



MITSIS

ROYAL MARE THALASSO

Hydrotherapy - Sea Water treatments

Hydro Jet Bath

20 min. / 37 €

Experience ultimate relaxation in a seawater bath with multiple, adjustable jets for local or overall hydromassage. Seawater may be enriched with algae.

Relaxing or toning effect.

Drainage and improvement of blood circulation.

Aromatic Hydro Jet Bath

20 min. / 42 €

A special seawater bath with multiple, adjustable jets for overall hydro-massage, enhanced with a blend of aromatic oils that elevate your senses.

Loosening of muscles.

Relaxation.

Thalaxion Bath

20 min. / 48 €

Prototype enclosed bathtub (head and arms are exposed), with alternating hot and cold seawater massage with variable pressure jets, focused on the hips, thighs, and legs. Ideal for breaking up cellulite, tightening and improving blood circulation.

Stimulation of tissue.

Improves blood circulation.

Affusion Shower

20 min. / 37 €

A very gentle overall hydromassage beneath a series of micro-showers of warm seawater, for added relaxation and easing of muscles.

Relaxation.

Easing muscles.

Soothing.

Affusion Watermass

25 min. / 55 €

This innovative palpate roll treatment smooths out orange peel skin, shapes the contours and improves the quality and elasticity of the skin.

Lymphatic drainage.

Stimulation of tissue (cellulite & slimming treatment).

Affusion Massage

2 hands 25 min. / 60 €

4 hands 25 min. / 99 €

A full body relaxing massage 2 or 4 hands under a rain of warm seawater.

Relaxation & anti-stress.

Easing of muscles.



Underwater Jet Shower

20 min. / 53 €

Hydromassage in a warm seawater bathtub using an underwater jet (under pressure) with specific massage movements performed by a hydrotherapist. It relieves muscular pain and stiffness.

Lymphatic drainage.

Loosening of muscles and joints.

Jet Shower

15 min. / 42 €

A powerful jet shower massage over the entire body, using warm seawater to improve blood circulation, combat cellulite or loosen muscles, performed by a hydrotherapist from a distance of 4-5 meters.

Stimulating effect.

Relaxation of muscles and joints.

Pediluve

15 min. / 30 €

Foot bath with alternating hot and cold seawater hydro jets which stimulate the lower limbs and improve blood circulation.

Improvement of blood circulation.

Absorption of oedemas.

Inhalation

15 min. / 30 €

Inhalation of seawater mist in the form of a nasal solution for respiratory improvement and resistance to atmospheric pollution.

Respiratory improvement.

Builds resistance to atmospheric pollution.

Therapeutic Treatments

Innovzen

15 min. / 40 €

O2chais is a revolutionary concept that promotes deep and slow breathing, bringing incredible benefits to your body. With its innovative features and ergonomic design, it will become your trusted companion for a healthier and more relaxed life.

Respiratory improvement.

Sea Mud Kneading (hands)

15 min. / 40 €

Immersing hands and wrists in warm sea mud improves joint mobility and relieves arthritis pain by enhancing joint suppleness.

Enhanced suppleness of joints (arthritis). Pain relief.

Physiotherapy

30 min. / 75 €

A rehabilitation treatment which combines manual techniques and targeted electrotherapy to alleviate pain and promote healing. We tailor our treatments to address your specific needs. Whether you are recovering from an injury or dealing with chronic pain, our skilled therapists will work with you to alleviate discomfort and promote healing.

Re-education of certain movements. Enhanced suppleness of joints.



Pressotherapy

25 min. / 70 €

Specialized boots apply progressive pressure to stimulate the lymphatic and blood circulation to manage lower limb conditions. This therapy promotes better blood flow, reduces swelling, improves mobility and alleviates discomfort in the legs.

Enhanced blood circulation.

Reactivates the lymphatic system (in case of oedema or heavy legs). Anti-cellulite & slimming effect.

Marine Mud Body Wrap

30 min. / 58 €

Warm sea mud is carefully applied to joints prone to stiffness and tension, such as shoulders, hips, knees, wrists and ankles. Mud's therapeutic ingredients work to nourish and rejuvenate the skin, while soothing aching muscles and promoting a sense of wellbeing and relaxation. Once the mud is applied, the whole body is wrapped in a thermal cover that allows the mud's benefits to be fully absorbed, leaving you feeling refreshed and energized.

