



CALIOPE

A spa by Tropicana



TROPICANA
Hotels, Suites & Villas

Intro

In Greek Mythology the nine muses were considered the source of different elements of inspiration. **Calliope (=beautifully voiced)** was the most famous among the muses. She was the first inspiring muse, who gave the mortals their inspiration. She was also the goddess who bestowed the gift of eloquence on leaders, kings and princes. The muses were dwelt on Mount Olympus, where they were at the service of the gods!

We have created **Calliope Spa** as a temple for you to enjoy the relaxation both mentally and physical and let yourself get inspired. From the moment you enter you will be engulfed from the tone of relaxation and will be encouraged to let go of any stress.

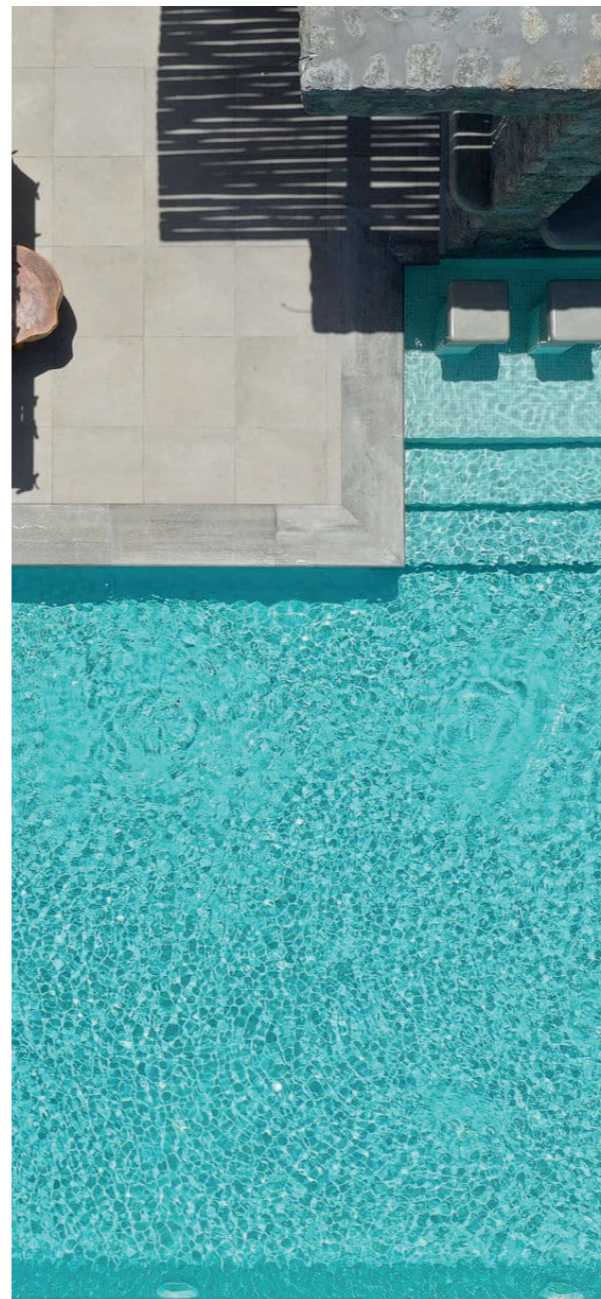
Step into the temple of **Calliope** and feel the inspiration.



Immerse yourself into a wellness experience, designed to accommodate your needs. A trip to **“Calliope Spa”** becomes an important part of your journey and helps you reunite with your spirit. Calliope was the muse of epic poetry, inspiring great leaders and kings. She was considered the wisest and noblest of all muses and her name itself derives from the ancient word for beauty, “Callos”. Allow yourself to be inspired and indulge in this relaxing escape with a selection of rejuvenating customized experiences in collaboration with the award-winning Greek Spa Brand **Ariadne Athens**.

Ariadne Athens proposes bespoke therapies aligned with a unique destination and inspired by its natural elements. The main purpose: to rebalance and renew, from inside out. Grounded in holistic care, immersed in a genuine experience through signature treatments, rejuvenating therapies and sensory journeys.

