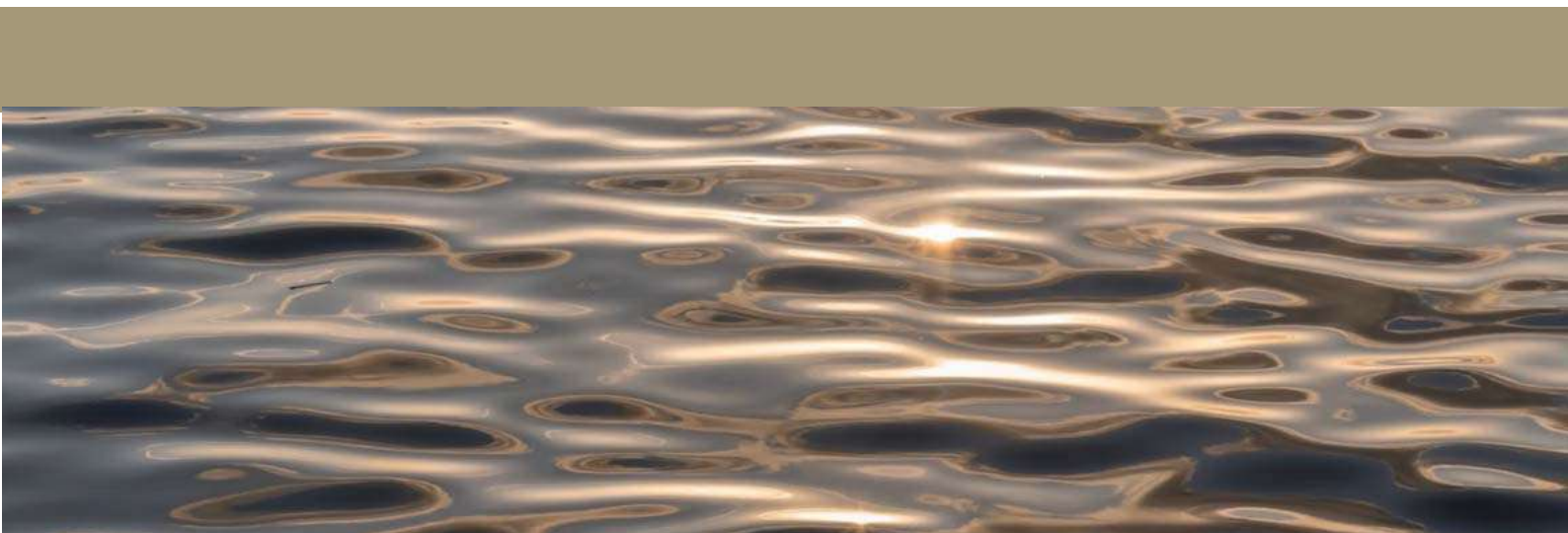




TREATMENT MENU

RODOSTAMO • SPA
PHYTOMER



DISCOVER OUR TREATMENT MENU IN PARTNERSHIP WITH PHYTOMER

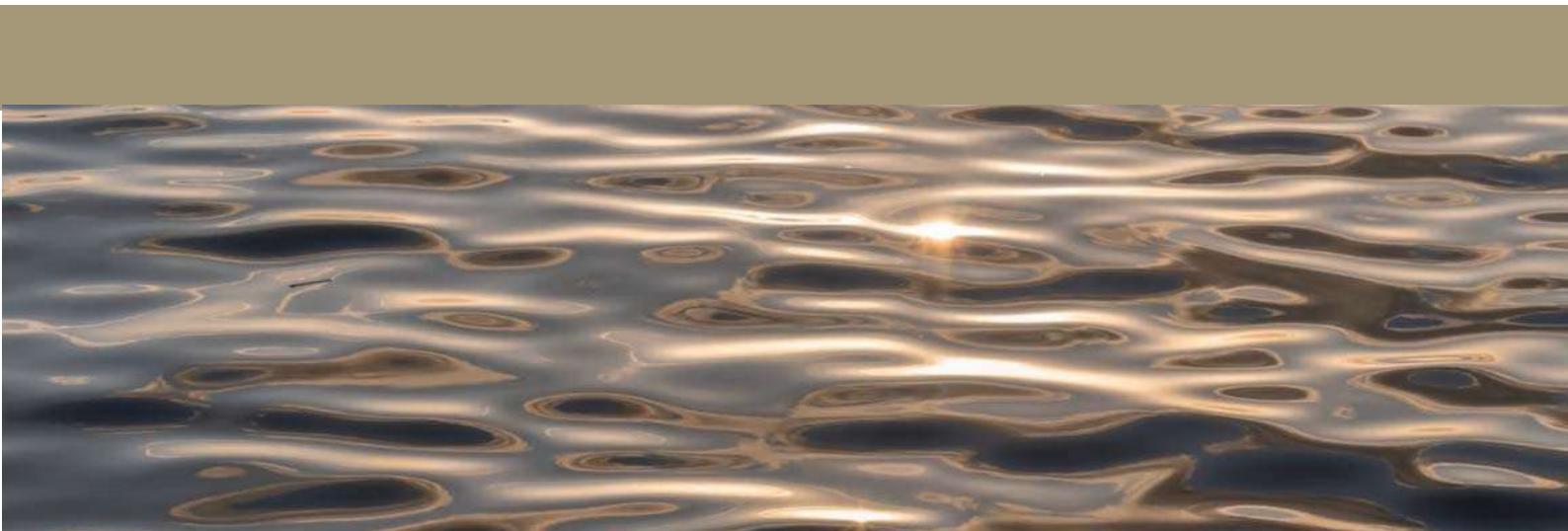
Let yourself be carried away by a wave of well-being.
Taste the benefits of natural products and treatments created in Saint Malo, France,
and chosen by the most beautiful spas around the world.