Elimination of toxins through perspiration. Pain relief (arthritis, osteoporosis).

Seaweed Body Wrap

30 min. / 58 €

Experience the ultimate detox and relaxation with our warm micro-processed seaweed therapy. The rich, nutrient-dense seaweed is carefully applied to your entire body and then wrapped in a thermal cover, allowing its many beneficial ingredients to deeply penetrate your skin. This therapy will leave you refreshed, rejuvenated and renewed.

Loosening of muscles.

Pain relief (rheumatism & arthritis). Anti-cellulite.

Cryotherapy Body Wrap

30 min. / 58 €

Experience the revitalizing power of our micro-processed seaweed therapy for your legs. Enriched with a refreshing gel, this treatment improves blood circulation and eases the discomfort of 'heavy legs'.

Relief of "heavy legs". Blood circulation improvement.

Body Massages

Relaxing Massage

25 min. / 60 €

55 min. / 90 €

Relaxing massage is a smooth and gentle treatment that relieves muscle tension, improves blood circulation and promotes a general sense of relaxation.

Relaxing effect

Aromatherapy Massage

25 min. / 65 €

55 min. / 95 €

This body massage with essential oils, which is carried out with long movements, is particularly gentle and soothing, offering total relaxation. Ideal for people feeling very tired.

Anti-stress.

Relaxing or invigorating.

Calming effect.



Deep Tissue Muscle Massage

25 min. / 75 €

55 min. / 105 €

This in-depth massage targets chronic muscle tension promotes muscle relaxation and releases the tension areas to restore energy and vitality.

Invigorating effect

Back & Neck Massage

25 min./ 60 €

A localized massage designed to relax and ease strain in the areas of your body that are most prone to pain, tension and stress, leaving you relaxed and invigorated.

Anti-stress effect.

Lymphatic Drainage massage

25min. / 60 €

Lymphatic drainage massage is a form of gentle pressures focusing on the specific areas of your body to encourage the drainage of lymph nodes and movement of lymph fluids around your body.

Activation of blood circulation.

Elimination of toxins.

Reactivates the lymphatic system (appropriate in case of oedema).

Reflexology (foot massage)

55 min. / 95 €

A stimulating massage in which therapist is applying pressure to specific reflex points on the feet. It is designed to reduce pain and improve energy balance.

Elimination of toxins.

Improving the function of vital organs.

Royal Balance Massage

55 min. / 115 €

Our unique massage combines the best techniques from classical massages, focusing mostly on your back and shoulder to release tension and fatigue. Our expert therapists use their skilled hands to dissolve knots and relieve muscle soreness, leaving you feeling deeply relaxed and rejuvenated.

Anti-stress effect.

General relaxation.

Unique Holistic Body Massages

Hot Stone Massage

55 min. / 125 €

Elevate your well-being with our holistic massage, where warm volcanic stones and cool marble pebbles align along your spine, palms and toes to ease muscle tension and balance energy flow. The blend of temperature and energy offers both physical relief and spiritual rejuvenation, providing incredible relaxation and calmness.

Complete relaxation. Easing muscle tension.



Balinese Massage

55 min. / 105 €

Indulge in the exquisite art of Balinese massage, a tradition originating from Bali. This skillful fusion of gentle stretching, expert kneading and precise acupressure techniques masterfully unlocks bodily tension and renews stiff muscles, leaving you in a state of profound relaxation.

Anti-stress effect. General relaxation.

Abhyanga Massage

55 min. / 95 €

Ideal for relieving tension and stress, this treatment offers a comprehensive full-body massage using warm sesame oil. Every inch of your body, from head to toe, receives the soothing touch it craves, as skilled hands caress and gently knead away the stress of the day. Absolute relaxation is not just promised but assured.

Relaxation effect. Stress-reducing. Soothing effect.

Abhyanga Massage 4 hands

55 min. / 140 €

Experience this Ayurvedic 4 hands massage, where smooth, rhythmic movements soothe muscles, ease joints and detoxify your body. An ideal initiation to your wellness journey, promising a memorable experience!

Elimination of toxins. Soothing effect. Stress-reducing.

Thai Massage

90 min. / 145 €

A complete treatment carried out in various positions, such as lying on your back, side, abdomen and seated. Our skilled therapists use their palms, thumbs, elbows and feet to apply targeted pressure on your body's energy lines and key points. This remarkable massage incorporates muscle stretching and toning movements, ensuring a reenergizing experience. Subject to medical advice.

