

## **Spa**

### **MASSAGES**

#### **1. " KIPO PARADISO " MASSAGE 60'**

A top-to-toe, therapeutic massage based on traditional Cretan olive oil and raki extracts. Reduce your stress and achieve mental and sensory rejuvenation.

#### **2. RELAXING MASSAGE 50'**

A gentle to medium pressure massage utilising anti-stress techniques and aromatic essential oils. Enhance your blood circulation and achieve deep relaxation.

#### **3. ATHLETIC MASSAGE 50'**

A deep pressure and stretching sport massage. Help your body's stressed out points recover faster and restore your muscle elasticity.

#### **4. TRADITIONAL THAI MASSAGE 60'**

A therapeutic massage utilising pressure point techniques and stretching movements along the energy lines of your body. Release your blockages and feel relaxed and revitalised. (This massage does not involve the application of oil on top of the clothes)

#### **5. TAILOR MADE MASSAGE 30'**

A treatment adapted to respond to the personal needs and requests of each client. Pick a part of your body in need of attention and relax. This is a treatment for all ages.

# **FACE TREATMENTS**

## **MINI FACE TREATMENTS**

### **1. ALOE VERA 30'**

A soothing treatment with an aloe vera mask. Brighten, hydrate and calm your skin. This treatment is ideal after spending time under the sun.

### **2. EYE TREATMENT 30'**

A treatment designed for the delicate area around the eyes utilising a specialised massage technique and the application of an anti-wrinkle mask.

## **FULL FACE TREATMENTS**

### **1. DEEP HYDRATION 50'**

A treatment utilising a dead cell – removing mild scrub, vitamin serum and a deep moisturisation mask. Improve your skin's hydration, tone, elasticity and radiance while balancing its PH levels.

### **2. COLLAGEN 50'**

An anti-wrinkles treatment with mild scrub to remove dead cells, collagen elastin serum and collagen wrap. This combination smooths out wrinkles and improves your skin's firmness.

### **3. CRYO - THERAPY 50'**

A treatment with mild scrub to remove dead cells, vitamin serum for hydration, and a cryolift latex mask for firming and brightening results.

## BODY TREATMENTS

### **1. “KIPO PARADISO PEELING” 25’**

A soft or deep exfoliation with natural products (Cretan herbs, almond oil, sugar and essential oils). This treatment removes dead cells from your skin, leaving it smooth and totally refreshed.

### **2. ALOE VERA BODY MASK 20’**

An instant relief mask, utilising the healing properties of aloe vera to refresh and rehydrate your skin.

You can purchase any of the products we use in Kipo Paradiso Spa, Yoga & Gym Resort, from our partners Henuthe “Health and Nutritional Therapy world” .

- Please speak to a staff member if you have any kind of allergy.

## ● Yoga by Kipo Paradiso

Yoga is a mind and body practice. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation.

\*Hatha yoga refers to a set of physical exercises (known as asanas or postures), and sequences of asanas, designed to align your skin, muscles, and bones. Ideal for beginners.

\*Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as “flow” yoga.

\*Ashtanga Vinyasa Yoga is a style of yoga as exercise popularised by K. Pattabhi Jois during the 20th century. The style is energetic, synchronising breath with movements. The individual poses (asanas) are linked by flowing movements (vinyasas)

\*Yin yoga works deeply into our body with passive, longer-held poses. Improves the energy flow, enhancing the flow of chi in the organs.

\*Yoga classes with our instructors cost for groups of up to 5 people.

\*There is an extra fee for every person after 5 people.

\*There is an extra fee if you want to hire an extra instructor.

Yoga classes are held mostly outdoors and are influenced by the weather .

- Kipo Paradiso Gym

Kipo Paradiso Spa, Yoga and Gym Resort offers a gym well equipped for up to 5 people. The free-weight area (**Olympic Weightlifting Bars**) , the gymnastic rings and the rope climb are not accessible without the presents of a personal trainer . Also we ask all our guest to sign a liability form before using any of the gym equipment .

Kipo Paradiso offers the service of a Personal trainer , who can train you , your kids or your elders after you have made an appointment .

Without personal trainer you can use free the gym , only the fully aerobic use ( concept2 erg bike , concept2 rower ) , dumbbells , gym mattress and skip row .

Personal trainer costs / hour is

1 person

cost every person for 2 people

cost every person for 3 people

cost every person for 4 people

cost every person for 5 people

Kipo Paradiso and partners are not responsible for any kind of client’s injury during the sessions .

Our partners - Yoga instructors - Personal Trainers - Physiotherapists are certified professionals .