



© bluegr | MINOS PALACE  
HOTEL & SUITES

ANANEA SPA

## A N A N E A S P A

Immersed in the vibrant cultural heritage of Crete, Ananea Spa is a sanctuary of holistic well-being. Here, ancient Greek healing traditions intertwine with modern spa therapies, offering a harmonious blend of relaxation and rejuvenation against the backdrop of the Aegean Sea.

Our spa therapies embrace a holistic approach to wellness, combining ancient bio-actives with rare Greek and Mediterranean ingredients sourced from Ariadne Athens. These treatments are enhanced by therapeutic techniques that promise optimal relaxation and revitalization.

We believe that self-care is essential for a balanced lifestyle. With our thoughtfully curated menu of therapies and a team of skilled therapists, we provide holistic experiences that nourish the mind, body, and soul, fostering a sense of mindful equilibrium.



## **MINDFUL THERAPIES**

Using various mindfulness disciplines, we provide space for each guest to sit in conscious awareness of present moments, focusing on learning how to be more aware of thoughts, feelings, emotions, surroundings, and situations, and to reduce automatic responses.

### **ONE-TO-ONE BREATH MEDITATION SESSION**

Designed to be a deeply personal and transformative experience, focusing on mindfulness, relaxation, and a harmonious connection with Self. A brief consultation with our Skilled Practitioner will help them guide you through the experience setting goals and tailoring to provide deep relaxation and mental clarity.

Some of the benefits of Breath work include, stress reduction, improved focus and productivity, emotional resilience, better sleep quality.

Duration : 50 minutes

Price : € 90.00

### **GROUP BREATH MEDITATION SESSION**

Enjoy the benefits of Breath Meditation in a social setting and learn specific breathing techniques designed to enhance inner peace and group harmony.

Some of the benefits of Breath work include, stress reduction, improved focus and productivity, emotional resilience, better sleep quality.

