

GROWN ALCHEMIST

KATIKIES
Spa






ALIVE WITHIN

**THIS IS BEAUTY FROM WITHIN. A HOLISTIC
APPROACH THAT DOESN'T ADD, BUT
AWAKENS. ENLIVENS. ALCHEMIZES. GROWN
FROM THE BELIEF THAT YOU NATURALLY
HAVE WHAT YOU NEED, OUR POTENT ELIXIRS
WORK IN SYNCHRONICITY WITH YOUR SKIN,
YOUR BODY, YOUR BIOLOGY. TO REGENERATE
SKIN'S FUNCTION AND HEALTH.**

A black and white portrait of a Black woman with voluminous, curly hair. She is looking directly at the camera with a slight smile. The image is centered and occupies the entire frame.

HEALTH = FUNCTION = BEAUTY

**IMPROVE THE HEALTH OF YOUR SKIN
CELLS AND YOU WILL OPTIMISE YOUR
SKIN FUNCTION, CREATING THE
PERFECT ENVIRONMENT TO RELEASE
YOUR TRUE BEAUTY.**



OUR SKIN IS INCREASINGLY AFFECTED BY THE IMPACTS OF URBAN LIVING AND BUSY, MODERN LIFESTYLE. WE HAVE CURATED A COLLECTION OF FACIALS AND BODY TREATMENTS TO ADDRESS THESE EFFECTS, WORKING IN SYNERGY WITH YOUR SKIN'S UNIQUE BIOLOGY TO REPAIR NATURAL FUNCTIONS, DECELERATE SIGNS OF AGEING AND RESTORE RADIANCE. EACH TREATMENT INVOLVES A COMBINATION OF SIGNATURE TECHNIQUES, INCLUDING; NEUROLYMPHATIC STIMULATION, AN ANTI-POLLUTION MIST INFUSION AND CRYOTHERAPY. OUR ALCHEMISTS CAN HELP GUIDE YOUR SELECTION BASED ON PERSONALIZED CONSULTATION TO UNDERSTAND YOUR NEEDS.

A dimly lit spa treatment room with dark wood-paneled walls. Two massage tables are visible, covered with white linens. A rolled-up white towel rests on the table in the background, and another is on the table in the foreground. The text 'GA KATIKIES SPAS MENU' is overlaid in large, white, bold, sans-serif capital letters.

GA KATIKIES SPAS MENU

TREATMENT OFFERINGS

3 FACIALS
2 EXCLUSIVE RITUALS
2 BODY MASSAGE TREATMENTS
3 TREATMENT ENHANCEMENTS
SIGNATURE TREATMENT
SIGNATURE OPENING RITUAL



RITUALS



HEBE

120MINS

Paying homage to the Greek traditions of bathing, each Grown Alchemist Ritual commences with a steam bath and cleansing charcoal + pumice foot scrub

Indulge in 2 hours of time defying face and body rituals. Beginning with a de-stressing massage, it encourages release through deep relaxation. To do this, we use a bespoke system of soothing massage, lymphatic stimulation, myofascial release and a pressure point massage of the back and feet. The release of stress from deep inside promotes healthy organ function, putting the body, and therefore, the mind at ease. Followed by a total skin reboot. Potent Triple-Weight Hyaluronic Acid and Peptides 3 + 8 are used to encourage collagen production and improve firmness. These actives are combined with specific application techniques and tools, including lymphatic drainage, LED and cryotherapy for instant results.



HYGEIA

120MINS

Paying homage to the Greek traditions of bathing, each Grown Alchemist Ritual commences with a steam bath and cleansing charcoal + pumice foot scrub

A modern-day cleansing ritual to restore you skin health inside and out. Beginning with a thorough body polish using a unique blend of volcanic pumice granules, tangerine and chamomile extract, this delicious scrub exfoliates to remove dead cells while drawing out bacteria and impurities. Your treatment continues with a soothing application of Mandarin and Rosemary Leaf Body Cream, leaving the body feeling healthy, supple, and visibly revived. This is followed by a deep cleansing facial like no other, designed to detox skin at a cellular level. A powerful blend of bio-compatible antioxidants and peptides help detox skin of free radicals, whilst cupping therapy is used to increase blood flow, aid drainage of fluids, reduce puffiness and help firm..





