



APIVITA
NATURAL PRODUCTS

M' SPA

treatments

APIVITA, inspired by the philosophy of Hippocrates, Greek Nature and the power of aromatherapy, has created APIVITA SPA, the unique series of holistic, natural and effective treatments that combine APIVITA natural products with innovative treatments and special massage techniques that promise and inspire well being to body and senses.

Face Treatments

EXPRESS MEDITERRANEAN SKIN FOOD

30min - 55€

A treatment based on the nourishing and antioxidant ingredients of the Mediterranean diet. Express Mediterranean skin food offers unique rejuvenation and skin renewal in express time! Choose the suitable treatments for your skin type and personal needs from the Mediterranean "Menu" of APIVITA.

- Cleansing and detoxification with green clay
- Balance oily skin
- Hydration with aloe for sensitive skin
- Deep face moisturizing with cucumber
- Moisturizing & revitalizing with prickly pear
- Nourishment with honey
- Rejuvenation & radiance with orange & vitamins
- Revitalizing & radiance with pomegranate

QUEEN BEE FACE

70min - 70€

Rejuvenating and firming face treatment with royal jelly and honey

A "Royal treatment" based on the beneficial properties of royal jelly and honey to restore and firm the skin. APIVITA's unique face massage activates selected energy points (acupressure points) and helps the regeneration and restoration of the skin. Royal jelly an elixir of life and youth nourishes, regenerates, rejuvenates and restores the skin's vitality.

MEN'S INVIGORATING FACIAL WITH CARDAMOM AND CEDAR

60min - 90€

A relaxing and invigorating face treatment especially designed for the needs of the modern man. The treatment begins by releasing withheld tension with the APIVITA relaxing back massage. The face treatment that follows offers deep cleansing, tones and moisturizes the skin while combating darks circles and signs of fatigue in the eye area.

Body Treatments

LIPOLYSIS

50min - 80€

Treatment against cellulite and local fat with red and black pepper

A unique APIVITA treatment against cellulite that utilizes the power of red and black pepper. The treatment begins with an invigorating body scrub and follows with the anti-cellulite massage with specially selected essential oils, activate the lymphatic system to remove toxins and reduce water retention. For best results we recommend repeating the treatment for at least 3-6 times.

QUEEN BEE BODY

70min - 120€

Rejuvenating, rich body treatment with royal jelly and honey

The "Queen" of treatments, an elixir of youth, designed exclusively to utilize the nourishing ingredients from the hive of APIVITA. The crystallized honey exfoliates the body while at the same time moisturizing and softening the skin. The luxurious body massage that follows relaxes the senses. The treatment includes a short facial with fresh royal jelly that nourishes, rejuvenates and restores glow and vitality to even the most demanding skin. This "sweet" treatment improves the texture of the skin and offers spiritual wellbeing.

AEGEAN SCRUB WITH CRETAN SEA SALT & LAVENDER

40min - 60€

A refreshing treatment that deeply hydrates and helps regenerate the skin. The treatment includes a unique full body scrub with herbal sea salt and plant oils that removes dead skin cells and smoothes the skin. The treatment is completed by a rich hydration that nourishes and soothes the skin.



THE MET HOTEL



A MEMBER OF DESIGN HOTELS

M' SPA

relaxing therapy touch

Pamper yourself with a unique experience in our full-serviced M' SPA. Dive into our outdoor swimming pool (during the summer season) with an astonishing 360 degree city and sea view and enjoy pure tranquility and relaxation. Stay fit in our fully-equipped fitness centre, under the guidance of our professional trainer and enjoy the indoor swimming pool, the Jacuzzi and the steam bath before or after the facial or body treatment of your choice. At THE MET HOTEL M' SPA we have created a calming and comfortable environment where you can revive your spirit, awaken your senses and rejuvenate your body and mind.

Body

RELAXING MASSAGE

50min - 70€
1h 20min - 100€

The ideal treatment that helps fight stress and relaxes the muscles. By the superficial and deeper manipulation of different muscle layers and connective tissues, it helps reducing stress, rejuvenates the body and assists in achieving physical, mental and spiritual relaxation. Ideal to reduce fatigue, exhaustion and tiredness.

UPPER BODY MASSAGE

30min - 50€

This massage focuses on the neck, back, shoulders and arms. This massage will help relieve tension and provides relaxation. It relieves the body of intense muscular pains that have been caused by poor posture.

DEEP TISSUE

50min - 75€
1h 20min - 105€

Using specific techniques to stretch and lengthen connectives tissues and muscles, bringing wellness, a sense of relaxation and mobility to the patient. One of the primary goals of deep tissue massage is to speed venous blood return from the extremities (arms & legs). It reduces stress, both emotional and physical, and is suggested as a regular treatment for stress management.

LEG MASSAGE

30min - 50€

This treatment focuses on proving blood supply and nourishment of the lower limb muscles, relieves the feet and improves the range of motion of the joint.

AROMATHERAPY

50min - 75€
1h 20min - 105€

Aromatherapy is a form of alternative medicine that uses essential oils, for the purpose of altering a person's mind, mood, cognitive function or health. Massage helps treating many physical and mental malfunctions through its analgesic, antiseptic, detoxifying, soothing and cardio tonic properties

HEAD MASSAGE

25min - 40€

This treatment includes circular motions and pressures. Head massage can reduce stress, enhance your mood and hair growth.

LOMI - LOMI MASSAGE

1h 15min - 115€

The practice of Lomi - Lomi was common within each Hawaiian community and contributed to a vibrant, healthy society. The Lomi - Lomi technique focuses on finding congested areas in the body and dispersing them, by moving the palms, thumbs, knuckles and forearms in rhythmic, dance-like motions. It produces an altered state of consciousness and an incredible sense of well-being of body, mind and spirit, removing the negative energy from the body by continuously applying liquidities which operate like sea waves and give the feeling of many hands along the body.

HOT STONES MASSAGE

1h 15min - 110€

This technique uses heated stones, black volcanic rocks "Basalt", which are placed strategically on different parts of the body. These stones have a relaxing effect on your muscles, balancing the flow of energy on the body by regulating the blood circulation and oxygen flow.

Appointments: T +30 2310 017 070 or direct line 8444