Duration : 50 minutes

Complimentary

Please check activity schedule for timetable

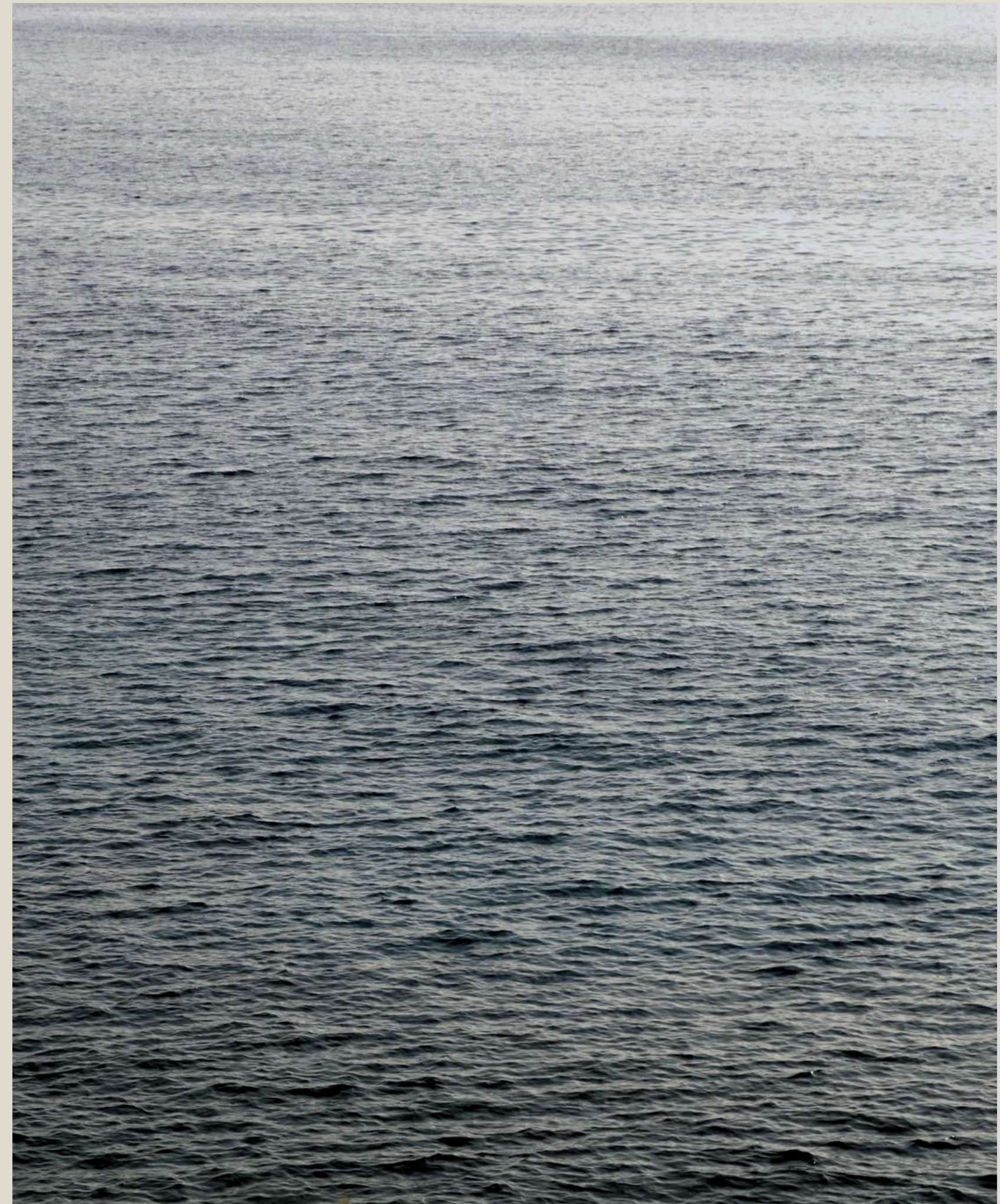
### **GROUP SOUND HEALING SESSION**

Experience the therapeutic power of a diverse range of sound therapies, including crystal singing bowls, Tibetan singing bowls and gongs. Each instrument creates unique vibrations, creating an orchestra of sound healing and sound bathing. This group session enhances emotional well-being, fosters a sense of community, reduces stress, and aids in holistic healing.

The collective energy of the group amplifies the therapeutic effects, leaving participants feeling refreshed and connected.

Duration : 90-120 minutes

Price : € 50.00 (minimum capacity required: 5 participants)





## **MOVEMENT**

Using various movement disciplines, our personal trainers and movement instructors focus on functional biomechanics and the body's core musculature.

### **PERSONAL TRAINING SESSION**

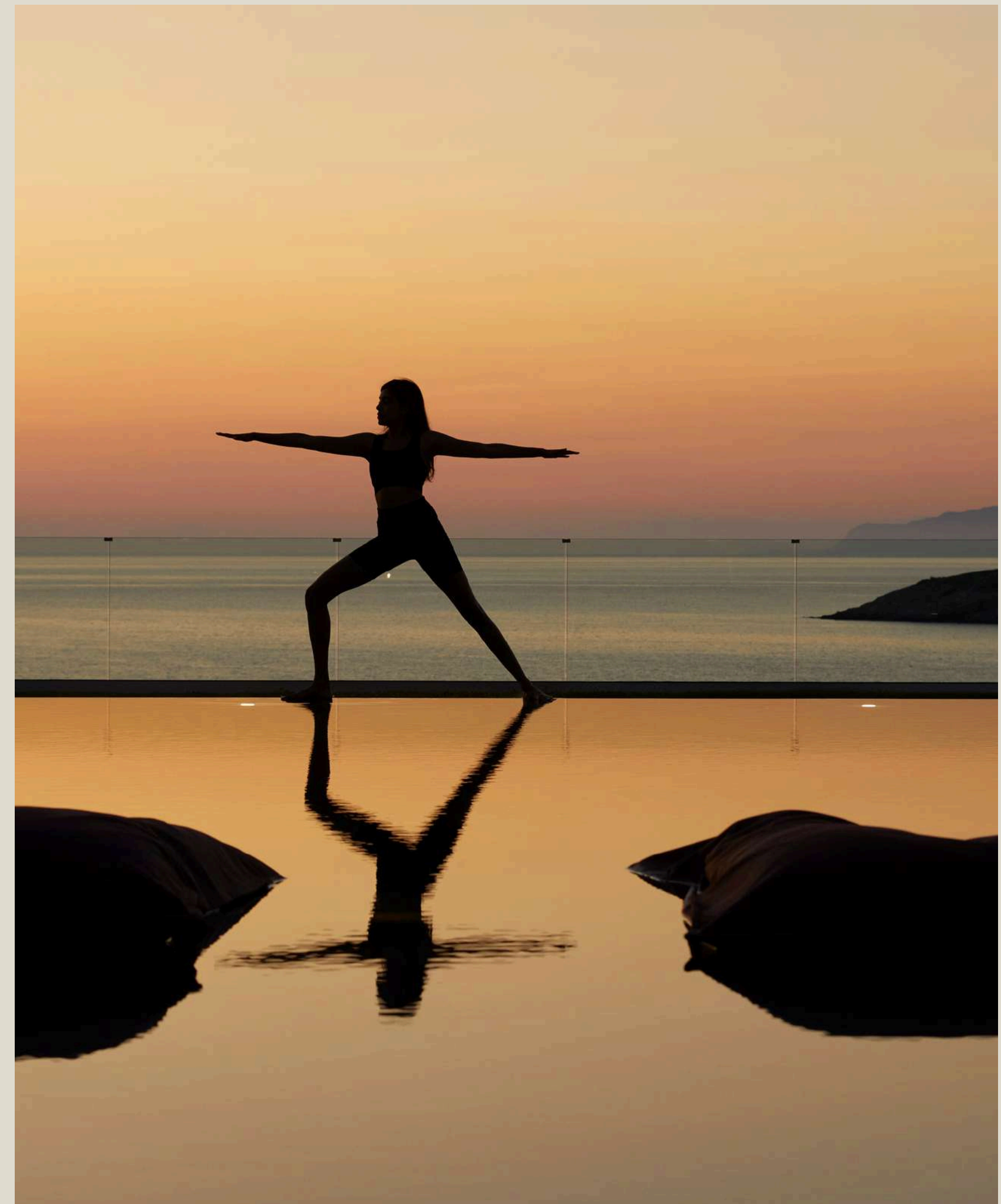
Our functional movement professionals will guide you through any particular or combined functional movement modality, based on your physical needs.