Enhanced suppleness. General relaxation. Improvement of the blood circulation.

Shirogriva Head Massage

55 min. / 105 €

An exceptional head therapy. With subtle, precise pressure applied to key points along the face, head and décolleté meridians, this experience delivers a unique relaxation for both your body and soul. An invigorating journey that alleviates tension, diminishes stress, eases insomnia and soothes headaches, leaving you with a sense of equilibrium.

Complete relaxation. Anti-stress effect. Attenuation of insomnia.

Sea Water Pools

AquaRoyal

30 min. / 30 €

This impressive aquatic seawater pool heated at 32 – 33 °C is the most complete thalassotherapy treatment. Immerge yourself in an ocean of wellness while enjoying the natural benefits of seawater. Multi tonic jets, geysers, waterfalls, umbrella, underwater jets, counter-current walkways with warm and cold seawater, aqua beds, aqua seats and an outdoor jacuzzi with magical view, provide a workout for revitalization and relaxation of your entire body.

Improves blood circulation.

Easing of muscles.

Stimulation of tissue (cellulite & slimming treatment).



AquaGym

30 min. / 40 €

Workout in warm seawater under the supervision of a qualified trainer. A variety of exercises aim at gently stretching or strengthening your muscles.

Muscle tone.

Relaxation.

Loosening of muscles.

AquaBike

30 min. / 40 €

Gymnastic exercises carried out on a water bike in a heated seawater pool, under the supervision of a qualified trainer, in order to improve your posture, body shape and well-being.

Loosening or toning of muscles.

Improvement of blood circulation.

Tissue mobilization.

AquaFit

30 min. / 45 €

AquaFit is a gym program carried out on water bikes, aqua ellipticals and aquatic treadmills in a warm seawater pool, under the supervision of a qualified trainer.

A unique circuit training, the best way to target core muscles and burn calories fast!

Toning of muscles.

Improvement of blood circulation.

Tissue mobilization.

AquaStream

30 min. / 45 €

Discover an extraordinary workout that combines the power of underwater jets with customized exercises led by a qualified trainer.

Improvement of blood circulation.

Tissue mobilization. Loosening or toning of muscles.



Welcome to Royal Mare Thalasso & Spa

From the sea to the skin

Royal Mare Thalasso Signature treatments by Phytomer

Our Philosophy

Step into a heaven of tranquility, away from the hustle of city life and refocus on the essential in a unique and spacious environment by the sea...

Our passionate and qualified therapists welcome you warmly, strive to adapt to your needs and to guide you in creating your personal experiences. Whether you are looking for serenity, relaxation, rejuvenation, weight loss, fitness activities or all of these at the same time... Royal Mare Thalasso & Spa Centre is ideal for you.

Supreme Youth Pioneer

90 min. / 135 €

Ultimate Treatment for the Face, Lips & Décolleté

This premium treatment restores the skin's freshness, youth and radiance. Its exceptional massage of the entire face and décolleté visibly smooths the skin while delivering absolute well-being. Throughout the treatment, the back is enriched with trace elements and a relaxing sensation of gentle warmth.

Oligomer® SPA

90 min. / 120 €

Remineralizing, Revitalizing Massage

This deeply relaxing, reenergizing signature massage includes both a full body exfoliating scrub and a massage. The session provides a unique sensory experience thanks to OLIGOMER® Phytomer legendary active marine ingredient and its extraordinary remineralizing and strengthening benefits. The head-to-toe exfoliating scrub and massage provide instant rejuvenation and incomparable relaxation. Scrub without shower.



Facial treatments by Phytomer

Deep Cleansing Facial

90 min. / 130 €

Deep cleansing facial is a rejuvenating multi-step treatment for all skin types, which effectively removes impurities, dead skin cells and excess oil from your skin. It includes exfoliation, cleansing with steam and a nourishing mask with hydrating ingredients, followed by a facial massage to obtain a clear and bright complexion.

Hydra Original

60 min. / 90 €

Plumping Thirst-Relief Facial with Organic Algae

A skincare essential that pairs moisturizing performance with intense relaxation using organic ingredients, sense-awakening textures and a relaxing massage to leave skin soothed and glowing, plumped and rested.

