



SPA MENU

| IDOLO |



POSEIDONION
Grand Hotel
EST 1914





Our Philosophy

Idolo is born out of a sincere understanding and passion for wellness, which we define as a way of life that focuses on physical, emotional and mental wellbeing.

We are committed to delivering all aspects of wellness with integrity and honesty, providing inspiration for lifestyle change, in an environment that delights all the senses.

We respect the individuality of our guests and craft experiences to stimulate, energize and restore.

Our wellness facilities are combined with the purest treatments and products of luxury spa brand, Germaine de Capuccini, and with the expertise of our skilled therapists in order to revitalize the skin and give immediate and long lasting results.

We give our guests the tools to pursue a better quality of life.

Retreat  Relax  Refresh

The Greek Experience

Relaxation Package

Mediterranean Flavor of Olives, Grapes and Citrus



Inspired by the Mediterranean land. A body scrub that is a true enjoyment due to the aromas and textures of argan, olive seeds, grape seeds, orange water. Exfoliation is followed by a aromatherapy massage that relieves tension, restores the senses and offers absolute tranquility. At the end of the mediterranean package, the aromatic facial massage with Vitamin E gives the skin a quick and nourishing drink.

1h 50' / 165€

Greek Metamorphosis with Orange, Silk and Sea Elements



A luxurious treatment that includes a natural and anti-aging orange peel exfoliant to leave the skin soft, clean and velvety following a relaxing aromatherapy protocol. Envelop your skin with precious 'silk' and enjoy a luxurious massage that will hydrate and provide your skin with a satin appearance and a silky touch.

1h 50' / 200€

Detoxification & Slimming Package

Aphrodite into the Sea

A refreshing body scrub with vitamins and algae extracts that nourish and soften the skin. Ideal for dry and thirsty skin. Combined with an exquisite massage, this total body envelopment revitalises the skin and leaves a subtle and gorgeous golden veil shimmer on the body. Slimming and firming massage that offers great results in the legs, buttocks and abs completes this amazing body treatment.

1h 40' / 175€

Aphrodite on the Beach

Allow your tension to slip away as you enjoy our nourishing salt flower body scrub. Combine it with a revitalizing treatment for your legs and feet that improves blood micro-circulation and eliminates liquids and toxins. Slimming and firming massage that offers great results in the legs, buttocks and abs. Combined with an exquisite massage, this total body envelopment revitalises the skin and leaves a subtle and gorgeous golden veil shimmer on the body. Through a specific method of pressure at the appropriate points of the feet, the therapist restores the balance between body and spirit.

3 hours / 305€

Therapeutic Package

Miracle Plants

After a glorious day under the sun, enjoy this soothing treatment that also combats the signs of stress and fatigue with the power of Aloe Vera and Royal Jelly. Through a specific method of pressure at the appropriate points of the feet, the therapist restores the balance between body and spirit. In the end the back massage reduces the stress and the strain on the back, neck and shoulders. The almond oil helps in the total muscle relaxation.

1h 50' / 160€

Metamorphosis like Butterfly

A delightful scalp massage with a combination of 5 different oils which releases tension relief from migraines and also helps in hair strengthening. Deep massage with specific pressure techniques, massage and mobilization that relieve muscle tension and stress. At last envelop your skin with precious 'silk' and enjoy a luxurious massage that will hydrate and provide your skin with a satin appearance and a silky touch. These are the three magic steps of this therapeutic treatment.

1h 50' / 230€



Facial Treatments

Aloe Vera After sun with Royal Jelly

30' 50' / 55€ 80€

After a glorious day under the sun, enjoy this soothing treatment that also combats the signs of stress and fatigue with the power of Aloe Vera and Royal Jelly. (aloe vera, royal jelly)

Hydration with Wild Rose

50' / 90€

An intensive re-hydration facial therapy for dry and dehydrated skin that will nourish your face using the essence of flowers and plants.

Balancing Treatment

30' 50' / 45€ 90€

An excellent treatment to balance the skin's pH and reduce oil secretion. It can also be performed on teenage skin. (chamomile, fruit acids)

Vitamin C

50' / 100€

This advanced treatment works to inhibit the action of glycation, one of the main causes of skin aging and is based on pure Vitamin C combined with Ume Extract (tonic). (pure vitamin C, Ume extract)



Facial Treatments

Global Anti-Age

75' / 140€

A complete anti-aging treatment, based on epigenetics. It restores the skin's rejuvenation and defense mechanisms, while it fills, hydrates and smooths the face.

Total Lift(IN)g

60' / 110€

skin is restored, while achieving an oblique and horizontal lifting with immediate results.

Eyes in Flames

30' / 60€

A fast and effective solution which immediately acts on the lines and expression wrinkles in the sensitive area of the eyes. Dark circles are removed, the contour is reshaped and the skin becomes softer instantly.

