



The Westin Health Club & Workout features Anazoe Spa

The Anazoe Spa experience offers a full range of specialty treatments based on health and beauty practices of ancient Greece, utilizing the area's exclusive natural and revitalizing ingredients, as well as products from around the globe. Anazoe introduces an exotic blend of age-old treatments that have been handed down from generation to generation, harmoniously combined with the discoveries of modern science.

Treatments are performed to the accompaniment of soothing music based on ancient Greek modes and scales. The ancient Greeks believed music to be divine, capable of healing both body and soul.

Oleotherapy® Signature Treatments

At Anazoe we have developed signature treatments that constitute a harmonious combination of ancient wisdom and modern science. The therapeutic olive-oil treatments (oleotherapy®) are based on local practices inscribed on clay tablets discovered at the nearby Palace of Nestor. Many of the therapies expand on the ideas and knowledge of Hippocrates, known in the West as the father of medicine, who described olive oil as “the great therapeutic”. Building on this ancient knowledge, treatments are totally individualized to address your personal ‘type’ and specific needs, identified through a questionnaire and private consultation. European massage techniques using select products are then combined with the appropriate mix of treatment technologies and aromatherapy, to the accompaniment of therapeutic music composed exclusively for Anazoe, to offer a total spa experience with visible results.

Messinian Salt & Honey Scrub

This luscious honey-based scrub uses the honey of Messinia to soften your skin while lifting your spirit with a combination of healing oils and local herb essences. **50 minutes**

Traditional Olive Nourishing Facial

This refreshing and soothing facial utilizes the ingredients of lime blossom, sage and olive leaf to provide skin with a healthy glow. Includes a hydrating ampoule treatment to improve the quality and appearance of the skin as well as a luxurious facial massage and a hydrating hand and foot treatment. **80 minutes**

Healing Massage Remedy by Hippocrates

The Healing Massage Remedy by Hippocrates is an innovative style of massage combining advanced soft-tissue therapies with techniques derived from the ancient healing art of physiotherapy. By fusing ancient therapeutic knowledge and Greek aromatherapy in a unique manner, our Healing Massage Remedy will leave you feeling invigorated and renewed. **50 or 80 minutes**



Anazoe Dynamics

Choose three of these popular treatments! Can be combined and done in any order to suit your own personal needs.

- 25 minute Head, Neck, and Shoulders
- 25 minute Reflexology
- 25 minute Consultation with our specialized physiotherapists or osteopaths

Massage Practices

Used through the ages to improve general health, massage is an integral part of your spa experience. The many benefits of massage include stress reduction, increased circulation, shortened recovery time from sports injuries and a general sense of well-being.

Anazoe Classic Massage

This gentle, relaxing full-body massage is a spa classic. Therapists adapt their technique to suit your personal needs while increasing circulation, relieving muscle tension and promoting relaxation. **50 or 80 minutes**

Aromatherapy Candle Massage Remedy

Effective combination of activating or relaxing tissue practices, a range of motion techniques utilizing Anazoe essential oils to work the central nervous system and indirectly relax muscles. The Anazoe aromatherapy essential oil blends will be personalized to your special needs.

50 or 80 minutes

Melisseus, The Spirit of Honey

Heat & Honey are good for the skin and support the body's own energy balance. The Honey Concept combines the power of heat with various massage techniques. The application of gentle heat promotes circulation and relaxes muscles, which in turn helps loosen stubborn knots during massage. An amazing multi-faceted treatment, the results of which include a special experience for the senses. **50 or 80 minutes**

Golfer's Retreat

The complex technique of golf presents a specific challenge for a golfer's body. This balanced, individually prescribed treatment is the perfect preparation for a round of golf and ideal for post-game relaxation and revitalization. The treatment incorporates the most modern therapeutic methods, including three Kinesio tapings, full body massages and neural stretching. It enhances the body's balance, improves the golf swing and also involves stretching exercises. **50 minutes**



“Monolithos” Holism*

Devised by Ancient Greeks hundreds of years ago, this therapy uses the monolith combined with our specialty blended grape oil. The monolith is smoothed over each muscle, relaxing the body and soothing the spirit. **80 minutes**

Reflexology

The art of massaging specific pressure points on the hands, ears and feet which correspond to individual parts of the body. Through stimulating hand, ear and foot pressure points, the body is able to find its own energy path. **50 minutes**

