



blue
spa

This is where
your Wellness
Experience
Starts



CONTENTS

Wellness Experience	8
Signature Rituals by Germaine de Capuccini	12
Face Treatments	14
Luxury Facials by Dr. Barbara Sturm	16
Body Treatments	18
Luxury Body Rituals	20
Massage Collection	22
Couples Wellness Getaway	26
Spa Bachelor /ette Experience	28
Additional Services	29
How to Spa with us	30





A visit to Unique Blue Spa is considered complete through a range of treatments dedicated to the physical and mental wellbeing of our guests.

Experience unique moments through a carefully curated menu of holistic and natural treatments by the luxury spa brands Germaine de Capuccini & Dr. Barbara Sturm and trust our spa professionals to restore your inner glow.

Fusing science, nature, luxury and technology we give our guests the tools to pursue a better quality of life.

All our treatments are inspired by the elements of the Mediterranean and are based on the traditions and local character of Crete. Let our professional team immerse you in a deep sense of relaxation and rejuvenation.

In the Spa's calm and soothing environment, let tensions melt away, cast your gaze within, connect with what matters most and become reacquainted with the most brilliant version of yourself.

A sensational treatment menu with a wide range of services. Therapies that please the senses, care for the mind, body and spirit to experience optimal well-being that reflects on the beauty of your skin!

A close-up photograph of a blue wall with the words "LET THE MIND FLOW LIKE WATER" embossed in a light blue color. The text is arranged in six lines, slanted slightly to the right. The lighting is dramatic, with a bright light source from the top right creating a strong highlight and casting deep shadows, giving the embossed letters a three-dimensional appearance.

LET
THE
MIND
FLOW
LIKE
WATER



WELLNESS EXPERIENCE

We invite you to recharge in our state-of-the-art Wellness Area with marvelous natural aromas, created as a soothing heaven for our visitors. Indulge in a unique wellness experience among a wide range of luxurious spa facilities to achieve physical, emotional and mental wellbeing:

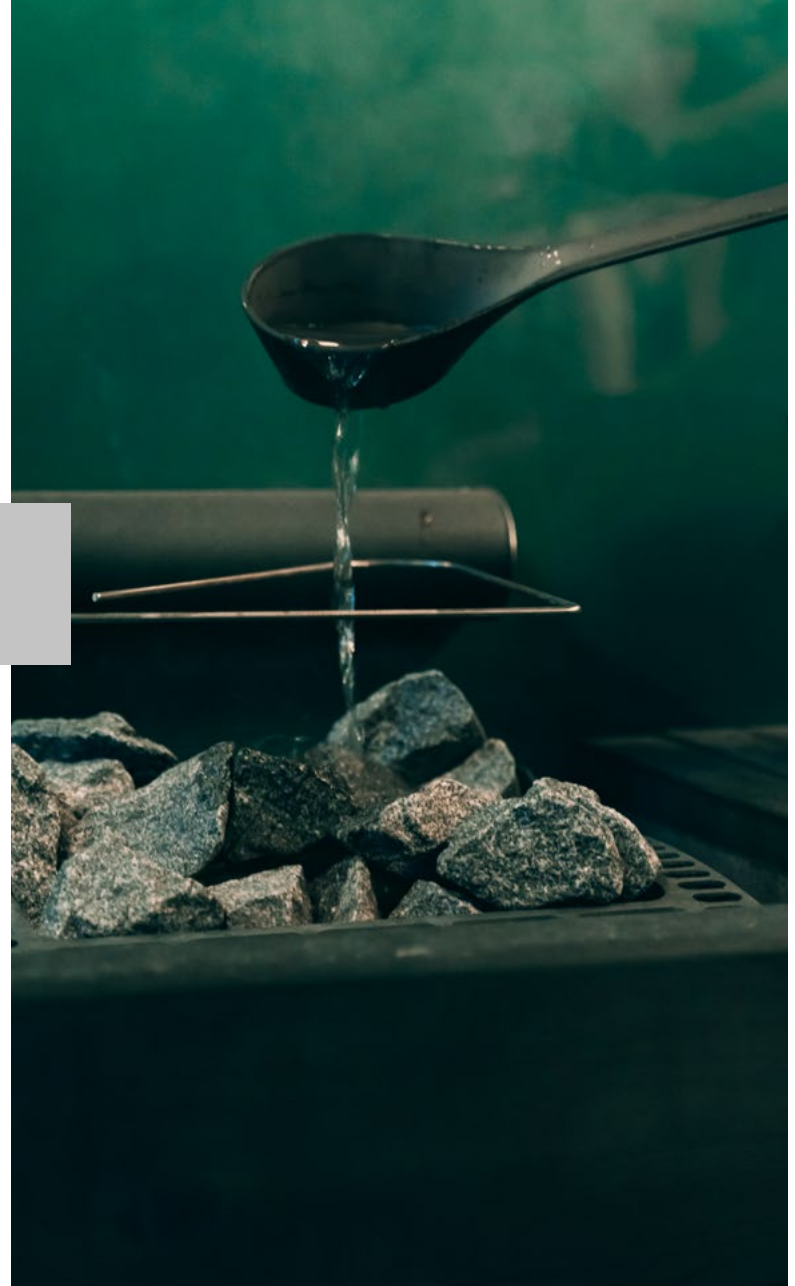
- Sauna
- Steam room
- Experience Showers
- Ice Fountain
- Ice Bucket
- Himalayan Salt Wall Relaxation Zone