Duration : 50 minutes  
Price : € 90.00

### **ONE-TO-ONE YOGA SESSION**

Indulge in a tailored yoga experience designed exclusively for you. Your instructor will guide you through a rejuvenating session tailored to your unique preferences, needs, and level of experience. Achieve relaxation, strength, flexibility, or stress relief in a serene setting, revitalizing both body and mind.

Duration : 50 minutes  
Price : € 90.00





## FUNCTIONAL BODY THERAPIES

Our elevated and focused approach to functional, precision bodywork emphasizes manipulation and realignment of the body's structure to improve its function as well as guest's mental outlook.

### PRECISION BODY THERAPY

Discover the art of holistic healing with our Precision Body Therapy, a bespoke treatment that blends the best of traditional and modern massage techniques. This therapy is meticulously designed to cater to your individual needs, offering an evidenced based grounded approach to total well-being. Our skilled practitioners will apply a personalized approach blending Deep Tissue, Swedish, Myofascial release, and Trigger point therapy to maximize the therapeutic benefits of each technique for a transformative experience.

Duration : 30/60/90 minutes  
Price : € 65.00/€ 120.00/€ 160.00

\*Add on: Herbal pindas € 15.00

### FOOT ACUPRESSURE MASSAGE

A therapeutic treatment rooted in ancient healing techniques. This specialized massage focuses on precise pressure points in the feet, believed to correspond to different organs and systems in your body, offering a holistic path to well-being.

Promotes great sleep, enhances mood, muscle tension, overall body balance.

Duration : 50 minutes  
Price : € 105.00

### PREGNANCY MASSAGE

Experience the tender care of this prenatal treatment, a specially designed treatment to support and nurture expectant mothers. Tailored to the unique needs of pregnancy, offering a safe and soothing way to relieve the common discomforts of this transformative journey. Performed only after the first trimester by our specially trained practitioners.

Duration : 75 minutes  
Price : € 140.00

### AYURVEDIC HEAD MASSAGE

This Treatment integrates holistic principles to balance your body's energies and promote a deep sense of well-being. This massage not only relieves tension in the head and neck but also aims to balance your chakras (energy centers), promoting harmony between the body, mind, and spirit.

Duration : 60 minutes  
Price : € 120.00

### GUIDED YOGA POSE (THAI MASSAGE)

The blend of deep tissue and Swedish massage techniques brings the body into a profound state of relaxation. Energetic therapy and structural alignments are applied to empower and balance the body. It may reduce the severity of headaches, decrease lower back and joint pain, increase flexibility, calm anxieties, and energize mind and body.

