicure, this treatment does not include application of nail varnish.

## MANI & PEDI

1 HOUR 20

This treatment does not include application of nail varnish.

## MANI/PEDI WITH COLOUR

1 HOUR

Choose between a manicure or pedicure, this treatment is completed with an application of regular nail varnish.

## MANI & PEDI WITH COLOUR

1 HOUR 50

This treatment is completed with an application of regular nail varnish.





# SPA ETIQUETTE

## CANCELLATION POLICY

Appointments can be cancelled up until 9 hours before the time of your appointment, otherwise a 50% charge will be made.

Changes to appointments can be made up until 3 hours before the time of your appointment.

Changes that result in affecting the duration of the treatment or the therapist can be made up to 5 hours before the time of the therapy and are upon availability only.

## 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.

## REFUND POLICY

Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable for another time.

## VALUABLES

Please leave all items of value in your room's safe box. The Spa is not liable for loss of 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.