60' use with reservation - **20€**

Facilities Package

Package of 3 days use **50€/ per person**

Package of 5 days use **80€/ per person**







The Body-Mind
connection is much
stronger than we think..
taking care of oneself
is not a whim but a need..



SIGNATURE RITUALS BY GERMAINE DE CAPUCCINI

Award-winning facial and body treatments with the purest raw materials and special application protocols designed for you only at Unique Blue Spa.

Detox Ritual (Face & Body Detox Therapy /
Recover - Regenerate - Health Boost) **115' - 170€**

Our team has created a complete detox experience to eliminate toxins and restore balance in the body. Enjoy a 15' steam bath followed by an exotic extra-sensory bamboo scrub to open the pores and remove dead cells, leaving a hydrated and extraordinarily luminous skin appearance. The experience continues with a detox massage with special algae cream rich in iodine & mineral elements and a cleansing facial treatment to remove impurities and gain a clean and refreshing skin appearance.



Magic Gold Touch

(Anti age - Revitalize - Stimulate)

110' - 160€

Maximum glamour and sophistication in a revitalizing body therapy based on "Marine Gold" that envelops the skin in a subtle Golden Wrap and an exquisite emulsion of Golden Nectar. Enjoy a soft massage with gold body wrap, rich in anti-aging properties, followed by the application of gold nectar body product, leaving the skin radiant, deeply hydrated & revitalized. The golden look that the products leave on the skin goes well with the bronze effect after a day at the beach. The body treatment is completed with an exquisite eye treatment for eyes in flames!