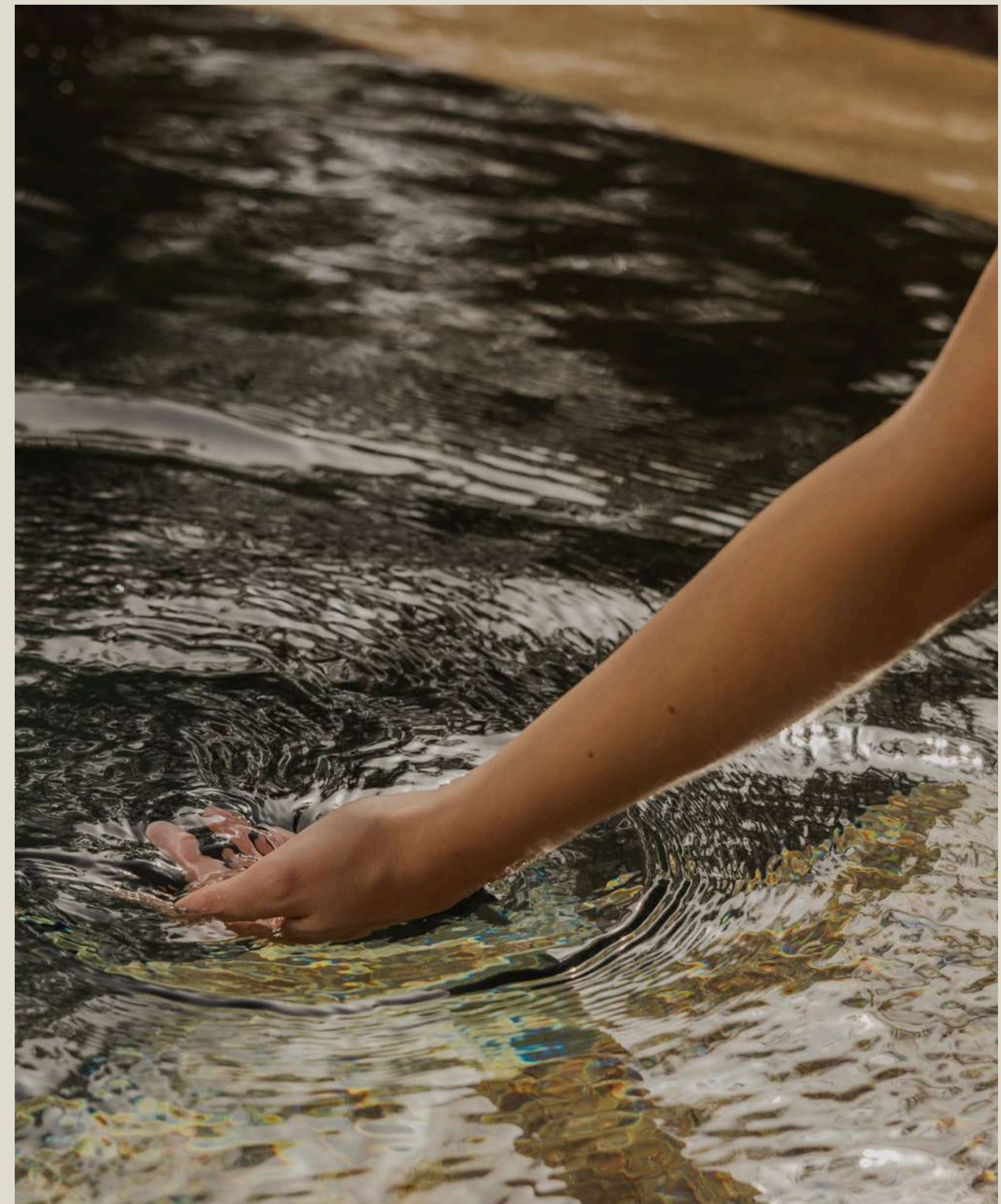
Duration : 60/90 minutes  
Price : € 130.00/€ 170.00

### SOUND HEALING MASSAGE

A tailored sound journey, using a variety of traditional and contemporary instruments such as Tibetan singing bowls, crystal bowls, gongs, and tuning forks. These harmonious sounds are expertly curated to resonate with your personal energy, promoting deep relaxation and a sense of inner peace.

Sound healing therapy harnesses the vibrational qualities of sound to positively impact mental and physical well-being.

Duration : 60 minutes  
Price : € 120.00





## BODY WELLBEING

Indulge in our curated Collection of Therapies and Rituals, focusing on skin health and overall wellbeing. Choose from a range of serene rituals designed to assess stress levels, ensuring a rejuvenating experience.

### REVIVE & QUENCH

Face body therapy and Herbal pindas massage

Immerse in the genuine earthy notes of Greece. The treatment includes a full body exfoliation with olive and roses, followed by the application of a rich body mask, containing a refreshing cocktail rich in organic honey, which contributes to the hydration, regeneration and tightening of the skin. The relaxing head to toe massage with warm pouches that complements the treatment with aromas of clary sage, honey and rosemary.

Duration : 120 minutes  
Price : € 220.00

### SUN RECOVERY

After sun treatment

The ultimate after-sun care for your skin. This treatment embodies the refreshing properties of sea water drops and the calming benefits of acorn flour, combined to help restore skin's moisture. Inflammation and skin irritation are minimized, offering a unique sense of relief after sun exposure. On one hand, Greek yogurt offers a healing and regenerating action and on the other, water lily combined with aloe helps improve overall skin's appearance. Feel your skin calm, soothed and moisturized with a naturally healthy appearance.

