

ĪDOR WELLNESS & SPA



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Welcome to Īdor Wellness & Spa. In our menu you will find therapies from two of the most distinguished companies in the field of Spa treatments, Voya and Bioaroma.

Bioaroma is a Greek company. All products are 100% natural, organic and water free. Their products and therapies are based on the natural treasures of Greece as well as the Ancient Greeks', specifically the Minoans', philosophy of wellness and cosmetics.

Voya is a family-run Irish company that base their products and treatments on hand-harvested, organic seaweed. Their therapies originate from traditional methods of treating ailments with seaweed because of its healing, nourishing and antiseptic properties.

FACIALS

OLIVE TREE CAVIAR | 60 ANTI-AGING TREATMENT

ACTIVE INGREDIENTS: CRUSHED OLIVE SEEDS WITH DITTANY ESSENTIAL OIL
50 MINUTES

Olive tree caviar is an anti-aging and firming facial treatment. It is a natural alternative to Botox and is suitable for all skin types. Dittany essential oil, a priceless beauty secret since the Minoans, has valuable therapeutic and cosmetic properties. This is combined with the liquid gold of Greece, Olive oil, to create the ultimate beauty elixir. The deep penetrating effect of these components and their rich antioxidant properties enhance the removal of free radicals and reduce the appearance of fine expression lines and wrinkles.

The treatment begins with a cleanse, followed by a scrub. Dittany essential oil is applied with a facial lymphatic massage to help detoxify the area. A stimulating tonic lotion is applied before the mask is used. Once the mask removed an anti-aging cream is applied as well as a serum around the eyes leaving the skin tighter and hydrated. To complete the treatment, a natural sun cream is applied to the skin.

FRESH TOUCH | 60 FOR DEHYDRATED SKIN

ACTIVE INGREDIENTS: LABDANUM, THE WILD ROSE OF CRETAN ROCKS
50 MINUTES

Dehydrated skin contains much less water than normal skin, thus becomes dull and rough in texture. The precious Labdanum Oil, prevents the evaporation of water and maintains the skin's elasticity by forming a protective barrier on the surface. Since Minoan times Labdanum (Cistus Creticus) is considered the most important herb of Crete.

The Minoans used it when making incense as well as therapeutic and cosmetic ointments. The treatment begins with a facial cleanse followed by a stimulating scrub. Labdanum oil is applied with a lymphatic massage. A detoxifying red clay mask combined with labdanum and rose water is then applied. To end the treatment facial and sun creams are applied.

BALANCING | 60 SUITABLE FOR OILY-NORMAL SKIN

ACTIVE INGREDIENTS: DITTANY FLOWER WATER AND ROSEWATER OF RARE CRETAN VARIETIES
50 MINUTES

Hormonal changes are common causes of oily skin. This is especially noticed during pregnancy, menopause and menstruation. Our rose and dittany flower tonic lotion have powerful antioxidant and antiseptic properties. This helps to remove make up, excess sebum (oil), tighten pores and restore the skin's pH level thus, reducing redness and calming irritated skin. Dittany flower water is derived from the distillation of Dittany and is a unique treasure that is produced as a world exclusive by Bioaroma.

The treatment begins with a cleanse followed by a stimulating scrub. Depending on the skin type, either a red or pink clay mask is applied. The treatment is completed with an application of a facial cream and a natural sun cream.

EYE TREATMENT | 50

ANTI-AGING AND SUITABLE FOR TIRED PUFFY EYES OR DARK CIRCLES

ACTIVE INGREDIENTS: DITTANY EXTRACT, EVENING PRIMROSE & ARGAN

40 MINUTES

This therapy is based around the product 'Touch of Youth' and involves an alternative massage technique focused on the eye area. 'Touch of Youth' is applied with a roll-on mechanism and contains oils such as argan, dittany, evening primrose and labdanum. The roll on helps to facilitate the penetration of the oils, stimulate the collagen and elastin and improve the blood circulation of the eye area. The treatment begins with a cleanse. A pink clay mask is applied around the eye area. Where there are wrinkles 'Touch of Youth' is applied to smoothen the surface of the skin.

AFTER SUN OASIS | 50

SUITABLE FOR AFTER SUN EXPOSURE

ACTIVE INGREDIENTS: SESAME SEED OIL, AVOCADO OIL

& ALOE VERA GEL, LAVENDER OIL

45 MINUTES

Solar radiation causes premature skin aging. Due to the UV radiation, the protein which provides structure and elasticity to the skin becomes denatured. Bioaroma have created a mask with sesame seed oil, avocado, Aloe Vera, lavender, dittany essential oils and red clay. The antioxidants in the sesame seed oil have light-reflective properties. Avocado oil (SPF 3-4) is rich in vitamins and trace elements and therefore is very nourishing and when applied to the skin acts as a filter to solar rays.