Body Wraps

Mediterranean After Sun

40' / 70€

A refreshing and energizing wrap containing Aloe Vera and Mint which is deeply regenerating and ideal as an after sun treatment. (aloe vera, mint)

Silk Touch

45' / 85€

Envelop your skin with precious 'silk' and enjoy a luxurious massage that will hydrate and provide your skin with a satin appearance and a silky touch. (silk protein)

Luxurious Gold

40' / 75€

Combined with an exquisite massage, this total body envelopment revitalises the skin and leaves a subtle and gorgeous golden veil shimmer on the body. (golden algae)

Heavy Legs

30' / 55€

A revitalizing treatment for your legs and feet that improves blood micro-circulation and eliminates liquids and toxins. Ideal for pregnant women. (algae, macadamia oil)

Body Scrubs

Orange Glow

30' / 45€

A natural and anti-aging orange peel exfoliant to leave the skin soft, clean and velvety following a relaxing aromatherapy protocol. (vitamin C, papaya seeds)

Mediterranean Olive

30' / 45€

Inspired by the Mediterranean land. A therapy that is a true enjoyment due to the aromas and textures of argan, olive seeds, grape seeds, orange water. (olive and grape seeds, argan oil)

Marine Exfoliation

40' / 55€

A refreshing body scrub with vitamins and algae extracts that nourish and soften the skin. Ideal for dry and thirsty skin. (algae, mineral salts)

Flor De Sal

50' / 95€

Allow your tension to slip away as you enjoy our nourishing salt flower body scrub. (organic oil, salt flower)

Massage Collection

Foot reflexology

30' / 50€

Through a specific method of pressure at the appropriate points of the feet, the therapist restores the balance between body and spirit. (mint and cinnamon essential oil)

Back, Neck and Shoulders

30' / 50€

It reduces the stress and the strain on the back, neck and shoulders. The almond oil helps in the total muscle relaxation. (lavender and ylang-ylang)

Heavenly Head Massage

40' / 60€

A delightful scalp massage with a combination of 5 different oils which releases tension relief from migraines and also helps in hair strengthening. (organic oil)

Aromatic facial massage

30' / 60€

Give your skin a quick, nourishing drink with a cleansing, and facial massage. All in just 30 minutes. Suitable for everyone. (vitamin E)

Aromatherapy

50' 75'/110€ 85€

Essential Oils, especially selected, combined with a rhythmic, relaxing massage technique that relieves tension, restores the senses and offers absolute tranquility. (mix of essential oils)

Deep Tissue

50' 75' / 110€ 135€

Deep massage with specific pressure techniques, massage and mobilization that relieve muscle tension and stress. (mandarin, lime, lemon)

Goodbye Cellulite

40' / 65€

Slimming and firming massage that offers great results in the legs, buttocks and abs. (cedar, cypress, lavender)

Massage Collection

Mediterranean Candlelight

50' 75' / 95€ 120€

An authentic massage with golden drops of warm melted wax that melt on the whole body. Choose among lavender, olive or citron that calm the mind and hydrate the body.

Hot Lava

50' 75' / 100€ 125€

The massage techniques are combined with the properties of the volcanic stones and the essential oils. The hot stones are placed in specific places of the body, releasing the accumulated energy from the chakras, while they offer a feeling of total harmony, wellbeing and serenity.

Prenatal

45' / 75€

A specialized massage for pregnancy, for your comfort and well-being. This inspirational therapy connects mother and child with the strength of contact. (almond oil without essentials)

Joy For Children

20' / 40€

The happiness reaches its maximum with a relaxing chocolate massage. (chocolate massage cream)

In Room Service

- Most of our luxurious massages can be enjoyed in the privacy of your own room or suite.
- Prices: treatment cost plus 50%

How to spa with us



WORKING HOURS

Daily 10:00-20:00

RESERVATIONS

Please contact the Spa reception to book an appointment. We recommend making a reservation to guarantee your preferred treatment and time.

CANCELLATIONS

Understanding that your program can be diversified, we will do our best to meet your needs. However, as Spa time is reserved for you, please inform our team 24 hours in advance to avoid billing. Otherwise you will be charged 50% of the treatment(s) cost if the appointment is cancelled less than 6 hours before treatment(s) start time.

BEFORE YOUR ARRIVAL

As many Spa treatments improve blood circulation and during which special body pressure techniques are applied, we advise against eating a heavy meal before your treatment. However, a light snack is appropriate. Alcohol is forbidden before any Spa treatment. We recommend that you do not bring your valuables in the room. The Spa bears no responsibility for any loss of personal belongings. If the treatment you choose includes water treatment, please wear a bathing suit.

AT YOUR ARRIVAL

Please come at least 15 minutes before your appointment. Arriving with delay will reduce the available time for your treatment. It will therefore reduce its effectiveness and your pleasure. This is your moment and you have to enjoy the experience to the fullest. Please let us know about any preference regarding room temperature, pressure and music. Your care is our highest priority.

How to spa with us



PREGNANCY

In our menu you will find specially formulated treatments for women during pregnancy and for those who are nursing. Please allow the Idolo Spa team to guide you on, by choosing which treatment is the most suitable during this special time.

HEALTH QUESTIONS

Please inform us at the time of booking of any medical condition or special needs. This will allow the Spa receptionist to guide you in selecting the right treatments. Before any treatment, our staff will ask you to fill in a medical questionnaire. We fully comply with EU's General Data Protection Regulation.

PAYMENT

Payment is completed before your treatment only at the Spa's reception and all credit cards are accepted.

DURING YOUR STAY

The Spa is dedicated to maintaining an environment of peace and tranquility. Help us by respecting our atmosphere of privacy and quiet. Please put your mobile phones in flight mode during your Spa stay. Smoking, alcohol and eating at Spa are prohibited.

AGE REQUIREMENTS

The Spa is suitable for guests over 18 years of age. Children under the age of 16 must be accompanied by the parent.

