

# KATIKIES *Spa*

## Rejuvenate at Katikies Spa

Click on the image below  
and choose your therapy treatments



L I G N E<sup>®</sup>  
ST BARTH



**GROWN ALCHEMIST**  
BIOLOGICAL BEAUTY





# Rejuvenate at Katikies Spa



L I G N E<sup>®</sup>  
ST BARTH



KATIKIES  
MYKONOS



## Welcome to Katikies Spa

Curated Body & Face Treatments, carefully selected transports you to a world of blissful relaxation. Embrace the opportunity to disconnect from the busy world outside and reconnect with the present moment, allowing your mind to find solace and serenity.

Be ready to experience an unforgettable voyage of tranquility.

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## Katikies Spa meets Ligne St Barth

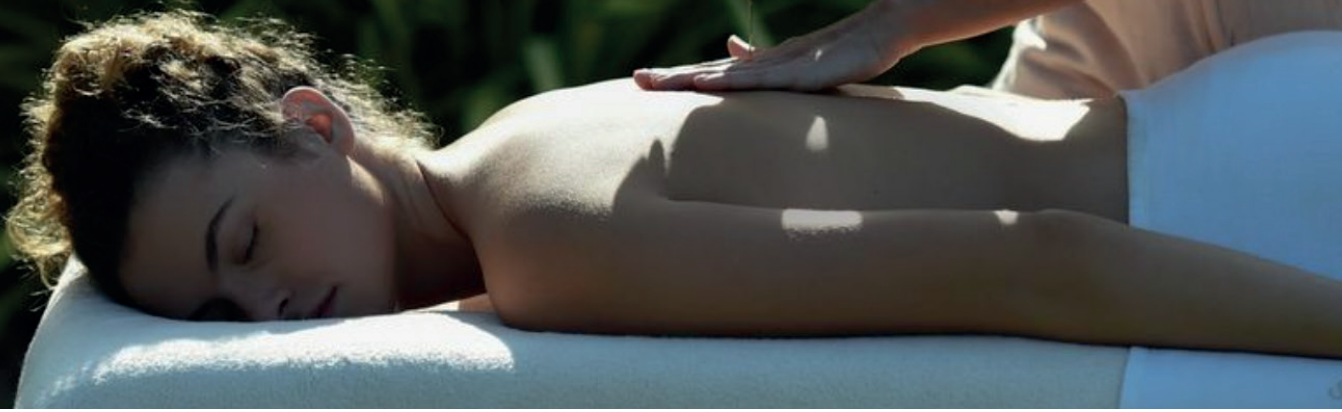
Experience the authenticity of a skincare range which is inspired by the richness of tropical flora: the scent of exotic blossoms, the aroma of fruits and the healing power of botanical essences. A range which combines a traditional understanding of the effectiveness of plants with cutting-edge production methods. Born in the Caribbean, the oils, lotions, and creams of Ligne St Barth embody the islands' way of life.

Ligne St Barth focuses on people and their wellbeing.





# Massages



## Massages

### St Barth Harmony Relaxing Massage

#### Relax and Unwind with a Soothing Massage

During the treatment we choose between Coconut Oil excellent for soothing the dry skin, or vitamin-rich Avocado Oil to maintain the skin's elasticity. A sense of calmness and tranquility washes over you, taking you to a place of inner balance and harmony.

Duration of Treatment: ~ 30 / 60min — € 85 / € 140

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### St Barth Harmony Deep Tissue Massage

#### Embrace the Healing Power Within

Your therapist works to release chronic muscle tension that have been holding you captive. With our silky Relaxing Body Oil infused with camphor and menthol, this massage technique promotes blood flow and oxygenation to the affected areas, revitalizing your muscles and encouraging their natural healing process.

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

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### St Barth Slimmness Massage

#### Unleash Your Body's Natural Potential

This specialized massage targets your legs by stimulating natural detoxification processes, promoting lymphatic drainage, and encouraging optimal circulation. St Barth's well-known Firming Body Gel with Ivy extract, its ideal to stimulate the microcirculation and boost the lymphatic system. After the massage you will fill your legs lighter and your skin will be smoother, firmer and toned.

Duration of Treatment: ~ 30 min — € 90

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### St Barth Becoming Mom

#### A combination of nurturing treatments to promote overall well-being for expectant Mothers

This pampering treatment is perpetually beneficial. You can choose between a Full Body Relaxing Massage, or a combination of a Facial Treatment & Leg Massage. Indulge in a soothing experience as our skilled therapists use gentle, nurturing strokes and safe techniques to provide comfort and relaxation during this precious time.

