

*Ef-Zin*

SPA MENU

Theros, the season of summer, heat and harvest, a state of mind, a concept of life.

A Holistic experience of island happiness, inspired by the concept of Ef-Zin, meaning wellness in Ancient Greek, it encompasses a lifestyle based on Aristotle's philosophy of completeness and the pursuit of happiness.

Indulge yourself in a tailored experience created by our trained therapists.

Our Spa and Wellness Center is inviting you to gloriously switch off and take a pause. Find your inner peace through immersive experiences that reconnect you with nature and your being.

## OUR PREFERRED BRANDS

### CODAGE PARIS

CODAGE Paris is a contemporary House of French cosmetology founded by Julien and Amandine Azencott, a brother and sister who grew up admiring their family, which was active in the field of medicine and pharmaceuticals. Passionate about health and beauty, they aspired to breathe new life into cosmetology. Convinced that every skin is unique and deserve its own special treatment, the founders of CODAGE decided to reestablish the prestige of the idea of service. With CODAGE they reinvented the traditional pharmacy experience, giving each person an opportunity to discuss, with an expert, his or her lifestyle and to receive a bespoke formula in exchange. Each formula is clean, natural and not tested on animals. At the heart of CODAGE's expertise: serums. Their fluid galenics have the advantage of containing very high concentrations of active ingredients and penetrating the deepest layers of the epidermis. A real Modern Spa Apothecary experience.

### 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.

## THE EF-ZIN SIGNATURES

### EF-ZIN HIPPOCRATIC MASSAGE THERAPY, POWERED BY OLIVE OIL EXTRACTS

This therapy is inspired by the four principles that Hippocrates outlines when it comes to massage therapy. Vigorous techniques that firm up the body, gentle massage that relaxes the body, flowing massage that lightens the body and moderate massage that thickens the body. Our Signature Ef-Zin Hippocratic treatment is also powered using Olive Oil extracts, rich in Vitamin E, that offer an antioxidant activity to the skin, therefore it leaves you feeling not only re-invigorated and relaxed, but also with a nourished and supple skin. An empowering, yet soothing and relaxing experience, where pressure is adjusted to your needs and concerns.

*60 min. | €110*

### EF-ZIN CALM & EASE MASSAGE, POWERED BY CBD OIL

Especially recommended for anyone suffering from aches and stiffness, this full body massage will ease tense muscles and bring harmony to body and mind, using relaxing Swedish Massage techniques, and our CBD infused Massage Oil, that helps provide relief in chronic pain and inflammation. The effects of CBD oil can last up to two hours and is a great way to calm down and ease your mental state. CBD oil also contains hemp, which conditions the skin making it supple and soft.

*60 min. | €110*

### EF-ZIN FACE CELLULAR WORKOUT EXPERIENCE

This facial treatment features targeted gestures and techniques that guarantee to give the skin a youthful glow and a radiant complexion, improving clarity and 'waking up' those facial muscles that increase blood circulation, to the surface of the skin and help improve lymphatic flow. Just like taking your face to the gym, but so much more nurturing.

*60 min. | €115*

# THE MASSAGE & BODY THERAPY

## THE MUSCULAR-RELIEF MASSAGE

The powerful detoxifying essential oils of juniper, mint and lemon myrtle will help relieve muscle tension in specific areas of the body, either to release lactic acid build-up and muscle stiffness due to over-exertion in the gym, or to reduce fluid retention and improve poor circulation associated with cellulite conditions. A deep and adjusting pressure massage that will leave you feeling relaxed and ache-free.

**30 min. | €60 (Focuses only on the back)**

**60 min. | €105 90 min. | €135**

## THE RELAXING MASSAGE

A true source of stress-relief, this enveloping massage soothes and relaxes you, for a moment of pure wellbeing. Tension is released and the skin is left nourished, deeply moisturized and incredibly soft.

**30 min. | €55 (Focuses only on the back)**

**60 min. | €100**

**90 min. | €130**

## THE CONTOURING & LYMPHATIC DRAINAGE MASSAGE

This massage uses controlled pressure and rhythmic circular movements that are used to stimulate the lymph flow and encourage the natural drainage of the lymph system. It is recommended for detoxification, to reduce water retention and combat cellulite. Excellent for discomfort and those that want to detox through an excellent massage ritual.

**60 min. | €110 Course of 3 | €290**

## THE HOT STONE MASSAGE

The power of hot stones will help release any tension trapped in the muscles, whilst reducing stress and anxiety. This Massage promotes a healthier sleep, and it is a boost on the immunity. Placing the stones on key points, the heat from the stones is deeply relaxing and helps warm up tight muscles allowing our therapists to apply a deeper pressure to those areas needed without causing discomfort.