Duration : 45 minutes  
Price : € 90.00

### BODY RECOVERY(JET LAG)

Invigorating, grounding, and restoring full body treatment

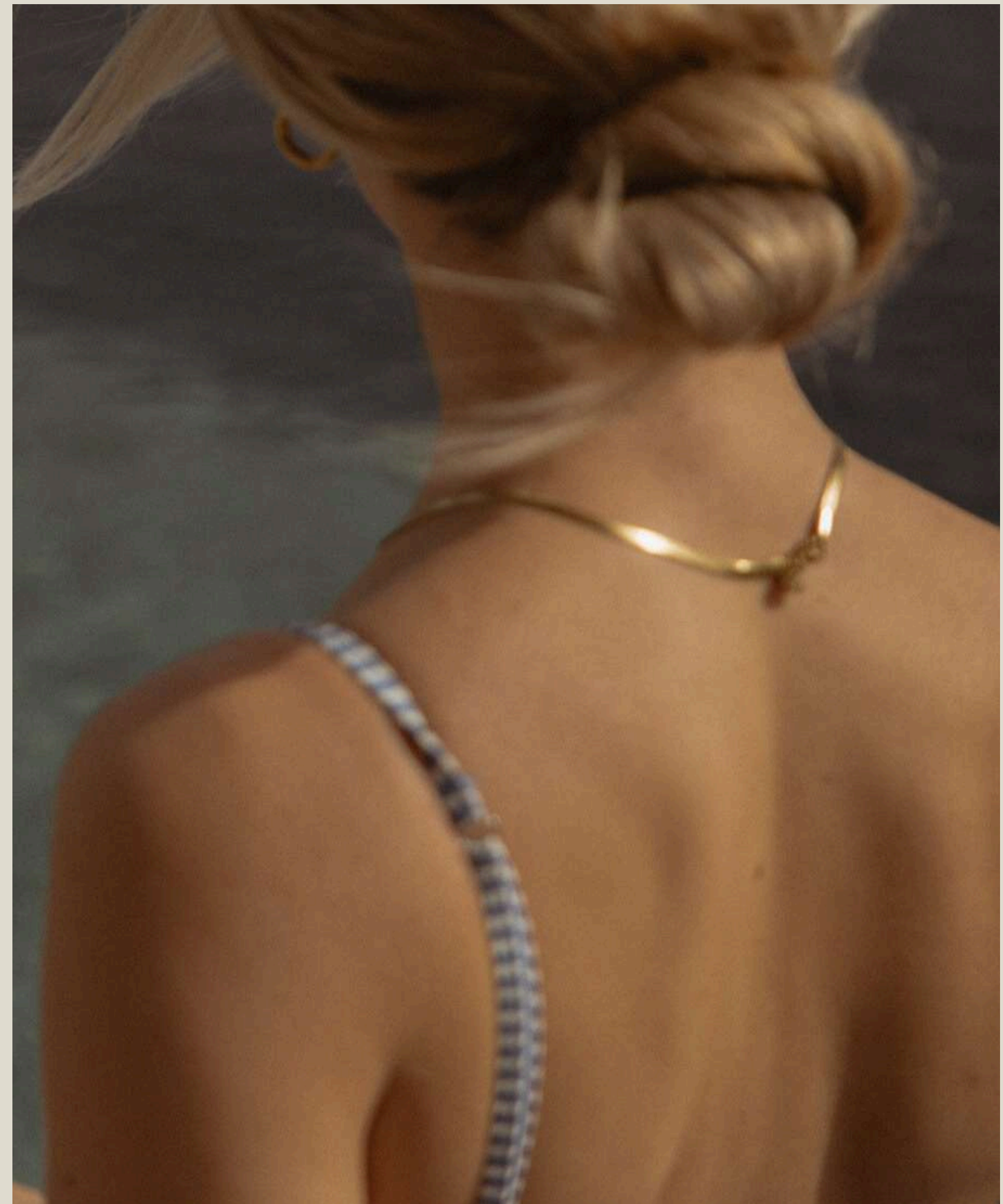
Revive and re-energize the body's natural biorhythms. Grounding and restoring natural flow when all feels out of sync, this energizing ritual relieves imbalances and revitalizes the nervous system. The intense mocha scrub leaves your skin silky soft, ready to receive the complementary benefits of the rejuvenating massage that follows. Sensational citrus fruit aromas invigorate the mind, while the massage, enhanced with targeted stretching techniques, support the body against stress and fatigue. Finally, the cooling sensation of spearmint mingles with the refreshing notes of grapefruit to slowly stimulate the blood flow and offer ultimate comfort.

Duration : 80 minutes  
Price : € 160.00

### FULL BODY SCRUB

A sensory journey that leaves your skin irresistibly smooth and rejuvenated. Experience gentle exfoliation with our nourishing blend, promoting circulation and revealing a radiant glow. Surrender to tranquility and emerge refreshed, revitalized, and ready to relax.

