

# Kipo Paradiso Spa, Yoga & Gym Resort

## Services catalog 2024

- Spa

MASSAGES by Body Sense Massage Therapy and Miras spa

1. KIPO PARADISO MASSAGE 60' 75€

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' 65€

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

3. ATHLETIC MASSAGE 50' 70€

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' 85€

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

5. TAILOR MADE MASSAGE 30' 45€

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.

6. KIDS MASSAGE a) fun chocolate massage 20' 35€ .

b) all massage options are suitable for children

Spa services could be for groups or personal, at Kipo Paradiso indoors or outdoors.

## FACE TREATMENTS - MINI FACE TREATMENTS

### 1. ALOE VERA 30' 45€

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' 45€

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

## FULL FACE TREATMENTS

### 1. DEEP HYDRATION 50' 65€

A treatment utilizing 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' 75€

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 firmness.

### 3. CRYO - THERAPY 50' 70€

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

### "KIPO PARADISO PEELING" 25' 40€

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.

### ALOE VERA BODY MASK 20' 35€

An instant relief mask, utilizing 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 by Oxygono Studio and Miras Lotus Yoga

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 an exercise popularized by K. Pattabhi Jois during the 20th century. The style is energetic, synchronizing 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 70 euro for groups of up to 5 people.

\*There is an extra fee of 15 euro for every person after 5 people.

\*There is an extra fee of 60 euro 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 presence of a personal trainer . Also we ask all our guests 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 a personal trainer you can use the gym , only the fully aerobic use ( concept2 erg bike , concept2 rower ) , dumbbells , gym mattress and skip row .

personal trainer cost / hour

for 1 person / 50 euro

for 2 people / 70 euro

for 3 people / 80 euro

for 4 people / 100 euro

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 .

- Kipo Paradiso Wellness Experience by Beyond Surface

\* Aqua Sessions:

\*Swimming Lessons for All Ages: Dive into our tailored swimming classes designed to meet your unique needs, whether you're a child just beginning to explore the water or an adult looking to refine your skills. Each class is customized to your age and proficiency level, ensuring a perfect fit for everyone.

\*Aqua Pilates: Combine the benefits of Pilates with the resistance of water for a low-impact, full-body workout that strengthens and tones.

\*Aqua Aerobics: Dive into high-energy, water-based workouts that are easy on the joints. Achieve cardiovascular fitness while having a blast.

\*Yoga Sessions:

\*Power Yoga: Experience a dynamic yoga practice that builds strength, flexibility, and focus. Ideal for those seeking an invigorating workout.

\*Vinyasa Flow: Flow seamlessly through yoga postures, synchronizing breath with movement. Find balance and harmony in body and mind.

\*Couples Yoga: Strengthen connections with your partner through shared yoga practice. Deepen your bond while enhancing flexibility and communication.

\*Guided Meditation: Explore inner peace and mindfulness through guided meditation sessions. Cultivate a sense of tranquility and mental clarity.

\* PranaYama (Breath Exercises): Discover the power of breath in these sessions. Learn techniques to manage stress, improve lung capacity, and boost vitality.

\*Combination Package:

\*Detox & Renew: Experience the best of both worlds with a combination of yoga and aqua sessions tailored to detoxify your body and rejuvenate your spirit.

\*Intense Fusion: For those looking for a challenge, our intense fusion package blends powerful yoga with high-intensity aqua workouts.

\*Calm & Serenity: Find peace and tranquility through a harmonious blend of yoga and gentle aqua exercises. Restore your inner balance.

Each experience is meticulously customized to your preferences and needs, ensuring that your journey to wellness is as unique as you are. Whether you choose yoga, aqua, or a combination of both, our goal is to create a transformative and rejuvenating experience for you.

PRICELIST of wellness experience by Beyond Surface

**1 Day Experience**

1 h Yoga or 40 min Swimming or Aqua Experience :

**For 1 hour experience services cannot be combined**

Participants	Total Price
Personal	55€
Couple	70€
3	105€
4	105
5	105
More than 5	15 euro extra fee / person

80min Combined Activity \*\* : (30min Yoga & 30min Swimming + aqua)

Participants	Total Price
Personal 90	90€
Couple 110	110€
3	130€
4	140€
5	150€
More than 5	20 euro extra fee / person

**2-3 Days Experience (-10%)**

**4-7 Days Experience (-15%)**

**For our package 'Wave of Wellness' prices are customized.**

**\*\* Per person**