



# ELLA WELLNESS & SPA

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EXPERIENCES & THERAPIES MENU





Welcome at Wellness & Spa by Ella Resorts, where tranquility meets rejuvenation in our luxurious 1.000 m<sup>2</sup> of pure bliss. Indulge in bespoke treatments and experiences tailored to your needs and let your worries melt away in our calming oasis.

## PHILOSOPHY

'The natural healing force within each one of us is the greatest force in getting well'

Hippocrates

Ella means 'come' in Greek. This powerful word can create natural forces within each one of us to be and feel well. We welcome guests from all over the world to our first integrated resort on the island of Rhodes, where we offer interconnecting wellness experiences.

Ella Wellness & Spa, a natural sanctuary for those seeking to restore their bodies and minds for healthy living. Your well-being is the most important investment you can make.



With a philosophy deeply rooted in Greek traditions, in its purest and most authentic form, our highly trained spa professionals shall guide you along a multilayered yet personalized path towards wellness, featuring pioneering steps that add up to a journey of high renewal and rediscovery. Every aspect of your experience in our tranquil and idyllic setting -the perfect backdrop- is curated around you, for you. Wellness is not just a luxury, but a necessity for a fulfilling life.

Dedicated to delivering treatments that visibly renew and enhance our guests' inside out, we invite you to choose the program that resonates with you the most.

Explore our menu and let us explore your individual preferences through a detailed lifestyle consultation, and help you choose the best path to your Euphoria. We are here to create a pampering journey of choice that helps recharge you in a beautifully designed space with stimulating aromas, healing sounds, and signature treatments.

Let's start today. Together.

# ELLA WELLNESS & SPA EXPERIENCE

THE WELLNESS PASS (2 hours)	35€
FULL DAY PASS*	55€
2 DAY PASS*	100€
5 DAY PASS*	130€

Experience a luxurious signature journey that begins with a dip in our indoor heated pool and is followed by a visit to our exclusive Ella Thermal Suite. This special zone offers a range of cold and hot experiences that are designed to invigorate and refresh your body and mind.

- Indoor heated pool.
- Steam room on 45-50° with 100% humidity.
- Finnish sauna on 80-90°.
- Herbal sauna on 45 °with up to 50% humidity and natural herbal essences.
- Cold room on 5°.
- Experience shower with lighting effects in combination with cold and hot water jets.

The 'Wellness Pass' includes a beverage of your choice from our 'Healthy Juice Bar'.

Please note that this session involves heat. If you have a heart condition, high blood pressure, sensitivity to heat, or are pregnant, we recommend avoiding it for your comfort and safety.

\*Access is available only during operating hours.



## FITNESS & MOVEMENT

Unveil a sanctuary where wellness transcends the ordinary. In Ella Wellness & Spa, our Fitness & Movement Specialists curate bespoke fitness journeys tailored to your unique lifestyle and aspirations. Whether you seek heightened body awareness, athletic prowess, or enhanced strength and flexibility, our holistic approach ensures a rejuvenating experience where every step leads you closer to your fitness goals.

