



AE GEO  
SIGNATURE JOURNEYS  
COLLECTION™

# FROM HIPPOCRATES TO WELLNESS AS A PATH™

Φύσις νόσων ἰατρὸς.  
Nature is the physician of diseases.

INSPIRED BY  
HIPPOCRATIC PHILOSOPHY

Hippocrates (c. 460–370 BCE), the Greek physician widely regarded as the Father of Medicine, shaped the understanding of health as a dynamic state of balance between the body, the environment, and daily life.

Rooted in this philosophy is a fundamental principle: the human body carries an inherent capacity for self-regulation and restoration. The role of the practitioner is not to override nature, but to support it.

This idea later came to be known as *Vis Medicatrix Naturae*, the healing power of nature.

From this foundation emerges Hippocratic Wellness & Longevity™, a Greek approach to holistic wellbeing that brings together balance, prevention, nature, and personalisation into curated journeys of transformation.

At its core lies a living understanding: wellness and longevity are cultivated through rhythm. Through nourishment and movement. Through light, water, rest, and meaningful connection. Through daily choices that sustain equilibrium.

This is the origin of Wellness as a Path™, a methodology where every experience unfolds before, during, and beyond the ritual. Where balance is restored, resilience is strengthened, and longevity becomes continuity.

AECEO brings this philosophy into the present, translating Greek wisdom into a contemporary, global ecosystem of wellbeing and longevity.



# HIPPOCRATIC WELLNESS™ RITUAL COLLECTION

Wellness unfolds as a conscious journey, a path of balance, renewal, and cultivated vitality. Inspired by Hippocratic philosophy and informed by contemporary longevity science, each ritual is shaped by rhythm, cleansing, and harmony, the foundations of health.

At AEGEO, every experience is designed for alignment. Body, mind, and emotion in integration. Each visit becomes a progression. Each ritual becomes continuity. Each journey strengthens resilience over time.

Rooted in the Mediterranean. Grounded in Hippocratic Wellness™.  
Oriented toward Longevity.

**Welcome to your next journey.**

# JOURNEYS & RITUALS DESIGNED TO RESTORE BALANCE, SPARK RENEWAL & INSPIRE LONGEVITY

In the following pages, you will discover a curated collection of journeys and rituals shaped by Hippocratic Wellness™ and the philosophy of longevity.

## SIGNATURE JOURNEYS

Immersive, holistic pathways designed to harmonise body and mind while embracing the principles of longevity. The heart of the collection — where ritual becomes transformation.

## BODY RITUALS

Timeless and contemporary body ceremonies infused with Mediterranean essence and inspired by Hippocratic principles of balance and restoration.

## FACIAL RITUALS

Targeted experiences focused on radiance, deep hydration, age-defying performance, and cellular vitality.

## MICRO-JOURNEYS

Concise longevity rituals.



SIGNATURE  
JOURNEYS

UNIQUE, IMMERSIVE  
& HOLISTIC PATHWAYS



# THE MEDITERRANEAN RESET JOURNEY™

## GLOW & REGENERATION

### Zero point. The Mediterranean restart.

A recalibration ritual designed to create space between what you release and what you choose to become. Inspired by Mediterranean radiance and guided by Hippocratic cleansing principles, this journey restores fluid balance, luminosity, and internal rhythm.

### Extended Reset — 130 minutes

#### STEP 1 — DEEP LONGEVITY FOUNDATION

- **Cretan Longevity Ritual**

Rhythmic, circulation-enhancing bodywork that strengthens resilience and muscular integrity.

#### STEP 2 — HYDRATION INTELLIGENCE

- **Hydration Boost Longevity Ritual**
- **Aloe Shine Micro-Journey**

Deep hydration and skin vitality enhance both external glow and internal equilibrium.

**The sensation:** Grounded. Released. Restored.

#### STEP 3 — 7 DAYS TO RESET

- **Post-Stay Continuation Protocol**

Because reset is not a moment, it is a rhythm.

Following your stay, you receive a guided 7-day Mediterranean Reset protocol designed to sustain detoxification, hydration balance, and nervous system recalibration.

Reset continues.  
Longevity begins with consistency.

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**Journey Companion:** Body Care Cream Mask 100ml

A continuation of regeneration beyond the spa.

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#### LONGEVITY BENEFITS

Supports detoxification pathways.  
Restores fluid and mineral balance.  
Regulates nervous system rhythm.

