



THE SPA
— AT —
MANDARIN ORIENTAL
—
COSTA NAVARINO







The Spa at Mandarin Oriental Costa Navarino set in serene natural surroundings, the resort is a perfect wellness destination with a world-class Spa which features an indoor 25-metre swimming pool, that traverses from indoor to outdoor providing mesmerising bay views and extensive Heat and Water facilities including Panoramic Olive and Herbal Saunas, Cold Plunge, Japanese Bath, Experience Showers, Hot Tub, Foot Bath, Mineral and Flower Steam Bath. Together with a range of bespoke treatments we deliver a holistic approach to the guest experience. Our Fitness and Wellness center offers modern strength training, and an outdoor movement studio all complete with healthy and rejuvenating Mediterranean cuisine.





ESSENCE OF COSTA NAVARINO

REVIVING ASCLEPEIA – COSTA NAVARINO

3 HOURS / 560 EUROS

Based on the pillars of Ancient Hellenic Medicine the treatment follows the healing sequence of the Asclepeia sanctuaries and the 4 Elements Philosophy. A variety of healing rituals come together to create a deeply transformational experience of physical, emotional and spiritual rebirth.

- Purification (Nipsis): Full body salt bath in the Vitality Pool
- Tonification (Tripsis): Skin brushing followed by massage with warm Olive Oil.
- Recalibration (Enkoimisis): Energy Healing
- Revitalisation (Threpseis): Greek Mountain Tea serving

*Combine this treatment with an excursion to the Temple of Apollo Epicurius. Please consult with our Spa Concierge for further details.





BOTANICAL RESCUE – COSTA NAVARINO

3 HOURS / 475 EUROS

This regenerating experience begins with a grounding meditation and restorative foot ritual immersed in the essences of orange flower and lemon. Followed by a rich and luxurious honey scrub combined with a Cretan Olive stone scrub to remove dehydrated skin. A full body massage using infused olive oil blended and locally sourced herbal poultices to release muscular pain and regenerate the body and mind. Your journey is then completed with a Vitamin C infused facial followed by a fresh lemon and orange beverage.

Includes:

- Foot Ritual
- Cretan Olive Stone Full Body Scrub
- Full body Massage using locally sourced herbal poultices.
- Efficacious natural Facial

*Combine this treatment with a Herbal Poultice Making Experience handpicked from our Spa Garden. Please consult with our Spa Concierge for further details.

SIGNATURE THERAPIES

Our holistic signature therapies are guided by our oriental heritage drawing from Traditional Chinese Medicine.

TIME RITUAL™

2 HOURS / 440 EUROS

Book a length of time and enjoy the most holistic experience possible, by allowing our therapists to utilise their individual talents to create and customise treatments to your unique individual needs.

INTELLIGENT MOVEMENT

1 HOUR 30 MINUTES / 275 EUROS

The Intelligent Movement Treatment has been designed to help guests improve their posture and mobility through trigger point release work, deep muscle manipulation, stretching and elongation of the muscles. This treatment helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body. Intelligent Movement incorporates the Hypervolt Percussion.

ORIENTAL QI

1 HOUR 30 MINUTES / 275 EUROS

A simple, effective and authentic spa experience. This relaxing, hands-on body massage ritual works on the energy of the meridians' using the benefits of essential oils.

DIGITAL WELLNESS ESCAPE

1 HOUR 30 MINUTES / 275 EUROS

Concentrating on the head, eyes, neck, shoulders, hands and feet, this restorative treatment aims to ease stresses and strains resulting from the frequent use of digital devices.

ORIENTAL ESSENCE

1 HOUR 30 MINUTES / 275 EUROS

Using custom-blended oriental oils and movements inspired by traditional oriental therapies, this tension-busting massage treats the whole body. Focuses on the traditional stress-holding areas of the back, neck and shoulders.

ELEVATED GOLF

Step off the green and into a sanctuary of relaxation and recovery. Designed exclusively for golfers, our signature treatments focus on enhancing performance, rejuvenating the body, and restoring balance.