Aloe Vera is moisturizing and has many healing properties. Blended with the Aloe Vera, the dittany essential oil heals and firms the skin, while the lavender essential oil soothes any skin irritation. Once cleansed, the balsam mask is applied and left to rejuvenate and soothe the skin. The treatment is completed with an application of face serum and our natural sun cream.

LUXURY ANTI-AGING SEAWEED | 90

ANTI-AGING AND DETOXIFYING

ACTIVE INGREDIENTS: HAND-HARVESTED SEAWEED, EVENING PRIMROSE OIL

1 HOUR 15 MINUTES

This treatment is for all skin types, particularly for anti-aging. The facial is designed using the finest organic ingredients combined with anti-oxidant algae complexes with a restorative blend of aromatherapy oils. It's this mix of seaweed and botanical ingredients that help stimulate collagen production and reduce the appearance of fine lines and wrinkles. The results are firmed skin with a radiant glow. This luxurious treatment includes a lymphatic facial massage, two masks, a relaxing head massage which incorporates the arms as well.

MEN'S FACIAL | 50

TONING AND REFRESHING

ACTIVE INGREDIENTS: BLACK ARGYLE & CEDARWOOD OIL. ARGYLE IS KNOWN FOR ITS ABSORBENT AND DETOXIFYING PROPERTIES

40 MINUTES

This treatment aims to deep-cleanse the skin and tighten pores. The choice of natural ingredients, which are light whilst containing high levels of vitamins, provide a powerful antioxidant formula that stimulates collagen production and contributes to the smoothing of wrinkles. The black clay is the most detoxifying clay and removes dead skin cells, oiliness, dark spots.

A stimulating citrus facial lotion is applied followed by a pear-fig enzyme peeling. A black argyle face mask containing orange flower water is then applied. The face is then cleansed and moisturized. The skin is left feeling refreshed, hydrated and toned.

BODY TREATMENTS

MEDITERRANEAN OLIVE OIL TREATMENT | 80

DEEPLY HYDRATING

ACTIVE INGREDIENTS: BEESWAX

SWEET ALMOND OIL & BASIL

1 HOUR

Enjoy an unforgettable experience that treats all the senses with Mediterranean flavours and natural raw materials to rejuvenate the body and spirit. The essential oil derived from the basil leaf is used for its toning properties and contributes to an invigorating massage experience. The beeswax nourishes and protects the skin from the damaging external environment, without causing irritation. Sweet almond oil is rich in vitamins A, B1, B2, B6, E and K. It also has significant anti-aging and healing properties. These natural active ingredients leave the skin feeling nourished and smooth.

CRETAN CHOCOLATE TREATMENT | 90

TIGHTENING

ACTIVE INGREDIENTS: FRUIT, SYRUP

FROM CAROB & HONEY

1 HOUR

This is our 24-Carat treatment. The word carat derives from the ancient word 'ceration', referring to the carob fruit. In ancient times carob fruit was used as a measurement unit of weight for gemstones and gold. The main ingredients used in this treatment is the carob fruit and its syrup. These ingredients remove dead skin cells, refining the skin's texture, whilst hydrating and preserving the skin's elasticity.

A carob scrub is applied followed by a firming mask containing honey and carob syrup. This unique treatment is completed with a head massage and the application of a body firming cream.

AFTER SUN BODY TREATMENT | 70

SOOTHES SENSITIVE OR BURNT SKIN

ACTIVE INGREDIENTS: PEACH, ALOE VERA GEL & SESAME SEED OIL

45 MINUTES

Solar radiation causes premature skin aging. It is estimated that 90% of wrinkles are caused by sunlight. The avocado contains vitamins A, B, C and E, which have significant hydrating and healing

properties. The antioxidants included in sesame seed oil have photoprotective properties. Aloe Vera, containing vitamins A, C and E soothes sun burn whilst regenerating and moisturizing the skin.

This treatment begins with a gentle peach scrub followed by a soothing body mask and head massage. Finally, a moisturizing body serum is applied to hydrate the skin.