#### IDEAL FOR THOSE WHO

Feel mentally or physically overloaded.  
Seek visible glow with internal renewal.



# THE DEEP RECOVERY JOURNEY™

## RESTORATION & REJUVENATION

### **The moment the body remembers itself without pain.**

A structured recovery pathway designed to release deeply stored muscular tension and restore functional alignment. Through targeted techniques, thermal elements, and precise muscle-pathway work, this journey supports tissue regeneration and nervous system recalibration.

### **Extended Recovery — 110 minutes**

#### **STEP 1 — DETOX & TISSUE PREPARATION**

##### **Mediterranean Scrub & Wrap Ritual™**

A mineral-rich purification that prepares the musculature for deeper restoration.

#### **STEP 2 — LONGEVITY RECONDITIONING**

##### **Cretan Longevity Ritual**

Rhythmic, circulation-enhancing bodywork that strengthens resilience and muscular integrity.

**The sensation:** Realigned. Restored.  
Strengthened.

#### **STEP 3 — 7 DAYS TO RECOVER POST-STAY RECOVERY PROTOCOL**

Because recovery is a process, not a single session.

Following your stay, you receive a guided 7-day recovery protocol designed to sustain muscular release, support tissue regeneration, and maintain postural alignment.

Recovery continues.  
Strength builds progressively.

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#### **Journey Companion:** Relaxing Body Oil 100ml

A grounding body ritual to slow the rhythm beyond the spa.

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#### **LONGEVITY BENEFITS**

Supports muscle repair and circulation.  
Reduces chronic tension accumulation.  
Enhances mobility and structural alignment.

#### **IDEAL FOR THOSE WHO**

Experience muscular tension or postural strain.  
Feel restricted in movement.



# THE GREEK WELLNESS JOURNEY™

## RELAXATION & DETOX

### **A return to the roots. Wisdom, light, earth, and rhythm in one immersive experience.**

Inspired by ancient Greek healing traditions and guided by Hippocratic principles of balance and cleansing, this journey reconnects the body to its natural rhythm. Warm Mediterranean oils, flowing circular movements reminiscent of the Greek sea, ritualistic touch, and aromatic botanicals create a profound sensory reset.

### **Extended Greek Wellness — 110 minutes**

#### **STEP 1 — NERVOUS SYSTEM RECALIBRATION**

- **Aroma Relax Ritual**

Breath-guided, slow rhythmic movements gently regulate the nervous system and restore internal calm.

#### **STEP 2 — HYDRATION & BALANCE INTEGRATION**

- **Aloe Shine Micro-Journey**
- **Hydration Boost Longevity Ritual**

Deep hydration and skin vitality enhance both external glow and internal equilibrium.

**The sensation:** Calm. Nourished. Rebalanced.

#### **STEP 3 — 7 DAYS TO RECOVER POST-STAY CONTINUATION PROTOCOL**

Because harmony is sustained through rhythm.

Following your stay, you receive a guided 7-day rebalancing protocol designed to support detoxification, emotional grounding and fluid balance.

Balance continues. Longevity grows through consistency.

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**Journey Companion:** Relaxing Body Oil 100ml  
A grounding body ritual to slow the rhythm beyond the spa.

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#### **LONGEVITY BENEFITS**

Supports detoxification pathways.  
Regulates nervous system rhythm.  
Restores skin hydration and vitality.

#### **IDEAL FOR THOSE WHO**

Seek deep relaxation with subtle detox support.  
Wish to reset both body and emotional rhythm.



# THE AEGEAN EXPERIENCE JOURNEY™

## RESTORATION

### **Complete and profound sense of rejuvenation, harmony, and vitality.**

Hippocrates saw restoration as a rational, systematic process that supported the body's inherent, natural desire to heal, prioritizing gentle, patient-centered care. Guided by that principle, as well as the philosophy of holistic wellbeing, this unique journey supports the body's natural ability to regenerate and rebalance.

### **Extended Restore — 100 minutes**

#### **STEP 1 — RADIANCE & FIRMNESS**

- **Look Younger Glow Ritual**

The journey begins with an advanced anti-ageing facial ritual

#### **STEP 2 — HYDRATION & PERSONALIZATION**

- **Aloe Shine Micro-Journey**
- **Foot Grounding Micro Journey**

Deeply hydrating body treatment that helps restore the skin's softness and elasticity, followed by a personalized massage, tailored to the unique needs of each guest, completes the experience.