### PERSONAL TRAINING

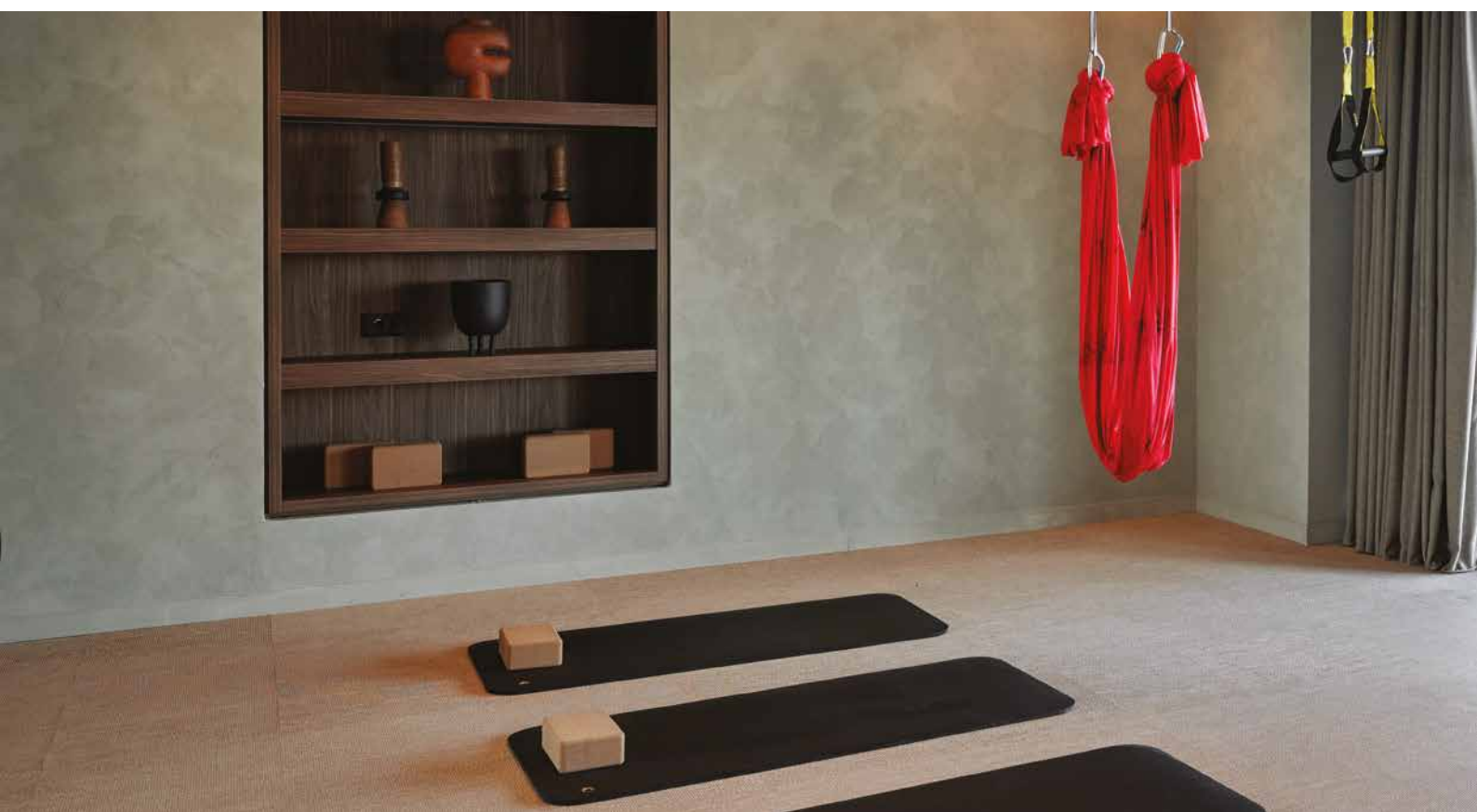
Discover fitness redefined. Our cutting-edge facilities boast state-of-the-art cardio and weight-training equipment, plus a tranquil stretching zone designed to elevate your fitness journey. Our Fitness Specialists are here to craft personalized programs tailored to your lifestyle and aspirations, whether you're a seasoned fitness buff or just starting out.

Individual	60/90 min	45/65€
Couple prices are per couple	60/90 min	70/90€
Private group (3-5 people) prices are per person	60/90 min	30/40€

### GROUP FITNESS & MOVEMENT PROGRAMS

Experience our curated lineup of group classes, designed for every skill level. Explore our weekly Fitness & Movement Group schedule and contact the Ella Wellness & Spa Reception to prebook your spot.

Group programs prices are per person	30/60 min	10/15€
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## THE SIGNATURE ELLA RITUALS

### RENAISSANCE BODY GLOW

110 min 190€

Indulge in a gentle **full body exfoliation** and a **firming body mask** featuring nourishing olive and rose extracts. Our skilled therapists then perform a soothing head-to-toe **herbal pouch massage**, and a **revitalizing gel application** enriched with red grape extracts and 'súma'.

### LOUTRON

95 min 160€

This voyage of renewal starts with a soothing **steam bath** to prepare your skin for a revitalizing **loofah exfoliation** and a cleansing **face, body & hair mask** which will leave your skin glowing. Conclude your journey with a soothing **full-body massage** and transcend into pure bliss.