GOLFER'S STRETCH

60 MINUTES / 230 EUROS

90 MINUTES / 285 EUROS

Next-Generation Performance Enhancement. Boost your performance with this dynamic, physio-based therapy. A blend of myofascial techniques and active stretching helps maintain muscle tone and flexibility, while nourishing the skin from outdoor exposure. Perfect for golfers seeking peak physical condition





FACIALS

BLACK DIAMOND NON-SURGICAL TREATMENT

1 HOUR 30 MINUTES / 310 EUROS

A luxurious experience that harnesses the power of 111SKIN's most potent collection – the Intensive Collection – to promote a youthful, sculpted appearance. This treatment includes a Deep Cleansing and Lifting EMS Device, a unique facial peel and uses products enriched with Retinol, Fine Diamond Particles, and our patented NAC Y²™ formula. With a combination of Wrinkle Minimising Wand movements and signature massage techniques, this facial ensures skin is fresh and taut, sculpting along the natural contours of the face for a truly lifted and youthful appearance.

ROSE GOLD RADIANCE FACIAL

1 HOUR 30MINUTES / 285 EUROS

An innovative facial treatment to lift, firm and restore, using a three-level approach to facial massage using signature 111SKIN techniques, incorporating a smoothing wand and rose quartz crystals. Designed to alleviate irritation and inflamed skin while soothing the mind. Suitable for all skin types for a rested and radiant result, as if lit from within.

REPARATIVE FACIAL

1 HOUR / 240 EUROS

A high-performance facial to deeply nourish and hydrate. Suitable for all skin types, its formulation is especially effective to calm and soothe damaged, inflamed, and irritated skin. Origin ally created by Dr Yannis Alexandrides to accelerate the post-surgery healing processes; this facial epitomises the best of 111SKIN's famed surgically inspired skincare. Harnessing the power of our exclusive NAC Y²™ complex to strengthen the epidermal barrier and prevent further inflammation, this facial magnifies the restorative effects of our Reparative Collection to enhance your skin.

SIGNATURE NUTRI GLOW FACIAL

1 HOUR 15 MINUTES / 240 EUROS

OSKIA's all-encompassing signature facial uses a combination of essential skin nutrients, bio-actives and modern & traditional glow-inducing techniques to illuminate the skin and leave face, body and mind feeling rejuvenated and skin immediately radiant. Natural Face Therapy and eye contour massage techniques, lymph drainage and acupressure lift, relax & contour the face while therapeutic head, hand and back massages are worked into the treatment to soothe residual tension.

REVITALISING SUPER C FACIAL

(1 HOUR / 1 HOUR 15 MINUTES WITH
IZONE ANTI-FATIGUE)

230 EUROS OR 250 EUROS

Described as a non-surgical facelift, this ultra-hydrating, super-nutrient facial is designed to sculpt and provide immediate anti-ageing benefits. This treatment concentrates on reducing visible fine lines and lifting the contours of the face in the short term while also harnessing OSKIA's breakthrough biomimetic serum and smart Vitamin C to maintain a youthful complexion in the long term.







MASSAGE

HOT STONE

1 HOUR 30 MINUTES / 290 EUROS

This restorative massage uses heated stones combined with the grounding effects of our signature elemental earth oil flourish to regenerate energy and create a sense of balance. It also helps relieve deep-seated muscle tension.

SENSORY AWAKENING CANDLE MASSAGE

1 HOUR 30 MINUTES / 290 EUROS

A sensory massage to relax the body and spirit in the soothing heat of the Paillettes d'Ambre Candie. The circular movements will release tensions of the whole body lulled by the magical melted candle and the incredible scent of amber.

THE VITALITY EXPERIENCE

1 HOUR 30 MINUTES / 290 EUROS

Inspired by the authentic aromas of Ancient Greece, this reviving massage uses medium pressure. and slow massages to cleanse and re-energise the body. Using oils infused with evocative, sweet Marjoram, zesty citrus and bold notes of Rosewood, this combination of essences promises relief from tension, headaches, body aches, jet lag, fatigue, and lethargy.

MOTHER TO BE WARM OIL MASSAGE

1 HOUR 30 MINUTES / 275 EUROS

A calming full body treatment that encompasses a soothing full body massage to ease away deeply held stress and tension as the body changes throughout this precious time. Nourishing Rose De Mai oils keep the skin soft and smooth whilst pumpkin enzymes and pink Himalayan salts treat your feet with a luxurious foot scrub. Be prepared to float away during the gentle facial cleanse and dreamy décolleté, face and scalp massage that will be sure to send you into an ultimate state of pure relaxation.