**The sensation:** Radiant. Firm. Restored.

#### **STEP 3 — 7 DAYS TO RECOVER POST-STAY CONTINUATION PROTOCOL**

Because restoration is a state of mind.

Following your stay, you receive a guided 7-day restore protocol designed to support hydration, stress relieve and radiance.

Restoration continues.  
Radiance and Firmness work in harmony.

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#### **Journey Companion:** Face Cream with Anti-Ageing Factors (50 ml)

A nourishing formula designed to prolong the benefits of the treatment and support skin longevity.

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#### **LONGEVITY BENEFITS**

Improves skin elasticity and firmness.

Supports cellular renewal and helps slow visible signs of ageing.

Enhances deep hydration and strengthens the skin barrier.

#### **IDEAL FOR THOSE WHO**

Their skin is showing signs of fatigue, dehydration, or early ageing.

Are seeking holistic rejuvenation for both face and body.



# VOLCANIC HEAT REBALANCE JOURNEY™

## EARTH • HEAT • RELEASE

A return to the elemental intelligence of the earth, where warmth, pressure and rhythm restore the body's natural flow.

Inspired by Hippocratic principles of circulation and balance, this journey uses volcanic heat to dissolve accumulated tension, awaken deep muscular release and reconnect the body to its natural rhythm.

Heated volcanic stones, grounding therapeutic movements and slow rhythmic pressure allow warmth to travel through the tissues, unlocking areas where the body has been holding stress, fatigue or energetic stagnation. The earth restores what tension has disrupted.

### Extended Volcanic Rebalance — 85 minutes

#### STEP 1 — STIMULATION & TENSION RELEASE

##### • Flow & Glow Micro-Journey

Featuring Gua Sha stone techniques inspired by ancient facial manipulation rituals, this targeted micro-treatment stimulates microcirculation, gently supports lymphatic drainage and releases facial tension.

#### STEP 2 — HEAT, PRESSURE & MUSCULAR DECOMPRESSION

##### • Volcanic Heat Rebalance Ritual™

Heated volcanic stones are placed along the spine and primary energetic channels, gradually transferring deep, steady warmth into the tissues.

Slow rhythmic movements combine heat, pressure and grounding touch, allowing muscular layers to soften while circulation expands.

The body begins to release what it has been holding.

**The sensation:** Warm. Released. Rebalanced.

**Journey Companion:** Relaxing body oil 100ml  
A grounding body ritual designed to maintain muscular release beyond the spa.

#### STEP 3 — 7 DAYS TO REBALANCE POST-STAY CONTINUATION PROTOCOL

Because balance is sustained through rhythm.

Following your stay, you receive a guided 7-day rebalancing protocol designed to support circulation, muscular release and nervous system balance.

#### LONGEVITY BENEFITS

Deep muscular decompression.

Improved circulation and tissue oxygenation.

Release of accumulated tension and blocked energetic flow.

#### IDEAL FOR THOSE WHO

Experience muscular tension or fatigue in the back and shoulders.

Feel physically overloaded or energetically blocked.



# THE TOGETHER JOURNEY™

## RECONNECTION

### Two individuals. One rhythm.

More than relaxation — a return to shared presence.

This immersive couples experience begins with a personalised Couple's Harmony Scan, gently identifying each individual's physical and emotional state before guiding both into a synchronised ritual of renewal. Two bodies. One calibrated flow.

### Synchronized Ritual Architecture — 75 minutes per person

#### STEP 1

A unique body ritual designed for couples, with the intensity of your choice - mild or deep pressure.

#### STEP 2

A mini facial & hydrating body mask.

The experience unfolds side by side, restoring individual balance while strengthening shared presence.

#### The sensation:

Connected. Grounded. Reunited.

#### STEP 3 — POST-STAY CONTINUATION PROTOCOL: 7 DAYS TO RECONNECT

Because connection deepens through intention.

Following your stay, you receive a guided 7-day reconnection protocol designed to sustain emotional alignment and shared rhythm beyond the spa.

Connection becomes continuity.  
Longevity includes relational harmony.

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#### Journey Companion: Body Scrub 200ml

A grounding body ritual to slow the rhythm beyond the spa.

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#### LONGEVITY BENEFITS

Regulates stress and nervous system synchrony.  
Enhances emotional bonding and oxytocin response.  
Supports muscular relaxation and circulation.

#### IDEAL FOR THOSE WHO

Seek meaningful reconnection beyond relaxation.  
Wish to celebrate or reset together.