Local ingredients are utilized seamlessly, connecting each destination’s native and organic elements with the latest techniques in cosmetology. Ariadne Athens inspires well-being through revitalizing therapies and result-driven beauty care.





Signature Treatment

Luxuriate yourself in a carefully designed signature ritual that carry the seal of excellence Ariadne Athens experience has to offer. An exhilarating journey that travels the mind and soul to the unique, picturesque landscapes of the Greece.

TROPICANA MOONLIGHT SENSATION

Sparkling luxurious anti-aging ritual

Sparkling Jasmine & Gardenia white petals gently exfoliate the skin, offering the most sensually soft touch, preparing the body for the exceptionally beneficial properties of firming and deeply nourishing 24K Gold Body Mask. The mask's innovative formula combines 24 Carat leaves of Gold with precious gemstones, to lift, tone and rejuvenate the skin, instantly revealing a more youthful look. Followed by a perfectly mastered massage technique, which combines unique warm Rose Quartz sand and lavishly moisturizing Starflower oil, this treatment aspires to offer your skin the most ultimate Anti-Ageing properties, while guiding your senses to a sublime journey of the spirit.

Duration: 1h 15min / 125 €



Mind & Body Rituals

There are certain experiences which cultivate memories and emotions that last forever. There are certain rituals, designed with respect to the human body and soul, performed with love and affection, to provide the utmost sense of indulgement.



BOTANICAL VOYAGE Purifying detox ritual

This therapeutic journey starts with an Hammam session, followed by an invigorating exfoliation using black pepper and rosemary to reduce water retention, improve circulation, and firm and hydrate at the deepest level. Rejuvenate each and every part of your body with a thoroughly cleansing and detoxifying body mask, imbued with the sparkling notes of holy basil and lemongrass that purify and hydrate. Then, surrender to the, rich in antioxidants and healing properties, innovative blend of pure dittany oil infused with hand-picked saffron, along with the cooling sensation of ivy, green tea and grapefruit, that dance in harmony to protect and firm your skin, while offering a healthy radiance and youthful appearance.

Duration: 1h 45m / 135 €

JET LAG RECOVERY Post-travel ritual

Escape travel exhaustion and jet lag with the 80-minute invigorating treatment that aims to revive and re-energize the body's natural biorhythms. Grounding and restoring natural flow when all feels out of sync, this energizing ritual relieves imbalances and revitalizes the nervous system. Delicate mocha scrub leaves your skin silky soft, ready to receive the complementary benefits of the rejuvenating massage that follows. Sensational citrus fruits aromas invigorate the mind, while the perfectly orchestrated massage movements support the body against stress and fatigue. Finally, refreshing notes of spearmint mingle with the cooling sensation of grapefruit to slowly stimulate the blood flow and offer ultimate comfort.

Duration: 1h 20m / 130 €

LAVA TOUCH Holistic body detox

Supercharged body treatment based on the supreme power of Santorini's volcanic lava clay which fights cellulite and excess fat, while stimulating blood flow to increase metabolism. Combining a plethora of active ingredients such as algae, basil and cinnamon, this treatment helps activate the lymphatic system and decongest the body, efficiently removing toxins. The wrapping technique applied in the end helps firm and tone the body, while providing evident inch loss and a visibly smoother appearance.

Duration: 1h 15m / 120 €

UNDER THE SUN After sun face & body treatment

This treatment embodies the ideal mouthwatering and refreshing properties of watermelon extracts and the calming benefits of sea water, skillfully combined to help restore skin's moisture. Inflammation and skin-irritation is minimised, offering a unique sense of relief after sun exposure. On one hand, Greek yogurt offers a healing and regenerating action and on the other hand water lily combined with aloe helps to improve overall skin's appearance. Gradually, your skin regains its own strength to fight external stressors that cause irritation, while skin's natural moisture barrier becomes more resilient to maintaining its natural hydration levels.

Feel your skin calm, soothed and moisturized with a naturally healthy appearance!