CELLULITE TREATMENT | 90

ACTIVE INGREDIENTS: SAGE ESSENTIAL OIL, SPIRULINA, POMEGRANATE OIL, BLACK PEPPER, SEAWEED, ROSEMARY & CYPRESS ESSENTIAL OIL
1 HOUR

Common causes of cellulite are our diet and toxins from the external environment, for example the air we breathe. Sage essential oil is one of the main active ingredients in this treatment. It reduces cellulite by stimulating metabolism which helps burn fat. Algae increases topical blood circulation, thus improving oxygenation and skin elasticity. The mask containing spirulina algae cleanses and tones the skin. It is full of protein, vitamins, minerals and fatty acids. The pomegranate oil improves blood circulation where cellulite occurs.

This treatment begins with a stimulating scrub, followed by a lymphatic massage using pomegranate oil. A cellulite massage is then performed to target specific areas. A mask containing spirulina, black pepper and seaweed is then applied. The treatment is completed with the application of an anticellulite cream containing rosemary, cypress and black pepper.

ORGANIC SEAWEED LEAF WRAP | 130 DETOXIFYING AND STIMULATING

ACTIVE INGREDIENTS: HAND-HARVESTED SEAWEED, BLADDERWRACK SEAWEED,
1 HOUR 30 MINUTES

Unlike any other seaweed treatment, this detoxifying therapy incorporates organic seaweed leaves which are used to scrub and wrap the body. Beginning with a bladder wrack body buff, this treatment detoxifies, firms and softens the skin. It is excellent when used in conjunction with a weight loss programme. The entire body is covered in Laminaria Seaweed leaves which give instant results. The treatment is completed with a massage to stimulate and nourish.

LAVENDER, SUGAR & SEAWEED BODY SCRUB | 80

SOOTHING AND RELAXING

ACTIVE INGREDIENTS: LAVENDER ESSENTIAL OIL, SEAWEED, EVENING PRIMROSE OIL, CITRUS OIL, CEDARWOOD OIL, BASIL OIL
45 MINUTES

This fragrant mix of lavender oil, seaweed & sugar has the double action of gently removing dead skin cells whilst soothing and nourishing with seaweed extracts and lavender essential oil.

MASSAGE TREATMENTS

CANDLE MASSAGE | 90

RELAX OR REJUVENATE

ACTIVE INGREDIENTS: PURE BEESWAX, COCONUT OIL, DITTANY, LABDANUM, FLOWER & CITRUS ESSENTIAL OILS

1 HOUR

Massage has endless benefits for the body including improved blood circulation, toning of the muscles, eliminating toxins from the body and releasing trapped energy from the muscles caused by stress and fatigue. The beeswax Candle Massage melts to just a few degrees above normal body temperature to create a warm massage oil which allows the natural ingredients to penetrate the skin, releasing all its beneficial properties. This massage contains pure beeswax and unique plant extracts such as Dittany and Labdanum which hydrates, leaving the skin silky smooth. Choose between a relaxing 'Breathe Out' massage, enriched with Jasmine, Rose & Lavender. Or for a refreshing and rejuvenating experience opt for the 'Vivid Mind' massage containing Mandarin, Lime & Bergamot essential oils.

ORGANIC SEAWEED WRAP & MASSAGE | 120 FOR LETHARGIC MUSCLES AND LYMPH STIMULATION

ACTIVE INGREDIENTS: HAND-HARVESTED SEAWEED, FUCUS SERRATUS, SEAWEED, LAMINARIA SEAWEED, MANDARIN OIL, EVENING PRIMROSE OIL, CITRUS OIL, CEDARWOOD OIL, BASIL OIL

1 HOUR 30 MINUTES

With the detoxifying strength of Fucus Serratus and cellulite reducing properties of Laminaria, this treatment stimulates the blood and lymph flow and so encourages the renewal of skin cells. Whilst combating fatigue, this therapy will leave the skin feeling rejuvenated and thoroughly hydrated.

LAVENDER SCRUB & MASSAGE | 120 RELAXING

ACTIVE INGREDIENTS: LAVENDER ESSENTIAL OIL, SEAWEED, EVENING PRIMROSE OIL, CITRUS OIL, CEDARWOOD OIL, BASIL OIL

1 HOUR 30 MINUTES

This fragrant mix of lavender oil, seaweed & sugar has the double action of gently removing dead skin cells whilst soothing and nourishing with seaweed extracts and lavender essential oil. The scrub is followed by a body massage tailored to meet your needs.

BLADDER WRACK SCRUB & MASSAGE | 110 DETOXIFYING

ACTIVE INGREDIENTS: BLADDER WRACK SEAWEED, EVENING PRIMROSE OIL, CITRUS OIL, CEDARWOOD OIL, BASIL OIL

1 HOUR 30 MINUTES

This therapy involves the use of organic bladder wrack body buff (Fucus Vesiculosus). It is the ultimate treat for tired and dull skin. The anti-oxidants in our mineral rich bladder wrack seaweed combined with seaweed oils offer a powerful, organic treatment. The scrub is followed by a body massage tailored to meet your needs.