# THE BECOMING JOURNEY™

## INTENTION & PRESENCE

**When relaxation is no longer enough and transformation becomes the intention.**

This is not simply a ritual. It is a conscious threshold.

The Becoming Journey™ begins with guided grounding and intentional alignment, inviting you to arrive fully — in body, in awareness, in presence. You do not passively receive this experience. You co-create it.

Through interactive intention-setting and personalised ritual design, the journey unfolds according to your current state — physically, emotionally, energetically.

This is more than treatment. It is an initiation.

A moment of clarity where the body opens, the breath deepens, and alignment replaces distraction — preparing you to step forward renewed, centered, and closer to the person you are becoming.

### JOURNEY ARCHITECTURE

#### Personalized Ritual Design

A tailored combination of bodywork and energetic release techniques, shaped around your declared intention.

The ritual adapts to you.  
Not the other way around.

**The sensation:** Clear. Aligned. Intentional.

### POST-STAY INTEGRATION PROTOCOL: 7 DAYS TO BECOME

Because transformation requires integration. Following your stay, you receive a guided 7-day intention integration protocol designed to sustain clarity, alignment, and purposeful momentum.

Becoming is not an event.  
It is a direction.

### LONGEVITY BENEFITS

Enhances nervous system regulation.  
Strengthens mind-body coherence.  
Supports stress reduction and adaptive resilience.

### IDEAL FOR THOSE WHO

Feel ready for personal shift or transition.  
Want more than relaxation and are prepared for evolution.

# BODY RITUALS

REIMAGINED CLASSICS  
INFUSED WITH HIPPOCRATIC  
WELLNESS™ & LONGEVITY

## CRETAN LONGEVITY RITUAL™

**The philosophy of Cretan life — a living promise of longevity.**

Rooted in the Mediterranean way of living well, this immersive full-body ritual draws inspiration from the island of Crete.

Cretan herbs, fresh orange, raki, and pure olive oil — “the gold of life” — blend harmoniously in a deeply restorative experience shaped by the DNA of Mediterranean wellbeing.

Rhythmic full-body pressures, guided by the Hippocratic Balance Profile, adapt to each guest’s physical and emotional state. The ritual restores circulation, grounds the nervous system, and reawakens the body’s natural vitality through steady, intentional touch.

**The sensation:** Vital. Grounded. Enduring.

## HIPPOCRATES HEALING RITUAL™

**Where ancient wisdom meets contemporary science.**

Rooted in Hippocratic Wellness™ principles and inspired by techniques once practiced by the ancient Greek healers, the paedotribes, this therapeutic ritual bridges classical knowledge with modern understanding of tissue function and recovery.

Through structured, time-honored movements focused on muscular repair, spinal relief, and circulation enhancement, the body is guided back toward functional balance and structural integrity.

The approach follows a core Hippocratic philosophy: observe, understand, then restore.

**The sensation:** Balanced. Supported. Restored.

70 minutes

### LONGEVITY BENEFITS

- Supports the reduction of inflammation and muscular overactivation.
- Supports deep restorative rest and physiological rebalancing.
- Enhances circulation and long-term tissue resilience.

### IDEAL FOR THOSE WHO

Are living in constant acceleration who seek a conscious return to a slower, wiser, and more sustainable rhythm physically, emotionally, and energetically.

55 minutes

### LONGEVITY BENEFITS

- Supports tissue repair and muscular recovery.
- Supports spinal decompression and postural alignment.
- Encourages improved blood circulation and oxygenation.

### IDEAL FOR THOSE WHO

Are experiencing back discomfort, postural strain, or muscular fatigue — and those seeking a therapeutic ritual grounded in classical wisdom with modern functional precision.

# DEEP TISSUE REBALANCE RITUAL™

## A profound return to inner alignment.

This ritual does not simply soften discomfort, it interprets the body's history and restores its structural balance.

It begins with a Hippocratic Functional Scan, a focused tissue mapping inspired by the principle: *"First observe, then touch, and finally transform."*

Through slow, precise, and layered deep-tissue techniques, accumulated muscular tension is gradually released. Circulation improves, mobility is restored, and the body reclaims the range of movement that modern life often restricts.

**The sensation:** Realigned. Released. Rebalanced.

# AROMA RELAX RITUAL™

## The Mediterranean way to reset the nervous system.

Breath mirrors the inner state. And the Mediterranean has long been a place where breath finds its natural rhythm.

