

# KARMA MINOAN

SPA, YOGA AND WELLNESS MENU



*K*  
*Karma Spa*

AGIOS NIKOLAOS, CRETE

WE CREATE... WELLNESS

## SPA ETHOS

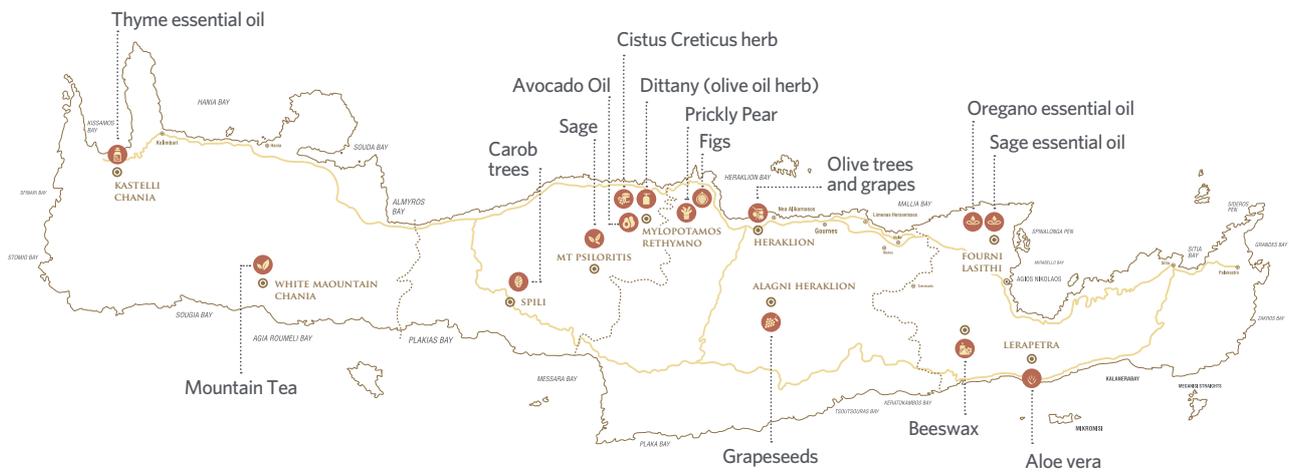
Karma Spa offers the ideal space to slow down, heal and relax. Experience local Cretan rituals which utilise time-honoured, locally sourced ingredients. We have partnered with the island's best life experts to offer high-quality wellness, fitness and yoga services to our members. Our anatomy-trained bodyworkers deliver treatments designed to ease you into a state of deep healing. *Enjoy!*

[www.karmagroup.com](http://www.karmagroup.com)

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# THE CRETAN APOTHECARY

Crete is bountiful with ingredients that nourish, detox and rejuvenate the skin, body and mind, including organic olive oil, grapeseed oil, carob, aloe vera, and essential oils. We curate bespoke treatments and rituals tailored to your body's needs and condition.



## MEDITERRANEAN SPA RITUALS

### **SEA SALT BODY SCRUB & WARM OLIVE OIL MASSAGE**

During this rejuvenating treatment, we gently cleanse your skin with a blend of sea salt from Mesologi in the Sterea region of Greece. After a shower, we deliver a full body massage with warm organic olive and grapeseed oil to hydrate your skin. Depart feeling fresh and invigorated.

**Skin-Renewing • Rejuvenating • Nurturing**

**90 MINUTES - €95**

### **MEDITERRANEAN CAROB & OLIVE RITUAL**

We treat you to an organic carob body scrub which nourishes your skin, followed by a soothing back, neck and shoulder massage. A skin-lifting *Olive Oil Facial Massage* follows. The treatment concludes with a Jasmine & Sandalwood Body Butter or Aloe Vera application to leave you cleansed and glowing.

**Grounding • Mind-Soothing • Skin-Cleansing**

**2 HOURS - €105**

### **OLIVE FACIAL WITH SOOTHING MASSAGE**

This Cretan treatment begins with a Karma Surrender neck and shoulder massage, followed by a facial cleanse, scrub, hydration mask and serums. The highpoint is the Olive Oil Facial Massage to release tension in your face, and smooth out fine lines. Your treatment concludes with a lower leg and foot massage. Depart feeling relaxed and with a healthy glow.

**Releases Tension • Jet Lag Cure • Deeply Relaxing**

**90 MINUTES - €95**

# MASSAGE & BODYWORK

*Soothe your mind & muscles*

## **KARMA SURRENDER**

Our signature neck and shoulder therapy is designed to release any tension in your upper back, neck and shoulder area. We apply St. John's Wort oil which is renowned for soothing muscle strain and stress. Ease into a deep state of relaxation - enjoy!

**45-MINUTES - €60**

## **AROMATHERAPY RELAXATION MASSAGE**

This meditative massage is designed to ground your body and give your brain a rest. It consists of long and soothing effleurage strokes which relax the mind. The treatment uses a meditative blend of almond oil infused with, ylang-ylang, geranium and sandalwood essential oils.

**60 MINUTES - €75 / 90-MINUTES - €90**

## **DEEP TISSUE OLIVE OIL MASSAGE**

Feeling drained from too much time at the desk or experiencing stress in your body or mind? This treatment will sort you out. Deep tissue massage movements are designed to stretch out your muscles and release any tight knots. Warm olive oil helps to reduce inflammation in the skin. Depart feeling grounded and tension-free.

**60 MINUTES - €75 / 90-MINUTES - €90**

## **BE IN THE MOMENT - BESPOKE MASSAGE**

Every day is different. Each body is unique, and sometimes we need a little TLC. Your massage is tailored to specific points and areas on your face and neck. The session time, naturally, is also flexible.