Duration: 40 minutes  
Price: € 65.00



## FACIAL THERAPIES

Skin health has both functional and psychological benefits. This collection is curated using innovative products and technologies.

### VITALGUARD COMPLEXION CARE

Proactive, Preventive & Brightening

Indulge in a lavish skincare ritual designed to rejuvenate your complexion. This gemstone-infused treatment targets dullness, dryness, and the visible effects of time. Experience a reduction in fine lines and enhanced elasticity with a velvety mask boasting Aquamarine and Moonstone extracts. The subsequent mask, rich in flavonoids and vitamin C, fortifies against free radicals. A Rose Quartz Crystal facial massage minimizes lines, while a blend of evening primrose and Ylang-Ylang ensures a visibly firmer, tighter, and lifted look—unveiling a refreshed and youthful radiance.

Duration : 75 minutes

Price : € 130.00

### ANAPLISIS SKIN RENEWAL

Regenerating & Restoring

A high-performance, all-in-one, innovative treatment that promises to diminish the look of fine lines and wrinkles, deeply moisturize and regenerate the skin, reinforce natural cellular turnover and improve overall appearance. Our star product, Skin Rebirth Miracle Skin Reinventing gel, infused with the remarkable healing effects of alkanna tinctoria root and its multiple anti-ageing, antioxidant and anti-inflammatory properties, promises to soothe, heal and regenerate your complexion. Your skin is recharged. Your skin is reformed. Your skin is reborn.

Duration : 60 minutes

Price : € 110.00

### HYDRABALANCE RENEWAL FACIAL

Intensive Hydration and Nutrient Boost

A highly rejuvenating and ultimately hydrating experience dedicated to the richness of local flavors and aromas, such as sage, honey and other nourishing elements that instantly restore your skin's hydration levels. Feel your skin soft and supple with an immediately healthy and radiant appearance. Allow yourself to experience the soothing effect of rosewater intertwining with the thirst-quenching aromas of lime, while your skin indulges in the unique moisturizing benefits of our precious honey mask. Soothing apricot oil envelops skin with anti-ageing benefits, while the final skincare routine ensures that the moisturizing aspects are maintained thereafter.