**60 min. | €115**

## THE PREGNANCY MASSAGE

Our Pregnancy Massage relieves discomforts experienced during pregnancy such as backaches, leg cramps headaches or swelling. A therapeutic protocol that focuses on the specific needs of mothers-to-be as the body goes through the dramatic changes of pregnancy. A gentle, yet effective massage.

**75 min. | €120**

## THE HEAD & SCALP MASSAGE WITH HAIR OIL TREATMENT

Warm oil is massaged throughout the scalp working to relax tight muscles in the temple and neck regions. This treatment promotes a therapeutic action to the hair using an oil blend that combines Coconut, Sweet Almond, Baobab, Macadamia, Apricot, Hazelnut, Grape Seed and Pomegranate.

We recommend that you keep the hair oil on your head for at least one-hour post treatment, before you wash off, to ensure a deep therapeutic action.

**30 min. | €50**

### THE RELAXING FOOT MASSAGE

Massaging the feet can bring you to a deep state of relaxation. Also releases any blockages that holds back energy which should be flowing through the body freely. This ritual can be combined with any massages from our menu.

*20 min. | €45*

### THE SUGAR, MACADAMIA & SHEA BUTTER BODY EXFOLIATION

This full-body scrub, infused with Sugar, Macadamia and Shea Butter, eliminates dead skin cells, refines skin texture, revitalizes and reawakens the skin. Particularly suited for those who wish to exalt the beauty of their skin. The treatment is rounded off by the personalized application of concentrated body milk that gives vitality to the skin.

*40 min. | €65*

### THE EXFOLIATING & NOURISHING BODY WRAP (An After-Sun Spa Ritual)

A cocooning After-Sun Experience, this therapy begins with a thorough body exfoliation to reveal the smoothest skin, before get cocooned in an enveloping body wrap of a warm Hydration and Recovery Body Milk. A deeply nourishing and calming experiences for the softest skin you 've ever had.

*60 min. | €90*

## THE FACE THERAPY CODAGE PARIS

### CODAGE HAUTE COUTURE FACIAL

This is a luxury, custom treatment for the face, neck and décolleté that targets and answers all your desires and needs. The customized Facial Couture treatment begins with a comprehensive skin diagnosis. Your skin is like new, deeply and lastingly regenerated with the help of a personalized combination of high-performance CODAGE serums and specific massage techniques.

The 90-minute ritual includes hand massage, and a relaxing scalp massage for a unique feeling of well-being.

*60 min. | €100*

*90 min. | €130*

### CODAGE LIGHTENING PEELING TREATMENT

This treatment is specially dedicated for skin with dark spots and pigmentation needs. A true highly exfoliating professional peel to smooth out skin texture, lighten the complexion and visibly fade dark spots for an even and radiant complexion.

Recommended to be performed after 5pm, to avoid direct exposure to the sun. Sun protection is also recommended the following days and no sun tanning for the face.

*60 min. | €90*

## CODAGE THE SPEED SPA GLOW

This 15-minute protocol includes double-cleansing, and a deeply moisturizing mask to prepare your skin for a safer exposure to the sun. A quick head massage is applied whilst the Hyaluronic Acid mask plumps your skin and gets you ready for the Beach or your dinners. A great therapy to add-on to your massages and body therapies.

**15 min. | €40**

## CODAGE MEN'S FACIAL BOOST OF RADIANCE

This treatment is specially dedicated to male skin that is dull and lacking radiance due to external environmental factors or everyday shaving. An elixir of youth, bringing back energy to your skin cells, to help erase the signs of tiredness and give you vitality and glow.

**45 min. | €90**

## IS CLINICAL COSMECEUTICALS

### IS CLINICAL FIRE & ICE 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.

**60 min. | €110**

### IS CLINICAL EYE BRIGHT THERAPY

*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 min. | €45**

### FACE THERAPY ADD-ONS

*Scalp Massage - 10 min. | €20*

*Foot Massage - 10 min. | €20*

*Shoulder & Décolleté Massage - 10 min. | €20*

## THE EF-ZIN SPA RITUALS 'Parea' – A Complete

### *Rejuvenation - Experience for Two*

Body Exfoliation 30min  
Choice of Massage 60min  
Speed Spa Facial 30mins  
**120 min. | €380 (for both)**

### *'Soma' - Body Detox & Re-Shape*

Body Exfoliation 30mins  
Contouring & Drainage Massage 60mins  
**90 min. | €150**