This calming ritual begins with an Aromatic Emotion Check, a gentle assessment of the guest's emotional and energetic state, identifying stress, mental fatigue, or the need for grounding.

Slow, circular movements follow the rhythm of the breath, gradually guiding the nervous system back toward balance and homeostasis. Carefully selected Mediterranean essential oils deepen the sense of safety and internal quiet.

The body softens. The breath lengthens.  
The system recalibrates.

**The sensation:** Calm. Centered. Restored.

55 minutes

## LONGEVITY BENEFITS

- Supports deep muscular release and tension reduction.
- Supports improved circulation and tissue oxygenation.
- Supports postural realignment and structural balance.

## IDEAL FOR THOSE WHO

Are experiencing chronic tension, restricted mobility, or physical overload and those seeking deep structural recalibration rather than temporary relief.

50 minutes

## LONGEVITY BENEFITS

- Supports nervous system regulation and stress reduction.
- Encourages parasympathetic activation, "rest and restore" response.
- Supports improved sleep quality and recovery.

## IDEAL FOR THOSE WHO

Are experiencing mental overload, emotional fatigue, or difficulty switching off, and anyone seeking a gentle yet effective nervous system reset.

# MEDITERRANEAN SCRUB & WRAP RITUAL™

## Skin renewal and inner cleansing through Greek botanical alchemy.

Rooted in the Hippocratic principle of catharsis, the idea that purification restores internal clarity, this ritual begins at the surface to support deeper renewal.

Mineral-rich salts, pure olive oil, wild Mediterranean herbs and Aloe masks work synergistically to exfoliate, detoxify, and awaken epidermal regeneration.

The scrub stimulates circulation and removes accumulated impurities, while the wrap allows active ingredients to penetrate and restore balance.

When the surface is purified, the system breathes more freely.

**The sensation:** Clarified. Smooth. Reawakened.

# BACK – NECK & SHOULDERS RESET RITUAL™

## The anatomy of modern relief.

Modern life leaves its imprint in three key areas: the neck, the shoulders and the upper back.

Focused, corrective techniques dissolve strain caused by prolonged screen exposure, postural imbalance, and mental overload. Gradually, alignment is restored, mobility improves, and the upper body regains ease.

Pressure becomes release. Tension becomes space.

**The sensation:** Light. Aligned. Unburdened.

40 minutes

## LONGEVITY BENEFITS

- Supports skin detoxification and cellular renewal.
- Supports lymphatic stimulation and fluid balance.
- Enhances skin resilience and elasticity.

## IDEAL FOR THOSE WHO

Are seeking skin renewal, seasonal reset, or preparation for deeper body rituals and anyone wishing to restore clarity and lightness to both skin and system.

40 minutes

## LONGEVITY BENEFITS

- Supports reduction of neck and shoulder tension.
- Encourages postural realignment and muscular balance.
- Supports improved circulation in the upper body.

## IDEAL FOR THOSE WHO

Are experiencing desk-related tension, screen fatigue, travel strain, or persistent upper-body tightness — and anyone seeking focused, efficient structural relief.

# DETOX FLOW RITUAL™

## Hippocratic cleansing for modern longevity.

In Hippocratic medicine, water, movement and purification were essential pillars of health.

A targeted ritual that combines deep massage and lymphatic stimulation to reduce the appearance of orange-peel skin, improve circulation and activate the skin's natural regeneration. The result is firmer, smoother, and more toned skin.

**The sensation:** Sculpted. Revitalized. Renewed.

40 minutes

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## LONGEVITY BENEFITS

- Reduces the appearance of cellulite and fluid retention.
- Enhances microcirculation and lymphatic flow.
- Supports tissue revitalization and smoothing.

## IDEAL FOR THOSE WHO

Want to improve the appearance and texture of their skin, gently reduce fluid retention and tone the body in specific areas such as the buttocks, thighs, and abdomen.

# AYURVEDA RITUAL

## Traditional philosophy with a Hippocratic twist

An evolution of a traditional ritual, inspired by the ancient philosophy of Ayurveda and the Hippocratic principle of flow harmony. Warm herbal oils and rhythmic flowing movements work together to restore harmony between body and mind. Slow, continuous techniques encourage deep relaxation, while helping awaken the body's natural energy flow.

**The sensation:** Relaxed. Revitalized. Renewed

60 minutes

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## LONGEVITY BENEFITS

- Deep relaxation and stress relief.
- Supports natural detoxification.
- Nourishes and hydrates the skin.