**45-MINUTES - €60 / 60-MINUTES - €75 / 90-MINUTES - €90**

## **CIRCULATION BOOSTER: FEET & LEG THERAPY**

We use almond oil infused with healing calendula, cleansing juniper, and cypress essential oils. Recommended for those who spend a lot of time at the computer and may suffer from poor circulation and swollen feet.

**45-MINUTES - €60**

## PURE PHILOSOPHY SIGNATURE RITUALS

*We have collaborated with holistic brand, Agnotis Pure Philosophy, whose products are made of organic ingredients grown around the Greek islands and the mainland. These include antioxidant-rich organic olive oil, carob, honey, thyme and sage. All products are ECOCERT certified organic.*

### **DETOX SEA SALT & OIL EXPERIENCE**

This treatment will cleanse your skin, increase metabolism and reduce fluid retention. It begins with magnesium-rich sea salt & sage body scrub to remove toxins from your skin. We follow with a full body Olive & Grapeseed massage. Concludes with a mini-facial to leave you feeling invigorated.

**90-MINUTES - €90**

### **FACIAL TREATMENT FOR MATURE COMPLEXIONS**

Heal your skin and nurture your mind as we deliver this slow and relaxing facial. Designed for dehydrated complexions, we begin with a gentle milk cleanser and olive seed facial scrub. An antioxidant-rich cream made from grapeseed, olives, chamomile and sage is massaged to lift and tone your skin.

**60-MINUTES - €75**

### **INVIGORATING OLIVE TREATMENT WITH FACIAL MASSAGE**

This is a strong style of massage delivered with organic grapeseed and olive oils that will nourish and hydrate your skin. Includes deep tissue massage to help unlock any tight knots and release stress. The treatment concludes with a sublime facial massage. Depart feeling restored in mind and body.

**60-MINUTES - €75**

### **AFTER-SUN ALOE HYDRATOR**

The ultimate treatment to cool and calm your skin, mind and body. It begins with a gentle application of spirulina and fresh aloe vera which hydrates the skin and boosts the skin's metabolism. Concludes with a mini-facial booster to leave you feeling fresh and renewed.

**60-MINUTES - €75**

# BEAUTY & GROOM

*Let your inner light shine*

## **OLIVE & POMEGRANATE FACIAL MASSAGE**

This beautifully slow facial sequence will nourish your skin and nurture your mind. It consists of a mind-soothing face massage using acupressure techniques to tone the facial muscles. Delivered with nourishing organic oils including olive and pomegranate. Depart feeling clear and glowing.

**45-MINUTES - €60**

## **KARMA BESPOKE FACIAL**

This customised facial includes a gentle cleanse, scrub or peeling, rosewater toner, serums and a firming mask tailored to your specific skin needs. The treatment includes our signature Karma Surrender neck and shoulder release therapy and includes a deeply relaxing facial massage. Drift away.

Select from:

*Anti-ageing - Olive Tree Caviar Mask*

*Deep Cleanse - Green Clay Mask*

*Deep Hydration - Red Clay Mask*

**60-MINUTES - €70**

## **DEEP CALM MEN'S FACIAL**

A facial to deeply cleanse the skin and calm the mind. It begins with a gentle facial cleanser and exfoliation, followed by a deep cleansing green clay mask. Includes a Karma Surrender neck and shoulder release therapy. You'll feel so good!

**60-MINUTES - €70**

## YOGA WITH MARIA ARNAOUTAKI

*We invite you to join us twice a week for a complimentary yoga class overlooking the sparkling sea. Space is limited, so please confirm your place on the mat with our staff at front office.*

### **MORNING YOGA FLOW**

Awaken the body with a rejuvenating Vinyasa flow class that will revive your mind and stretch your muscles. This class will strengthen the whole body and also release any stored tension. Ideal after a long flight and to start your day with energy and clarity.

### **EVENING RESTORATIVE YOGA**

A gentle relaxation class for all levels that will help ground the body and balance the mind. Ideal for aiding with sleep and stress issues, back pain, arthritis and sore muscles.

### **PRIVATE YOGA WITH MARIA**

Our resident yoga teacher, Maria, grew up on the island of Crete and practised yoga in London for four years before completing her teacher training in Nepal. Her classes are uniquely tailored to the needs of her students, while she believes that it is most important to treat our body with kindness and keep a peaceful mind. She specialises in Healing Yoga, which combines Vinyasa, Hatha and Meditation. Maria is available for private sessions and will tailor the classes to you.

**60-MINUTES - €60 (1-4 PAX)**

## HOLISTIC PROGRAMS

*Explore our 2, 3 and 4-day wellness programs that will enhance your relaxing vacation.*

### **2- DAY WEEKEND WARRIOR**

Day 1 - 60-minutes Invigorating Olive Oil Treatment with Facial Massage

Day 2- 60-minute Aromatherapy Relaxation Massage

**€150**

### **2-DAY MEDITERANNEAN JOURNEY**

Day 1 - 60-minutes Deep Tissue Olive Oil Massage

Day 2- 45-minutes Classic Olive Oil Face Massage

**€135**

### **3-DAY KARMA DETOX**

Day 1 - 90-minue Detox Sea Salt and Oil Experience

Day 2 - 60-minutes Deep Tissue Olive Oil Massage

Day 3 - 45-minutes Circulation Booster: Feet & Leg Therapy

**€225**

### **4-DAY KARMA RECHARGE**

Day 1 - 45-minutes Circulation Booster: Feet & Leg Therapy

Day 2- 60-minute Karma Bespoke Facial

Day 3 -60-minutes Deep Tissue Olive Oil Massage

Day 4 - 45-minute Karma Surrender Massage

**€265**

**“WHAT IF WE RECHARGED OURSELVES  
AS MUCH AS OUR PHONES”**

**KARMA SPA @ KARMA MINOAN**

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