### *'Epoulosi' - Anti-Ageing Skin Vacation*

Haute Couture Facial 60mins  
Eye Bright Treatment 15mins  
Contouring & Drainage Massage 60mins  
**2hours 15 min. | €205**

### *'Hypnos' - Sleep Recovery*

Ef-zin Total Relaxation Massage powered by CBD Oil 60mins  
Haute Couture Facial 60mins  
**120 min. | €200**

### *'Olistiko' - Complete Spa Rejuvenation*

**Day 1:** Body Exfoliation 30mins  
Ef-zin Total Relaxation Massage powered by CBD Oil 60mins  
**Day 2:** Haute Couture Facial 60mins  
Bright Eyes Treatment 15mins  
**Day 3:** Relaxing Massage 60mins  
Foot Relaxing Massage 15mins  
**3 Days | €400**

## HANDS & FEET

### SPA PEDICURE

A full pedicure treatment to soothe your tired feet, including exfoliation, foot mask and a relaxing foot massage, followed by an application of nail varnish of your choice.

**€55 Plus, Soak-Off LUXIO Polish | €70**

### SPA MANICURE

A full manicure treatment including exfoliation, nourishing hand mask and a soothing hand massage, followed by an application of nail varnish of your choice.

**€50 Plus, Soak-Off LUXIO Polish | 65**

**Simple manicure: €30**

**Simple pedicure: €45**

**Simple Soak-Off Manicure: €50**

### EPILATION (WAXING)

**Full-leg | €30**

**Full-leg & bikini line | €40**

**Half-leg | €20**

**Bikini line | €12**

**Full bikini (Brazilian) | €20**

**Upper lip & chin | €12**

**Back | €20**

**Underarm | €10**

**Chest | €25**

**Half-arm | €15**

**Full arm | €20**

**Eyebrow shaping (waxing or tweezers) | €16**

## SPA ETIQUETTE

### *General*

Please arrive 15 minutes prior to your treatment, where you will be requested to complete a health and lifestyle questionnaire. Time loss through late arrival may result in shortened treatments without a refund.

We kindly request that guests do not wear jewellery when using the Spa. For safety reasons, valuables must be deposited in the room safe. Our Spa is not responsible for loss or damage to guests' personal belongings.

Guests under the age of 16 are not allowed in the Gym, or Jacuzzi area and may not book a treatment.

For in-house guests, we recommend wearing the robe and slippers provided in your suite. Alternatively, we can provide you with a robe and slippers at our Spa.

During some Spa treatments you will be provided with a disposable undergarment by our therapist, and you will be always draped appropriately. Kindly note, swimwear is compulsory while using any public areas of the Spa.

### *Taking a Treatment*

It is highly recommended to book your appointments well in advance. To avoid any disappointment, either phone our Spa reception or visit the Spa, or you can book your appointment by visiting our app.

All of our therapists are trained to always ensure your privacy and comfort.



During treatments, please let your therapist know if you are comfortable or uncomfortable, too warm or too cold, or if their pressure is too light or too firm. Your comfort and care are our greatest concern and priority.

For best results we recommend that men shave a few hours prior if having a facial treatment. We also recommend that ladies remove all make-up before any Spa treatments.

If you have a particular injury or physical condition, please inform our therapists. They can suggest appropriate adjustments to the treatment for your comfort and enhancement. There is no pressure to talk during a treatment. It is entirely up to you. If you have any questions or would like to talk, certainly do so. The therapist will take their cues from you. If you are quiet, they will be too.

#### *Cancellation Policy*

Please note that no fee will be applied for any cancellations that will take place at least 24 hours before your appointment. For any cancellations that will take place within 24 hours from your appointment, a 50% cancellation fee will be applied.

The full amount will be charged for no shows or for cancellations up to 2 hours from the appointment

#### *Spa Environment*

To preserve the Spa's tranquillity, we respectfully request that you leave your mobile phones switched off in your locker. This is the time for your body and mind to release worries and stresses of the day. Please remember our Spa is a non-smoking area. Please conduct all conversations at levels consistent with a relaxing Spa environment.

#### *Wet Facilities*

Kindly shower before using any of our facilities.

A towel should always be placed on the sauna bench when sitting, due to being a common area. Please do not add oils or other products to the sauna bucket without first speaking to a member of staff.

#### *Gym and Fitness areas*

Please place a towel provided between you and the fitness equipment when exercising and wipe down after use. Use of all gym equipment is purely at the individual's own responsibility and risk. Appropriate fitness attire is always required.

#### *Spa Hours*

Daily from 10:00 a.m. to 8:00 p.m.  
All facilities are subject to availability



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