

LIOSTASI SPA

TREATMENT MENU



OUR PREFERRED BRANDS

ELEMIS
LONDON

ELEMIS is the pioneering British Skincare and Spa brand that treats over 6.5 million people each year and has the single largest influence on trends and developments in the global skincare and spa industry. The successful combination of powerful natural ingredients, cutting edge formulation technology and proven clinical trials has enabled ELEMIS to bring to market some of the most influential anti-ageing skincare products and professional spa therapies the beauty industry has ever seen. ELEMIS ensures that all formulations have maximum therapeutic activity. Sublime sensory. Personally prescribed. The experience is exceptional; the results are real.

 **iS CLINICAL**

iS Clinical offers technologically advanced treatments for the skin, using only the best active ingredients. Its products rejuvenate the complexion while clarifying, balancing and nourishing the skin. With a carefully assembled team of renowned pharmacologists and physicians, iS Clinical's cutting-edge approach provides exceptional long-term results, helping to diminish the appearance of common signs of aging while promoting overall skin health.

INSPIRED BY HOMER’S
WINE-COLORED SEA,
WE CREATED IN THE ISLAND OF IOS
A WORLD THAT EMBRACES BEAUTY
AND HOSPITALITY.

THE SPA AT LIOSTASI

The Spa at LIOSTASI embraces a holistic, mindful approach with a dedication towards quality and nature-inspired perfection, that is illustrated through a fusion of traditional and modern treatments and techniques.

Asclepius and Hippocrates focused medical practise on the natural approach and treatment of diseases, highlighting the importance of understanding one’s health, independence of mind and the need of harmony between the individual, social and natural environment, as reflected in the Hippocratic Oath. ‘Healthy mind in a healthy body’ was the main component of the Hippocratic philosophy. This works as an inspiration for us, to ensure that body, spirit and skin is all respected in an equal way, therefore achieving a thriving result after each treatment.

Our therapists are ELEMIS trained. They look. They listen. They tune in to you, performing transformative treatments, personalised to respond to the ever-evolving rhythm of your life and the ever-changing nature of your skin. All the treatments are designed to support great skin health; to respect that skin is alive. No two skins are the same. And no two bodies are the same. Every spa therapy is shaped and moulded around you, for a results-driven, personalised experience.

THE LIOSTASI SIGNATURES

Our Signature treatments are a must-try from our collection of therapies. Curated and designed by our Expert Team of therapists, these are protocols you can only enjoy at THE SPA at LIOSTASI.

THE GREEK BOTANICAL GARDENS AROMATHERAPY MASSAGE

Take a walk in a Greek Botanical Garden with this hydrating body massage. An extremely relaxing massage that brings everything back to the potency of aromatics. Wrap yourself in a blanket of calm and fall in love with the sense of liberation. Empower your spirit and invigorate your sense of self through this perfectly choreographed massage.

Choose your Botanical Greek Garden Journey:

The Botanicals of Calm: Rosewood, Clary Sage, Lavandin

The Botanicals of Clarity: Bitter Orange, Cardamon, Ginger

The Botanicals of Strength: Ylang Ylang, Cedarwood, Geranium

The Botanicals of Love: Vetiver, Frankincense, Rose Pepper

The Botanicals of Sleep: Patchouli, Elemi, Palmarose

60 minutes | €90.00

90 minutes | €115.00

THE GLASS SKIN FACIAL with Oxygen Dome

Inspired by K-Beauty

This revolutionary treatment is using a Hyperbaric Chamber provides purified Oxygen and Anions directly into a dome at such high concentrations it provides your skin with many amazing benefits. The facial rounds up with a Vitamin C Brightening Peel-Off Facial Mask that give you an immediate radiance and glow.

This Chamber creates Anions and purified Oxygen which helps:

-reduce signs of aging

-heals damaged cells

-promote blood circulation

-reduce bacteria

-detoxify your skin

-rebalance your skin's PH levels

-regenerate decaying skin cells

-help energize the body.

75 minutes | €110.00

THE MESSAGES

ELEMIS DEEP TISSUE MASSAGE

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Your therapist will select an aromatic oil according to your concerns. Muscle pain, stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.

