

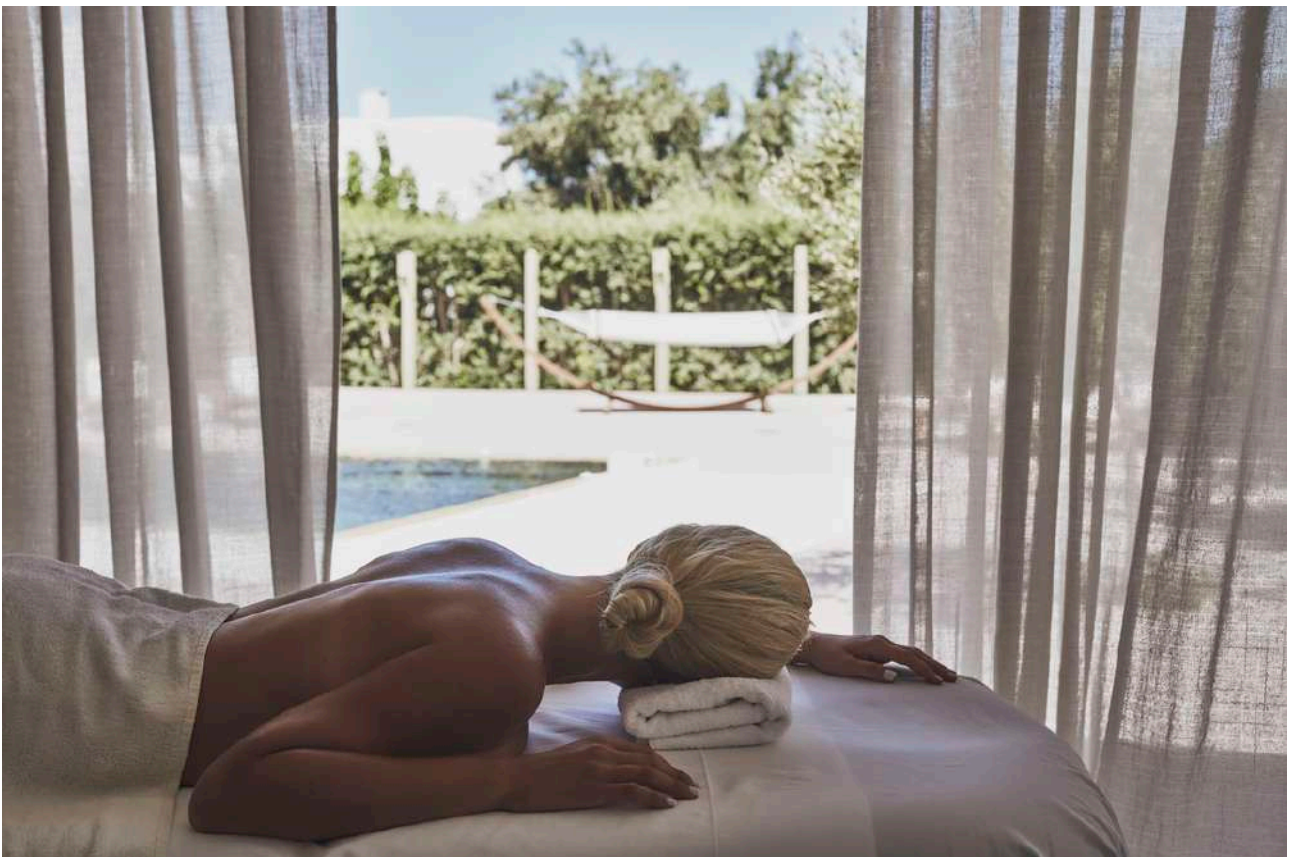


Yria Spa

Ancient Greeks believed that a healthy body and a healthy, balanced mind were significantly interrelated. Nowadays, more than ever before, it seems crucial to embrace this dual nature of wellbeing and give our body, mind and soul the chance to press pause when needed and pursue true wellness.

