

CAVO SENSO

▪ SPA BY MYTHIC ▪

SPA MENU



Welcome

YOUR WELLNESS JOURNEY

MYTHIC offers the perfect sanctuary to Relax, Restore and Recharge with our holistic approach to Wellness. Our philosophy is to always look for natural methods and pure products, therefore we have created a setting that allows for a complete disconnect into peaceful, natural bliss for those who want to escape the vigorous pace of modern life and rejuvenate both their body and their spirit. A single visit is enough to give you a magical, almost mystical experience of total relaxation and rejuvenation. Start the wellness journey in the **Cavo Senso** Spa where we harness the energetic power of the mountain's rock to re-harmonize the mind and soothe the body and soul.

NATURALLY GREEK PRODUCTS

Cavo Senso Spa's exclusive treatments are inspired by unique Greek products and ingredients that come from the raw Greek nature. We aim to providing you with an unforgettably relaxing experience in collaboration with the Greek-born concept "**Ariadne-Athens**", a luxury 'Spaonly' brand, inspired by the relaxing atmosphere of the Aegean blue sea and the unique aromas of the Greek islands, and "**Zealots of Nature**", a young Greek passionate company that brings together traditional knowledge, natural ingredients and modern research.

A TRULY UNIQUE SENSORY EXPERIENCE

We have created a truly unique destination and Spa services menu inspired entirely by the beauty and diversity of the natural environment of Greece.

Our treatments offer ultimate relaxation and gentle awakening of all the senses. Let yourself escape into the soothing darkness and cool mountain air of our Cave of Senses, let your mind find calm, your eyes and ears find stillness and your body escape into a sensory experience like no other.



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Signature Ritual Journeys

AEGEAN PRINCESS

An exhilarating experience of relaxation and wellness,that releases and calms both your body and mind. Treat yourself to a journey featuring the wealth of Mediterranean flavors and aromas, such as sage, mountain tea and other local herbs. The name of this treatment draws on the Greek Myth celebrating the Minoan Princess Ariadne, the namesake of our products,who is connected to spiritual rebirth in ancient mythology.The treatment includes the application of a rich body mask, prepared on the spot just for you, incorporating a refreshing cocktail of organic honey, bee pollen, royal jelly, which contributes significantly to the renewal, regeneration and tightening of the epidermis. The mask is followed by an elaborate massage of Dittany oil infused with Cretan flower 'Crocus' and 70 other therapeutic substances, leaving the skin silky and smooth. The treatment ends with the application of a refreshing gel containing red grape and raki that leaves your skin deeply hydrated, while also stimulating your mood!

Key elements: Body Scrub & Body Mask, Facial Treatment, 40' Body Massage with herbal pouches
90' | 150€

BEFORE THE MYTHIC MOONLIGHT

Luxurious anti-ageing body treatment that nourishes and tightens the skin, giving you a smooth, shiny and visibly rejuvenated complexion. The beginning of the treatment includes exfoliation using a natural scrub with a heady fragrance of jasmine and gardenia flowers, which removes dead skin cells. This is followed by a magnificent body mask with gold leaves and an anti-ageing effect thanks to the precious gems of pink quartz, aquamarine and moonstone. The treatment ends with a relaxing massage with starflower oil. This extraordinary, golden therapy is available strictly during the miraculous Mythic sunset, when the crystals interact with the light of the rising moon and release their energy.

Key elements: Body Scrub & Body Mask, Facial Treatment & Massage with crystals, 40' Body Massage
90' | 150€

YOUR TIME JOURNEY

Slow down and feel the present moment. This is your time to release, relax and rejuvenate. We know that everyday life can be complicated, so reserve as much time as you desire and allow us to get inspired by your individual needs. Let us propose to you an **exclusively personalized combination of treatments**, tailor-made for you!

Key elements: Body Scrub & Body Mask, Facial Treatment & Massage with crystals, 40' Body Massage
90' - 120' | 160€ - 220€

Facial Treatments

AEGEAN GLOW

This luxurious facial treatment promises to lavish your skin with velvety texture, while granting it firmness, elasticity, hydration and radiance. Choose one of the following according to your personal needs:

Luminously Radiant Look

Glowing therapy inspired by the windmills of Mykonos and the undeniable charm, glamour and lifestyle of the island.

Anti-oxidant Protection & Ultimate Prevention

Lavish skin care using a proprietary multi-vitamin complex to counter the signs of premature ageing caused by exposure to the sun.

Vital Hydration & Nutrition

A rich facial treatment packed with thirst-quenching elements that instantly restore your skin's ideal hydration levels.

Key elements: Cleanse, Exfoliation, Mask, Facial and Neck Massage, Hand Massage
45' / 80€

MYTHICAL SKIN REBIRTH

This high-performance, all-in-one personalized treatment utilizes the innovative product 'Skin Rebirth - Miracle Skin Reinventing Gel' with the remarkable healing effects of alkanna tinctoria root and its multiple anti-ageing and antioxidant properties. This facial treatment promises to deeply moisturize and regenerate your skin while reinforcing the natural skin cell turnover.