FACE

DEFENCE FACIAL

60 MINS

AM – morning appointments

Beginning with the Katikies signature breathing ritual for maximum relaxation, this facial is like a strengthening skin smoothie. Your skin is fed a cocktail of bio-compatible antioxidants and revitalising actives, reintroducing the nutrients your skin loses daily from over-exposure to external aggressors such as pollution and UV rays. Combined with energising massage movements, the skin's natural defence barrier is strengthened, free radicals and pollutants are neutralised, fine lines are visibly smoothed, and radiance is restored.



DETOX FACIAL

60 MINS

PM – afternoon & evening appointments

Beginning with the Katikies signature breathing ritual for maximum relaxation, this deep cleansing facial is like no other. It has been designed to detox skin at a cellular level, ideal for those who are always on the go or lack a regular sleep cycle. A powerful blend of bio-compatible antioxidants and peptides help detox skin of free radicals, whilst cupping therapy is used to increase blood flow, aid drainage of fluids, reduce puffiness and help firm. Leave feeling thoroughly rejuvenated with a smoother, younger-looking complexion.



REGENERATOR FACIAL

60 MINS

Exclusive for MYKONOS

Beginning with the Katikies signature breathing ritual for maximum relaxation, this facial helps decelerate signs of ageing with this total skin reboot. Potent Triple-Weight Hyaluronic Acid and Peptides 3 + 8 are used to encourage collagen production and improve firmness. These actives are combined with specific application techniques and tools, including lymphatic drainage, LED and cryotherapy for instant results. This customised facial is followed by a soothing and restorative pressure point foot massage, which ends with cooling cryotherapy, working wonders on heavy legs and feet.



HYDRA-RESTORE SHAVE

30 MINS

The ultimate grooming experience. A thorough but gentle double cleanse followed by a warm double shave preps the skin and helps soothe any existing irritations. Tri Hyaluronan Complex drenches the skin in moisture, helping to reduce the appearance of fine lines. Whilst the potent anti-ageing ingredients help firm and brighten the complexion.



A high-contrast, black and white photograph focusing on the lower neck and shoulder of a person. The skin is smooth and the lighting creates soft shadows, emphasizing the contours of the body. The word "BODY" is printed in a bold, white, sans-serif font, centered over the image.

BODY

BODY RELEASE MASSAGE

60/90 MINS

AM – morning appointments

Beginning with the Katikies signature breathing ritual for maximum relaxation, this full-body massage helps release tension and rebalance. Neurolymphatic reflex pressure points help stimulate the lymphatic system, and myofascial trigger points release key muscle groups. Firm pressure creates space within the body, helping improve posture and flexibility, as well as supporting gut health through abdominal and foot work. Detoxification is encouraged throughout this treatment, so you leave lighter and more balanced.



URBAN DE-STRESS

60/90 MINS

PM – afternoon & evening appointments

Our bodies hold stress in more places than just the mind. Beginning with the Katikies signature breathing ritual for maximum relaxation, this de-stressing treatment targets high-tension areas, and encourages a release through deep relaxation. To do this, we use a bespoke system of soothing massage, lymphatic stimulation, myofascial release and a pressure point massage of the back and feet. The release of stress from deep inside promotes healthy organ function, putting the body, and therefore, the mind at ease.



A black and white photograph showing the back of a person's head, neck, and shoulder. The skin is smooth and the lighting is soft, creating a high-end, minimalist aesthetic. The text is overlaid in the center of the image.

TREATMENT ENHANCEMENTS

SOOTHING FOOT MASSAGE

30 MINS

This soothing and restorative pressure point foot massage works wonders on heavy legs and feet. It focuses on stimulating organ function, encouraging drainage, enhancing flexibility and mobility, whilst also soothing the solar plexus to help calm. The treatment ends with a cooling cryotherapy massage so you'll feel like you are walking on air.



AGE-REPAIR HAND TREATMENT

30 MINS

This ultra-rejuvenating treatment gently sloughs off dead skin cells, then drenches the skin in hydration with a pomegranate and peptide complex mask. A firm hand massage releases unknown tension and the award-winning Tri Hyaluronan Complex helps plump skin to combat signs of ageing, revealing noticeably smoother, silky hands.



GROWN ALCHEMIST
BIOLOGICAL BEAUTY
TRAVEL KIT
KIT BIEN-ÊTRE DE VOYAGE

THANKYOU

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