FROM THE SEA TO THE SKIN

Phytomer is the story of three generations and each one is driven by the same dream:
offer the skin the sea's most incredible benefits.

For almost 50 years, Phytomer creates exceptional treatments based on marine
ingredients to care for the skin and promote skin health and longevity.

PHYTOMER's treatments and well-being massages draw on highly-effective formulas
and specific massage techniques to provide maximum beauty results
and a total relaxation experience.



FACIAL TREATMENTS

- DEEP CLEANSING & DETOX** For Clear Skin 75 - 90' € 95,00
Deep facial cleansing with steam and a special detox treatment for every type of skin. An enzymic Peeling for exfoliation and a moisturizing - soothing mask.
- CLEAR SKIN EXPRESS** For All Skin Types 40' € 65,00
Personalized treatment that deeply cleanses the skin, leaving the complexion fresh, radiant, and rejuvenated. The care is tailored to your individual needs.
- HYDRA ORIGINAL** Plumping Moisturizing Treatment with Organic Algae 60' € 110,00
A skincare essential that combines moisturizing action with ultimate relaxation. Organic ingredients in formulas that awaken the skin, providing softness, hydration, radiance, firmness, and beauty.
- DOUCEUR MARINE** Comforting Soothing Treatment 60' € 110,00
Beauty treatment with marine prebiotic sugars, soothes sensitive skin, strengthens its defenses, combats inflammation and redness, while providing relief, hydration, and softness.
- EXPERT YOUTH** Wrinkle Correction Treatment 60' € 120,00
Leading anti-aging facial treatment with marine macromolecules and ingredients that contribute to cell reconstruction and production of collagen and elastin. It smooths and fills deep and superficial wrinkles, lifts the features of your face, providing youth, renewal, and rejuvenation to the skin.
- SUPREME YOUTH PIONEER TREATMENT**
Ultimate Facial Treatment Wrinkles . Firmness . Radiance 90' € 180,00
This premium total youth restoration treatment, cares for the face, neck, and décolleté. Specialized massage smooths and enhances the skin's elasticity, while offering complete well-being. Exceptional results in youth, regeneration, and skin radiance. During the treatment, you will enjoy the relaxing sensation of warm marine mud enriched with trace elements on your back for full rejuvenation, detoxification, and relaxation.
- GOLDEN** Collagen Booster Treatment 60' € 130,00
The Golden Collagen Booster Treatment, a powerful elixir of youth with pure hyaluronic acid, gold peptides, and a blend of precious active ingredients, offers your skin ultimate youthfulness and intense radiance. The results are immediately visible: signs of aging are reduced, lines are softened, the glow and quality of the skin are improved, highlighting your facial features.

[ADD-ON TREATMENT]

EYE PERFECTION Radiance Smoothing Eye Treatment 20' € 55,00
A complete, effective, and relaxing treatment for eyes full of beauty that shine youth.

RELAX BACK Remineralizing Anti-Fatigue Treatment 15' € 20,00
An extremely relaxing back massage, followed by a gentle application of the Boue Marin Auto-chauffant along the spine, with unmatched results in detoxification, relaxation, and musculoskeletal pain relief.
An add-on possibility for all PHYTOMER facials.

All of our facials can also be customised for men.

SPA RITUALS Face & Body Treatments

GOLDEN SPA Youth Face & Body with 24K Gold 90' € 210,00
A complete face and body treatment with the amazing, rejuvenating power of 24-carat gold, combined with rich notes of anti-aging flowers for a divine beauty experience.