30 minutes | €50.00

60 minutes | €85.00

90 minutes | €110.00

ELEMIS FRANGIPANI INDIAN HEAD & SCALP MASSAGE WITH BACK MASSAGE

This scalp Massage is so blissful it should be illegal. Tension is dissolved using a combination of the ancient Chinese healing massage Tui Na and Japanese Shiatsu, while Indian and Thai kneading invigorates and clears your head. Bonus the amazing Frangipani Monoi Head & Scalp Mask. *This treatment includes a 20min Relaxing Back Massage.

60 minutes | €80.00

ELEMIS HOT STONE MASSAGE

Nothing gets into the centre of the muscle like a hot stone. Bathed in the intensely moisturising Frangipani Monoi Body Oil, a curated range of Balinese stones are selected to address exactly what you need. They are worked over the body, deep into the muscles, getting into areas of tension at a profound level, persuading the muscles to release their trapped energy. The result is sparkling vitality with the added bonus of intensely hydrated skin.

60 minutes| €100.00

90 minutes | €120.00

ELEMIS PEACEFUL PREGNANCY MASSAGE

This unique pregnancy massage is a profoundly nurturing and tranquil oasis. An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted along with wisdom, empathy and respect.

75 minutes| €105.00



THE BODY THERAPY

ELEMIS INTENSELY CLEANSING SALT SCRUB - LIME & GINGER OR FRANGIPANI

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.

40 minutes | €70.00

ELEMIS AFTER-SUN NECTAR NOURISHING WRAP

This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. An emotionally grounding experience for skin that has never felt silkier.

60 minutes | €80.00

ELEMIS TARGETED CONTOURING BODY TREATMENT

A powerful blend of minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen and backs of arms. Nigari salt deeply cleanses, followed by a targeted sculpting massage to kick start the micro-circulation, promoting a smoother silhouette and invigorating the entire body.

A cooling rubberised mask, rich in super-detoxing caffeine and green clay is applied to problem areas, whilst clinically proven Red Algae redefines areas prone to sagging. The result is a targeted body airbrush and skin that looks and feels intensely toned and refreshed.

Choose a localised treatment: Arms, Hips & Thighs, or Abdomen

30 minutes | €70.00

90 minutes | €120.00

ELEMIS CELLUTOX AROMA SPA WRAP FOR CELLULITE & FLUID RETENTION

Let your thoughts drift away, whilst cocooned in a comforting wrap of rich Marine Algae and detoxifying Juniper and Lemon. Enjoy a facial massage and destress scalp treatment or soothing foot massage. Helps refine the appearance of cellulite and relieve the discomfort of fluid retention.

75 minutes | €110.00

THE FACIALS

ELEMIS PRO-GLOW SMOOTH

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect.

After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

50 minutes | €100.00

ELEMIS PRO-GLOW BRILLIANCE

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

30 minutes | €65.00

50 minutes | €90.00

ELEMIS PRO-GLOW FACE WORKOUT

This is a cardio session for your face, that tones, tightens and sculpts the contour. This is a workout for your face, and not just a facial; Using the ELEMIS Sculpting wands we help encourage micro-circulation all over the face and at the same time help penetrate the ELEMIS active ingredients to the deeper levels of the epidermis. The Ultra Smart Eye Tools target puffiness and dark circles around the eye contour area and then we perform the ELEMIS Jowl & Chin Signature Massage that helps firm and tighten the area around the chin, after we've applied the Jowl & Chin mask, that is infused with plant stem cells to help your skin's cellular matrix produce elastin for a firmed and lifted effect.

50 minutes | €100.00

ELEMIS PRO-GLOW GENIUS FACIAL

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin. Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient and firmer looking. An unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after

just one treatment

75 minutes | €120.00

ELEMIS PRO-GLOW MEN'S FACIAL

This is the hard-working facial for ageing, stressed, dehydrated skin and tired eyes. An energising treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. Multi-dynamic facial massage sequences boost circulation, whilst targeted scalp and foot massages deeply relax.

50 minutes | €90.00

THE MEDI-AESTHETIC FACIALS

IS CLINICAL FIRE & ICE FACIAL (The Red Carpet Facial)

A Pharmaceutical Grade, Botanically Derived Cosmeceutical Facial

A clinically proven active treatment system designed to rapidly and safely resurface the skin, reducing fine lines and wrinkles, smoothing, softening and encouraging cellular renewal. Known globally as the 'Red Carpet Facial', that A-List Celebrities love before their appearances, it reveals an instant glow, through pharmaceutical grade and botanically derived ingredients. *This facial is recommended to be done after 5pm to avoid direct exposure to the sun. A full spectrum sun protection is recommended for the days after.