DIAMOND OF NAVARINO

1 HOUR 30 MINUTES / 295 EUROS

Opulent and indulgent, this powerful body treatment delivers dramatic results to shape, smooth and saturate the skin with nourishment. Through signature massage techniques and potent surgically inspired formulas, this treatment encourages lymphatic drainage to tone and firm the skin. Expect a smoother, sculpted figure with age-defying results.

DYNAMIC BODY SCULPTING MASSAGE

1 HOUR 30 MINUTES / 285 EUROS

This sculpting treatment works to stimulate lymphatic drainage and circulation, leading to visibly firmer and smoother skin. This transformative massage uses massage oil infused with the dynamic combination of essential oils lemongrass, peppermint and black pepper synergistically to stimulate and tone.





COUPLES EXPERIENCE

TIME TOGETHER

1 HOUR 30 MINUTES /
290 EUROS PER PERSON

Spend time with your loved one in a synchronised treatment together in our double treatment rooms that offer that special time together whilst unwinding. A sensational experience, The Luxury Face & Body Treatment combines our most luxurious radiance-boosting and anti-ageing facial techniques with the very best deep pressure massage to entirely renew your complexion and your sense of well-being.

Why not enhance your time together to include additional use of the Suites Vitality Pool and Relaxation area.

1 HOUR / 200 EUROS

SPECIALIST TREATMENTS

REIKI ENERGY HEALING

1 HOUR OR 1 HOUR 30 MINUTES
240 OR 295 EUROS

Reiki is a Japanese healing art meaning 'Universal Life Force Energy'. Reiki practice channels energy within and around you to accelerate natural healing, treat imbalances and cleanse the mind emotionally, mentally and spiritually. Designed as an alternative treatment for stress, anxiety and sleep.

PHYSIOTHERAPY

1 HOUR 30 MINUTES / 350 EUROS

Designed to alleviate pain, enhance mobility and promote healing. By combining massage therapy with physiotherapy techniques such as soft tissue manipulation, our physiotherapists will tailor your treatment to reduce muscle tension, restore function and optimise circulation.

THAI MASSAGE

1 HOUR 30 MINUTES / 350 EUROS

Performed over loose clothing on a traditional futon mat. This therapy uses manipulation, compression, rocking and acupressure techniques to relieve muscular tension and restore flexibility. This relaxing yet energising treatment will restore balance and harmony within.





HAMMAM

TURKISH HAMMAM RITUAL

1 HOUR / 210 EUROS

This Turkish Hammam experience begins with an invigorating `Kese` body scrub, followed by a traditional full body foam massage which relieves stress, relaxes muscles and purifies the mind and body. A hydrating body lotion is then applied to enrich the body to finish.

- Invigorating Body Scrub
- Foam Massage and Hair Treatment
- Hydrating Body Moisturise

ESCAPE HAMMAM

1 HOUR / 195 EUROS

The body and mind delight in this ritual where Infusion d'Orange comes into play through gentle cleansing. Its partner, the kessa glove, in addition to the delectable Miel d'Ambre exfoliating paste, works its magic with an ultra-purifying scrub. Followed by the soothing scents of orange blossom. Delight in the extreme joy and relaxation of a satisfied body and mind. Including:

- Massage techniques derived directly from authentic Teksal movements practiced in Moroccan hammams
- Gentle and vigorous movements for intense relaxation
- Perfect exfoliation with the kessa glove and Miel d'Ambre purifies and softens the skin for a velvety sensation

INDULGENT HAMMAM

1 HOUR 30 MINS / 250 EUROS

This indulgent hammam works from the ends of your hair to the tips of your toes and Grains de Lumière, Roses de Sucre and Miel d'Ambre work together to soothe, lighten, and regenerate the body and mind.

Including:

- Massage techniques derived directly from authentic Teksal movements practiced in Moroccan hammams.
- Enhanced exfoliation with the kessa glove and Miel d'Ambre purifies and softens the skin.
- using a mixture of original techniques - both vigorous and gentle with a very special procedure. You will feel pampered refreshed, soothed, and regenerated.