**Enjoy this treatment in the afternoon for a more intense appearance of gold on the skin before your night out.*



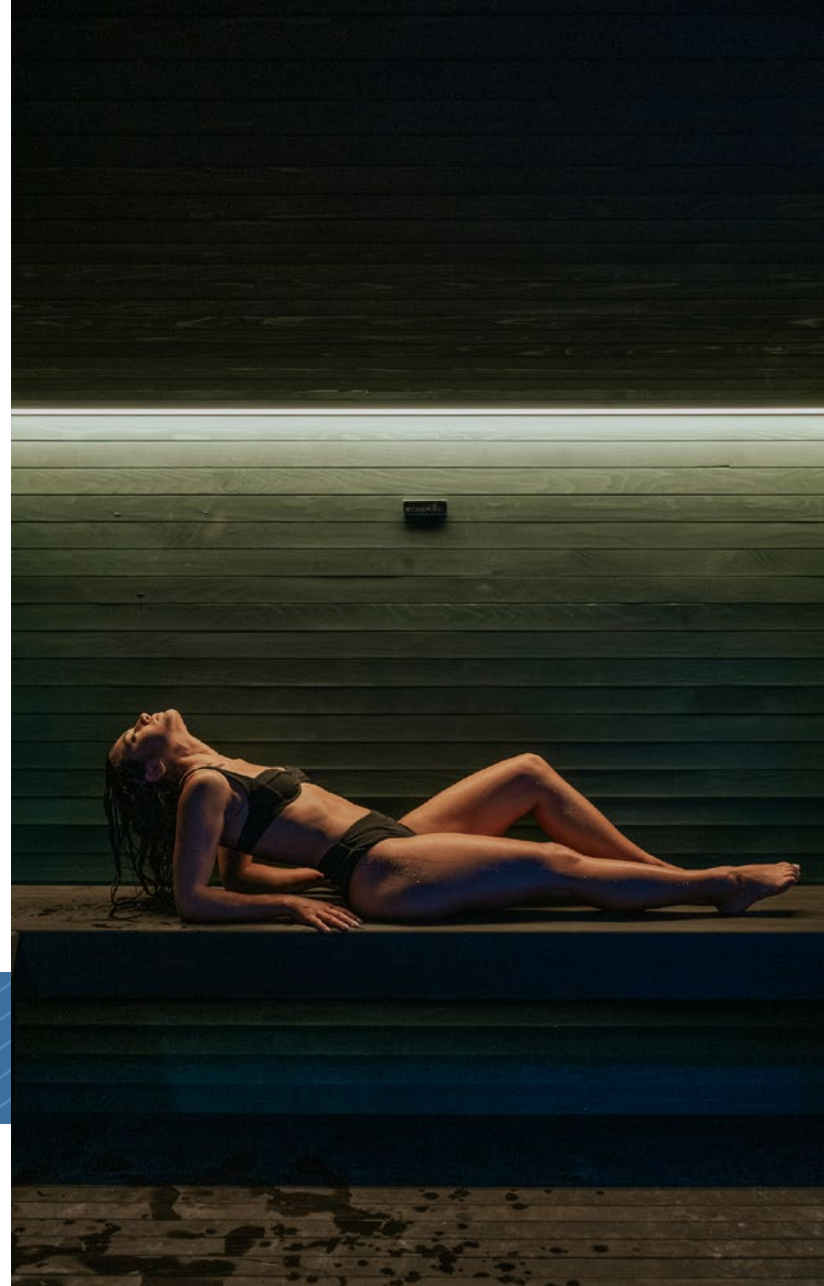
Deluxe Pomegranate Passion (Antioxidant - Boost
Collagen - Cell Regeneration) **90' - 145€**

The use of this powerful red fruit on your skin will transform it completely by keeping it young and beautiful while protecting it from free radicals. The application of the extraordinary mousse texture exfoliation with red fruit particles will clean your skin perfectly and prepare it for the antioxidant body wrap. At the end, indulge in a delightful nourishing pomegranate cream that gives an amazing glow to your skin.



Journey to Paradise
(Relax - Restore - Relieve) **80' - 130€**

A holistic treatment that uses pressure and movements to repair damage that may exist throughout the body. This package includes a foot massage complemented by a special wrap for tired legs and a hair & scalp massage, based on specific movements which improve the blood circulation and help against migraines and headaches. Great treatment to restore and rejuvenate the mind and body.



FACE TREATMENTS

Germaine de Capuccini skincare powerhouse uses methodologies that stand out for more than fifty years with innovative products and meticulous protocols. All products have been developed with absolute respect for the environment while its natural ingredients are never tested on animals. Facial care is provided after a personalized diagnosis by our Aesthetician.