Deep Tissue Massage

A therapeutic, firm massage which focuses on specific areas to relieve tension. Using various strokes and deep pressure, specific muscle tension is released and flexibility restored. Recommended after golf, tennis or a strenuous workout. May include assisted stretching. **50 or 80 minutes**

Couple’s Massage

Enjoy an Anazoe Classic, Aromatherapy Candle or Deep Tissue Massage side-by-side in our beautifully-appointed double rooms. **50 or 80 minutes**

In – Room

Experience a massage treatment in the privacy of your room. Evening treatments are available until 20:00. **50 or 80 minutes**

Osteopathy

The skeletal system with its muscles is the largest structure in the body. Osteopathy theory and practice are firmly in line with the concepts of Hippocrates. The guest is considered and treated as a whole. Osteopathy utilizes structural diagnosis and manipulative therapy as part of its philosophy and practice and is therefore an integral part of total guest care, since it is not confined solely to painful conditions of the musculoskeletal system.

Osteopathic Manual Therapy

A holistic science, based on a comprehensive system of diagnosis and treatment. A way of detecting and treating damaged parts of the body such as muscles, ligaments, nerves and joints. The practitioner works with the body to enhance its natural ability to self-regulate and self-heal. **80 minutes**

Craniosacral

A gentle, light-touch technique that eliminates muscle and energy blockages within the craniosacral system. The practitioner uses subtle palpitations and light pressure points of the cranium and sacrum to enhance the body’s natural healing capabilities. Please wear loose-fitting clothing. **50 minutes**



Osteopathy & Pregnancy

Throughout pregnancy, the body undergoes continual musculoskeletal changes, which can be frequently associated with functional limitations and disability such as pelvic and lower back pain. The osteopath has the opportunity to contribute to the musculoskeletal system structure and function and hence influence the altered homeostasis, thereby reducing discomfort and making the pregnancy more comfortable. **50 minutes**

Osteopathy & Kids

A gentle, hands on therapy specially designed for young children. It restores health by helping the body's own healing mechanisms to return to their normal level of functioning. The osteopath will gently hold your child in a way which encourages the anatomy and physiology to return to health. Most children find this process very calming and often fall asleep during the treatment. Factors which may be contributing to particular problems and ways to address them are discussed with the parents during the consultation. **50 minutes**

Osteopathy & Sports

Mobility of the body is of the utmost importance! Poor flexibility in the joints and muscles will prevent the body from performing at its optimum and is often a contributory element to injury. By assessing the posture and condition of those structures which make the human body a dynamic machine (the bones, joints, muscles, ligaments and connective tissues), the osteopath is able to promote a rapid recovery from injury. Osteopathy can help prevent as well as treat injuries. It is particularly effective for sports that require controlled body mechanics such as golf and tennis. **80 minutes**

Facials

We have selected the finest skin care products for Anazoe Spa's custom facials. All facials include thorough skin analysis, cleansing, facial masque and/or therapeutic treatment, facial massage, moisturizing and home care regimen. Please avoid direct sun exposure immediately after your facial.

Anazoe Deep Cleansing Facial

This purifying treatment for all skin types includes a gentle exfoliating peel to remove dull surface skin cells. It is followed by a luxurious facial massage and a deep-cleansing Anazoe masque and botanical extracts to rejuvenate and nourish the skin. A heated hand treatment completes the experience. **80 minutes**

Anazoe Herbal Facial

Suited for normal, dry and mature skin, this treatment utilizes herbs which work to relax, detoxify and soothe facial muscles while simultaneously hydrating the skin. This treatment includes a gentle peel and a luxurious facial massage specifically chosen according to skin type. **50 minutes**

Gentleman's Facial

A deep cleansing, therapeutic facial designed specifically for the special skin care needs of men, including sensitivity and razor burn. Relaxes the skin as it refines pores. Includes a luxurious facial massage and deep-cleansing masque. **50 minutes**



Select facials listed may be upgraded with the following treatments. Upgrades are performed within the 50 or 80 minute services.

Radiant Eyes & Smooth Lips

A healing and rejuvenating treatment for the delicate skin around the eyes and lips. Imparts moisture and nutrients while smoothing fine lines and wrinkles. Includes brow shaping.

Eye Lash or Brow Tinting

Tinting the eyelashes or eyebrows is a quick and easy solution for those who depend on mascara to darken their lashes or brows. Tinting is perfect for men and women with blond, reddish, or light brown hairs who wish to have more clearly defined eyelashes.