Please note that this treatment involves heat. If you have a heart condition, high blood pressure, sensitivity to heat, or are pregnant, we recommend avoiding it for your comfort and safety.

### WINE HARVEST

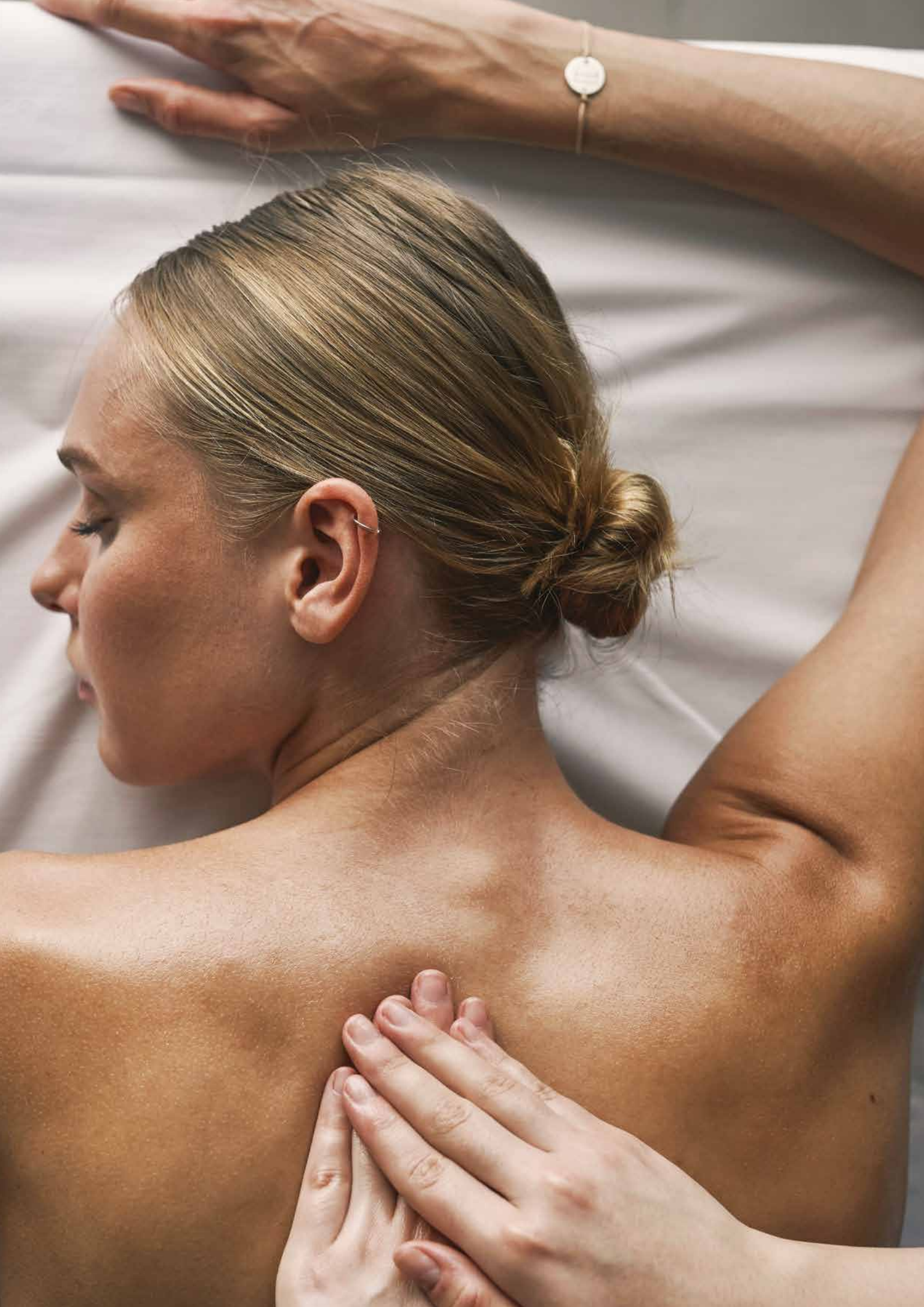
80 min 160€

Step into serenity with our luxurious **body scrub and mask**, infused with nourishing olive kernels, red grape, and fragrant rose petals. Finally, a blissful **aroma-candle massage** will transport you to a state of pure tranquility.