Duration : 60 minutes

Price : € 110.00

### EXPRESS PRESCRIPTIVE FACIAL

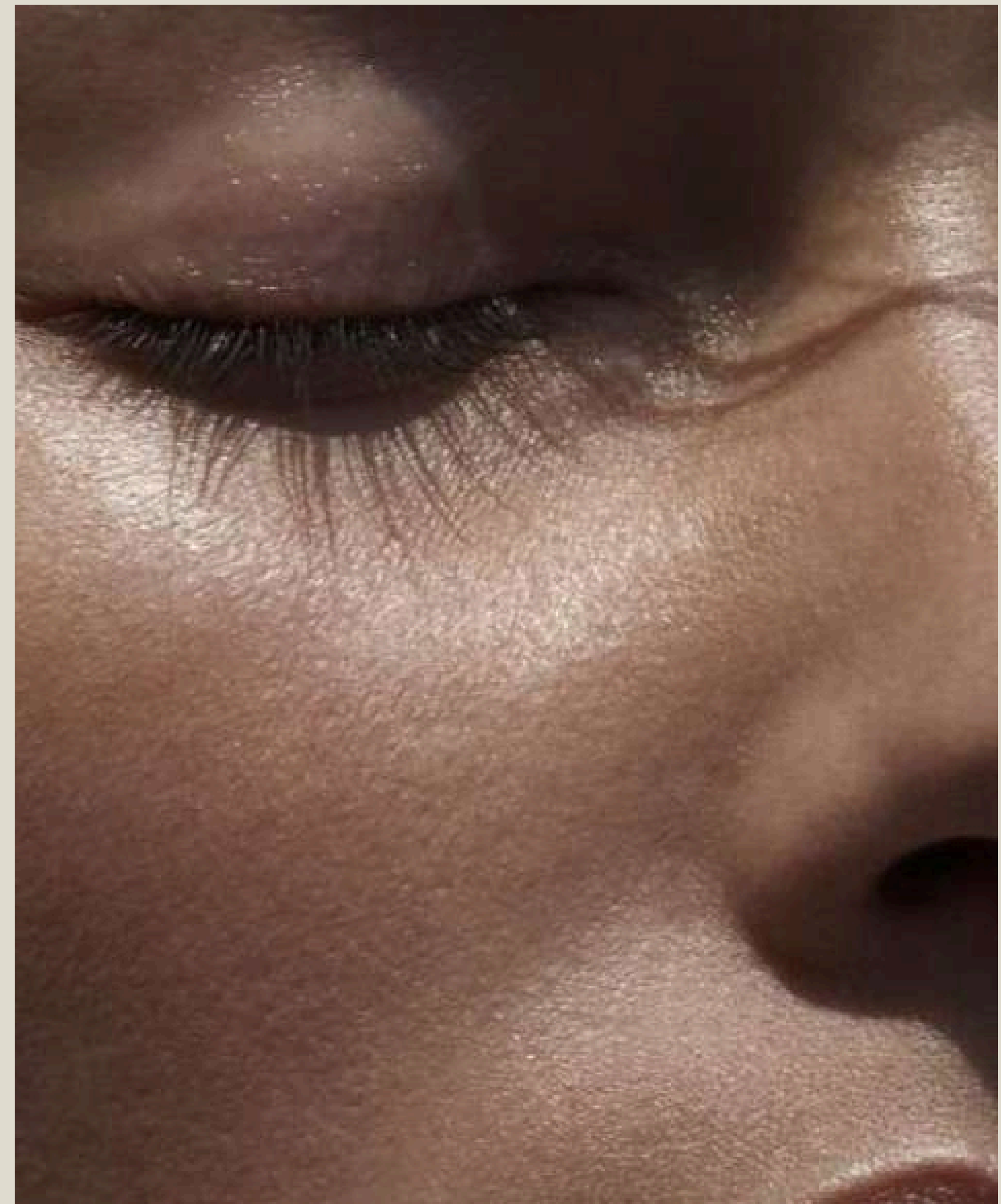
Revitalizing & Refreshing

A luxurious fusion of personalized skincare and efficient pampering. Begin with a comprehensive skin diagnosis, followed by a revitalizing cleanse and light exfoliation to unveil a fresh, radiant complexion.

Duration : 30 minutes

Price : € 65.00

\*Ideal combination with any type of massage





## WELLBEING PROGRAMS

Ananea Spa has curated immersive programmes that are built on our four pillars of wellbeing: Sleep, Movement, Nutrition and Empowerment. Programmes can be completed in one day or over the course of your stay.

Price: € 290.00/ program

### DEEP SLEEP

**Sleep plays a crucial role in overall wellbeing, impacting various aspects of physical, mental, and emotional health. Our Deep Sleep Programme offers guests a focused opportunity to rest and restore vital balance and energy**

- 1 X Mindful Session
- 1 X 60 min Precision Body Therapy
- 1X 30 min Acupressure Foot Massage
- 1 X Healthful Lunch

### MOVE FREE

**Movement, whether through exercise, physical activity, or simply staying active throughout the day, offers essential benefits for overall wellbeing, from physical health to mental clarity.**

- 1 X Personal Movement Session
- 1 X 60 min Guided Yoga Pose Massage
- 1X 30 min Ayurvedic Head Massage
- 1 X Healthful Lunch

### BODY CLEANSE

**Cleansing, often referred to as detoxification, is a process that promotes overall wellbeing by removing impurities from the body to improve digestive health, increase energy and vitality, and enhance mental clarity and focus.**

- 1 X Personal Movement Session
- 1 X 30 min Body Exfoliation
- 1X 60 min Precision Body Therapy
- 1 X Healthful Lunch