60 minutes | €110.00

IS CLINICAL EYE BRIGHT TREATMENT

A Pharmaceutical Grade, Botanically Derived Cosmeceutical Facial

Upgrade any facial with the Eye Bright to visually address fine lines, wrinkles, dark circles and puffiness. Deeply nourishing and thoroughly revitalizing, this 15-minute treatment restores vital hydration and nutrition to the delicate skin of the eye area, providing instant improvement and long-term results.

15 minutes | €45.00

MEDI-AESTHETIC ADD-ONS

Oxygen & Anion Dome - 15 minutes | €40.00

Scalp Massage - 10 minutes | €20.00

Shoulder & Décolleté Massage - 10 minutes | €20.00



THE SPA & WELLNESS PACKAGES

SLEEP RECOVERY – 3 DAYS

- Day 1 •ELEMIS The Botanicals of Sleep Massage 90mins
Day 2 •ELEMIS The Botanicals of Calm Massage 60mins
Day 3 •ELEMIS Pro-Glow Brilliance Facial 50mins
€270.00

SKIN ANTI-AGEING HOLIDAY – 2 DAYS

- Day 1 •The Glass Skin Facial 75mins
Day 2 •Targeted Contouring Body Treatment 30mins
€160.00

COUPLE’S RETREAT 90mins

- ELEMIS Pro-Glow Brilliance Facial 30mins
 - ELEMIS Deep Tissue Massage 60mins
 - Refreshing Fresh Multi-Vitamin Juice with Fruit Platter
- €250.00 (for both)

DETOX SPA JOURNEY 2hrs15mins

- ELEMIS Pro-Glow Brilliance Facial 30mins
 - ELEMIS Cellutox Aroma Spa Wrap for Refined Contouring & Fluid Retention 75mins
 - ELEMIS Targeted Toning Tightener 30mins
 - Superfood Detox Salad
- €240.00

MEDI-AESTHETIC SKIN VACATION 90mins

- iS Clinical Fire & Ice Facial 60mins
 - Head & Scalp Massage with Hair Treatment 30mins
 - Rejuvenating Multi-Vitamin Juice
- €145.00

THE BRIDE 2hours

- ELEMIS Pro-Glow Smooth Facial 50mins
 - ELEMIS Intensely Cleansing Salt Scrub 40mins
 - Gel Manicure 30mins
- €195.00

THE GROOM 2hours20mins

- ELEMIS Pro-Glow Men’s Facial 50mins
 - ELEMIS Deep Tissue Massage 60mins
 - Pedicure 30mins
- €195.00



THE FINAL TOUCHES

Hand & Foot Care

Liostasi Manicure 50' | 30,00€

Liostasi Pedicure 60' | 40,00€

Soak -off Manicure 60' | 35,00€

Soak -off Pedicure 60' | 45,00€

File & Nail Polish 20' | 20,00€

Hair Removal

Lip / Chin / Under Arm 15' | 10,00€

Bikini Line 20' | 20,00 €

Eye Brow Shaping 15' | 10,00€

Half Leg 15' | 20,00€

Full Leg 30' | 30,00€

Half Arm 15' | 15,00€

Full Arm 20' | 20,00€

Men's

Back 20,00€

Chest 20,00€

Back & Chest 30,00€

Make-up Services

Professional Make-up 40,00€

Professional Bridal Make-up (with trial) 170,00€



SPA ETIQUETTE

Treatment Preparation

We recommend that you arrive 30' prior to your scheduled treatment, allowing time to complete your health questionnaire, loosen and relax your muscles.

Cancellation Policy

We kindly ask you to give a minimum of a 4-hour cancellation notice. Cancellations made within 4 hours will be subject to the full charge of the treatment booked.

Health Conditions

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

Spa Environment

Please refrain from smoking and turn your phone off or to silent setting while in, or around the Spa areas.
The minimum age for taking a spa treatment is 16 years.
Parental consent is required for guests under the age of 18.

Valuables

The Spa accepts no responsibility for loss of valuables at any time on the spa premises. We request that you leave your valuables in your room.

Off-Spa Treatments

Our body massage rituals are available at your privacy of yacht or villa. An extra charge of 100% on the price will be applied.



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www.liostasi.com