Global Anti-age ON

(Firm - Tone - Regenerate)

75' - 125€

Excellent anti-aging facial treatment based on epigenetics. Its stunning composition fills the wrinkles, rejuvenates, moisturizes the skin and activates the defense and cellular regeneration mechanisms. It contains hyaluronic acid, collagen activators and the exclusive ingredient of Germaine de Capuccini, the Zinc-Glycine complex. The ritual includes a massage with a special spoon, placed on ice and a unique metallic icy mask.

* Winner of prestigious Highest Award at 20th IFSCC (International Federation of Cosmetic Chemists), considered the Nobel Prize of Cosmetics.



Timexpert Rides Yoga

(Smooth Wrinkles - Skin Density - Firm)

70' - 115€

Enhanced facial rejuvenation treatment that achieves smoother skin and a more relaxed expression in record time. Unprecedented benefits in reducing dynamic and static wrinkles. We achieve visible improvement of skin density thanks to facial cupping and facial yoga massage.



Total Lift (IN)

(Lift - Tighten - Anti-age)

60' - 110€

Anti-aging facial treatment for tightening that gives the feeling of lifting. It offers volume, density, lateral and vertical lifting, improving the oval of the face. Facial features are straightened and wrinkles are less visible.



Timexpert Radiance C+

(Radiance - Rejuvenate - Relieve)

60' - 105€

Enriched with vitamin C derivative and Japanese Ume plum extract, this treatment is the most powerful weapon against glycosylation, which causes premature aging. Aids in fighting more effectively against oxidative stress and thus against aging characterized by the appearance of dark spots, dehydration and dull tone. The skin radiates and feels smooth and refreshing.



Timexpert Hydraluronic

(Hydrate - Plump - Anti-age)

60' - 105€

A revolutionary hydration concept with exclusive formula creating an innovative facial treatment for visibly denser, dewier and more hydrated skin in all layers. A carefully selected combination of ingredients that plump, re-densify and protect the skin's hyaluronic acid, making it a cosmetic alternative to medical-aesthetic injections.



Men's C + Power

(Anti-fatigue - Rejuvenate - Hydrate)

60' - 90€

Specially designed for men's skin with lack of vitality and intense signs of fatigue. Enriched with vitamin C, birch juice and trace elements that rejuvenate the skin instantly and fill it with energy and glow while protecting it from external attacks that cause premature aging.



Face Clarity

(Cleanse - Renew - Smooth)

50' - 80€

Universal and personalized treatment for all skin types, either oily, normal or combination. In record time it cleanses, purifies, balances the pH, renews and soothes the skin. Reveals a more uniform, luminous and pure face.



Eyes in Flames – GuaSha Massage

(Luminosity - Depuff - Firm)

45' - 80€

A fast, effective solution that works instantly on the lines and wrinkles of the eye contour. This eye and lip treatment treats dark circles and puffiness, activates collagen & elastin and increases blood circulation, offering a rejuvenated look and smoother skin. Suction cup and quartz stone are used to perform eye & lip massage to enhance the results.



LUXURY FACIALS BY DR. BARBARA STURM

Signature SturmGlow

60 min - 225€

The Signature SturmGlow Facial combines thorough cleansing, exfoliation and extractions to leave the skin super clean and refreshed. It also includes Dr. Sturm's Signature Anti-Aging Massage; a unique combination of massage techniques which help increase blood and oxygen flow, tone and define the facial muscles for an instant, youthful looking complexion.

THE SCIENCE | Long and short chain Hyaluronic Acid molecules in the HYALURONIC AMPOULE are infused into the skin and provide intensive hydration at both upper and deeper skin layers. The FACE CREAM RICH boosts moisture and antioxidants help restore and soothe the skin. Special massage techniques boost circulation, enhancing the production of collagen for effective skin repair.

THE RESULTS | This facial targets key areas of concern to instantly smooth fine lines, reduce puffiness, lift and define the cheekbones and jawline and give skin a youthful glow.