SIGNATURE HAMMAM

2 HOURS / 385 EUROS

An opportunity to experience the subtle sensations of the very best Maroc Maroc treatments, combined with traditional manual movements. Experience the sensation of being yourself and being sublime. With this complete Hammam ritual encompassing Miel d'Ambre, Infusion d'Orange and Grains de Lumière, your skin will glow, and your mind regenerated.

- Massage techniques derived directly from authentic Teksal movements practiced in Moroccan hammams.
- Enhanced exfoliation with the kessa glove and Miel d'Ambre purifies and softens the skin
- A mixture of original techniques - both vigorous and gentle - with a very special procedure. You will feel pampered, refreshed, soothed, and regenerated.

*You can combine your Traditional Hammam treatment with one of our massages or skin care treatments. Please consult with our Spa Concierge for further details.

TREATMENT ADDITIONS

MIEL D'AMBRE SENSATIONS

30 MINUTES / 120 EUROS

An ultra-purifying scrub with the exfoliating paste Miel d'Ambre. The skin is cleansed of its impurities, toxins, deeply nourished and hydrated with beneficial ingredients that the skin radiates with obvious pleasure.

HYDRATION WRAP ROSES DE SUCRE

30 MINUTES / 120 EUROS

A body wrap with Roses de Sucre, a rose-based cream that leaves an incomparable rich feeling on the skin. Nourished and hydrated, the body is wrapped in absolute comfort and softness. A cocooning and serenity promise.

SUITE VITALITY POOL HIRE

1 HOUR / 200 EUROS

Enhance your spa experience by reserving one of our exclusive suite's outdoor vitality pools. For an additional hour of relaxation before or after your treatment, you can relax and embrace the mountainous views and natural sunlight in privacy while the massage jets soothe any tension. Light refreshments will be served to complete your rejuvenating experience.

*Treatment additions can only be booked in combination with any 90-minute treatment subject to availability.

SPA TREATMENT ENHANCEMENTS

Enhance your experience by incorporating one of our spa enhancements, tailored to fit seamlessly within your treatment time.

LUXURY HAND RITUAL

40 EUROS

The hands are often a neglected area and yet they hold increased tension due to the constant use of digital devices. Beginning with a natural herbal scrub, followed by a massage using 111SKIN Celestial Black Diamond Body Cream to release tension whilst helping the skin look and feel younger.

REJUVENATING FOOT RETREAT

40 EUROS

Our feet are the sole support for the rest of our body; therefore, we must treat them with care and attention. Beginning with a natural herbal scrub, followed by Reflex massage techniques using 111SKIN Celestial Black Diamond Body Cream which accelerates skin repair leaving you gliding along.

ILLUMINATING EYE INDULGENCE

30 EUROS

In a world where we are always on the go, 111SKIN Rose Gold Illuminating Eye Mask is applied to make the eye area look brighter, less puffy and feel more hydrated.

CALMING SCALP RITUAL

40 EUROS

Beginning with a warm mask pouring experience using marocMaroc Nourishing Hair Mask and Greek Honey, pressure points and massage are performed to relieve tension and increase mobility.

RESTORATIVE MINDFULNESS RETREAT

30 EUROS

This sensory experience begins with Tinksha Bell vibrations along the Chakras followed by guided meditation while bear walking with heated Handmade Herbal Poultices to relax the mind and body.



INNER STRENGTH OUTER STRENGTH JOURNEYS

Prioritize your personal wellness and become stronger and more resilient with our Inner Strength – Outer Strength journeys. Focus on Inner Strength development by taking time for silence, contemplation, and mindfulness while building Outer Strength by boosting physical vitality through exercise, movement, and healthy nutrition. We offer curated journeys that renew energy and increase strength both physically and mentally.

MOVEMENT

3 HOURS 30 MINUTES / 440 EUROS

The perfect programme for an active person offering movement analysis, personal training and our signature body treatment designed to improve your posture and mobility.