Key elements: Cleanse, Exfoliation, Latex Mask, Skin Rebirth Massage Oil, Hand Massage
55' / 100€

EVERYDAY REVIVAL

A tailor-made facial designed to give each skin type the boost it really needs. Based on Greek bio olive oil for deep moisturizing, Aloe Vera for more gentle and natural care and Hyaluronic Acid for shine. Ideal for normal or combination skin, teenage skin or for those who need a calming natural skincare regime.

Key elements: Cleanse, Exfoliation, Mask, Pressure Point Face Massage, Hand Massage
45' / 80€

NATURAL ANTI-AGEING

Specialized face treatment featuring miraculous cannabis oil, rich in highly moisturizing ingredients which act as a natural antioxidant against wrinkles and fine lines. Enriched with tropical fruit extracts -mango, papaya, pineapple – for cell growth and cell regeneration.

Key elements: Cleanse, Exfoliation, Serum, Latex Mask, Lifting Face Massage, Neck & Scalp Massage, Hand Massage
70' / 140€





Full Body Experiences

LOVE NATURE

Enjoy a full body exfoliation therapy with a choice of lavender flowers and olive grains or a natural loofah combination with mandarin soap and essential oils, to deeply cleanse and purify your skin, leaving it smooth and soft, completing the rejuvenation with a moisturizing body lotion throughout the body. The skin remains soft and fully hydrated leaving you with a wonderful feeling.

Key elements: Choice of Full Body Exfoliation and Skin Nourishing Body Lotion
40' | €80

Key elements: Body Scrub or Facial Treatment & Full Body Massage
90' | €150

CAVO SENSO SPA ESCAPE

Feel your muscles releasing all the tensions of daily life as we begin with the gentle removal of dead skin cells, offering you a choice of either chocolate and orange peel or jasmine scent to reveal a smooth and soft skin, while the body is wrapped in a silky warm wrap of rich mud. This is followed by a relaxing full-body massage to complete a balanced experience of relaxation and tranquility. Find awareness and embark on a journey of all five senses.

Key elements: Body Scrub and 40' Body Massage.
55' | 100€

MYTHIC SIGNATURE JOURNEY

Experience a traditional Ancient Greek purifying ritual which includes a body scrub with natural salt, an organic natural body white clay mask, and a balancing full-body massage with essential orange oils. These pure and natural ingredients will leave you feeling like you are floating in the Aegean Sea like one of the 9 islands in Mythic's horizon view.

Key elements: Full-body Natural Salt Scrub, White Clay Body Mask, 40' Body Massage with Orange Body Oil
70' / 120€



Special Treatments

SANTORINI'S LAVA TOUCH

Body Slimming Treatment

Drastic body treatment using the powerful lava clay, from our neighboring Cycladic Island of Santorini, targeted to fight cellulite and local fat. A plethora of active ingredients such as seaweed, basil and cinnamon help activate the lymphatic system and decongest the body. A specialized wrapping technique tones and firms the body and safely drains body toxins, leading to noticeable inch loss.

Key elements: Body Scrub, Body mask

70' / 120€

UNDER THE MEDITERRANEAN SUN

The absolute multi-vitamin treatment for your skin before sun exposure

Expertly designed to offer thorough skin protection, prior to sun exposure! The treatment is rich in iris flowers and olive seeds, while the mask delivers a high concentration of kumquat, sacred lotus and vitamin C. This combination strengthens the structure of the skin, restores its shine and elasticity, and shields it against sunburn. To complete the treatment, nourishing exotic coconut body butter is applied to relax the senses and soothe the skin.

Key elements: Body Exfoliation, Body Wrap, Facial Treatment, 30' Body Massage with Nourishing Body Lotion

60' / 100€

SEA BREEZE FEEL

After Sun Face & Body Treatment

The ultimate after-sun skin care includes an after-sun face & body treatment that offers a pleasant sense of cool freshness. The sea breeze scented nourishing treatment is rich in acorn flour, Chios mastic and comfrey to help deeply hydrate sunburned skin and eliminate irritation. The application of a refreshing gel mask with water lily, cucumber, aloe and yoghurt replenishes the skin lipids and provides high moisture and smoothness.

Key elements: Face Treatment, Body Wrap and Nourishing Body Lotion, Neck & Head Massage

60' / 100€

COUPLES MASSAGE JOURNEY (Tailor-made from 80min to 180min)

A unique experience, an expedition of relaxation for couples with choices and combinations of treatments based on your own needs.