### 'HELEA' REVITALIZING EXPERIENCE

50 min 120€

Begin this rejuvenating experience with a gentle **body scrub** made of ground olive kernels and a blend of Frankincense & Patchouli oils. Your skin is now prepared for the **luxurious massage** that follows, featuring a velvety **oil butter** for elasticity and nourishment.







# THE MASSAGE COLLECTION

## RELAX & UNWIND MASSAGE

25/50/80 min 85/110/160€

The ultimate aromatherapy relaxation ritual. Experience the healing power of essential oils combined with a **light to medium pressure massage**, designed to release tension and promote deep relaxation.

## HOT STONE MASSAGE

80 min 160€

Feel tension melt away as our skilled therapists work their magic in a **soothing manual massage**, that incorporates the use of **warm volcanic stones**. The level of pressure can be adjusted to your comfort allowing you to immerse in pure relaxation.

## AROMA CANDLE MASSAGE

50 min 120€

Immerse in a deeply **relaxing massage**, while warm oil from a 100% **natural candle** will nourish and hydrate your skin. Let the flickering flame and divine essences carry you away.

## DEEP TISSUE MASSAGE

25/50 min 105/130€

An **intense**, muscle release **massage**, designed to relieve tension and soreness. Deep pressure techniques enhance circulation and release blockages providing renewed energy and vitality.

## 'THE CROWN' MASSAGE

50 min 110€

Physical or emotional stress is held in our neck and shoulders. Release tight muscles and stiff joints with this **localized back, neck, shoulders and scalp massage** for an enhanced sense of wellbeing.

## 'MOTHER-TO-BE' PREGNANCY MASSAGE

50 min 135€

Designed specifically for expectant mothers from **3 to 8 months pregnant**, this **soothing massage** applies **light pressure** that eases tension and provides maximum comfort.

# FACIALS

## BIOLOGIQUE RECHERCHE PERSONALIZED FACIALS

An invitation to amplify one's individual beauty. Truly personalized facials that address both current epidermal needs and long term goals. Our Biologique Recherche facials feature unique massages for the face, neck and décolleté and state-of-the-art formulas offering a bespoke experience.

### HYDRATING LIFTING FACIAL 50/80 min 130/170€

A reconditioning, hydrating facial that refines the epidermis, erases dehydration lines and restores lost volume.

### LE LIFT FACIAL 50/80 min 130/170€

A sculpting, exfoliating facial that renews the epidermis, brightens and unifies the complexion.

### RE-ENERGISING FACIAL 40/50/80 min 100/130/170€

A repairing facial that plumps up fine lines, gently exfoliates, renews and hydrates the epidermis and helps control the sebum production.

Enhance your 80 min facial with a selection of the following additional masks:

**MASQUE PIGM 400:** brightening and illuminating mask for the face.

**PATCHS DÉFATIGANTS:** eye contour mask to combat dark circles, wrinkles and puffiness.

**PLATYSMA:** a lifting and toning mask for the lower part of the face.

**LIFTKISS:** hydrating, smoothing and plumping lip contour mask.



## ARIADNE ATHENS EXCLUSIVE FACIALS

Award winning spa-brand 'Ariadne Athens' has curated these lavish facial rituals, which will indulge your skin with their velvety textures and sensual aromas, while revealing a firmer, more hydrated, supple, radiant look.

### LUNAR GRACE

60 min

130€

Specifically designed to target dull skin and fine wrinkles, this luxurious **anti-ageing facial** incorporates precious gemstones for a total glass skin complexion, leaving the skin visibly firmer and lifted.

### SKIN REBIRTH

50 min

120€

A high-performance **regenerating facial**, an all-in-one personalized treatment that will deeply moisturize the skin, reinforce natural cellular turnover and improve overall appearance.

### EXPRESS GLOWING PEARL

25 min

80€

This **luminous facial** treatment provides instant glow and firmness thanks to coveted ingredients such as rapeseed extract and vitamin C which are clinically-proven to even skin tone and texture, and stimulate collagen production.

### SPARKLING EYES

25 min

65€

The **ultimate eye ritual**. It will help brighten dark circles, reduce puffiness and minimize fine lines, revealing a youthful appearance for the delicate skin around the eyes.