Expert Youth

60 min. / 100 €

Wrinkle Correction Treatment

The leading anti-aging ritual that targets all wrinkles to smooth the skin, reduce lines and re-plump the face.

Douceur Marine

60 min. / 80 €

Comforting Soothing Treatment

A nurturing treatment that softens sensitive skin and strengthens its defenses with soothing, hydrating results.

Acnipur

60 min. / 85 €

Blemish Solution Treatment

A cleansing program that effectively targets blemishes for visibly clearer, healthier skin and a smoother, fresher complexion.

Beauty Hydration

30 min. / 55 €

A very effective mineralizing experience for tired and dehydrated skin. It deeply nourishes and revitalizes, providing a radiant glow.

Facial massage 4 fingers

30 min. / 55 €

This energizing four finger massage revitalizes your skin and improves skin tone. Our skilled therapists use expert techniques to stimulate circulation, promoting optimal skin health and radiance, resulting in a more youthful and radiant appearance.

Men's Facial

60 min. / 85 €

Enter a skincare experience designed especially for men. Choose from a selection of moisturizing, youth-restoring, soothing and anti-pollution facials that have been specially adapted to men's skin needs.



Beauty for Body by Phytomer

Sculpt Zone

60 min. / 115 €

Targeted Heating Wrap Abdomen – Buttocks – Thighs

An intensive exfoliating scrub, a targeted massage and an innovative thermo-sculpting wrap eliminate curves and cellulite in record time. The results are remarkable with over 1 cm reduction in waist size in just 4 treatments.

Morpho Designer Massage

60 min. / 95 €

Perfect Contour Scrub and Massage.

Full body beauty: a slimmer, firmer, shape plus enhanced skin health overall. Following a smoothing exfoliation scrub, a slimming massage reshapes the body's curves to perfection and gives skin a flawless appearance. Scrub without shower.

Leg Revival

30 min. / 65 €

Leg Soothing Beauty Treatment

A targeted massage designed to soothe and relax sore, tired legs that also brings back their beautiful curves and contours.

Hydrating Body Massage

30 min. / 60 €

Hydrating body massage is perfect for people with rough, dull skin who wish to moisturize and revitalize their body. Experience the difference this treatment offers to your body.

Marine Scrub

30 min. / 55 €

An ideal treatment for beautifully radiant skin. It gently exfoliates, removing impurities and dead cells, while nourishing and hydrating your skin.

Firming Body Massage

30 min. / 65 €

A specialized treatment designed to improve skin elasticity and firmness, while toning and rejuvenating underlying muscle tissues. Our skilled therapists use advanced techniques to promote a tighter and more youthful appearance for your body.

Anti-Cellulite Body Massage

30 min. / 70 €

Experience this invigorating anti-cellulite body massage, expertly designed to target and reduce the appearance of cellulite, while leaving your skin visibly smoother and firmer.



MITSIS

BIOAROMA

Farm to skin organic cosmetics

Royal Mare Thalasso Signature treatments by Bioaroma

Radiant Minoan Skin - Theangelis

90 min. / 110 €

Anti-Aging Facial

Theangelis Facial Signature Ritual Treatment is an ancient beauty secret inspired by Minoans. TheAngelis, meaning a gift sent from the gods in Minoan times, is based on the ultimate antioxidant organic Dittany, also known as the angel's herb. This ritual treatment stimulates collagen production, minimizes fine lines, wrinkles and pigmentation, making it ideal for dehydrated, loss of volume and elasticity. Indulge in this luxurious ancient beauty ritual and experience the magic of TheAngelis.

Minoan Carob Indulgence

120 min. / 115 €

Lift, Tighten, Nourish

Discover the Minoan Carob Indulgence ritual, an invigorating experience to tighten and rejuvenate your body. Our organic carob scrub, renowned for its firming and nourishing properties, provides a luxurious treatment that leaves your skin refreshed and revitalized. Immerse yourself in this ancient Minoan tradition for an indulgent journey to a toned and radiant physique.



Facial Treatments by Bioaroma

Kistos Revitalization

60 min. / 85 €

Revive and rejuvenate your skin with the Power of Cretan Herbs. Introducing the Kistos Face treatment, featuring Cistus Creticus, the endemic rare plant of Crete. This luxurious treatment deeply hydrates and soothes the skin, while providing excellent antioxidant properties.