MEN'S BODY TREATMENT AND MASSAGE | 100 AROMATIC MASSAGE & IMMUNE BOOSTING

ACTIVE INGREDIENTS: GRAPESEED, CAROB FRUIT & SYRUP, CEDARWOOD OIL, SANDALWOOD OIL
1 HOUR 15 MINUTES

This treatment is based on cedar oil an excellent tonic for aching muscles, strengthening the immune system and improving the mood.

A body scrub containing grapeseed oil is applied, followed by the Cretan Chocolate mask during which the head is massaged for the ultimate relaxing experience. After removal of the mask, the body is massaged using cedarwood oil. The treatment is completed with cedar and sandalwood oil for an aromatic experience.

MASSAGE

MASSAGE TAILORED TO YOUR NEEDS
PLEASE SPEAK TO RECEPTION FOR MORE DETAILS

30 MINUTES MASSAGE | 50

1 HOUR MASSAGE | 80

1 HOUR 30 MINUTES MASSAGE | 115

REFLEXOLOGY 1 HOUR | 80

BATHS

ANCIENT SPA | 80

ACTIVE INGREDIENTS: SARANTAVOTANO (MIXTURE OF 40 CRETAN HERBS) & BENTONITE MUD
1 HOUR 10 MINUTES

From the time of Homer, the bath was considered an extremely healthy and invigorating process. Hippocrates was the first to systematically study the therapeutic use of hot and cold baths and to disconnect them from religion. In his works he emphasized the influence that climate, morphological conditions and nutrition had on health. The entire Hippocratic work for water and climate is undoubtedly the first clinical hydrotherapy which has been passed on to generations.

Sarantavotano is a mixture of 40 herbs and aromatic plants such as Dittany, Malotira, thyme, sage, fliskouni, basil, raspberries, roses etc. It is a traditional drink in Crete that is beneficial for the health. In the South of Crete, midwives of the last century used it for the first bath of newborn babies to strengthen their immune system. According to myth, this potent herbal mix has the ability of resurrection.

These 40 herbs were boiled in a clay pot and placed in a large vessel in which the patient would stay for almost half an hour and this process was repeated 9 times. Bentonite is a natural mineral (siltstone) which is produced from volcanic ash. The main component is montmorillonite. As a clay, apart from its healing properties and nutritional value, it has a unique ability to remove toxins from the body. Furthermore, it favours cell oxygenation as it attracts hydrogen and allows cells to replace the loss of fresh oxygen. This treatment starts

with an oil massage The customer then immerses his body in a bath of hot water containing the pouch of 40 herbs. Following this, the steam room (hammam) is used to open the pores. The therapist then covers the body and the client's face with mud from the bentonite and clay. Then the customer is immersed once more in the bath with the sarantavotano. A head massage is given to complete the treatment along with a tea containing Greek herbs.

DETOX SEAWEED BATH | 80

ACTIVE INGREDIENTS: HAND-HARVESTED SEAWEED
45 MINUTES

Submerge your body into a bath of organic, hand-harvested Atlantic seaweed (Fucus Serratus) to remove unwanted toxins and alleviate aches and pains. This bathing ritual is the simplest and purest of all treatments. With its organic status approved by the IOFGA, Lazy Days utilises the natural power of Voya's hand-harvested seaweed to deeply moisturise the skin, increase circulation and promote healing, known for centuries as the "Sailors Cure".

NYMPHES | 80

ACTIVE INGREDIENTS: MASK OF AMANITES (GANODERMA), SCHINOS OIL, BLUE CLAY & ALGAE OIL
1 HOUR 10 MINUTES

A unique therapy inspired by Nymphs, the Greek mythical figures of divine origin who were considered spirits of freshwater and vegetation. They could be found in rivers or mountain springs. The ancient Greek word Amanitis gave its origin to the word mushroom. Mushrooms mainly consist of water, providing rich hydration to the skin. The mushroom of immortality (Ganoderma) means 'Shiny Skin' and its therapeutic benefits have been known for 4000 years.

Schinos is an evergreen shrub which is widespread in the Mediterranean area. It is known to heal wounds and fight against various skin diseases, particularly eczema.

The blue clay is one of the rarer types of clay with a rich mineral composition and valuable therapeutic and cosmetic properties. The blue clay reduces blemishes, soothes acne and other skin conditions. It is a natural anti-inflammatory and helps to maintain the skin's elasticity. It contains beneficial minerals such as kaolin, calcium, phosphorus, iron, magnesium and zinc which help the skin to retain its youthful appearance. It also purifies pores and enhances blood circulation.

