

M' SPA



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 stream 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

Therapeutic massage

50min - 75€ 1h30min - 105€

Therapeutic massage uses specific techniques to stretch and lengthen connective tissues and muscles, bringing wellness, a sense of relaxation and mobility to the patient. One of the primary goals of Therapeutic 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. It also has clinical uses as it helps breaking down and eliminating toxins, enhancing oxygenation of the brain and relaxing the nervous system and mind.

Lomilomi massage

1h15min - 115€

The practice of lomilomi was common within each Hawaiian community and contributed to a vibrant, healthy society. The lomilomi 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.

Back and neck massage

30min - 50€

This massage focuses on the back, shoulders and neck. A good neck and shoulder massage will help relieve tension in this area and relax the recipient. Using firm strokes that glide along the muscles will help achieve this. The therapist slowly works the muscles out from the center of the neck and all along the shoulder and upper back as sometimes the source of tension can be in the outer areas. It relieves the body of intense muscular pains and injuries that have been caused by poor posture, bad habits and wrong movements. The purpose of this particular treatment is to locate the points where muscles «knots» are tensed and bring balance to the body.



Lymphatic massage

50min - 70€ 1h30min - 100€

This technique simulates the Lymphatic System through slow and repetitive motions, improving the function of vital organs. This is achieved by exercising the proper pressure over the Lymph nodes that are oval-shaped organs that act as filters or traps for foreign particles and are important in the proper functioning of the immune system. Lymphatic Massage detoxifies the body, reduces fluid retention and improves the appearance of "orange peel" that causes cellulite.

Aromatherapy

50min - 75€ 1h 30min - 105€

Aromatherapy is a form of alternative medicine that uses volatile plant materials, known as essential oils, and other aromatic compounds for the purpose of altering a person's mind, mood, cognitive function or health. Its combination with mild techniques of Swedish massage helps treating many physical and mental malfunctions through its analgesic, antiseptic, detoxifying, soothing and cardio tonic properties.

Relaxing massage

50min - 70 € 1h30min - 100 €

The ideal treatment that promotes relaxation and well being. 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.

Massage with hot stones

1h15min - 110€

This technique uses heated stones, a black volcanic rock called basalt, which are placed strategically on different parts of the body. When placed on the body, these stones have a relaxing effect on your muscles, balancing the flow of energy in the body by regulating the blood circulation and oxygen flow. Ideal for those who suffer from muscle pains.

Reflexology

45min - 55€ 60min - 65€

Reflexology, or zone therapy, is an alternative medicine involving the physical act of applying pressure to the feet, hands, or ears with specific thumb, finger, and hand techniques without the use of oil or lotion. Reflexology helps in the procedure of stress management and tension release.

Appointments: T 2310 017 070 or direct line 8444



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 renewal of the skin in express time! Choose the suitable treatments for your skin type and personal needs from the Mediterranean "Menu" of APIVITA.

- cleansing and detoxification with clay
- balance oily skin
- hydration with aloe for sensitive skin
- deep face moisturizing with cucumber
- moisturizing and revitalizing with prickly pear
- nourishment with honey
- rejuvenation and radiance with orange and vitamins
- revitalizing and radiance with pomegranate

Rejuvenating and firming face treatment **with royal jelly and honey**

Queen bee face **60min - 70€**

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

Treatment against cellulite and local fat **with red and black pepper**

Lipolysis **50min - 80€**

A unique APIVITA treatment against cellulite that utilizes the power of red and black pepper. The treatment begins with an invigorating body scrub and the follows 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.

Rejuvenating, rich body treatment with royal **jelly and honey**

Queen bee body **70min - 120€**

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 and lavender **Aloe deep hydration**

40min - 60€

A refreshing treatment that rejuvenates and hydrates the skin. A herbal scrub with Cretan sea salt and olive oil, rich in minerals and trace element, will remove dead cells from your skin while leaving it soft and rejuvenated. The treatment is completed by a rich hydration with aloe that nourishes and soothes the skin.



THE MET HOTEL



A MEMBER OF DESIGN HOTELS