Aphrodite's Rose

60 min. / 80 €

Indulge in the luxurious and nourishing power of roses with our Aphrodite's Rose Face treatment, specially formulated for normal and mixed skin types. Rose, known as 'Rhodon' in Greek, is the star ingredient of this treatment, providing deep hydration and promoting a healthy, glowing complexion. This treatment also includes the signature Rhodon serum, featuring the powerful anti-aging properties of rose oil and other organic ingredients.

Artemis Crystal Facial with Rose Quartz

60 min. / 70 €

Indulge in the rejuvenating power of Artemis Crystal Facial with Rose Quartz, inspired by the Greek goddess. Just as Artemis is known for her ability to protect and heal, this facial treatment utilizes rose quartz crystals to soothe and hydrate the skin, while promoting lymphatic drainage.

Body Treatments by Bioaroma

Hippocrates Detoxifying Herbal

120 min. / 110 €

Experience the healing power of Hippocrates with our Detoxifying Herbal Full Body Massage. This revitalizing treatment combines slow strokes, acupressure and herbal blends to stimulate circulation, release toxins and rejuvenate your body.

Sage of Athena Sculpting treatment

60 min. / 80 €

Introducing 'Sage of Athena' a rejuvenating treatment for legs and abdomen that combines deep tissue and lymphatic techniques. This powerful treatment aims to combat cellulite using Cretan sage essential oil, known for its anti-cellulite properties. Experience the revival of both body and soul with Sage of Athena.

Nectar of the Gods

60 min. / 70 €

Nectar was a drink believed to be reserved for the Gods in Greek mythology and was said to provide everlasting youth and beauty. This name highlights the luxurious and hydrating nature of the treatment, as well as its connection to the ancient Greek culture. Overall, the Nectar of the Gods Body treatment is designed to deeply hydrate and nourish the skin, leaving the guest feeling renewed and refreshed.



Special Body Treatments

Oriental Hammam the ultimate Experience

1 person 90 min. / 105 €

2 persons (in separate treatment rooms) 2 x 90 min. / 180 €

Enjoy this exquisite cleansing and purifying ritual inspired by the Oriental culture!

The ritual begins with a visit to the steam room, allowing your skin to breathe as pores open and toxins are gently removed. After a few minutes your skin will be ready for the first care, the foam body cleansing with natural olive oil soap, followed by a peeling with Moroccan Kesse glove, which will cleanse your skin of the dead cells. Your skin will become velvety and soft. Then, the healing power of Ghassoul clay, blended with rose water, is applied on your body from neck to toe. This clay nurtures and tightens your skin without causing dryness. Finish with a luxurious body milk application will refresh and rejuvenate your skin. Then in our relaxation area, a fragrant tea awaits you.

Have some time all to yourself!

Endermology – Cell M6 advanced

45 min. / 80 €

A highly effective treatment that combats cellulite, improves body contour, sustains the benefits of cosmetic surgery and increases blood circulation.

Endermology – Cellu M6 (local)

25 min. / 65 €

Localized treatment designed to target specific body areas resistant to diet and exercise, such as stomach, waist and thighs. It effectively reduces surface cellulite, while improving skin elasticity and blood circulation

Vacuodermie® Massage

25 min. / 55 €

Elevate your skin's radiance and firmness with our advanced non-invasive Vacuodermie treatment. Using a blend of gentle sliding and firm techniques, combined with the precise application of specialized suction cups, this therapy penetrates deep into your tissues. A boost in collagen and elastin production, unveiling skin that exudes a youthful and radiant glow.



Additional Beauty Services

Royal Mare Thalasso Centre offers you a wide range of beauty services, according to your needs.

Manicure - Pedicure

Nail Polish 15 min. / 15 €

Nail Polish French style 15 min. / 20 €

Manicure 30 min. / 30 €

French Manicure 45 min. / 40 €

Pedicure 45 min. / 45 €

French Pedicure 55 min. / 50 €

Shellac (semi-permanent)