AROMAVEDIC Relaxing Aromatherapy Ritual 90' € 170,00
Deeply relaxing and rejuvenating face treatment and body massage, with authentic apricot oil that balances the mind and body with its delicate scent, awakening all the senses.
Let go and enjoy a holistic beauty face and body treatment and offer your skin a velvety feel, softness, youth and radiance.

Please do not hesitate to be advised from our spa team for a special customized package!

BODY TREATMENTS

- MARINE SCRUB** Marine Body Scrub & Moisturizing Treatment 50' € 65,00
Exfoliation with sea crystals and nourishing oils combined with a massage, creates an express beauty treatment that leaves the skin soft and silky. Available with or without a shower.
- OLIGOMER® SEA FOAM EXFOLIATION** For Sensitive Skin 45' € 60,00
A soft foam for deep cleansing of the skin that moisturizes, tones and rejuvenates sensitive and irritated skin.
- SEA FOAM MASSAGE AND CALMING MASK** After Sun Treatment 75' € 95,00
An exquisite treatment that relieves, calms and hydrates irritated skin and offers an incomparable sensation of relaxation, softness and rejuvenation. Three basic steps to restore health to your skin: a gentle creamy-foamy cleanser is used with natural sea sponges followed by a soothing gel-mask and a moisturizing cream that offer your body comfort, elasticity and glow.
- MARINE DETOX BODY WRAP** Body Wrap & Massage 90' € 120,00
An original full thalassotherapy that activates the skin metabolism, detoxifies, restores the skin's radiance, smoothness and elasticity. This treatment, stimulates microstimulation and lymphatic system, promotes lipolysis and keeps the skin healthy. In an ambiance of marine breeze, enjoy this treatment and a complete relaxing body massage.
- SCULPT ZONE** Targeted Heating Wrap Abdomen – Buttocks – Thighs 60' € 110,00
An intensive exfoliating scrub, a targeted massage, and a next-generation thermo-sculpting wrap melt away unwanted curves and cellulite in record time. The slimming results are immediate and spectacular.
- GOLDEN SPA** Youth Body Ritual with 24K Gold 75' € 140,00
A special body treatment that revitalizes the skin and relaxes both body and mind. Enzymatic peeling and a mask with passion flower, Artemisia and 24-carat gold pearls hydrate, soothe, tone, and provide radiance, youth, and beauty to your skin. This unique ritual is completed with a relaxing massage. Freshness, fragrances, and radiance in the timeless art of beauty. (Body peeling without shower.)

ADD-ON TREATMENT

- OLIGOFORCE LUMINATION** Sheet Mask with Vitamin B3 € 15,00
Enjoy a multi-active sheet mask rich in OLIGOMER® and Vitamin B3 that offers your skin softness, youth and radiance.
- HAPPY FEET** Relax, Detox and Pain Relief 15' € 15,00
The ultimate treatment that can complement all body treatments. The therapeutic properties of warm marine mud envelop your feet, enhance lymphatic circulation, relieve fatigue and pain, while promoting relaxation and a sense of well-being and calm.

UNIQUE MASSAGE

Signature PHYTOMER Face Lifting Massage 45'

€ 65,00

Enjoy a precision lifting massage for face, neck, and décolleté with immediate and visible results of lifting your facial features, smoothing wrinkles, and rejuvenating your skin.

An innovative massage with Rose Quartz Roller & Shaper stimulates microcirculation and oxygenation of the skin, tones the muscular system, and enhances the mobility of the dermal tissue, filling and smoothing fine and deep lines on the face.

Just like after a "Face Lifting," your skin will be smooth, firm, and radiant.

Indulge in the most specialized beauty technique dedicated to youthfulness.

AROMA MASSAGE Aromatherapy Holistic Massage 75'

€ 120,00

A relaxing massage for the whole body and face with natural apricot oil and extracts of aromatic plants and herbs, which have therapeutic abilities appropriately chosen to suit your personal needs. It relieves from headaches, migraines, provides energy and releases endorphins, the hormones of happiness.

CANDLE MASSAGE Unique Experience Massage 60'

€ 90,00

Through a lovely perfumed ambiance, the massage with warm candles creates a memorable experience. The subtle creamy hot candle oil slides over the body nourishing deeply the skin, while a combination of various massage pressures, stretches and continuous movements, relaxes the muscular system, stimulates the blood microcirculation helping the body to eliminate all the daily stress by inviting you into a joyful sensorial escape.