## IDEAL FOR THOSE WHO

- Are experiencing high stress or mental fatigue.
- Are seeking holistic body & mind relaxation.
- Are looking for a deeply therapeutic relaxation experience.



# THAI RITUAL

## Thailand's signature restore ritual.

A dynamic therapeutic ritual, based on the ancient practice of Traditional Thai Massage and the Hippocratic philosophy of nature's healing power. Combining pressure on energy lines with assisted stretches and yoga-like movements, this ritual helps release tension, restore flexibility and awaken the body's natural vitality.

**The sensation:** Restored. Awaken. Flexible.

60 minutes

## LONGEVITY BENEFITS

- Relief from muscular tension and aches.
- Reduced stress and physical fatigue.
- Deep body activation and revitalization.

## IDEAL FOR THOSE WHO

- Suffer muscle tightness or stiffness.
- Are athletes or have an active lifestyle.
- Prefer a stronger, therapeutic massage experience.

# VOLCANIC HEAT REBALANCE RITUAL™

**The earth becomes the therapist.  
The body softens, opens and resets.**

Heated volcanic stones are placed along the spine and key energetic pathways of the body.

Their deep, steady warmth penetrates the muscle layers, melting tension and allowing the body to breathe freely once again.

The stones are positioned precisely where heat can create meaningful physiological change.

**The sensation:** Warmth. Restored. Grounded.

60 minutes

## LONGEVITY BENEFITS

- Unblocks stagnant energy channels.
- Reactivates the natural rest-repair cycle, a key longevity mechanism.
- Improves circulation and functional mobility.

## IDEAL FOR THOSE WHO

Seek more than relaxation, a thermal reset for the body, grounding energy and a return to the natural rhythm of life.

# LAVENDER SERENITY RITUAL™

## When relaxation meets balance.

Steep in the Hippocratic value that rest and relaxation are essential to the balance of the body and mind, this ritual is designed to calm the nervous system and prepare the body for restorative sleep.

Gentle pressure techniques are combined with soothing lavender essential oil, warm towels and a delicate cleansing ritual using natural sea sponges from Kalymnos.

**The sensation:** A profoundly comforting experience that promotes complete relaxation and tranquility.

90 minutes

## LONGEVITY BENEFITS

- Deep relaxation for body and mind.
- Reduces stress and nervous tension.
- Improves sleep quality.

## IDEAL FOR THOSE WHO

- Are struggling with insomnia or sleep difficulties.
- Seek a fully relaxing spa experience.

“The natural healing force within each one of us is the greatest force in getting well.”

INSPIRED BY  
HIPPOCRATIC PHILOSOPHY



# FACE RITUALS

SKIN LONGEVITY COLLECTION

## ESSENTIAL REJUVENATION RITUAL

**Youth as structure, presence, and essence.**

A targeted eye-area ritual inspired by the ancient belief that the eyes reflect inner vitality. This Rejuvance-based technique relaxes facial muscles, improves microcirculation, and visibly reduces signs of fatigue.

**The sensation:** Subtle. Refined. Naturally lifted.

25 minutes

### LONGEVITY BENEFITS

- Supports improved microcirculation around the eyes.
- Helps reduce visible fatigue and puffiness.
- Supports long-term skin tone and elasticity.

### IDEAL FOR THOSE WHO

Seek a precise, time-efficient refresh focused on the eye area and overall facial vitality.

## HYDRATION BOOST LONGEVITY RITUAL

**Water as life. Hydration as the foundation of longevity.**

*"Where fluid balance exists, there is health."*  
— Hippocrates

A deeply hydrating facial ritual designed to restore fluid balance and skin vitality. Ceremonial detoxification, enriched hydrating complexes, and rhythmic circular techniques help the skin absorb and retain moisture, like earth receiving rain.

**The sensation:** Renewed suppleness, clarity and resilience.

40 minutes

### LONGEVITY BENEFITS

- Supports deep hydration and barrier restoration.
- Supports skin elasticity and cellular vitality.
- Enhances glow and structural balance.

### IDEAL FOR THOSE WHO

Are experiencing dehydration, environmental stress, or dullness and anyone seeking a foundational longevity-focused hydration reset.

# ICE LONGEVITY RITUAL

**The power of cold. The awakening of vitality.**

This advanced cryo-inspired facial uses controlled cooling techniques to stimulate circulation, refine facial contours, and activate the skin's natural regenerative response.