Your Relaxation Journey starts with a Full Body Massage and ends with your treatment choice:

Price: 100€ plus the cost of your choice

- Mini Facial Treatment 20' / 30€

Mini facial treatment for glow and deep hydration

- Body Exfoliation 20' / 30€

Body exfoliation with natural salts and essentials oils of jasmine or mocha for smooth and shiny skin

- Hair & Scalp Massage 20' / 30€

Pressure Points Head Massage to relieve headaches and tension of the day

- Hand & Foot Massage 20' / 30€

Foot and hand massage for complete relief from muscular pains

- Reflexology 15' / 30€

Foot pressure point massage





Massage Journeys

CANDLE SIGNATURE MASSAGE

Sensual | Energizing | Detoxifying | Relaxing

Indulge your senses with this mystifying full-body massage ritual that will entice your mind, body and soul. Lay back and unwind while the mesmerizing flame gently burns the candle and the heated solid waxes slowly turn into liquid oil.

Feel the delicately scented warm drops touch your skin, while the synchronized movements dissolve muscle tension and free blockages, offering a unique experience of relaxation and rejuvenation that promotes bliss, balance and well-being.

Key elements: Full-body Massage with warm, natural Candle Wax
60' / 130€

MYTHIC AROMATHERAPY MASSAGE

Anti-Oxidant – Relaxing – Revitalizing

Mythic Spa's Signature Massage using Zealots of Nature body oils is inspired by traditional massage techniques that operate to balance and re-align energy flow, enhancing mind and body wellness. A choice of native aromatic oil blends are prescribed to address your individual needs – to relax, detoxify or relieve muscle pain – and combined with pressure points and rhythmic movements, they give a sense of rejuvenation and wellness that you can keep with you in your daily life.

Key elements: Full-body Relaxation Massage, with a choice of native aromatic oils
55' / 120€

TENSION RELEASE BACK & SHOULDER MASSAGE

Anti-Oxidant – Relaxing – Revitalizing

We hold stress and tension of our daily life in the upper part of our body. This treatment focuses on the back, neck and shoulders to help relax and release stress and tension from your muscles.

Key elements: Back & Shoulder Massage
30' / 60€

DEEP TISSUE MASSAGE

Sensual | Energizing | Detoxifying | Relaxing

This massage intends to deeply relax all muscles and relieve tension using acupressure and kneading techniques which will feel like you had a full workout. The energy of the mountain rock walls and power of essential oils will relieve muscle tension and stiffness, leaving you with a re-conditioned skin tone, feeling completely recharged and free from aches and fatigue.

Key elements: Full-body Sport Massage

55' | 120€

Key Elements: Full-body Sport Massage, extra time with warm Santorini lava mud

90' | 180€

TRADITIONAL LOMI LOMI MASSAGE

Lomi Lomi is a traditional massage from the Islands using the soothing strength of the forearms to work through any tensions. This massage works gently but deeply on the muscles allowing you to relax and feel relieved by therapeutic touch, releasing tension, rejuvenating the body and creating a sense of harmony and calm.

Key elements: Full-body Rhythmic Massage

60' | 120€

CAVO SENSO FOOT MASSAGE

Our foot massage relieves the tensions of the feet, an area often overlooked in daily life. We draw on ancient techniques of reflexology where the body is reflected in the tendons of the feet. This treatment use targeted pressure to activate your nervous system, release blockages and enhance circulation which will keep your muscles and tissues oxygenated and healthy.

Key elements: Foot Massage

50' | 80€

ANCIENT REFLEXOLOGY

Using ancient traditional Chinese medical techniques, reflexology works on the principle that all our organs are represented in the feet. By working on these points with acupressure, the therapist can help to rebalance the system and obtain harmony to body and mind.

Key elements: Traditional Chinese pressure point massage

50' | 100€

SPA ETIQUETTE

- The Spa and its environs are strictly NO SMOKING area.
- Please conduct all conversations at levels consistent with a relaxing environment.
- The Spa is open to persons over the age of 16.
- Please leave all items of value in your locker. The Spa is not responsible for loss of or damage to a guest's personal belongings.
- All guests will be required to complete and sign a health & lifestyle questionnaire upon arrival and prior to treatments.
- To ensure the appointment time you prefer, we highly recommend advance reservations.
- Please note that a 24 hour cancellation notice is required for all bookings and services as a courtesy to our other guests.
- Please arrive in time to enjoy the facilities and ensure that you are ready to be collected by your therapist at the allotted time. Out of consideration for all Spa guests, late arrivals will not be given an extension of scheduled treatment times and the full cost of the treatment will be charged.
- Guests are advised to arrive at least 20 minutes prior to their first appointment to allow themselves ample time to check in and shower, as it is essential before any treatment. The beneficial oils used in our treatments are best absorbed through clean skin.
- During treatments, please let your therapist know if you are comfortable or uncomfortable, too warm or too cold, or if their pressure is too light or too firm. Your comfort and care is our greatest concern and priority.
- If you have a particular injury or physical condition, please explain it to the therapist. They may suggest appropriate adjustments to the treatment for your comfort and enhancement.

Opening hours 11:00-20:00

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