# BODY TREATMENTS

## BIOLOGIQUE RECHERCHE BODY COLLECTION

This selection of Biologique Recherche body treatments, will provide a one-of-a-kind body care experience thanks to the outstanding products with high concentration of active ingredients.

### SCULPTING & CONTOURING

50/80 min 130/170€

A **draining treatment** that reduces water retention, activates the metabolism, stimulates the gut functions and treats local fat deposits. Available as a localized (50 min) or a full body treatment (80 min).

### LE LIFT MASSAGE

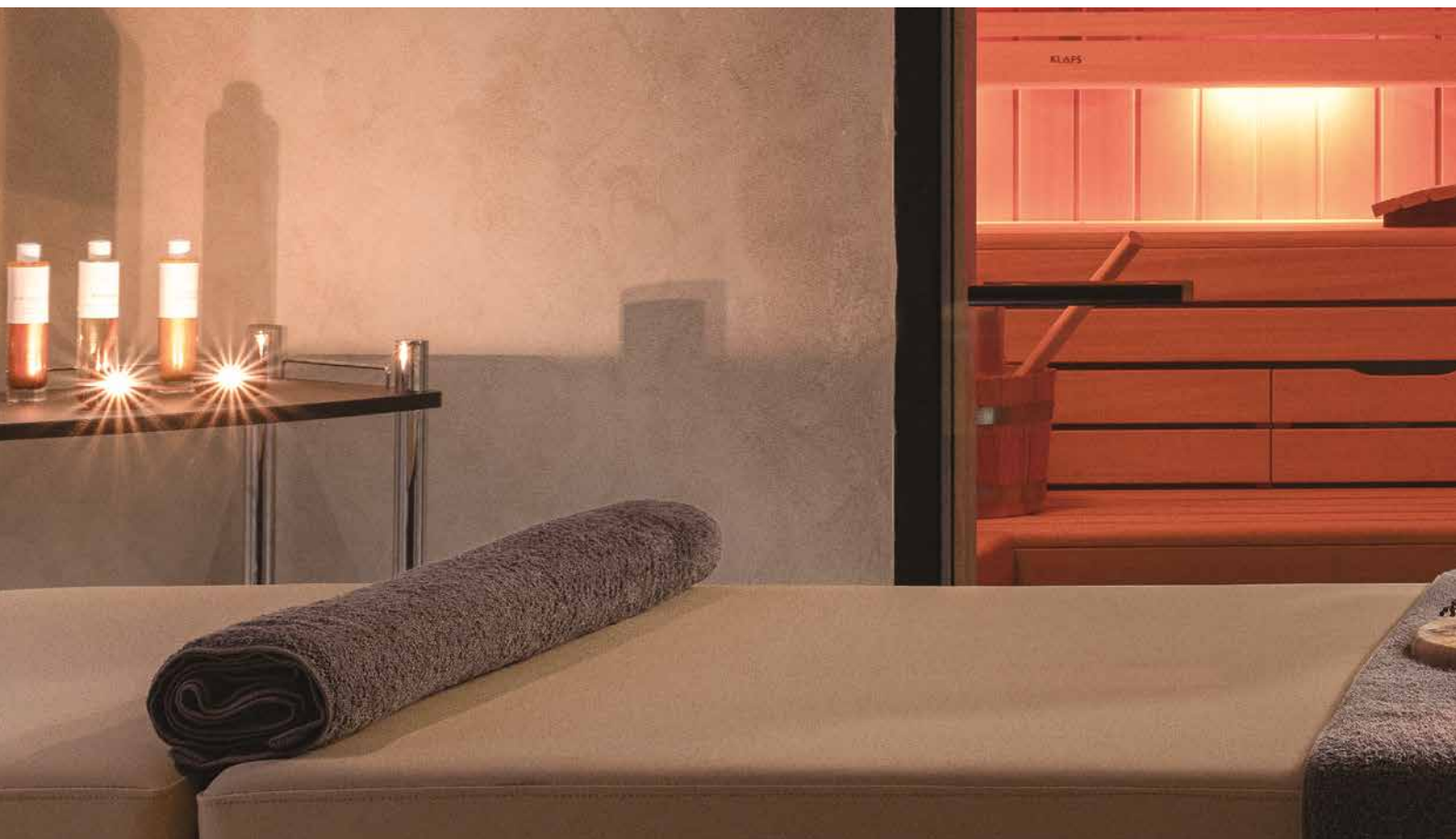
50/80 min 130/170€

An **exfoliating massage treatment** that renews and firms the epidermis improving elasticity and skin texture. Available as a localized (50 min) or a full body treatment (80 min).