Shellac removal (fingernails or toenails) 20 min. / 15 €

Manicure 45 min. / 35 €

French Manicure 55 min. / 45 €

Pedicure 50 min. / 50 €

French Pedicure 60 min. / 55 €

Epilation

Full leg 30 min. / 40 €

Full leg & Bikini line 30 min. / 45 €

Half leg 15 min. / 25 €

Full arm 15 min. / 25 €

Half arm 15 min. / 15 €

Bikini line 10 min. / 15 €

Under arm 10 min. / 15 €

Upper lip & chin 5 min. / 15 €

Back or Chest 20 min. / 25 €

Eyebrow shape 15 min. / 10 €

Other Services

Huber 20 min. / 40 €

Solarium 20 min. / 20 €

Squash 40 min. / 12 €

Squash 3 times x 40 min. / 30 €

Personal training 30 min. / 25 €

Personal training 60 min. / 35 €

Sauna & Hammam Half day / 12 €

Sauna & Hammam Full day / 25 €

Sauna & Hammam 3 days / 60 €

Sauna & Hammam 6 days / 140 €



MITSIS

THALASSO & SPA PROGRAMS

Initiate your wellness journey with a personalised consultation to create a tailored program with our expert team. Mid-week, our experts will review your progress, and at the end of the week, you'll receive details for a home-based program.

Enjoy daily activities like yoga, Pilates, meditation, and more within our premises. Feel free to contact our gym instructors for additional information.

During your program, indulge in the complimentary use of our facilities: sauna, hammam and the external seawater pool.

For enhanced support, guided instruction in the gym area is available as an optional extra.

Your path to well-being starts here.

Essential programs

Serenity

2 days / 345 €

4 days / 620 €

6 days / 870 €

Extra day / 140 €

This program includes thalassotherapy treatments and well-being massages, to bring you vitality and deep relaxation. We have selected the most effective treatments to ensure remineralization and muscle relaxation. Fill up on energy with marine active ingredients and fully relax in an exceptional environment.

6 days - 4 treatments / day + 1 Body Scrub

- Daily hydro-jet bath 20 min. for muscle relaxation
- Daily AquaRoyal 30 min. or AquaGym 30 min. – (AquaRoyal is a 11 base water circuit to improve blood circulation, AquaGym is a water-based stretching program for gentle muscle enhancement).
- 3 underwater jet showers 20 min. for muscle and joint relaxation
- 3 seaweed body wraps 25 min. for gently release muscle tension
- 3 massages with organic essential oils 25 min. with anti-stress effect
- 3 relaxing massages 25 min. with calming effect

Energy

2 days / 365 €

4 days / 650 €

6 days / 900 €

Extra day / 145 €

An intensive program for the revitalization of the body with a stimulating and invigorating effect. It eliminates the effects of physical and mental fatigue as well as stress thanks to specially adapted tonic and revitalizing treatments.

6 days - 4 treatments / day + 1 Body Scrub

- Daily hydro-jet bath 20 min. with toning effect
- Daily AquaRoyal 30 min. or AquaGym 30 min. – (AquaRoyal is a 11 base water circuit to improve blood circulation, AquaGym is a water-based invigorating program for muscle tone).
- 3 jet showers 15 min. with stimulating effect
- 3 seaweed body wraps 30 min. for skin revitalization
- 3 massages with organic essential oils 25 min. with tonic effect
- 3 invigorating massages 25 min. to boost blood circulation



Exclusive programs

Harmony

4 days / 685 €

6 days / 990 €

Extra day / 165 €

Unique experience with seawater treatments and Spa treatments. A beneficial encounter between the therapeutic effects of seawater and an escape through massages from distant cultures. An immense feeling of well-being and a new vitality. You will leave physically and mentally refreshed by this trip to sensations.

6 days - 3 treatments / day + 1 Body Scrub

- Daily seaweed body wrap 30 min. for muscle relaxation
- 3 aromatic hydro-jet bath 20 min. for absolute relaxation
- 3 AquaRoyal 30 min. a 11 base water circuit to improve blood circulation
- 2 Abhyanga massages 55 min. for stress relief
- 2 Aromatherapy massages 55 min. for a calming effect
- 1 Balinese massage 55 min. for easing muscle tension
- 1 Oriental massage 55 min. for overall relaxation

Detox Slimming

4 days / 830 €

6 days / 1.090 €

Extra day / 170 €

This detox slimming program offers a gentle approach to refining your silhouette. Through a combination of seawater treatments and highly effective massages, we aim to purify your body and target specific areas for toning and reshaping. The program features advanced techniques such as Cellu M6, affusion water-mass and Vacuodermie sessions, which work together to combat cellulite, release localized fat and restore your skin's firmness. As a result, your figure is beautifully reshaped and your skin becomes firm and toned.