The therapy begins with a lymphatic massage with a blend of essential oils to encourage detoxification and blood circulation. The therapist will then exfoliate the body to remove dead skin cells using a loofah. Following this the body is covered with the Amanites mask along with the Schinos oil to hydrate the skin.

The customer is than taken to a bath containing a blend of sea salt, blue argyle and algae oil for the body's regeneration. Following that, the client's body is covered with laurel oil starting from the feet and ending with a facial massage.

MANICURE & PEDICURE

45 MINUTES

MANICURE/PEDICURE | 50

1 HOUR 15 MINUTES

MANICURE & PEDICURE | 70

LUXURY SEAWEED MANICURE/PEDICURE | 80

ACTIVE INGREDIENTS: HAND-HARVESTED SEAWEED, EVENING PRIMROSE OIL, CITRUS OIL, CEDARWOOD OIL, BASIL OIL, PATCHOULI OIL, VITAMIN E, PRO VITAMIN B5, ALMOND OIL, HONEY

1 HOUR 15 MINUTES

These treatments improve circulation, hydrate and refine the skin. Choose between a manicure or pedicure where you will enjoy an exfoliation followed by a deeply relaxing massage of the relevant area. After this, legs/arms are wrapped in warmed Atlantic organic seaweed leaves to detoxify, increase circulation & nourish tired limbs. To complete this treatment a moisturizer is applied followed by the colour and polish of your choice.

WELLNESS PACKAGES

THE ULTIMATE SEAWEED EXPERIENCE | 190

2 HOURS 30 MINUTES

We have carefully combined both our detoxifying and luxurious treatments to create this very special package. Pamper yourself beginning with our detoxifying seaweed bath, followed by a massage tailored to your specific needs. This rejuvenating luxury facial leaves your skin looking noticeably brighter and firmer. This ultimate wellness package relieves aches and pains, resulting in a relaxed body and mind.

MEDITERRANEAN OLIVE FACE & BODY PACKAGE | 100

1 HOUR 30 MINUTES

Enjoy our anti-aging Olive Tree Caviar Facial treatment combined with our Mediterranean body treatment to leave your face and body feeling rejuvenated and nourished.

FRESH TOUCH FACIAL WITH MANICURE & PEDICURE | 110

2 HOURS

Our Fresh Touch Facial will hydrate your skin and give a radiant glow. Following this enjoy a manicure and pedicure using our organic salt scrub. Choose from a selection of colours in either gel or regular polish

MEN'S FACE AND BODY PACKAGE | 100

ACTIVE INGREDIENTS BLACK ARGYLE & CEDARWOOD OIL. ARGYLE IS KNOWN FOR ITS ABSORBENT AND DETOXIFYING PROPERTIES

1 HOUR 30 MINUTES

Specifically tailored to men, this treatment includes a body massage using essential oils of citrus and cedarwood, a fig-enzyme peel and an invigorating sandalwood moisturizer. It will help

boost the immune system, soothe aching muscles, hydrate the skin and leave you feeling relaxed.

BIORESONANCE/BIOFEEDBACK

The stress of living in today's environmentally complicated world can lead to many pressures upon the body system. Stresses that impact the body include pathogens (viruses, bacteria, fungi etc), toxins, traumas, nutrient deficiencies, allergies, hereditary disorders, mental factors and perverse energies.

These stresses often result in a lowered immune system, chronic pain, low performance, disease, depression, insomnia and emotional ups and downs.

With the Bioresonance/Biofeedback we can help balance and correct the over-stressed body system through stress reduction.

The SCIO is a safe, non-invasive, powerful bio-feedback device that stimulates the tremendous self-healing capacity of the body through stress detection and reduction.

ENERGY FLOW AND RELAXATION | 140

APPROX. 1 HOUR

Aura cleansing and Chakras opening
Release of Emotional Trauma and
Reduce of Negative Feelings
General Stress Reduction and Relaxation

FOR COUPLES | 140

APPROX. 1 HOUR

This treatment is for two people and it helps the bonding between them. It promotes better understanding, can stimulate memories and even produce emotional catharsis. It helps them forgive, forget and refresh their relationship
Biorhythm compatibility
Improvement of Bonding and Understanding between 2 people

IMMUNE STIMULATION | 140

APPROX. 1 HOUR

Zapping of all pathogens

Stress Reduction to Immune system
Balancing the immunity functions

