



olivia  
SPA

---

MENU

OLIVION

S P A

# Menu Olvia Spa

Welcome to **Olvia Spa**, to a journey of self-improvement, a journey that will help you feel like you're reborn, like you're blooming... living your best life... beautiful, carefree, full of happiness.

Being **Olvia**, according to the legend of **Persephone**, means being happy...blessed, blissful... being the one who by enjoying our services can also enjoy mental satisfaction, joy and euphoria, namely those essential elements that one needs in order to relive the moment and conquer the happiness of long life.



## Rebirth • Grow • Longevity

We invite you to an underground spa experience, where sheltered in a rocky cave you will live some unique relaxation, cleansing and revitalizing moments. The contact with everything that is natural gives special meaning to our services. An authentic Turkish bath with inebriating aromas, a refreshing ice fountain for small, revitalizing moments, energizing open air personal training as well as a variety of relaxing facial & body massages and treatments with natural products ...compose the ethereal scenery of **Olvia Spa**

Complete this ultimate happiness experience in the unique heated beds of the relax area, enjoying refreshing drinks and letting the heavenly light that creeps into the spa embrace you, purifying your soul and making you feel reborn... this time living truly free.

# Facilities

Use of Facilities 60min - 40€

## The Path of Euphoria

**A rich experience of water,  
ice and heat awaits you**

Start your experience at our facilities at the path of euphoria, let the water wet your feet, feel the energy of the special pebbles placed on the path floor. A wonderful process of awakening and activation has just begun.

Continue to the special ice fountain area and let the power of ice increase the blood flow to any part of your body that you may choose, offering you freshness and rejuvenation. End up in the authentic Turkish bath, lie back and let the heat soften, detoxify your body and calm your soul.

### Tip:

Combine the use of facilities with facial and body treatments or a massage for a unique self-improvement experience

olvid

# Facial Treatments

In collaboration with the Greek cosmetics company Yellow Rose with an emphasis on natural ingredients of Greek Nature, by using the Premium skincare products of Swissline by Dermalab which combines the science with luxury, focuses on cellular positivity.

Swissline is a sustainable, cruelty free company and the most of the products are vegan. Its philosophy is Well-aging by offering personalized and exceptional experiences.

## Olive & Herbs Facial Hydration 30min - 75€

Choose this award-winning high potency facial with plant-based ingredients for a rich, deep hydration and feel the natural ingredients such as olive, Chios mastic and bergamot enhance your skin appearance and offer you authentic softness, nourishment and freshness.

**Benefits:** Relax, Detox, Energy

## Glow Facial Treatment 55min - 95€

The precious ingredients of gold meet the power of firming and radiance. Enjoy a full facial with peeling, uplifting face and décolleté massage and a rich mask and feel the collagen fillers, as well as the gold and silk proteins purify your skin, sculpt it and give it a unique glow.

Choose the comprehensive face and body gold treatment for extreme glow. Duration 80 min. – € 135

**Benefits:** Detox, Energy



Anti-aging  
Hyaluronic  
55min - 105€

Experience a rich and comprehensive anti-wrinkle, moisturizing facial with Hyaluronic and Oligopeptide fillers (Botox & Retinol like Effects) and feel the flower and white tea extracts energize your senses. The facial includes peeling with lotus grains, massage with French rose and white tea fragrant essential oils that give balance and elasticity to your skin as well as unique natural face lifting effects.

**Benefits:** Detox, Energy

Longevity for Men  
30min - 65€

Feel the fullness offered by a flash facial treatment specially designed for men that softens and soothes the skin after shaving or trimming. Invigorating facial massage with products of light texture that strengthen skin elasticity, stimulate and refresh the face and help you maintain a youthful appearance.

**Benefits:** Relax, Detox, Energy



# Premium Swissline by Dermalab Signature Facial Treatments

Swissline, with roots in the rich tradition of Swiss cell therapy, over the past 35 years has demonstrated commitment to pioneering biotechnological innovation. With this extraordinary partnership, we wholeheartedly embrace the eternal essence of wellbeing, marking a profound common journey that celebrates our shared commitment to nurturing the body, enriching the mind and soothing the soul.”

Choose the Swissline Premium Face Care Treatments and enjoy the use of the Facilities for free.

## Hydra Filling Premium 55min - 145€

A choice for a deep replenishment of the hydration levels of your face skin, of its freshness and vitality. Enjoy a comprehensive treatment with peeling, a restorative face and décolleté massage as well as with a special mask with soothing properties that will calm and deeply nourish your skin. Ideal choice for before and after sun exposure.