6 days / 4 treatments / day + 1 Body Scrub + 1 Nutritional Consultation

- 2 hydro-jet bath 20 min. for effective toxin elimination
- 2 Thalaxion bath 20 min. to firm your muscles
- 2 jet showers 15 min. for a stimulating effect
- 2 AquaFit 30 min. a dynamic aquatic cycling, elliptical and treadmill workout targeting muscle firmness
- 2 AquaBike 30 min. a water-based bike workout to optimize tissue mobilization
- 2 slimming seaweed body wraps 30 min. for toxin elimination
- 2 firming seaweed body wraps 30 min. promoting tissue stimulation
- 4 detoxifying massages 25 min. to refine your figure
- 2 Cellu-M6 (Endermology-LPG) 30 min. to break down of fat cells
- 2 Affusion Watermass 30 min. to increase skin elasticity
- 2 Vacuodermie 30 min. to improve skin appearance

* Enjoy the benefits of the famous Cretan diet with our personalized Ultra All-Inclusive proposition and feel healthier and more energized (at additional charge)



Vertebral

4 days / 710 €

6 days / 1.020 €

Extra day / 165 €

This specialized back ache program is designed to address your unique needs, providing targeted solutions to strengthen your spine muscles and prevent back pain. Specialized sessions led by experienced physiotherapists and personal trainers, focus on teaching you proper limbering, stretching and stimulating movements. By following this program, you can effectively eliminate pain and strengthen your back muscles, promoting a healthier and more resilient back.

6 days - 4 treatments / day + 1 Medical Consultation

- Daily hydro-jet bath 20 min. for spine ache relief
- 3 AquaGym Vertebral 30 min. a water-based workout designed to strengthen the spine
- 3 Marine Mud Body Wrap 30 min. for effective relief from spine pain
- 3 physiotherapies 30 min. to promote joint suppleness
- 3 sessions of re-education 30 min. to ease muscle tension
- 3 massages Vertebral 25 min. to alleviate back pain
- 3 personalized treatments, coached on the HUBER LPG device 20min. for improving body posture

* Medical consultation included in your programme

Vein Tone

4 days / 620 €

6 days / 910 €

Extra day / 155 €

A specialized program to reduce blood circulation disorders and "heavy legs" feeling. To relieve the sensation of heavy legs, improve circulation and venous return. You will benefit from a variety of customized treatments such as seawater treatments, cryotherapies and lymphatic drainage massages to eliminate toxins and tighten tissues.

6 days - 4 treatments / day

- 3 hydro-jet bath 20 min. for drainage and blood circulation
- 3 underwater jet bath 20 min. with lymphatic drainage effect
- 3 AquaRoyal 30 min. a 11 base water circuit to improve blood circulation
- Daily cryotherapy – localized seaweed body wrap 30 min. to relieve heavy legs and promote improved blood circulation
- 3 massages with organic essential oils 25 min. for toxin elimination
- 3 lymphatic drainage massages 25 min. to activate blood circulation
- 3 pressotherapy treatments 25 min. to reactivate the lymphatic system for a refreshed feeling



Mini Programmes

Oriental Journey

1 person 285 € / 2 persons 530 €

Start your journey of oriental beauty rituals: an exfoliating hammam body scrub combined with a detoxifying Rassoul body wrap to purify and soften the skin, a host of other invigorating seawater treatments and a full body oriental massage.

5 treatments – duration 220min. or 3hours & 40min.

- aromatic hydro-jet bath 20min. for muscle relaxation
- AquaRoyal 30min. a 11 base water circuit to improve blood circulation
- Affusion massage with 2 hands 25min. for easing of muscles.
- Oriental massage 55min. for overall relaxation and rejuvenation
- Oriental Hammam 90min. for purifying and deeply moisturizing your skin

Oriental Moments

1 person 199 € / 2 persons 350 €

Indulge your senses with a sensorial journey and release tension. A rejuvenating authentic experience, starting with an ultra-purifying scrub, combined with a detoxifying Rassoul body wrap. The skin is left deeply clean and silky.

3 treatments – duration 165min. or 2 ¾ hours

- aromatic hydro-jet bath 20min. for absolute relaxation
- Oriental Hammam 90min. for purifying and deeply moisturizing your skin
- Oriental massage 55min. for overall relaxation and rejuvenation

Vitality

299 €

A real moment of well-being! This program is an ideal opportunity to treat yourself to a unique moment of pleasure and regain vitality!