Super Anti-Ageing Facial

75 min - 300€

The Super Anti-Aging Facial replenishes moisture reservoirs resulting in a smoother and more youthful complexion, while promoting the skin's natural barrier function and reducing the appearance of fine lines and wrinkles.

THE SCIENCE | Long and short chain Hyaluronic Acid molecules are combined with strong antioxidants and ingredients which help to repair damaged skin and support regeneration.

THE RESULTS | This facial visibly lifts the skin around the jaw and neck while reducing fine lines and reviving stressed skin.





BODY TREATMENTS

Captivating body treatments to obtain a sublime and unforgettable Spa experience.

Everything we do and feel has an impact on our health, finally showing on our skin, which is the mirror of our emotions. Our therapists capture the emotions and determine the most suitable product for balancing your mood and making our treatments a unique and memorable experience.



Orange Blossom

(Radiance - Firm - Anti-age)

60' - 100€

Firming body treatment with high nourishing power that provides the skin with new youthfulness. By means of an exclusive exfoliation with orange peel particles, together with a creamy wrap that covers the skin with delicate luminous micro-pigments.



Lavender Serenity Experience

(Nourish - Tone - Sooth)

60' - 90€

This great combination of body exfoliator and gel cream wrap with Lavender Essential oil eliminates dead cells and reduces dryness; nourishes and softens the skin, leaving it incredibly smooth, elastic and glossy. Its lavender scent provides inner peace and serenity.



Mediterranean Post Sun

(Sooth - Hydrate - Regenerate)

60' - 85€

A refreshing and deeply hydrating body treatment with Aloe Vera and Mint ingredients that soothe and regenerate the skin. Its composition stimulates collagen production, restores and renews the skin while cleanses and removes the dead cells through a gentle sea aroma exfoliation.



Fit Success

(Slim - Refine - Sculpt)

75' - 110€

This exclusive body protocol combines the age-old dry brushing massage technique to target generalized cellulite with a selection of the brand's best body treatments. An innovative system that works synergistically like a powerful fat burner and like an effective drainer capable of diluting accumulations of fat and toxins.



LUXURY BODY RITUALS

The Magic of the Silk Route

(Tailor-made facial & body treatment /
Sooth - Hydrate — Regenerate)

90' - 160€

Sublime therapy that begins with a delicious body exfoliation of bamboo, argan, olive and orange elements to deeply cleanse the skin, and continues with the application of the soothing “silk” wrap and exclusive massage movements. Offers a divine enjoyment of the senses that is hard to forget. At the end of the treatment, you will enjoy an express facial nourishing massage according to your skin needs.



Olivo Therapy

(Nourish - Soften - Relax)

80' - 130€

Sunset in the Mediterranean is not for seeing, but for feeling. The intense orange colors of the sky, the captivating aromas and the whisper of the breeze caressing the skin. It is a true sublimation of all the senses! Contemplate an Exotic Mediterranean exfoliation with olive seeds and a Mediterranean Olive Candlelight massage. A perfect combination to enjoy the relaxation of mind and spirit.