LAVA SHELLS TROPICAL MASSAGE Unique Customised Massage 60'

€ 110,00

Enjoy a tropical massage with real shells of the Pacific Ocean that adapts to your personal needs. While the hot shells, roll alternately over your body with strong and gentle pressures, they eliminate muscle tension, calm the nervous system, enhance blood circulation and lymph. The uniqueness of Lava Shells Massage is the power of heat, touch and scent. The receptivity between the therapist and client creates an immersive experience.

MASSAGE

TRADITIONAL MUSCLE RELIEF MASSAGE 50' € 80,00
75' € 110,00

Through this muscle relief massage, experience a deep rejuvenation, soothe your mind, nurture your spirit and leave yourself to glide into the best sense of well-being.

DEEP TISSUE MASSAGE 50' € 110,00

A massage made to measure your needs which focuses on the deeper layers of your muscles using firm pressure helping to release tension around the spine, the lower back area, and other parts of the body.

HEALING HOT STONE MASSAGE 60' € 100,00

Smooth and warm basalt stones glide across your body in long, flowing strokes and leave trails of heat, following upwards from your feet through your legs and swirling all over your back.

BACK NECK AND SHOULDERS & SCALP MASSAGE 30' € 60,00

A focused massage on the back neck and shoulders with a variety of targeted movements that will relieve muscle tension and hair pulling is performed on the scalp.

RELAXING FOOT MASSAGE 30' € 60,00

A thorough relieving foot massage experience that aims to help increase blood circulation and relax tired heavy legs.

[ADD-ON TREATMENT]

OLIGOMER® Spa Peeling Massage 30' € 55,00

A rejuvenating exfoliation and massage for clean, radiant and detoxified skin. Peeling in cream gel gives your skin a silky touch.

Please do not hesitate to be advised from our spa team for a special customized package!

HAND AND FOOT SERVICES

Luxurius spa manicure	€ 55,00
Luxurius spa pedicure	€ 65,00
Normal spa manicure	€ 45,00
Normal spa pedicure	€ 55,00
Removal file & polish change	€ 25,00

WAXING

Our Rodostamo Spa uses the highest quality of wax with disposable tubes to enhance special sanitary standards for each client individually. We advise you that if you are sunburned or you are recovering from any chemical or laser peel, waxing will not be an option for any hair removal until you are fully healed . It is essential that you do not use a hot shower, steam room, or any forms of jacuzzi before or after a skin waxing service.

Lip and chin waxing	€ 20,00	Bikini line waxing	€ 30,00
Half leg waxing	€ 30,00	Brazilian waxing	€ 50,00
Full leg waxing	€ 50,00	Eye Brow Shaping	€ 20,00
Arm waxing	€ 30,00	Back waxing	€ 50,00
Under arm waxing	€ 20,00		

EXTRA SERVICES

When a full treatment is chosen no additional charge for the thermal suite is required.
You can also make an appointment for our other services upon request:

Hair services	ask for price
Make up	ask for price
Thermal suite	€ 25,00
sauna, hamam heated jacuzzi	

SPA ETIQUETTE

RODOSTAMO SPA DAILY HOURS

10 am to 7 pm (last appointment at 6 pm)

SPA RESERVATION

For spa enquiries or reservations, please call the spa directly at 809 from your room, or (+30) (+30)6985 073 788. We highly recommend booking your treatment in advance to ensure your preferred treatment time.

CHECK IN PROCEDURE

Please arrive 15 minutes prior to your treatment in order to complete the health consultation form and prepare yourself. Late arrivals will affect the duration of your scheduled appointment to avoid disruption to other guests. Spa robes, slippers and towels are provided upon your arrival in a private locker. For the complete spa experience we recommend you arrive at least 30 minutes before your treatment to enjoy our Spa Facilities, Sauna and Steam Room (upon reservation).

CANCELLATION POLICY

Cancellations or changes made within 6 hours will be subject to a charge of 50 percent of the treatment price. No notification of cancellation will result in a full charge of the treatment price.

PERSONAL BELONGINGS

We recommend that you leave all jewellery and valuables in your room before coming to the spa. The Rodostamo Spa cannot accept responsibility for any loss or damage of your personal belongings.

HOMECARE

A detailed homecare consultation ensures continued results. To create a personalised spa routine at home allow our highly trained therapists to recommend to you the products most suitable for you.

AGE RESTRICTION

Note that children under 16 years old are allowed to use the Spa Facilities only when accompanied by adults.

SPA GIFT CARDS

Treat a loved one with an ultimate experience of pure relaxation. Select between our spa services or retail products and offer an unforgettable gift.

PHYTOMER





COMMITTED, ALONGSIDE YOU,
TO SUSTAINABLE BEAUTY
AND RESPONSIBLE WELL-BEING




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