Duration of Treatment: ~ 90 min — € 180

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### Hot Stones Massage

#### Find the Ultimate Relaxation and Energy Rebalancing

A soothing combination of volcanic hot stones, with St. Barth's Oils that have carefully been chosen according to your needs, transport you to a place of deep relaxation. This massage will relax your muscles and will release the tension, through your entire being.

\*A 30' Head Massage is included in the 90' treatment

Duration of Treatment: ~ 60 / 90min — € 160 / € 200

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### Back & Neck Massage

#### Relax and Rejuvenate

Step into a realm of deep relaxation and let our Back & Neck Massage transport you to a state of tranquility and renewal. Your upper torso will thank you, and your entire being will revel in the newfound sense of peace and harmony.

Duration of Treatment: ~ 45 min — € 110



# Facials

## The Facials — by Ligne St Barth

### St Barth Pureness

This cleansing ritual eliminates impurities, unclogs pores, and prepares your skin for the nourishing benefits that lay ahead. Unleash your skin's natural radiance, restore its vitality, and embrace the power of pureness with this exceptional facial experience.

Duration of Treatment: ~ 30 / 60min — € 120 / €140

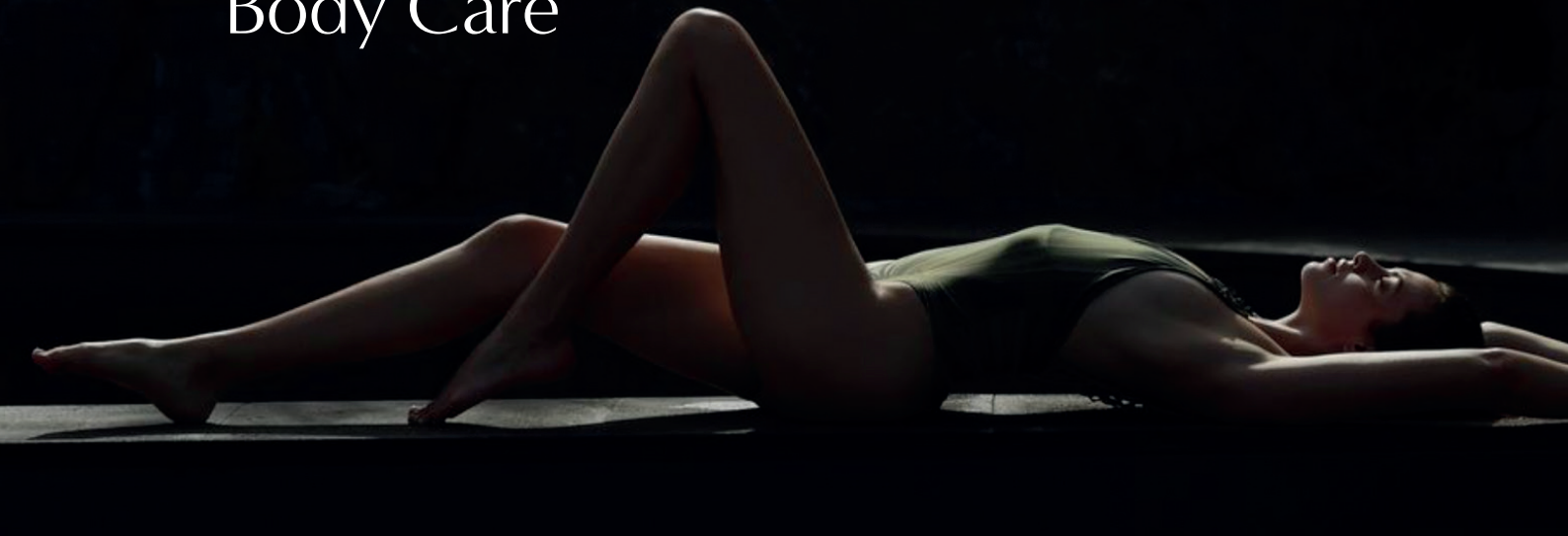
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### St Barth Freshness

Designed to leave your skin feeling refreshed, revived and radiant, this luxurious facial is an exquisite blend of relaxation and effective skincare. A sophisticated face and neck treatment consisting of a cleanse gentle exfoliation, revitalizing massage and illuminating mask.

