



ALTHEA

WELLNESS SUITE

A HAVEN OF HOLISTIC
HEALTH AND WELLBEING

A holiday is the perfect time to consider your health holistically, rebalance your body, refocus your purpose, relax, and renew. With facilities including two massage/body therapy rooms, a facial beauty corner, plus a hair and nail salon, as well as a dry sauna, the Althea Wellness Suite at the Hotel Mistral is perfectly equipped for whatever level of attention your body needs.

Treatments Inspired by Greek Gods

Our spa team is inspired by both the God of healing Asclepius and the Goddess of health Hygeia. Taking a wide-ranging holistic view of the human mind and body, Maria, Aimilios and Michalis are our massage therapists, Hara does special treatments, and Ioanna is our beauty specialist for nails and hair.

SIGNATURE MESSAGES

Full Body Traditional

A combination of various massage techniques that rejuvenate, relax and tone all the tense areas of your body, offering you serenity and wellbeing

60 minutes €80

Holistic Deep Relaxing Full Body

Pressure on specific points to balance the energy of the body, combined with a deep and relaxing massage with sweet almond oil and organic extra virgin olive oil

60 minutes €80

Foot and Leg

Stimulates the muscle and relieves fatigue, leaving the legs toned and alleviating pain in the back, resulting in a general relief to the body

45 minutes €65

Back and Neck

Focusing on muscle relief from tension in all areas around the neck and across the back, Improves posture and flexibility

45 minutes €65

BODY TREATMENTS

Exotic Tanning

Prepare your skin for sun exposure - a holistic body scrub with 3 types of aromatic sea salt, cleanses and detoxifies the skin to obtain a glamorous tan

40 minutes €65

After Sun Care

Gently cleansing with sea sponges to remove dead cells followed by a body mask and a cooling cream-gel with a texture based on Greek organic rosewater

60 minutes €80

Lava Shell Massage

A luxury spa massage using smooth tiger clam shells that deliver a seamless massage of heat and touch creating a sense of calm and wellbeing