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**ULTIMATE REJUVENATING TIP:** Enhance your body treatments with the addition of a 25 min Algae Wrap in the beginning of the session, allowing the epidermis to eliminate toxins and be better hydrated, while improving your microcirculation and boosting metabolism for an overall feeling of well-being. Extra charge of 30€.

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## ARIADNE ATHENS BODY COLLECTION

Merging unique bio-actives with natural and organic Mediterranean rare ingredients these ultimate body care treatments will render your skin a soft and delicate texture and divulge its inner beauty.

### STARDUST GOLD

65 min 140€

A gentle exfoliation scented with jasmine and gardenia prepares the body for the nourishing benefits of our 24K Gold Body Mask. A relaxing full body massage will then immerse you into pure bliss.

### UNDER THE SUN

50 min 95€

While you receive a relaxing scalp massage, a full body yoghurt mask will minimize skin inflammation. Next, our aloe & water lily hydrating gel will leave your skin soothed and refreshed.

### FATIGUED LEGS RELIEF TREATMENT

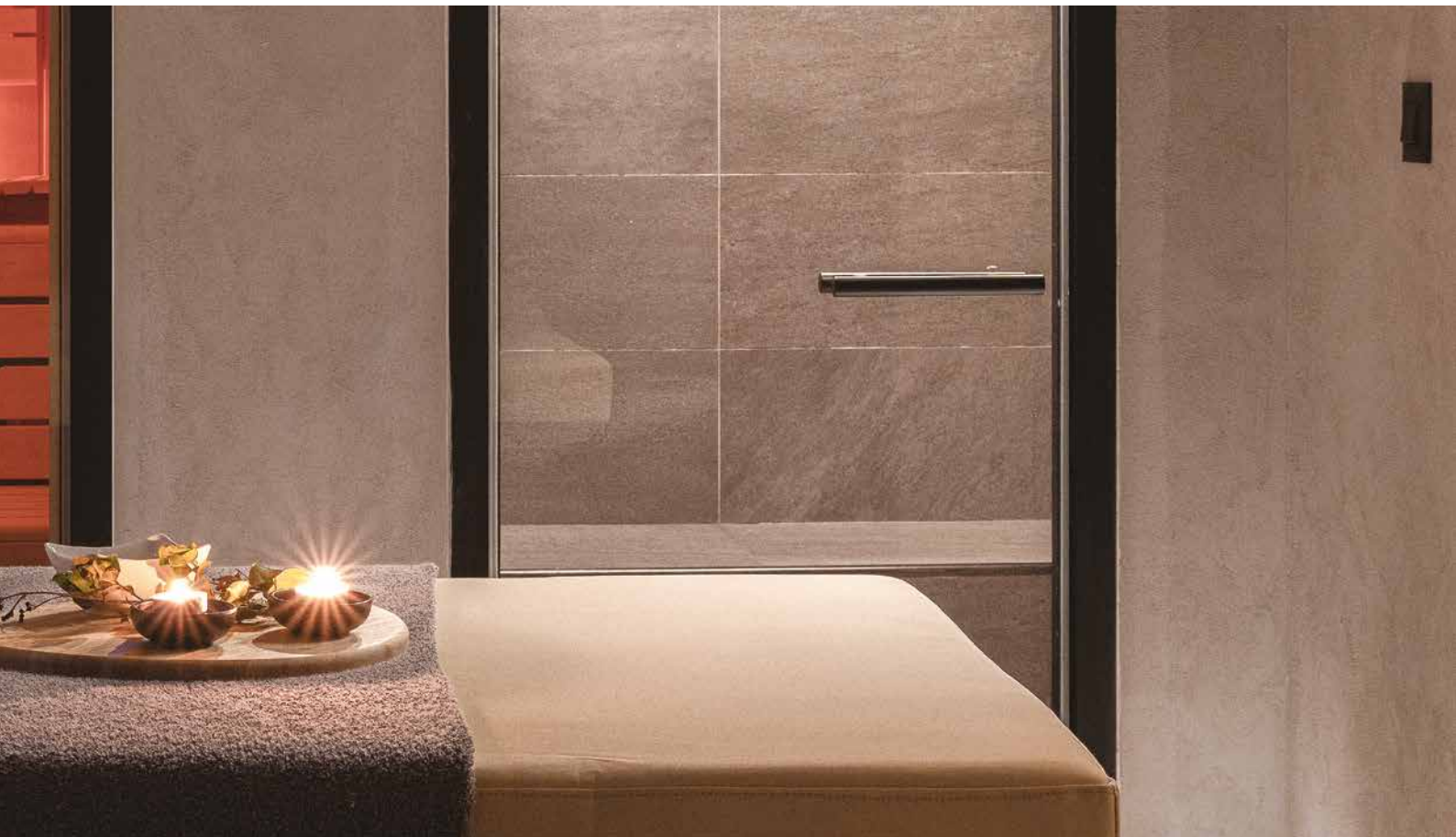
40 min 90€

Ultimate comfort for tired legs is achieved by this treatment, beginning with a cleansing scrub to smooth away dead cells, and concluding with a cooling and hydrating gel mask that stimulates drainage.

### EXPRESS BODY POLISH

25 min 65€

A full body exfoliation with fine white sugar crystals will gently remove dead skin cells while promoting skin elasticity and softness. Finally, a delicately scented body butter will seal in all the moisture and nourishment.





# ELLA WELLNESS & SPA DAY EXPERIENCES

## THE BASICS

2 hours 30 min 240€

- Express body polish 25 min
- Relax & unwind massage 80 min
- Skin rebirth facial 50 min

## TOTAL BEAUTY PAMPERING

4 hours 290€

- Wine harvest body ritual 80 min
- Lunar grace facial 60 min