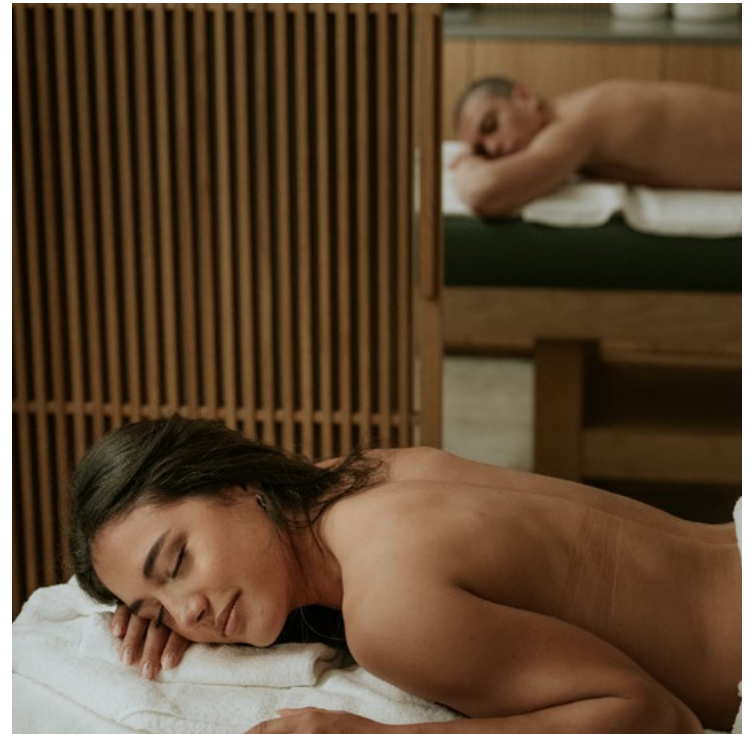


Flor de Sal

(Renew - Refresh - Hydrate)

60' - 100€

The first beauty treatment that combines the exquisite Baobab Oil and the valuable pure marine salt from Crete. An exclusive experience that renews and embellishes the skin, while harmonizing the senses.





MASSAGE COLLECTION


Massage is the oldest known healing art. Wonderful massages that combine the properties of the ingredients with the most relaxing movements, managing to restore the physical and energetic balance of the body, mind and spirit.

Allow our experienced spa therapists to guide you in your final choice. All massages are applied with certified professional products.

Unique Blue Signature Massage

(Regenerate - De-stress - Relieve) **60'/90' - 110€/140€**

Surrender in an aromatic veil of lavender that immediately transports you to another dimension filled with peace and serenity. This unique body massage is formulated with Lavender and Cajeput Essential Oils, Sunflower and Almond Oils that nourish, restore and soften the skin. Lavender is well known for its ability to alleviate stress and anxiety as well as for its sedative, antiseptic, antibacterial & regenerating health properties.



Candle Paradise

(Nourish - Relax - Stress Relief) **50'/75' - 100€/130€**

A soothing and deeply relaxing massage with golden drops of warm candle that melt all over the body. Choose between notes of lavender, olive and citrus, which calm the senses and hydrate the skin.

Sunset in Egypt-Citrus


Close your eyes and let yourself be seduced by the charm of citrus fragrance from Egypt. Its aroma therapeutical action relieves stress and anxiety while its properties hydrate and rejuvenate the skin.

The Color of Provence-Lavender

Leave stress behind and enjoy a massage with candle lavender fragrance in the dusk of Provence. A complete aromatic experience guaranteed to soothe the body, ease the mind and calm the soul.

Flavor of Crete-Olive

Enjoy an unforgettable massage with 100% Mediterranean sense and natural benefits of olives that makes your skin silk and soft. A natural antioxidant product that helps maintain the skin youthful, supple and incredibly smooth.



Energy Body Massage

(Release Tension - Uplift - Renew) **50'/75' - 110€/135€**

Deep pressure massage with specific techniques and focus on the trigger points that relieve muscle tension and stress, targeting the deeper layers of the muscles' connective tissue. Firm pressure from elbows and forearms loosen stiff muscles and joints for improved circulation and better overall flexibility.



Hot Healing Stones

(Warm - De-stress - Stimulate Blood Circulation)

75' - 130€

These massage techniques are combined with the properties of volcanic stones and essential oils. Warm massage stones are placed on key points of the body, releasing the accumulated energy from the chakras, while inducing a feeling of total harmony, wellbeing and profound muscular relaxation.



Back Stress Relief

(De-stress - Reduce tension - Relieve)

Choose between back, neck & shoulders and full back side massage that release tension and reduce the daily stress. The combination of essential oils, help in the total muscle relaxation and provide a sense of tranquility. Select one of the following according to your needs:

Relax-Fire

40' - 80€

A relaxing massage based on slow movements that reduce stress levels and favor concentration.

