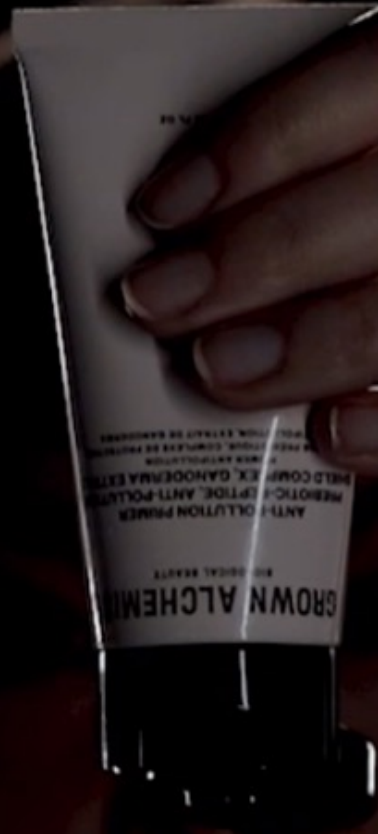


Spa



GROWN ALCHEMIST
BIOLOGICAL BEAUTY



KATIKIES
MYKONOS



Katikies Spa meets Grown Alchemist

‘Katikies’ is the Greek word for ‘homes’, and that is exactly what we lavishly offer all our guests: a luxurious home away from home on the stunning islands of Santorini and Mykonos. The feeling of authentic Greek hospitality, which lies in the very core of our existence and runs through our DNA, is evident in every aspect of our hotels and present in every experience of our guests. In this exact context, Katikies Spas serve as a personal haven of serenity and peace for each and every guest, as would happen at the favourite corner of their own home, but better.

Gracefully nestled in our each location, seamlessly assimilated to the architectural heritage of each island, our gracious spas offer top signature treatments with the help of Grown Alchemist’s natural skincare products. A leading global skincare brand, Grown Alchemist products work in total synergy with the skin’s unique biology to improve skin cell health and to optimise skin function in order to create the ideal environment for true beauty to be revealed. Feel alive within where nature, grace, luxury, and splendour coexist in perfect harmony.

GROWN ALCHEMIST
BIOLOGICAL BEAUTY

Rituals



Rituals — by Grown Alchemist

Hygeia

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.

Duration of Treatment: ~ 120min — € 240

Hebe

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 and cryotherapy for instant results.

Duration of Treatment: ~ 120min — €240

Face



Face — by Grown Alchemist

AM — MORNING APPOINTMENTS

Defence Facial

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.

Duration of Treatment: ~ 60min — € 150

PM — AFTERNOON & EVENING APPOINTMENTS

Detox Facial

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.

Duration of Treatment: ~ 60min — € 150

TOTAL BEAUTY

Regenerator Facial

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 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.

Duration of Treatment: ~ 60min — € 150



Body

Body — by Grown Alchemist

AM — MORNING APPOINTMENTS

Body Release Massage

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.

Duration of Treatment: ~ 60 / 90min — € 150 / € 190

PM — AFTERNOON & EVENING APPOINTMENTS

Urban De-stress

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.

Duration of Treatment: ~ 60min — € 150

Treatment Enhancements



Treatment Enhancements — by Grown Alchemist

Soothing Foot Massage

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.

Duration of Treatment: ~ 30min — € 80

Age-Repair Hand Treatment

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.

Duration of Treatment: ~ 30min — €80



Terms & Conditions

Hours of Operation

10.00 am to 8.00 pm daily. Please dial 1007 for reservations or email us at spa@katikiesmykonos.com

Appointments

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

Treatment Preparation

We recommend that you arrive at least 20 minutes prior to your scheduled treatment, allowing time to complete your holistic health assessment. Following your treatment, take some time out in the tranquil environment of our relaxation space, allowing the benefits of your treatment to take effect. For your comfort, we are pleased to provide you with bathrobes, towels, slippers and disposable underwear.

Special Considerations

Most of our spa treatments can be adapted to accommodate pregnancy or injury. Please contact us with any queries and let us know of any medical or health concerns. We have created special treatments for your needs. Pregnant women must be at least 14 weeks pregnant before they can have treatments.

Home Care

To continue your spa regimen at home, all Grown Alchemist products used in the treatments are available to purchase. Your therapist will guide you in choosing the appropriate products for your needs and advise you for a result driven regime.

Spa Environment, Health & Hygiene

The Katikeis Mykonos Spa environment is one of tranquility and relaxation. Please, respect other guests' rights to privacy and serenity. We are kindly requesting you, to switch off your cell phone while in the spa premises to maintain the peaceful ambience of the spa. The consumption of alcohol and food, as well as smoking, is not permitted at the spa premises. Katikies Mykonos Spa implements all necessary regulations and guidelines for a safe and healthy environment.

Personal Belongings and Valuables

We request that you leave your valuables in the safe in your guest room.

Cancellation Policy

We understand that schedules change and we will do our best to accommodate your needs. Since your spa time is reserved especially for you, we kindly ask you to give a minimum of 4 hours' cancellation notice so that someone else may enjoy that time. Cancellations made 4 hours prior to the treatment or less, will be subject to a fee equal to the rate of the treatment booked.

Prices quoted are in Euros and include all taxes. Service charge is not included in the prices.