Cold therapy enhances firmness, clarity, and visible luminosity, restoring a refreshed, energised appearance.

**The sensation:** A precise harmony of lift, tone and youthful vitality.

50 minutes

## LONGEVITY BENEFITS

- Encourages collagen stimulation and skin firmness.
- Supports contour refinement and reduced puffiness.
- Enhances cellular activation and glow.

## IDEAL FOR THOSE WHO

Seek lifting, sculpting, and visible revitalisation and anyone looking for an energising longevity-focused facial reset.

# LOOK YOUNGER GLOW RITUAL

**Youth as balance. Beauty as the reflection of a healthy rhythm.**

This ritual does not attempt to freeze time. It restores harmony.

Advanced age-supporting actives combined with deep Kobido-inspired massage techniques enhance circulation, tone facial muscles, and refine natural contours revealing luminous, authentic radiance.

**The sensation:** Lifted. Sculpted. Balanced.

60 minutes

## LONGEVITY BENEFITS

- Supports collagen stimulation and skin firmness.
- Encourages improved facial muscle tone.
- Promotes contour definition and elasticity.

## IDEAL FOR THOSE WHO

Are seeking visible lifting, sculpting, and glow, without artificial effect and anyone who values natural, longevity-focused age support.

# MEDITERRANEAN RADIANCE FACIAL RITUAL

**Light, sea, herbs, beauty as balance.**

A purifying and illuminating facial inspired by Mediterranean vitality. Antioxidant-rich extracts, deep hydration, and oil-balancing actives work synergistically to restore clarity and natural luminosity.

A signature black lava cleansing ritual detoxifies and refines, strengthening the skin's resilience and visible vitality.

**The sensation:** Fresh. Clear. Radiant.

40 minutes

## LONGEVITY BENEFITS

- Encourages balanced oil regulation.
- Supports deep cleansing and pore refinement.
- Enhances skin luminosity and clarity.

## IDEAL FOR THOSE WHO

Are seeking purification, balanced glow, and protection against environmental stress — especially in warm or high-sun climates.

# AEGEAN GENTLEMAN RITUAL

**Pure water. Steady rhythm. Quiet strength.**

Inspired by the clarity and resilience of the Aegean Sea, this targeted facial acts as a hydration reset for the male complexion.

Formulated to fortify the skin against environmental stress, it restores moisture balance, refines texture, and reactivates vitality without excess or heaviness.

**The sensation:** Clean. Balanced. Strengthened.

40 minutes

## LONGEVITY BENEFITS

- Supports deep hydration and barrier reinforcement
- Supports balanced oil regulation
- Enhances skin clarity and tone

## IDEAL FOR MEN WHO

Are seeking a precise, efficient reset, especially after travel, sun exposure, shaving stress or urban fatigue.



# MICRO JOURNEYS

SHORT LONGEVITY  
RITUALS

## FLOW & GLOW MICRO-JOURNEY

### **Radiance and antioxidant vitality in just 25 minutes.**

Featuring Gua Sha stone techniques inspired by ancient facial manipulation rituals, this targeted micro-treatment stimulates microcirculation, gently supports lymphatic drainage, and releases facial tension.

The result is clearer, brighter, oxygenated skin, visibly refreshed in minimal time.

**The sensation:** Fresh. Sculpted. Revived.

**25 minutes**

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### **LONGEVITY BENEFITS**

- Supports microcirculation and oxygenation.
- Encourages lymphatic flow and decongestion.
- Enhances skin clarity and glow.

### **IDEAL FOR THOSE WHO**

Are seeking an immediate glow boost, pre-event refresh, or efficient longevity-inspired facial activation.

## SENSE OF CRETE MICRO-JOURNEY

### **A breath of Crete upon the skin.**

A concise botanical peeling ritual infused with wild Cretan herbs and rhythmic, grounding touch.

Designed to stimulate microcirculation and restore freshness, it clears sensory overload and reawakens physical alertness with light, revitalising precision.

**The sensation:** Clear. Awake. Refreshed.

**20 minutes**

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### **LONGEVITY BENEFITS**

- Removes dead skin cells and improves skin texture.
- Promotes freshness, tone, and radiance in the body.
- Supports a sense of well-being and relief from fatigue.

### **IDEAL FOR THOSE WHO**

Want to renew their skin before a massage or body treatment, feel refreshed and energized, or restore balance after travel, overexertion and environmental stress.