**Benefits:** Relax, Detox, Energy

## Well-aging Facial Treatment Premium 45min - 165€

Live the unique experience of the Swiss approach to antiaging treatment and feel the hyaluronic acid tighten your face. This treatment with peeling, a specialized face sculpting facial massage and marine collagen ingredients is an excellent choice for deep hydration, skin nourishment, wrinkle smoothing and of course regeneration of your skin.

**Benefits:** Relax, Detox, Energy

## Olvia Bright Facial Treatment Premium 75min - 185€

Live the unique experience of a full face and décolleté care. Feel your skin being gently cleansed, enjoy a soft, soothing face and décolletage massage with products with powerful pearl ingredients and see your face glow and radiate happiness, acquiring evenness and a special pearl color.

**Benefits:** Relax, Detox, Energy

# Body Treatments

## Body Exfoliation 25min - 40€

Experience an authentic body scrub, choosing natural sugar crystals combined with herbal extracts and natural essential oils to deeply cleanse your skin, making it smoother, softer and silkier.

Combine the peeling with relaxing or slimming massages to feel more rejuvenated and complete 55 min. € 90.

**Benefits:** Detox

## Rejuvenating Masks 25min - 45€

For your body, choose rejuvenating masks with cleansing, nourishing or slimming and skin revitalizing properties.

Combine the mask treatment with a relaxing or slimming massage to feel more invigorated and refreshed 55 min. – € 95.

**Benefits:** Relax, Detox, Energy

## Holistic Care 50min - 75€

Exceptional deep body exfoliation and cleansing treatment as well as a mask of your choice depending on body's needs at that moment.

**Benefits:** Detox, Energy





## The Touch of Nature

80min - 100€

100min - 125€

Feel the touch of nature taking care of your body and skin in a natural way. A deep peeling treatment with natural ingredients and a relaxing massage and mask treatment according to your needs. Choose with us the desired effect so that we use the special ingredients that suit your mood.

**Benefits:** Relax, Detox, Energy

## Ritual of Nature

100min - 95€

Experience an amazing full body treatment option, combine the benefits of a hot hammam, feel your body soften and detoxify, feel the coolness of ice tighten your skin and complete your treatment with a full series of natural ingredients that cleanse, sculpt and deeply nourish your body.

**Benefits:** Relax, Detox, Energy



# Premium Swissline by Dermalab Signature Body Treatments

Choose the Swissline Premium body products and enjoy free use of the Facilities.

Shapely  
Moment  
Premium  
60min - 155€

A unique experience of skin smoothing and body sculpting. Feel the warming caffeine, Gingko Biloba and Butcher Broom products energize your body and the special maderotherapy tools smooth and sculpt your skin leaving it firm, smooth and toned.

**Benefits:** Detox, Energy

Precious  
Moment  
Premium  
90min - 165€

Experience a unique full body massage with special Gua Sha stones and relaxing techniques that release tension and restore a deep sense of well-being. The gentle, elaborate massaging movements with the stones, combined with the gold oil and the collagen cream at the end will give you a feeling of peace and tranquility as well as a uniquely smooth and soft skin.

**Benefits:** Relax, Detox, Energy

olvid

**Firming  
Moment  
Premium  
60min - 155€**

A unique skin tightening and lifting experience. Feel the exceptional technique with the maderotherapy tools that sculpt and tone your skin combined with special products that increase blood flow and tighten the skin, giving an outstanding result of a firm and lifted body, radiating strength and health.

**Benefits:** Detox, Energy

**Longevity Face  
& Body Moment  
Premium  
120min - 205€**

Feel reborn and rejuvenated; touch the feeling of longevity with a comprehensive face and body treatment. Feel the gentle and elaborate massage movements of the special Gua Sha stones smoothing your body, feel the rich ingredients nourishing and activating it, enjoying at the same time a smoothing and glowing-effect facial treatment. Feel the moment, feel yourself relaxing, feel your body changing, feel calm, peaceful and radiant.

**Benefits:** Relax, Detox, Energy



## Massages

Premium  
 Hammam  
 Treatment  
 "Katharsis"  
 60min - 95€

Indulge in a spa treatment experience in the heated space of our Turkish bath. Feel your body soften and calm, feel your muscles relax and your skin pores open. Leave yourself to the experienced hands of our therapists whose special stretching movements will open up your body, let the special glove deeply exfoliate your skin and feel the unique experience of a foam massage with local ingredients relaxing your body. A unique bath and massage treatment experience aimed at cleansing, soothing and revitalizing your body and mind.