Duration of Treatment: ~ 90min — € 180

# Body Care



## Body Care — by Ligne St Barth

### St Barth Softness

#### Relaxing Body Exfoliation with Papaya Mousse and Coconut Oil

The efficiency of the fresh, enzyme-rich papaya mousse gently removes dead skin cells and rich coconut oil provides valuable nutrients. Find peace and enjoy clarity – the skin is enveloped in an exotic fragrance and feels silky, soft and smooth.

Duration of Treatment: ~ 40min — € 130

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### St Barth Sun Downer

#### Hydrating Body Wrap with Green Clay & Melon Mousse

The fresh Melon Mousse revitalizes, while Green Clay clarifies, calms and gently cleanses the skin. A fresh kick of Aloe Vera Gel provides a cooling, hydrating finish. Ideal as an after-sun treatment to calm heated skin after sunbathing combined with either a Head or Foot Massage.

Duration of Treatment: ~ 60min — € 140



# Spa Packages



## Spa Packages

Each of our Spa Packages can be customized to your preferences, ensuring that your experience is tailored to meet your specific needs. The goal is to create an oasis of tranquility and offer a respite from the pressures of everyday life.

### Honeymooners — Unparalleled Romance and Relaxation

20' Steam Room Session  
60' Full Body Massage (Relaxing or Deep Tissue Massage)  
30' Express Facial Treatment or Head & Scalp Massage

Duration of Treatment: ~ 120min — € 420 (per couple)

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### De-Stress Massage Ritual — Unlocking a Path to Tranquility and Inner Harmony

20' Steam Room  
40' Back, Neck & Shoulders Massage  
30' Scalp Massage

Duration of Treatment: ~ 90min — € 170 (per person)

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### Blissfull Escape Experience — Relax and Rejuvenate

20' Steam Room Session  
30' Full Body Scrub  
60' Full Body Harmony Relaxing or Deep Tissue Massage

Duration of Treatment: ~ 110min — € 220 (per person)

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### Blissfull Indulgence Experience — Relax and Glow

20' Steam Room Session  
60' Full Body Harmony Relaxing or Deep Tissue Massage  
30' Express Facial Treatment

Duration of Treatment: ~ 110min — € 220 (per person)



## 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](mailto:spa@katikiesmykonos.com)

### Appointments

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

### Spa Arrival

We recommend that you arrive at least 15 minutes prior to your scheduled treatment, allowing time to complete your holistic health assessment. We are pleased to provide you with bathrobes, towels, slippers, disposable underwear and all the amenities you may need during your Spa session.

### Age Requirement

Guests under the age of 18 years are required to have parental consent, with a minimum age of access of 16 years.

### Special Consideration

Please contact us with any queries and let us know of any medical or health concerns. We can adapt our treatments according to your needs. Pregnant women must be at least 14 weeks pregnant before they can have treatments.

### Home Care

To continue your spa regime at home, Ligne St Barth 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 Katikies 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 you 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 Katikies Spa premises. Katikies 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.

### In Room Treatments

Experience many of our treatments in the privacy of your room with an additional charge of 50€.

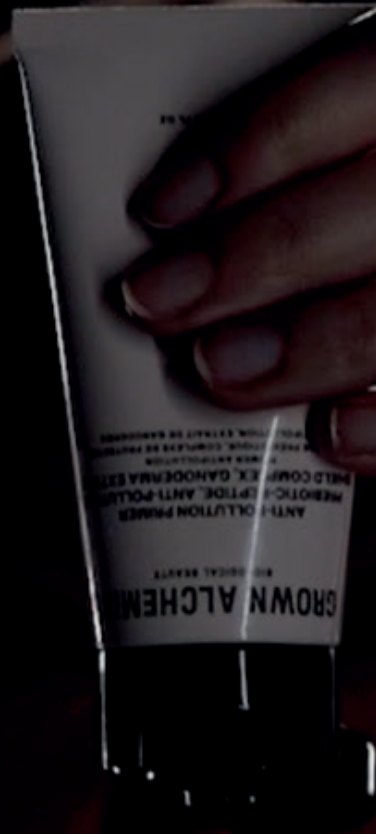
### Cancellation Policy

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 24 hours' cancellation notice so that someone else may enjoy that time. Cancellations made less than 24 hours notice, 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.



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**  
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# 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 your 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

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### 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

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### 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

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### 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

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### 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

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### 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





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