Vitality-Metal

40' - 80€

An invigorating massage with toning, rhythmic and fast movements that provide vitality and energy for the senses.

Active-Wood

40' - 80€

A deep and energizing massage with slow movements like lymphatic and pumping drainage that alleviate muscle pain, stimulate circulation, and enhance the overall well-being.



Head and Shoulders Therapy

(Unblock - Recover - Nourish)

30' - 75€

Formulated with five original oils that revitalize sensitive & irritated hair, offering the desired comfort while you immerse in total relaxation with a soothing scalp & shoulders massage. Your hair is strengthened, it recovers its natural shine and immediately acquires extreme smoothness.



Feet Rejuvenation

(Relieve - Release Energy Flow - Energize)

30' - 75€

This delightful foot and lower leg massage will stimulate circulatory and lymphatic systems to leave hard working feet walking on air. The perfect retreat after a long day of sightseeing or shopping.



Prenatal

(Reduce Fluid Retention - Anti-fatigue - Relax)

50' - 90€

Specially developed for mothers to be, this experience employs massage techniques to relieve tension, soothe muscles and reduce pain caused by shifts in posture. Applying moisturizing almond oil, the skin feels hydrated, soft and silky. This inspirational therapy connects mother and child with the strength of contact.



Goodbye Cellulite

(Anti-Cellulite - Firm - Tone)

40' - 80€

Slimming and firming massage that achieves a substantial improvement of the skin, produces more firmness, suppleness and a lifting effect and definition of contours. The specific massage techniques on the legs and buttocks with the combination of algae cream stimulates blood circulation, activates lipolysis and transforms cellulite into firmness.





COUPLES WELLNESS GETAWAY


Share unique moments of relaxation and memorable spa experience and travel to a place where you are just the two of you.

Detoxifying Wellness for Two

(Detox - Regenerate - Recharge)

120' - 340€

This exquisite body treatment invites you to enjoy a fresh exfoliation with a taste of the sea and a sensational Marine body wrap with slimming and detoxifying effect that contains a great richness of minerals, vitamins, trace elements and iodine. The treatment is complemented by a detoxifying massage with nourishing oil that combines the antioxidant properties of green tea and the photo-protective action of Urucum extract. Tea is rich in tannins and antioxidant polyphenols while its oily nature has a healing effect on the skin and provides protection against loss of hydration.



Hydrating Wellness for Two

(Nourish - Sooth - Soften)

110' - 300€

Authentic massage with golden drops of warm candle that melt all over the body. Choose between notes of lavender, olive or citrus, which calm the senses and hydrate the skin. After the massage enjoy a facial treatment to hydrate and refresh the skin. This excellent treatment uses Royal Jelly to improve the durability of the skin, in order to maintain its beauty and youthfulness, provide immediate intense hydration and give vitality to dull, tired or sunburnt skin.

* Excellent choice for honeymooners.






SPA BACHELOR /ETTE EXPERIENCE


Glamorous Bride 120' - 160€

This exquisite body treatment invites you to enjoy a fresh exfoliation with a taste of the sea and a sensational Marine body wrap with slimming and detoxifying effect that contains a great richness of minerals, vitamins, trace elements and iodine. The treatment is complemented by a detoxifying massage with nourishing oil that combines the antioxidant properties of green tea and the photo-protective action of Urucum extract. Tea is rich in tannins and antioxidant polyphenols while its oily nature has a healing effect on the skin and provides protection against loss of hydration.



Charming Groom 120' - 160€


Prepare your body and your face for this beautiful moment of your life. Exceptional full body relaxing massage will help the mind to regulate anxiety and stress by achieving an optimal state of relaxation. Energizing and detoxifying facial treatment with fresh and light texture will provide your skin with clarity and luminosity.



J2US Pre Wedding 110' - 280€

A great wedding package preparation for your special moment. Marine scrub application with the sea taste that leaves skin smooth and hydrated. Aromatherapy full body relaxing massage to relieve stress levels accompanied by an express hydrating facial treatment to nourish and revitalize your skin.