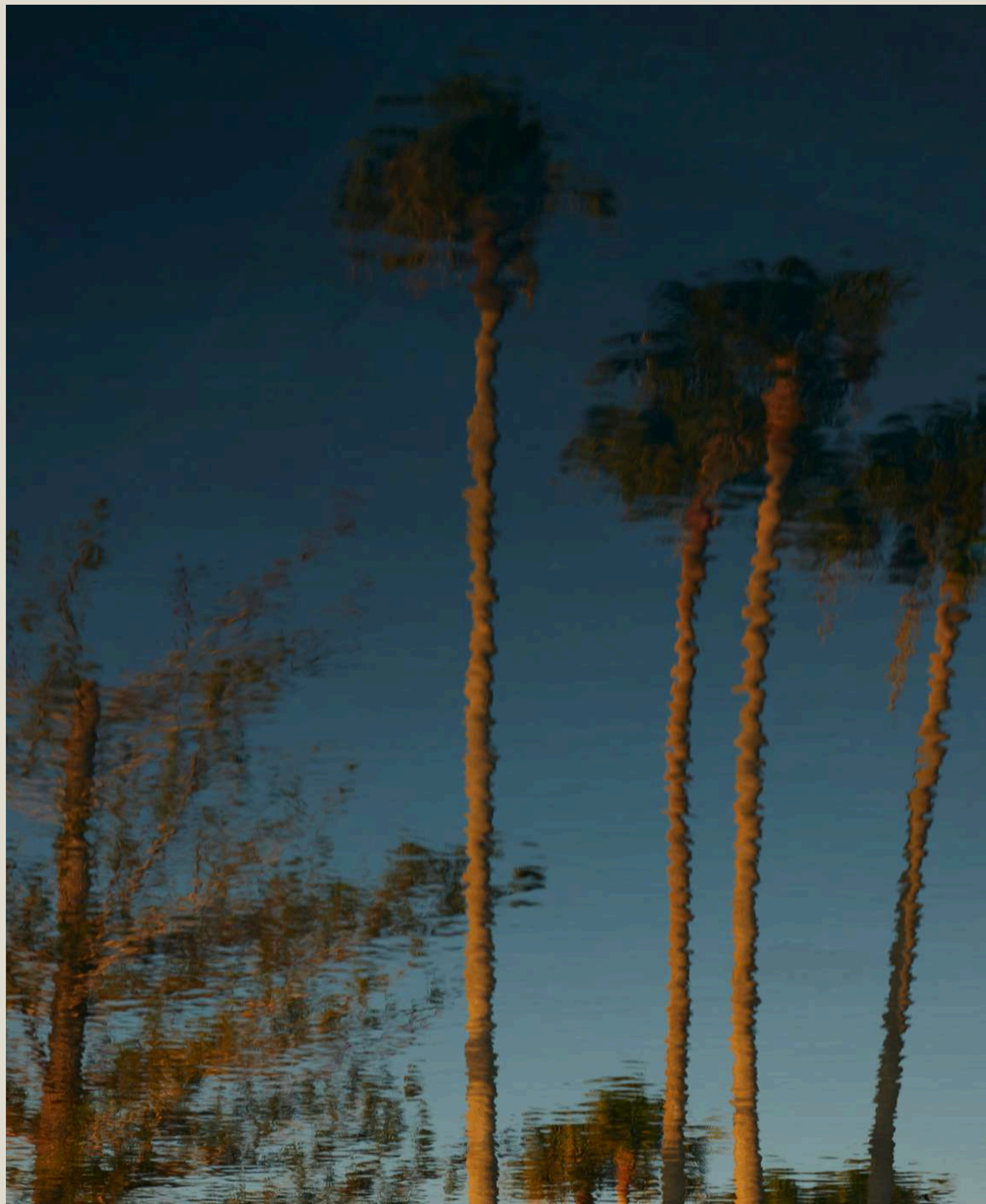
### EMPOWERMENT

**We provide space to sit in conscious awareness of present moments, focusing on learning how to be more aware of thoughts, feelings, emotions, surroundings, and situations, and to reduce automatic responses.**

- 1 X Mindful Session
- 1 X 80 min Body Recovery Treatment
- 1 X 30 min Facial Treatment
- 1 X Healthful Lunch







## SPA ETIQUETTE

### RESERVATIONS, APPOINTMENTS & CHECK-IN

Bookings for Spa treatments in advance are highly recommended to secure the most suitable time for your schedule. Complimentary use of the Thermal Spa facilities is offered to all Minos Palace guests.

For reservations, send email at [mpspa@bluegr.com](mailto:mpspa@bluegr.com) or dial extension 2040.

Reservation is required in both cases.

### CONSULTATION

To enhance your Spa experience, please visit us for a private consultation to determine your needs and design your treatment experience. Your personalized package will be tailored according to your needs.

### SPA ENVIROMENT

Within our spa, we uphold a serene atmosphere by strictly prohibiting smoking and alcohol consumption. To respect the privacy and tranquility of our guests, the use of video and still cameras is forbidden. We kindly ask all patrons to be mindful of their voice volume, ensuring the spa remains a sanctuary of peace and harmony.

### VALUABLES

We recommend that all guests leave all jewelry in the safe of their rooms before coming to the Spa.

### OPERATION HOURS

Ananea Spa operates from 10:00-18:00 daily. Please send email at [mpspa@bluegr.com](mailto:mpspa@bluegr.com) or dial extension 2040 to make a reservation.

### IN ROOM/OUTDOOR MASSAGE

Pamper yourself with a massage in the comfort of our guest room. An additional 50% surcharge is applied to the total cost of the massage.

### CANCELLATION POLICY

Please notify us at least 24 hours in advance for any cancellations or rescheduling. Cancellations with less than 24 hours notice will result in a 50% treatment charge, while no-shows will result in a 100% charge.

### PAYMENTS

All treatments and Spa products include a 24% government tax. All invoicing will be charged to your room and will appear on your account at the time of departure from the resort. Guests are welcome to pay by cash or with a credit card if preferred.

### HEMOCARE/ SKINCARE

To extend your Spa experience at home, a variety of Spa skincare products are available at the Spa reception. Your therapist will advise you on the products that suit you and your skin type as part of the treatment experience.

### HYGIENE

Our team has been trained to take all measures towards the highest standards of hygiene within our Spa to ensure you can enjoy your treatments with safety.



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