Hand & Foot Care

Enjoy the Messinian lifestyle with well-groomed hands and feet. Our natural manicures and pedicures include nail and cuticle conditioning, nail shaping and polish application.

Manicures

Citrus Manicure 30 minutes

French Manicure 30 minutes

Oleotherapy® Manicure (Including hydrating treatment, Anazoe moisturizer & manicure)
30 minutes

Gentleman's Manicure 30 minutes

Pedicures

Citrus-Mint Pedicure (stimulating and refreshing, excellent for tired feet) 60 minutes

Chamomile-Clove Pedicure (detox & relaxing, soothes sore muscles & joints) 60 minutes

Oleotherapy® Pedicure (Including hydrating treatment, Anazoe moisturizer & pedicure)
60 minutes

Oleotherapy® Waxing

Lip, Brow or Chin

Underarm

Half Leg or Arm

Full Leg

Bikini

Back or Chest



Anazoe Kids & Teens

Offer your kids the healthful benefits of oleotherapy® with these specially designed therapies just for them! A parent or guardian must accompany children for the duration of their visit. Children over the age of 6 are welcome in the spa but must be accompanied by a parent or guardian for the duration of their visit. However, children under the age of 12 are not allowed to use the private lounge areas, wet areas, fitness room or pool. Since Anazoe Spa is committed to providing a safe environment for everyone, minors (17 and under) who receive closed door treatments must have a parent or an adult in the room for the duration of the service.

Oleotherapy® Kid's Massage

This light massage is a great introduction to massage for any young person. Therapists providing massage are gender specific. **25 or 50 minutes**

Oleotherapy® Kid's Facial

An enjoyable and enlightening primer for a lifetime of healthy skin. This facial includes a thorough cleansing and toning of the skin, a gentle mask with steam and a facial massage.
25 minutes

Oleotherapy® Teen Facial

Deep cleansing, toning, steam, mask, extractions and a facial massage all at once! Designed to accommodate all skin types. **50 minutes**

Kid's Foot Therapy

A citrus and honey version of our Oleotherapy® Pedicure. First, we soak the feet in a citrus and honey bath, then we trim nails and apply the Anazoe oleotherapy® moisturizer. The final touch is an application of polish. **25 minutes**

Kid's Hand Therapy

A citrus and honey version of our Oleotherapy® Manicure. First, we soak the hands in a citrus and honey bath, then we trim nails and apply the Anazoe oleotherapy® moisturizer. The final touch is an application of polish. **25 minutes**



Recommendations & Spa Etiquette

The Westin Health Club & Workout a full-service fitness facility. A robe, towel, and slippers are provided, in addition to grooming and shower amenities. Guests are advised to bring a bathing suit to take full advantage of the facilities. Before visiting the health club, we recommend that you leave any valuables in a safety deposit box at the hotel reception. Out of consideration for other guests, we ask that cell phones be turned off while at the health club.

Appointments & Check In

Guests are advised to arrive at least 30 minutes prior to their first appointment to allow themselves ample time to check in, change, and enjoy the health club's extensive facilities. Showering is also essential before any treatment, not least because the beneficial oils are best absorbed through clean skin. Out of consideration for all guests, late arrivals will not be given an extension of scheduled treatment times and the full cost of the treatment will be charged.

Personal Consultation

Before each treatment, guests are asked by our specialists to mention anything which they consider to be of special importance with regard to the booked treatment. Thus, the valuable treatment time can be ideally coordinated to satisfy the specific needs and priorities of each guest. During the treatment, please don't hesitate to communicate any feeling of unpleasantness or discomfort. Good communication is the key to a perfect treatment!

Opening Hours

Mondays to Saturdays	12:00 – 20:00
Sunday	10:00 – 18:00

Payment

All treatments will be charged to your room and will appear on the room account at the time of departure from the resort. Guests are welcome to pay by credit card or cash if preferred.

Cancellation Policy

As a courtesy to other guests and our therapists, any cancellations must be made at least 24 hours prior to appointment time. Appointments cancelled with less than 24 hours' notice will be billed 50% of the treatment cost. No shows or appointments cancelled with less than five hours' notice will be billed 100% of the treatment cost.

Age Requirement

Guests under 17 years of age must be accompanied by a parent or legal guardian in order to receive treatments.