* Complimentary use of Wet Facilities.



Bachelor /ette Party 50€ (for 3 persons) 15€ for every extra person

Use of Wet Facilities that include Sauna, Steam room, Experience Showers, Ice Bucket, Ice Fountain and Salt Relaxation Area.

* Wine with a plate of dry fruits & nuts upon request with extra charge.





ADDITIONAL SERVICES

Fitness Center 24 hours
open - Free of charge

Upon reservation for 60'
use.

Personal
training **60' - 70€**

Reservation required in
advance.



HOW TO SPA WITH US

OPERATION HOURS

Daily 10:00 - 19:00

HYGIENE PROTOCOL COVID-19

Our goal is to provide and guide you into an immersive relaxation experience while at the Spa. For this reason, we have taken advanced measures to protect our guests prior to their arrival, ensuring them a safe and serene journey. For the safety of our guests and staff, if you or a family member has experienced any of the following symptoms in the last 7 days, please contact the Spa before your arrival, appointment or use of the premises to obtain more information: cough, fever, shortness of breath, sore throat or headache. As a reminder, if you or a family member has recovered from any of these symptoms in the last 14 days, we kindly ask you to inform the Spa prior to your arrival.

RESERVATIONS

Please contact the Spa reception to book an appointment. We recommend making a reservation to guarantee your preferred treatment and time.

CANCELLATION POLICY

We understand that plans can change, and we will do the best to accommodate your needs. However, as all Spa time is under reservation, should you need to cancel or change your booking kindly inform our team 24 hours before your time slot to avoid billing. Otherwise, cancellations made less than 6 hours before the treatment(s) time will result in you being charged 50% of the treatment(s) cost.

BEFORE YOUR ARRIVAL

As many Spa treatments serve to improve blood circulation through the application of special body pressure techniques, we advise against eating a heavy meal before your treatment. However, a light snack is appropriate. Alcohol is forbidden before any Spa treatment. We recommend that you do not bring your valuables into the treatment room. The Spa bears no responsibility for the loss of any personal belongings. Please wear a bathing suit for treatments including water.

UPON YOUR ARRIVAL

Kindly arrive at least 15 minutes before your appointment. Delayed arrival will reduce the available time for your treatment. It will therefore reduce its effectiveness and your pleasure. This is your moment, and we want you to enjoy the experience to the fullest. Please let us know about any preferences you have regarding room temperature, pressure and music. Your care is our highest priority.

DURING YOUR STAY

The Spa is dedicated to maintaining an environment of peace and tranquility. Help us by respecting our atmosphere of privacy and quiet by putting your mobile phone on flight mode during your Spa stay. Smoking, alcohol and eating at the Spa are prohibited.

PREGNANCY

In our catalogue, you will find specially formulated treatments for women during pregnancy and for those who are nursing. Please allow the Spa team to guide you, helping you choose which treatment is the most suitable during this special time.

GIFT CARDS

Gift vouchers are available for any treatment, combination of treatments or home care products and are an ideal gift for someone you love and want to show some care for. Gift vouchers are non-refundable and must be presented during treatment or purchase.

HEALTH QUESTIONS

Please inform us at the time of booking of any medical condition or special needs. This will allow the Spa team to guide you in selecting the right treatments. Before any treatment, our staff will ask you to fill in a medical questionnaire. We fully comply with the EU's General Data Protection Regulation.

AGE REQUIREMENTS

The Spa is suitable for guests over 18 years of age.





spa

A photograph of a spa reception area. The word "spa" is mounted on a white wall in large, dark blue, 3D letters. Below it, the words "SOLICITATIONS", "Expérience", and "Starts" are faintly visible on the wall. To the right, there is a long, illuminated display shelf filled with various spa products. A black reception counter is visible in the foreground.

blue
spa

External number:
+30 2810 380404

Email:
info@uniqueblueresort.gr