# KATIKIES

Rejuvenate at Katikies Spa





## Welcome to Katikies Spa

Curated body and face treatments, carefully selected to transport you to a world of blissful relaxation. Embrace the opportunity to disconnect from the outside world and reconnect with the present moment, allowing your mind to find solace and serenity.

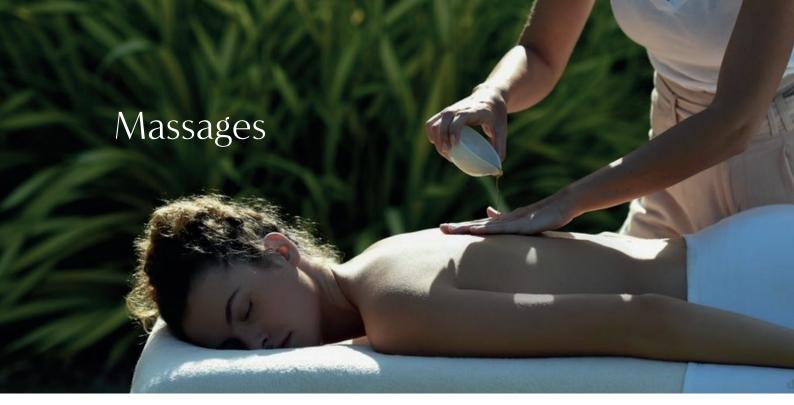
Prepare to embark on an unforgettable voyage of tranquility.

# 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

## St. Barth Bliss

#### Relax and Unwind with a Soothing Massage

During the treatment we choose between Coconut Oil that is used to take care of dry skin, or the 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

## St. Barth Intenseness

## **Energizing Body Massage**

Your therapist works to release chronic muscle tension and knots that have been holding you captive. The action of camphor and menthol oil promotes a feeling of tranquility and offers enduring comfort. Ideal after a sports session for better recovery or to relieve tension, this massage provides immediate well-being.

Duration of Treatment:  $^{\sim}$  60 / 90min — € 150 / € 190

# St. Barth Slimness

# 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 lvy 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 more toned. Ideal after a long flight.

Duration of Treatment: ~ 30min — € 120

# St. Barth Serenity

# Relaxing scalp and Décolleté Massage

Escape from everyday stress and immerse yourself in an experience of intense serenity with this unique scalp and décolleté massage. Enveloped by the enchanting notes of vanilla and jasmine in the treatment oil, enjoy an interlude of peacefulness. Your scalp is nourished, your hair enhanced and its natural beauty is revealed.

Duration of Treatment: ~ 30min — € 75

# Hot Stones

# 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

# Back & Neck

# 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 back and neck will thank you, and your entire being will revel in the newfound sense of peace and harmony.

Duration of Treatment:  $^{\sim}$  45min —  $\in$  110

# Becoming Mom

# An overall well-being for expectant Mothers

This pampering ritual is a combination of a Body Relaxing Massage followed by a rejuvenating Facial Treatment. A soothing experience where our skilled therapists use gentle, nurturing strokes and safe techniques to provide comfort and relaxation during this precious time.

\* Pregnant women must be at least 14 weeks pregnant



## **Facial Treatments**

#### St. Barth Pureness

#### **Glow Facial**

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

#### St. Barth Lightness

#### **Detoxifying Facial**

Begin with an invigorating deep cleanse of your face and décolleté, followed by a detoxifying brush massage, expertly designed to eliminate toxins. Immerse yourself in tranquility as a calming hand and arm massage extends the relaxation. A purifying and regenerating mask, infused with green clay and pineapple, is delicately applied. Your skin is refined, leaving your complexion with a radiant glow.

Duration of Treatment: ~ 60min — € 160

## St. Barth Richness

#### Anti-aging Facial

Indulge in an extensive facial treatment that begins with a relaxing neck and head massage. Then, experience a gentle cleansing and exfoliation of the face and décolleté. Your skin is now prepared for the manual lifting massage, a unique technique designed to naturally redefine the contours of your face, improving the firmness of your skin and enhancing your complexion. A relaxing hand and arm massage extends your relaxation.