3 treatments - duration 210 min. or 3 ½ hours

- Aromatic hydro-jet bath 20min. for absolute relaxation & AquaRoyal 30min. a 11 base water circuit to improve blood circulation
- Body Scrub 25min. for smooth and silky skin & Beauty Hydration 25min. for deep moisturizing
- Abhyanga massage 55min. for stress relief & Deep tissue massage 55 min. to boost blood circulation.

Wellness Balance

280 €

An exclusively Spa program to travel to the heart of the marine world and experience a moment out of time.

3 treatments – duration 210 min. or 3 ½ hours

- 2 aromatic hydro jet baht 20 min. for absolute relaxation
- AquaRoyal 30min. a 11 base water circuit to improve blood circulation & AquaGym relax 30min. a water-based stretching program for gentle muscle enhancement.
- Abhyanga massage 55min. for stress relief & Aromatherapy massage 55min. for a calming effect



Ladies Care

275 €

Magical alliance of body and facial treatments. A perfect balance for a stay of deep relaxation.

3 treatments – duration 150min. or 2 ½ hours

- Body Scrub 25min. for smooth and silky skin & Hydrating Body massage 25min. for ultimate hydration
- Beauty Relax 25min. for energizing radiance & Eye Lift Expert 25min. to restore eye tissue.
- Massage with organic essential oils 25 min. with calming effect & Beauty Hydration 25min. for deep moisturizing

Thalasso Experience

99 €

Discover the essentials of Thalassotherapy and enjoy treatments dedicated to well-being!

3 treatments – duration 75min. or 1hour & 25 min.

- hydro-jet bath 20min. for muscle relaxation
- AquaRoyal 30min. a 11 base water circuit to improve blood circulation
- Massage relax 25 min. with calming effect



Information for a successful stay

Royal Mare Thalasso & Spa (adults only): 10:00 – 18:00 – daily

Fitness Area

07:00 – 23:00 / every day

Entrance permitted for clients above 16 years of age.

Sportswear & shoes obligatory.

Sauna, Hammam & Fitness Area

Free entrance for clients having a Thalasso program of 4 days and more.

Personalized training on request.

What to wear

The centre will provide you with a bathrobe, a towel, a bathing cap (required in all swimming pools of the Centre), as well as a pair of sandals.

Swimsuit is required when using Thalasso & Spa facilities.

Optional Services

Medical visit: 30 €

*Diet consultation: 30 €

* Enjoy your stay at the Royal Mare Thalasso & Spa Resort to discover, in a warm and friendly atmosphere, the famous Cretan diet, synonymous to health and longevity. A dedicated nutritionist is at your service, eager to provide expert guidance and design customized menus that not only help you lose weight but also allow you to relish the unique flavours of the famous Cretan diet and its exceptional ingredients. Our experienced chefs will reveal the secrets behind this healthy, delicious and light cuisine, introducing you to fresh culinary habits that are sure to captivate and seduce you.

*Our full-board diet cuisine will be at an extra charge.

Late Arrival

Kindly note that a late arrival may lead to a shorter treatments time, unless we can make adjustments to maintain the schedule for the next appointments.

Prior to your visit to our Thalasso & Spa, we kindly ask you to remove your jewellery and watches and secure them in your room's safe. Please be aware that we cannot assume responsibility for any misplaced or forgotten valuables.

To maintain a harmonious environment and uphold our guests' right to privacy and tranquillity, we kindly request to switch off your mobile phones during your visit in the Centre.

Please inform us of any health conditions, such as high blood pressure, pregnancy, heart issues or allergies when booking your treatments. You'll be required to complete a wellness form prior to your appointment.

Certain treatments may not be suitable for pregnant women in their first trimester. Contact our reception team for additional details and guidance.

All treatments take place in private cabins, apart from group sessions held in the swimming pools.

Indicated Thalasso prices are not included in your hotel room rate.

All programmes and treatments are subject to availability.

Kindly be advised to book treatments ahead of time, by calling 3802 directly from your room.

The company reserves all rights to modify programmes without previous notice.



Cancellation Policy

For cancellations, we kindly ask you to inform us not later than 4 hours prior to your treatment, otherwise 50% of the total treatment price will be charged.

Opening Hours & Reservations

Daily from 10:00 – 18:00

To book an appointment, please dial +30 28970 27340 or email: royalmare.spa@mitsis.com