**Benefits:** Relax, Detox, Energy

Relax Calm  
 Massage  
 30min - 70€  
 50min - 90€  
 75min - 110€

Choose a low to medium pressure massage that combines harmonious movements from toe to head and feel the peace and tranquility wash over your body. We combine warm oil with essential oils together with gentle and rhythmic massage movements, at the points where you need it most. An ideal choice for relieving stress and an excellent choice for starting your vacation in a happy mood.

**For Couples / Groups:** € 65 / € 80 / € 95 per person

**Benefits:** Relax

## “Gaia” Deep Tissue Massage

30min - 70€

50min - 90€

75min - 110€

## Sports / Functional Massage

30min - 70€

50min - 90€

75min - 110€

## Detox Massage 55min - 90€

We have created for you the most dynamic and deep massage with elbow and forearm techniques. While inebriating oils take care of your skin, feel your body being sculpted and relaxed and your muscles deeply softened. Enjoy Gaia Massage and feel again free and full of energy.

For Couples / Groups: € 65 / € 80 / € 95 per person

**Benefits:** Relax, Energy

A special moderate to intense pressure massage, which combines a functional massage with special sports stretching movements at the points where you need it most or on your whole body, for more flexibility and agility. Choose this particular massage whether you exercise regularly for recovery or if you feel that you need more freedom of movement and muscle decompression. Feel your body relaxed and full of energy and enjoy your day to the fullest.

For Couples / Groups: € 65 / € 80 / € 95 per person

**Benefits:** Detox, Energy

An ideal relaxation option combined with body detoxification. Indulge in the experience of a gentle, relaxing lymphatic massage all over your body. Feel the soft touch “cleansing” and making your body lighter, feel it calming your soul and giving it serenity.

**Benefits:** Relax, Detox



# Personal Training

Private group  
1-2 άτομων  
60min - 90€

For your workout choose a Personal Training session under the guidance of our experienced Personal trainer specialized in Functional Training; work out in the specially designed open air space overlooking the endless blue of the Aegean sea and feel your body being activated, fresh and full of vitality all day long.

2 days Training € 85 per day - 3 days € 80 per day

## Kids Menu

(All Kid menu treatments for children aged 8-14 are always carried out in the presence of their parent in a double cabin – children aged 1 to 17 are not allowed to use the facilities)

“Pluto”  
Massage  
35min - 45€

A specially designed massage for boys 8-14 years old. Entrust your child to the experienced hands of our therapists and let us take care of him with a special massage treatment similar to a mother’s caress that offers calm, peace and relaxation. This massage helps acquiring a better lifestyle with rest and better sleep.

**Benefits:** Relax

“Kori” Massage  
35min - 45€

Specially designed for girls aged 8-14. Entrust your child to the experienced hands of our therapists and let us take care of her with a special massage treatment similar to a mother’s caress that offers calm, peace and relaxation. This massage helps acquiring a better lifestyle with rest and better sleep.

**Benefits:** Relax

“Dimitra”  
Face Care  
20min - 40€

A rich, hypoallergenic, face mask treatment with refreshing fruit scents that will delight your children and keep them cool and fresh all day long.

**Benefits:** Detox, Energy

“Dimitra”  
Body Care  
20min - 45€

A rich, hypoallergenic, body mask treatment with refreshing fruit scents that will delight your children and keep them cool and fresh all day long.

**Benefits:** Detox, Energy

“Dimitra”  
Face & Body Care  
55min - 70€

A rich face & body treatment with refreshing fruit masks that will give your children coolness and freshness all day long.

**Benefits:** Detox, Energy

Family Sharing  
Moments  
85min - 55€  
per person

Live the experience of relaxation side by side with your child, and enjoy rejuvenating shared massage experiences tailored to your and your child's needs.

**Benefits:** Relax, Energy



# Proposals – Experiences

## Mother Earth Care

90min - 95€

110min - 110€

135min - 125€

Activate all your senses in an experience that combines the entire spa facilities with a delightful relaxing massage of your choice and let yourself be pampered by Mother Nature. Feel the alternation between the hot hammam and the power and coolness of the ice on body parts of your choice, enjoy a mystagogic massage session rich in inebriating aromas and feel your body, mind and soul being purified.