Duration of Treatment: ~ 90min — € 180

## Add-ons

**Cupping Therapy** 

Duration of Treatment: ~ 15min — € 25

Cryotherapy

Duration of Treatment: ~ 10min — € 10



## Body Care — by Ligne St Barth

## St.Barth Sunrising

#### **Exfoliating Body Treatment**

Prepare your skin for the sun with a body scrub treatment, ideal for achieving an even, long-lasting tan. Avocado oil with the combination of white sand, provides long-lasting nourishment and envelops your skin in exotic scents, leaving it soft and moisturized during this moment of pure relaxation.

Duration of Treatment: ~ 45min — € 130

#### St.Barth Sun Downer

#### Refreshing Aloe Vera Body Wrap

Soothe your skin with our restorative, moisturizing body wrap. Perfect for revitalizing after a sunny day, our treatment combines the calming power of aloe vera gel with mint and the nourishing benefits of a gentle oil. Your skin is pampered and repaired, regaining its natural vitality. A relaxing head massage during the wrap application adds a dimension of well-being for a complete state of serenity.

Duration of Treatment: ~ 45min — € 140

#### St.Barth Slim Line

#### Revitalizing Leg Wrap & Draining Aesthetic Massage

Enjoy an experience dedicated to leg relaxation, whether you're looking to soothe your legs after a long flight, give your legs a sleek look or simply for your own wellness. The leg wrap, complemented by a draining aesthetic massage, offers comfort and promotes muscle recovery. Designed to soothe and revitalize your legs, this refreshing treatment, infused with Ivy Gel and Camphor and Menthol Oil revitalizes and firms the skin.

Duration of Treatment: ~ 60min — € 170



# Day 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' Scented Private Steam Room Session

60' Relaxing Body Massage or Energizing Body Massage

30' Glow Facial Treatment or Head & Scalp Massage

Duration of Treatment: ~ 120min — € 450 (per couple)

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

20' Scented Private Steam Room Session

40' Back, Neck & Shoulders Massage

30' Head & Scalp Massage

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

# Blissfull Escape Experience — Relax and Rejuvenate

20' Scented Private Steam Room Session

30' Exfoliating Body Treatment

60' Relaxing Body Massage or Energizing Body Massage

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

# Blissfull Indulgence Experience — Relax and Glow

20' Scented Private Steam Room Session

60' Relaxing Body Massage or Energizing Body Massage

30' Glow Facial Treatment

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

# After Sun — A sun-kissed skin

20' Scented Private Steam Room Session

40' Refreshing Aloe Vera Body Wrap

60' Glow Facial Treatment

Duration of Treatment: ~ 120min — € 250 (per person)

# Stay Spa Packages

# Serene Escape

# 1st DAY

10' Scented Private Steam Room Session

60' Relaxing Body Massage

30' Relaxing scalp and Décolleté Massage

2ND DAY

10' Scented Private Steam Room Session

90' Anti-aging Facial Treatment

Duration of Treatment: 2 days — € 350 (per person)

# **Detox Retreat**

# 1st DAY

10' Scented Private Steam Room Session

30' Exfoliating Body Treatment

30' Slimness Leg Massage

2ND DAY

10' Scented Private Steam Room Session

60' Detoxifying Facial Treatment

20' Well-Being Foot Care

Duration of Treatment: 2 days — € 400 (per person)

# Katikies Spa Retreat

# 1st DAY

10' Scented Private Steam Room Session

45' Exfoliating Body Treatment

20' Well-Being Foot Care

2ND DAY

10' Scented Private Steam Room Session

90' Energizing Body Massage 3RD DAY

10' Scented Private Steam Room Session

60' Detoxifying Facial Treatment

Duration of Treatment: 3 days — € 500 (per person)



#### Terms & Conditions

#### Hours of Operation

10.00 am to 7.00 pm daily. Please dial 1007 for reservations or email us at 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 Considerations**

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.

#### Gift Cards

Our gift cards are an ideal gift and available at the Spa Reception.

#### 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 A.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.