- Movement Analysis & Body composition 1 hour
- Personal Training Session 1 hour
- **Heat and Water Journey:** Herbal and Olive Saunas, Cold Plunge Pool, Hot Tub, Mineral and Flower Steam Baths, Experience Showers, Japanese Foot Baths. Our recommendation is to experience the journey 45 minutes pre-treatment
- Intelligent Movement Treatment 1 hour 30 minutes

Why not enhance your experience

- 1 hour Hammam
- Mango, Lime and Chilli Energy Shot

MINDFULNESS

3 HOURS / 430 EUROS

An introduction to meditation and other mindfulness practices combined with yoga and completed with our signature Oriental Qi to restore energy and rebalance the body and mind.

- **Yoga Session** 1 hour
- Guided Meditation or introduction to breath work training 30 minutes
- **Heat and Water Journey:** Herbal and Olive Saunas, Cold Plunge Pool, Hot Tub, Mineral and Flower Steam Baths, Experience Showers, Japanese Foot Baths. Our recommendation is to experience the journey 45 minutes pre-treatment
- Oriental Qi 1 hour 30 minutes

Why not enhance your experience

- Guided Nature Mindful Trail Walk
- Lemon, Ginger and Honey Immunity Shot

RECOVERY

3 HOURS / 395 EUROS

Enhance recovery with posture and range of motion analysis, targeted performance training and our exclusive physio-based therapy, designed to stretch and recharge the body.

- Movement & Body Composition Analysis 1 hour
- Sports Performance Training 1 hour
- **Heat and Water Journey:** Herbal and Olive Saunas, Cold Plunge Pool, Hot Tub, Mineral and Flower Steam Baths, Experience Showers, Japanese Foot Baths. Our recommendation is to experience the journey 45 minutes pre-treatment.
- Golfers Stretch 1 hour

Why not enhance your experience

- *In Room Hyperice Recovery Pack*
- *Sour Cherry Recovery Shot*





VITALITY

3 HOURS / 380 EUROS

Develop personal vitality and take advantage of the natural environment on offer with the programme designed to reinvigorate the body and mind.

- Olive lined hill trail or guided walk 1 hour
- Kettle bell session 30 minutes
- **Heat and Water Journey:** Sauna, Cold Plunge, Floral Steam room; Experience Showers. Our recommendation is to experience the journey 45 minutes pre treatment
- The Vitality Experience Massage 1 hour 30 minutes

Why not enhance your experience

- *Revitalising Super C Facial*
- *Orange, Ginger, Turmeric Endurance Shot*

SLEEP

2 HOURS 30 MINUTES / 350 EUROS

A deeply relaxing and sleep enhancing journey and the perfect antidote to the stresses of modern life.

- **Heat and Water Journey:** Flower Steam room, Experience showers, Sauna. Our recommendation is to experience the journey 45 minutes pre treatment
- Guided Breath Work 1 hour
- Digital Wellness Escape Massage 1 hour 30 minutes

Why not enhance your experience

- *Ultimate Wellbeing Facial*
- *Sour Cherry Recovery Shot*

MINI MO

We understand the importance of showing our guests how health & wellness can benefit us from an early age, this is why we invite you to visit us for Spa treatments, creating special moments together.

OSKIA YOUNG SKIN FACIAL

AGES 5 – 9 | 30 MINUTES / 90 EUROS

AGES 10-13 | 45 MINUTES / 125 EUROS

AGES 14-17 | 1 HOUR / 175 EUROS

RELAX & NOURISH MINI MASSAGE & SCALP TREATMENT

AGES 10 - 13 | 45 MINUTES / 125 EUROS

AGES 14 - 17 | 1 HOUR / 170 EUROS

FAMILY TIME

Create unforgettable memories with our exclusive family packages. Spend quality time together while enjoying a range of activities, all complemented with access to our stunning indoor 25-metre swimming pool with mesmerizing bay views. Each package can be tailored to meet your family's needs.

MOM AND DAUGHTER SPA RETREAT

90 MINUTES / 420 EUROS

- 30-minute Yoga
- 30-minute Massage
- 30-minute Facial

FATHER AND SON SPA RETREAT

90 MINUTES / 420 EUROS

- 30-minute Boxing
- 30-minute Massage
- 30-minute Facial

*All children under 18 years of age must be in the company of a parent or guardian for the whole duration of their Spa experience. Use of Heat & Water facilities is not permitted for children under 14 years of age.