At Yria, we emphasise in this exciting journey towards wellness. Our Spa treatments are created based on a combination of ancient Greek healing techniques and modern practices that treat the body with a holistic approach and target to elevate the soul. The spa is open-air, located in the heart of our olive and lemon trees garden, and its architecture has a blend of Mediterranean and Eastern Asian influences. Related and inspired by our blooming, colorful garden, the products used for all our treatments and massages were specially selected to be natural and flower-based.

Our aim is for guests to leave our Spa feeling renewed, balanced, reconnected with nature, in peace with their inner self, and empowered to continue the journey.



Treatments

Aroma

Combining the healing power of massage therapy and the natural rejuvenating properties of apricot oil, this aroma - based oil massage will awaken your senses, sooth your mind and relax your body. At the end of this massage, you will be feeling deeply relaxed and revitalized, with a smooth and glowing skin.

Dynamic

A unique massage that combines acupressure with stretching techniques, targeting to relax joints and muscles. Our therapist will tailor the treatment to your individual needs, focusing on the areas that need extra care. Almond oil is chosen for this special massage therapy, because of its anti-inflammatory properties that will contribute to sooth any pain or discomfort.

Elia

Named after the Greek word for olive, this soothing massage showcases the diverse beneficial properties of olive oil. Through a combination of relaxing and revitalizing massage techniques, this treatment activates the immune system, improves blood circulation, and relieves muscular tension. Ideal massage to restore the balance of your body and spirit, while deeply hydrating your skin.

Candle

A deeply relaxing therapy based on the natural healing and relaxing properties of warm candle. The massage treats the body with nourishing candle, incorporating various massage pressures, stretches and continuous movements. It is an invitation to a sensorial escape that will alleviate daily stress, relax the muscular system and stimulate blood microcirculation.

Monoï

The key ingredient of this relaxing and grounding ritual is the oil coming from the authentic Monoï flower of Tahiti, traditionally used by the people of Polynesia for the treatment and the protection of the skin. The properties of this special oil, in combination with the followed ritual, encourages a reconnection to the Earth, promotes wellness and leave your skin supple and radiant.

You have the option to enjoy a full body and face massage that follows the energy lines from your head down to your feet, using gentle pressures and movements with the forearms. Alternatively, you can choose a face massage that stimulates the nerves, muscles and glands, facilitates microcirculation and rejuvenates your skin.

Red Flower Ritual

This ritual encourages grounding, with strong connection to Earth and Mother Nature. It starts with a purifying use of the steam room, that will allow your skin to breathe and be prepared for the exfoliation and the hydration of the following steps. Following, your skin is treated with a scrub that gently exfoliates, improving its tone and texture. The final touch is the application of a red flower oil mask, that will leave your skin soft, bright and deeply hydrated.

Scrub

The scrub treatment starts with the use of steam room, in order to allow your skin detoxify and be prepared for the scrub. Following, a full body scrub exfoliates the skin and remove dead cells, improving its texture and tone, preparing it for a long-lasting tan.

Experience for Two

These 120-minute wellness rituals for two people are the ideal option for those seeking to share a truly relaxing and rejuvenating experience. Each experience includes a sequence of steam room, hydrotherapies and massage, while ends with some relaxing moments to enjoy a drink accompanied by snacks or fruits. Press pause, enjoy this special pampering and share some memorable moments with your chosen one.

LIFE IS MOMENTS

Includes:

Purifying steam room

Invigorating rain shower

Beneficial Jacuzzi

Relaxing plunge pool

Treatment for the couple:

Aromatherapy back and scalp massage

Martini and snack

€260

PLUNGE IN THE STARS

(after sunset)

Includes:

Starlit steam room

Refreshing rain shower

Candlelit Jacuzzi

Splash in the pool stars

Treatment for the couple:

Face, head and upper chest massage

Glass of champagne and fruits

Spa reminders

Cancellation policy

We understand that schedules change and we will do our best to accommodate. Since your spa time is reserved, we kindly ask for a minimum cancellation notice of 12 hours. Cancellations made within 12 hours will be subject to 50% and cancellations made within 4 hours or no-show will be subject to the full charge of the treatment booked.