Duration: 45m / 65 €

ALLURING DARK CHOCOLATE CRAVE Chocolate therapy

Indulge in a burst of chocolate aromas that trigger the state of euphoria and revitalize your senses. Take pleasure in a uniquely captivating experience of chocolate flavors, which combines the invigorating notes of Mocha in a fine sugar crystal body scrub and an intoxicating, signature body massage with edible, liquid chocolate extract oil! The ritual is meticulously designed to stimulate specific areas of the brain responsive to the feelings of happiness, which help reduce stress and improve the mood while offering a sweet delight! The high content of minerals and trace elements offers rich antioxidant benefits that regenerate an overall healthier appearance. A dangerously irresistible temptation even for non-chocolate lovers!

Duration: 60m / 95 €



Massages

We have carefully designed for you a series of luxury massages, that target specific needs; The ones that challenge us every day. Choose among a wide range of specialized practices, and spoil yourself with a mythical, sensational experience of a euphoria retreat.



RELAX & UNWIND MASSAGE

Relaxing aromatherapy ritual

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension. This harmonizing experience is a simple and effective way to let go of tensions, improve health, balance emotions, increase calmness and relaxation.

Duration: 30m / 50 € - 60m / 90 €

DEEP TISSUE MASSAGE

Muscle release massage

The deep tissue massage is tailor-made to target specific areas of muscle tension and soreness. A series of intensive techniques is used to increase circulation, release built-up toxins, heal and restore balance to the body and nervous system. Feel your muscles release all the tension, while the luxurious naturally-scented oils envelop your skin and exhilarate your mind.

Duration: 60m / 110 €

MELTING SENSATION

Candle massage experience

Indulge your senses in a mystifying massage ritual that will entice your mind, body and soul. Lay back and unwind while the heated solid waxes slowly turn into liquid oil, as the mesmerizing flame gently burns the candle. Now, feel the delicately scented warm drops touch your skin, and envelop your whole body in a velvet textured massage that will satisfy even the most sophisticated massage recipient. Succumb, as the warm oil deeply penetrates the skin's surface, releasing its sensuous fragrance seduces the mind. An outstanding, sacramental experience of aromatherapy, relaxation & rejuvenation that promotes bliss, balance and well-being!

Duration: 60m / 95 €



Face Experiences

Inspired by the sumptuously relaxed atmosphere the majestic Mediterranean blue sea has to offer, these lavish facial rituals promise to indulge your skin with their velvety textures and sensual aromas, while revealing a firmer, more hydrated, supple, radiant look.



GLOWING PEARL Luminously radiant look

Inspired by the undeniable charm, glamour and lifestyle of the island of Santorini, this glowing therapy promises a brighter, firmer and noticeably younger-looking skin. This facial, thanks to its valuable ingredients such as wheat proteins, clinically-proven enlightening extract of rapeseed and vitamin C, targets signs of aging, evens skin tone and texture, and stimulates collagen production for a healthy, glowing complexion!

Duration: 60m / 95 €

SKIN REBIRTH Bespoke miracle skin renewal

A high-performance, all-in-one, personalized treatment that promises to diminish the look of fine lines and wrinkles, deeply moisturize and regenerate the skin, reinforce natural cellular turnover and improve overall appearance. Your face and décolletage are immersed in a shower of wellness through a series of exclusive techniques that address skin individual concerns, ultimately presenting an entirely renewed look. Your skin is recharged. Your skin is reformed. Your skin is reborn!

Duration: 60m / 110 €

SPARKLING EYES Rejuvenating eye treatment

A visibly revived look! Reveal your most radiant and luminous eyes with this exclusively designed eye treatment. A mild enzymatic peel with unique Chios Mastic, brightens dull and dehydrated skin, while the revitalizing massage with nourishing, precious Evening Primrose oil, offers a natural, healthy glow. The eyes ritual, comprised of an innovative, highly-concentrated eye gel complemented by a proprietary blackcurrant peel-off mask, brightens dark circles, reduces puffiness and minimizes fine lines and wrinkles.

Eye area is visibly hydrated, bright-ened, renewed and recharged. Your most youthful-looking skin is revealed!