# BLUE VELVET MICRO-JOURNEY

## Where calm becomes a physical experience.

An exquisitely gentle purification ritual combining ultra-fine textures, slow rhythmic touch, and steady warmth.

A gentle, specialized peeling designed to respect sensitive skin, delicately removing dead cells without causing irritation.

With natural soothing extracts and soft manual massage, it stimulates microcirculation and leaves the skin soft, fresh and revitalized.

**The sensation:** Calm. Fresh. Revitalized.

20 minutes

## LONGEVITY BENEFITS

- Gentle exfoliation without irritation.
- Promotes softness, elasticity, and natural radiance.
- Soothes irritation and supports the skin's protective barrier.

## IDEAL FOR THOSE WHO

Have sensitive, delicate, or redness-prone skin, those seeking a mild body renewal without intense friction and anyone wishing to prepare the skin for further treatments or hydration.

# EARTH TOUCH MICRO-JOURNEY

## Where warmth meets the body — and safety is restored.

This grounding ritual uses warm, natural clay and slow, steady touch to transfer heat deep into the tissues, promoting relaxation and structural stability.

The result is a profound sense of security, rootedness, and reconnection with the body.

**The sensation:** Grounded. Safe. Centered.

20 minutes

## LONGEVITY BENEFITS

- Supports deep muscular relaxation.
- Encourages nervous system regulation.
- Supports improved circulation through warmth.

## IDEAL FOR THOSE WHO

Feel ungrounded and physically tense.

# ALOE SHINE MICRO-JOURNEY

## Like cool light across the skin.

A focused hydration ritual designed to restore suppleness and natural glow. Harnessing the soothing and regenerative properties of aloe vera, combined with techniques that enhance moisture retention and stimulate microcirculation, it revitalises the skin with lightweight precision.

**The sensation:** Hydrated. Luminous. Refreshed.

20 minutes

## LONGEVITY BENEFITS

- Supports deep hydration and moisture balance.
- Encourages improved microcirculation.
- Supports skin soothing and barrier repair.

## IDEAL FOR THOSE WHO

Are seeking a cooling hydration boost, post-sun recovery, or a luminous finishing touch to any ritual.

# FOOT GROUNDING MICRO-JOURNEY

## The earth as healer — as Hippocrates taught.

Targeted pressure across the soles activates reflex pathways throughout the body, supporting energetic grounding and mental release.

This focused ritual helps disperse accumulated tension, reduce mental overload, and restore a sense of internal lightness that lingers beyond the session.

**The sensation:** Grounded. Light. Rebalanced.

20 minutes

## LONGEVITY BENEFITS

- Relieves fatigue and tension in the legs.
- Supports better circulation and decongestion.
- Enhances a feeling of lightness and well-being.

## IDEAL FOR THOSE WHO

Walk or stand for long periods, experience swollen or heavy legs, travel frequently, or seek a quick yet effective relaxation and energy renewal.

# ENERGY MINI MICRO-JOURNEY

## **A small spark. A meaningful shift.**

An interactive, tailor-made ritual focused exclusively on the area you choose.

Through intuitive dialogue and targeted techniques, your therapist creates a personalised micro-pathway designed to activate, release or restore according to your immediate need.

**The sensation:** Precise. Intentional. Personal.

20 minutes

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## **LONGEVITY BENEFITS**

- Supports targeted muscular or energetic release.
- Encourages personalised recovery and balance.
- Promotes adaptive resilience.

## **IDEAL FOR THOSE WHO**

Know exactly what they need and value precision, efficiency and personalised care.

# GAIA PURIFICATION MICRO-JOURNEY

## **Earth, catharsis & revitalization.**

This ritual is based on the Hippocratic interpretation of katharsis, as the physical purification or purging of the body to restore balance and promote longevity.

A purifying and detoxifying body mask with mineral-rich Red Clay designed to draw out toxins and improve the skin's texture. Its rich consistency and natural earthy aroma create a soothing wellness experience while helping to firm and revitalize the skin.

**The sensation:** Detoxed. Cleansed. Balanced.

20 minutes

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## **LONGEVITY BENEFITS**

- Deeply cleanses and detoxifies the skin.
- Removes excess oil and impurities.
- Improves skin texture and radiance.

## **IDEAL FOR THOSE WHO**

Seek deep body cleansing, their skin is in need of detoxification and renewal or as a preparation before body treatments for better product absorption.

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