Treatment preparation

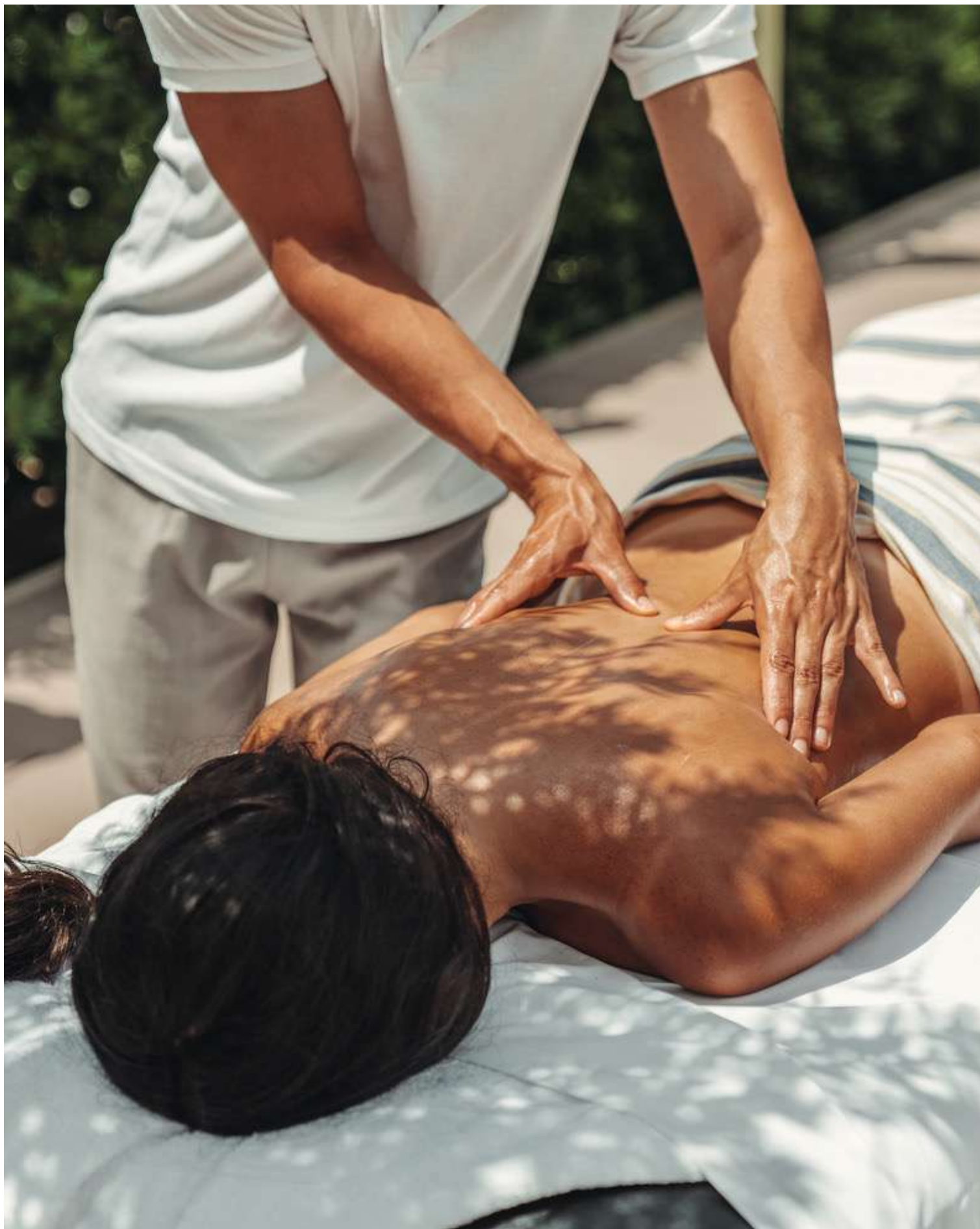
We recommend that you arrive 15 minutes prior to your scheduled treatment time. Showering before any treatment is of high importance, allowing the beneficial oils to be better absorbed through clean skin.

Before each treatment, we kindly ask you to mention to our therapists anything which you consider to be of special importance with regard to the booked treatment.

During the treatment, please don't hesitate to communicate any feeling of unpleasantness or discomfort. Good communication is the key to a perfect treatment!

Valuables

Please leave your valuables in the safe-box provided in your room.



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