Duration: 30m / 55 €

MEN'S FACIAL Youthfull skin

Allow us to reveal your most youthful face with our unique skincare regime, all included in this beneficial treatment. The gentle but thorough enzymatic peel, enriched with Chios mastic, instantly brightens the skin and smoothes away any imperfections. The facial massage with Orange Oil replenishes lost moisture and minimizes fine lines and wrinkles, while illuminating and hydrating mask instantly brightens and evens out the skin tone, soothing any irritation. Final creams lock-in moisture, offering a complete youthful appearance.

Duration: 45m / 85 €



Mini Rituals

Choose to delight yourself in one of the short-timed rituals that promise to satisfy your senses and indulge your skin, while allowing you to meet your busy schedule. Instantly revitalize and obtain a luminous touch, reveal a healthy-glowing look, set yourself free from any kind of tension, ward off a stressful day or entice everyone with the most sparkling and radiant look.



3 SENSES RITUAL

The combination of radiant heat and the application of masks create a rejuvenating yet relaxing experience. Highly effective ingredients such as Basil, Cinnamon and Geranium are applied over the whole body by your own hands. The soothing warm room temperature allows the mask to dry, thereby eliminating toxins and inducing relaxation. The chamber then fills with herb infused vapours to gently soften the mask and a warm shower completes the treatment.

Duration: 30m / 35 €

CONFETTI RAINFAIL BODY POLISH

A fast and invigorating, full body exfoliation treatment lush in captivating aromas. Delicate crystals softly remove dead skin cells, while promoting body circulation. As a result, the body's skin regains its elasticity and smoothness while obtaining a velvet touch with a fresh, radiant, healthy look!

Duration: 30m / 55 €

Spa Packages

HEAVENLY TOUCH

1 DAY RITUAL

SPARKLING EYES
CONFETTI RAINFAIL BODY POLISH

290 €

SUMMER BLISS

1 DAY RITUAL

GLOWING PEARL FACIAL
MELTING SENSATION CANDLE MASSAGE

340 €



Nails / Hair Salon

Classic manicure.....	30,00 €
Classic pedicure.....	35,00 €
Long lasting manicure.....	40,00 €
Long lasting pedicure.....	45,00 €
Cut down & Shape.....	15,00 €
Long lasting removal.....	10,00 €
Long lasting French.....	45,00 €
Classic French.....	35,00 €
Ladies' haircut.....	40,00 €
Mens' haircut.....	25,00 €
Head massage & Blowdry.....	20,00 €
Hair styling.....	30,00 €
Hair dye.....	60,00 €

Waxing

Eyebrow shaping.....	15,00 €
Upper lip.....	10,00 €
Bikini / Underarms.....	20,00 €
Full leg / Half leg.....	40,00 / 25,00 €
Arms / Back (men).....	30,00 €

Spa Facilities

Relaxing in the **Calliope Spa**
 35,00 € per person
 60,00 € per couple



SPA ETIQUETTE

SPA ARRIVAL

We ask that you arrive 15 minutes before your appointment time to allow yourself time to relax and to complete a health questionnaire which will help us personalize your spa visit. To ensure we give the best possible experience to all our spa guests. If you are running late your treatment time will be shortened to ensure the next guest is not delayed.

ADVANCED BOOKINGS

To schedule an appointment for the perfect treatment, please speak with our specialist Spa reception team who will guide you to the right choice. To ensure your preferred time and treatment is available we do advise booking in advance. Our therapists are highly trained to be sensitive to your comfort and modesty at all times.

HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries that could affect your experience when making your spa reservation.
 Heat & water facilities are not recommended for pregnant women.

CANCELLATION POLICY

Any treatment cancelled without a minimum of 4-hour notice will incur a charge equal to 50% of the value of the treatment(s).

SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquillity. Please respect all Spa guests' right to privacy and serenity. Considering this, the Spa is a smoke-free and mobile phone free zone (please enable silent mode on your device).

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all your valuables locked in your locker during your visit.



TROPICANA

Hotel Suites & Villas

www.tropicanahotelmykonos.com