HEAT AND WATER EXPERIENCES

For our Spa treatment booking, guests are encouraged to use these co-ed facilities a minimum of forty-five minutes prior to the scheduled treatments. The many benefits of heat and water experiences include:

- Assists in relieving stress and tension.
- Relaxes and relieves muscle tension.
- Increases the lymphatic and blood circulation.
- Stimulates the immune system.
- Promotes a feeling of well-being.
- Allows deeper penetration of both oils and creams in treatments.

To gain the most from your heat and water journey please ensure that before you commence your experience you are adequately hydrated.

START YOUR JOURNEY IN

1. FLOWER STEAM BATH / 8 MINUTES

Warms the body slowly and continuously, reaching the inner body whilst the aromatic flowers aid in relaxation and are known to release tension and relax the mind. Each day a variety of essential oils are used.

2. EXPERIENCE SHOWERS / 5 MINUTES

The Hydrotherapy Shower encompasses various water features including steam, cold, and water all of which are designed to relieve stress, pain, and reduce tension in the muscles and is highly beneficial for the rehabilitation after injury.



Rehydrate with one of our infused waters.

3. MINERAL STEAM BATH / 8 MINUTES

Energise your senses as you breathe in the mineral-infused air and gently move into a state of relaxation as the mineral salts, lemongrass essence open and cleanse your pores. The mineral steam is an excellent way to clear congestion, improve joint stiffness and ideal for a workout recovery.

4. OLIVE VIEW SAUNA / 8 MINUTES

To relax both your body and mind then step into the sauna with aromatic herbs infused within the sauna. Saunas have been known throughout history to promote well-being and encourage the body's natural way to cleanse itself through perspiration. Designed to alleviate sore muscles, improve the health of the skin, and reduce stress.



Rehydrate with one of our infused waters.







5. COLD PLUNGE / 1-3 MINUTES

Dip into the cold plunge for 1 minute and then gradually increase this to three minutes. The most important thing is to listen to your body. The benefit of a cold plunge is to help reduce inflammation and swelling. At the same time reduce stress and boost injury recovery.

6. JAPANESE FOOT BATH / 5 MINUTES

To soothe tired and aching feet

 Rehydrate with one of our infused waters.

7. HYDROTHERAPY TUB / 10 MINUTES

Immerse to relax muscle, relieve pain and reduce swelling and inflammation. Thanks to the relaxation and leisure, our Hydrotherapy Tub enhance mental state and stress relief.

8. HERBAL SAUNA / 8 MINUTES

To relax both your body and mind, step into the sauna with aromatic herbs, handpicked from our Spa Garden, infused within.

 Rehydrate with one of our infused waters.

TERMS & CONDITIONS

OPENING HOURS

Spa

Monday – Sunday 09:00am – 21:00pm

Indoor Pool

Monday – Sunday 09:00am – 20:00pm

Spa Treatments

Monday – Sunday 10:00am – 20:00pm

Heat & Water Experiences

Monday – Sunday 09:00am – 21:00pm

CANCELLATION POLICY

Please allow 24 hours' notice of cancellation to avoid charges. Cancellations within 24 hours will incur 100% charge. A credit card number is required at the time of booking.

DIGITAL DISCONNECTION

Our spa environment is one of tranquillity and we would appreciate it if you can turn off your mobile devices and secure them in your locker to respect all spa guests' right to privacy and serenity.

SPA ARRIVAL

We recommend that you check in at Spa Reception at least 45 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and gives you ample time to visit the spa's oasis of heat and water. Please understand that late arrivals will not receive an extension of scheduled treatments.

AGE REQUIREMENT

All children under the age of 18 are welcome to use our 25-metre swimming pool when accompanied by a parent or guardian. The minimum age requirement for access to the spa and fitness centre is 14 when accompanied by a parent or guardian. For more information on our children's fitness and spa services please contact the spa via mocna-spa@mohg.com

ADVANCED BOOKINGS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available. Please provide The Spa Concierge with valid credit card information and contact details to secure the reservation.

HOMECARE

To continue your spa regimen at home, all spa products used in the treatments are available in our spa boutique, including lifestyle items and souvenirs.

GIFT CARDS

Our gift cards are an ideal gift and are available online at <http://www.mandarinoriental.com/gift-cards>









MANDARIN ORIENTAL
COSTA NAVARINO

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