60 minutes €90

Royal back-neck

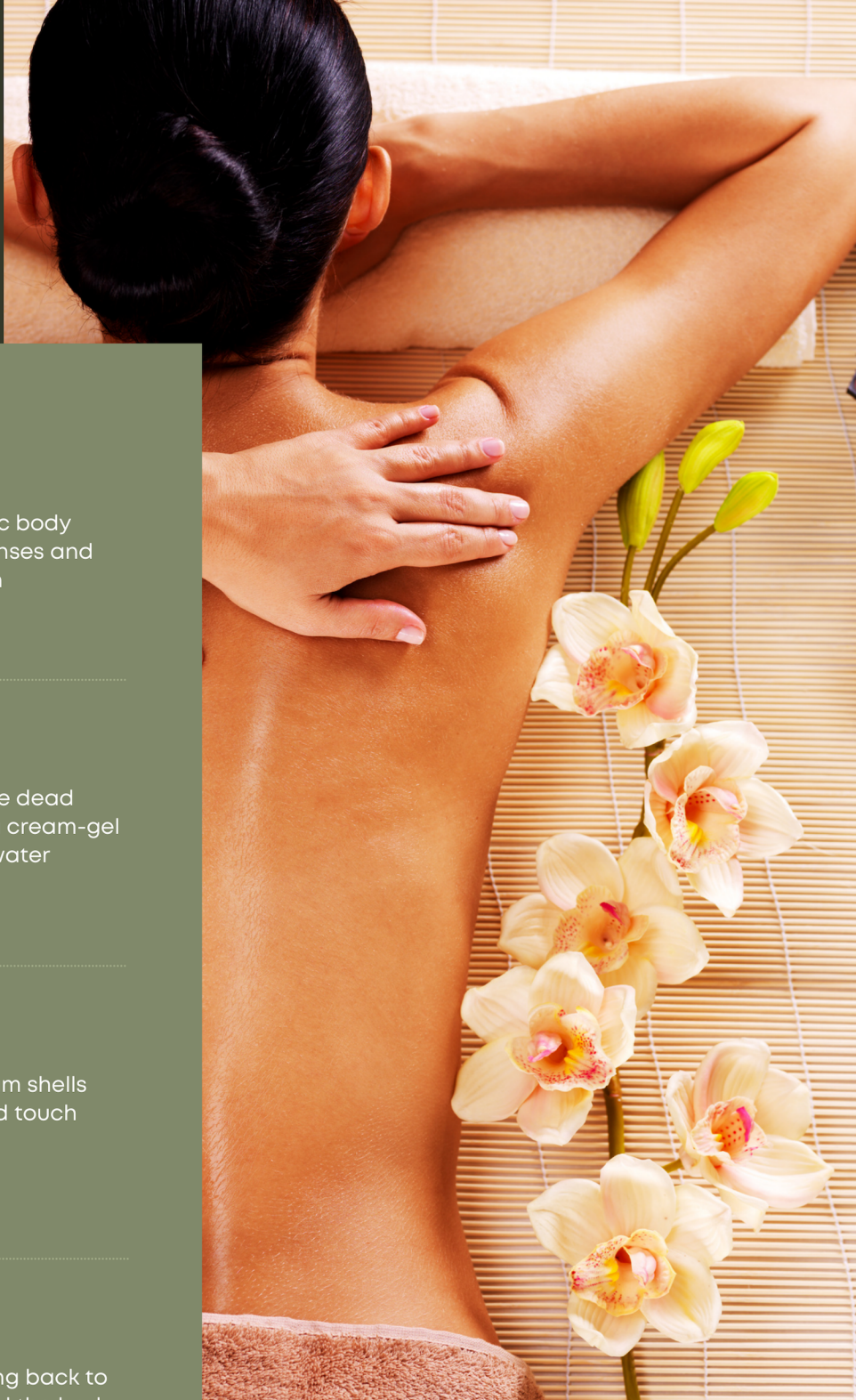
Using cupping and gua sha techniques dating back to ancient Egypt and China as a method to heal the body of stagnant energy and clear local congestion

40 minutes €75

Warm Candle Massage

Choose among three different candles made from coconut and essential oils and find out what is the feeling that you have missed recently? Your inner peace, your energy or maybe the passion?

60 minutes €85



ALTHEA
WELLNESS SUITE



ALTHEA
WELLNESS SUITE

FACIAL TREATMENTS

Rejuvenating

Restores your skin's youthful, healthy and glowing appearance

60 minutes €75

After sun

A pleasantly cooling, velvety-soft facial promoting the regeneration process after exposure to the sun

60 minutes €75

Anti-ageing

Prevents wrinkles, promotes moisture and retains the skin's elasticity for a radiant, healthy look

60 minutes €75

Hydrating

Replenishes the skin's moisture-retaining hyaluronic acid and strengthens its protective barrier

60 minutes €75

Lymphatic

Encourages the delivery of oxygen around the face, reducing swelling and puffiness

60 minutes €75



**Choose any 3 of Massages, Body Treatments
or Facials for a 10% discount**





NAILS

Manicure

Simple	€30
Shellac	€40
Spa* Shellac	€50

Pedicure

Simple	€40
Shellac	€45
Spa* Shellac	€50

*mask, massage, peeling



HAIR CARE



ALTHEA

WELLNESS SUITE

Women's haircut	€50
Men's haircut	€40
Colour (med/long)	€70/€85
Highlights (med/long)	€70/€90
Styling	€45
Therapy Botox Hair (vitamins - collagen)	€55
Therapy sun protection	€50
Therapy deep repair (with steam)	€55
Therapy Keratin	€120

OPENING HOURS

Daily between 10am to 7pm

TO BOOK

email us at info@singlesincrete.com
or contact Anja at the reception