Choose it at the beginning of the day, before anything else, to fill up with energy or on your way back to relax and refresh your mood.

**Benefits:** Relax, Detox, Energy

Experience it as a couple or in a group:

€ 85 / € 100 / € 115 per person

## Fitness & Cure

120min - 165€

An extremely pleasant experience that combines 1 hour Personal Functional Training with our specialized trainer and the use of the spa facilities. At the end of your workout, you can relieve your body with the coolness of the Ice Fountain at the points where you need it most and then enjoy a ritual treatment in the hot Turkish bath with a full body exfoliation and foam massage, leaving you relaxed, calm and re-energized.

**Benefits:** Relax, Detox, Energy

olvid



## Fitness Care

90min - 140€

110min - 160€

135min - 180€

To those who love sports and want to see their body getting stronger and staying healthy, we recommend this specific experience. It combines physical workout with a Personal Trainer specialized in body activating functional training, with a moderate to intense functional massage and special stretching movements at the points of your body where you need it most, for an ultimate feeling of flexibility and lightness.

**Benefits:** Relax, Detox, Energy

## Olvia Experience

150min - 170€

170min - 195€

195min - 220€

per person

We have prepared for you, a **Signature wellness** experience that includes everything that you need to feel regenerated and euphoric and enjoy your moments with us.

Start with a **Personal Functional Training** session and workout in our specially designed open air area, feel your body being activated and strengthened, continue in the spa area enjoying the alternation of hot and cold water in the authentic hot **Hammam** and the coolness of the **Ice Fountain** and complete your experience with a **delightful massage** of your choice full of inebriating aromas that will regenerate your body, will boost your mood and will free your soul.

**Benefits:** Relax, Detox, Energy



# Smart Choices

## Special Moments

Ask us about the special preferential prices on face, body and massage treatments on specific days and times.

<b>Monday</b>	<b>14.00-16.00</b>
<b>Wednesday</b>	
<b>Friday</b>	
<b>Sunday</b>	

<b>Tuesday</b>	<b>10.00-12.00</b>
<b>Thursday</b>	
<b>Saturday</b>	

## Wellness Lifestyle Moments 1+1

Ask us about our special facial, body or massage treatment offers for those who love the spa and want to take care of themselves throughout their stay with us.

## Room Service Request

30min - 90€

50min - 105€

75min - 125€

Choose room service and enjoy a unique massage experience at the balcony of your room, overlooking the endless blue of the Aegean sea.

# Spa house rules

---

Our experienced team is at your disposal to help you choose the treatments that suit you best..

## **WORKING HOURS**

10.00 am with 20.00 p.m.

The minimum age for accessing Olvia Spa is 8. It regards the treatment cabins and not the use of the Facilities (Ice Fountain, Hammam).

## **ARRIVAL**

In order to fully enjoy Olvia Spa's facilities we recommend you arrive 15 minutes before your scheduled appointment. In the case that you are going to make use of the Facilities (Ice Fountain, Hammam), you are kindly asked to bring with you your swimsuit. Please let us know if you are, or if you might be pregnant or if you have any allergies or other medical conditions, as these factors contribute to the selection of recommended treatments.

## **APPOINTMENT CANCELLATION**

To cancel your scheduled appointment, please notify us at least 4 hours in advance.

In case of non-timely notification, you will be charged half the amount of the treatment you have chosen.

## **STAYING IN THE SPA PREMISES**

During your stay at the spa, we offer you refreshing drinks. Olvia Spa has changing rooms with a private shower and secure lockers for your personal belongings. You will be given a bathrobe and personal care products. We recommend that you drink a lot of water both before and after each treatment and that you take your time to relax after your treatment, without any haste.

To make your stay and your experience as best as possible, smoking and the use of mobile phones are not allowed in the entire spa premises.

## **BOOKING**

Booking is made at the spa reception office. If you are having trouble deciding or if you are not sure about a treatment, ask the Spa reception staff during or before your visit. They will be happy to advise you.

You can call us at +30 or +30 69  
or send an email to [info@olviaspa.gr](mailto:info@olviaspa.gr)



olvia  
S P A

---

 Krios Beach, Parikia - Paros 844 00

 [info@olviaspa.gr](mailto:info@olviaspa.gr)  [olviaspa](https://www.facebook.com/olviaspa)  [@olviaspa](https://www.instagram.com/olviaspa)