- Sparkling eyes' treatment 25 min
- Ella manicure
- Ella pedicure

# THE BEAUTY SALON COLLECTION

## HANDS & FEET CARE

Ella Manicure/ Ella Pedicure	50/60€
Gel polish Manicure/ Gel polish Pedicure	70/80€
Nail polish/ Gel polish	20/25€
Gel polish removal	20€

## WAXING

Half leg/ Full leg	30/50€
Half arm/ Full arm	25/40€
Under arm	20€
Bikini	30€
Brazilian	45€
Hollywood	60€
Belly	20€
Back & chest	50€
Upper lip/ Chin	20€
Eyebrow shape	20€

## HAIR SALON

Hair wash & blow dry	50€
Hair cut for Men/Women	40/60€
Hairstyling	from 30€
Hair repair therapy	40€
Hair hydrating therapy	40€



## THE LITTLES' MENU

Introduce your young ones, aged 4 to 13, to an unforgettable beauty experience!

### PRINCESS

45€

Treat your little royalty to an enchanting session featuring makeup, hairstyling and hand nail polish. A sparkling tattoo and a few delightful accessories will provide an extra touch of joy.

### KNIGHT

25€

Brave knights, gear up for your next daring quest with a gallant hairstyle, sword, and shield in hand!

### MINI SHAPE & POLISH

15€

Indulge in a nail reshaping followed by your choice of color from our extensive selection of tox-free kids lacquers.

### MINI HAIR CUT

35€

### HAIRWASH & BRAIDING (3-5 braids)

55€



# ELLA WELLNESS & SPA ETIQUETTE

## SPA ENVIRONMENT

Indulge in our haven of relaxation and renewal. Please keep mobile phones silent and refrain from smoking to preserve the tranquil ambiance. Our attentive team is here to customize your experience, ensuring your complete immersion in our sanctuary of tranquility.

## AGE LIMIT

Our spa and fitness amenities, along with treatments, fitness programs, and beauty salon services, are designed for guests aged 16 and above, unless stated otherwise. For guests under 18, parental consent in writing is mandatory for any services provided, and parents must be present in the room during the session.

## HOURS OF OPERATION

Ella Wellness & Spa: 10:00 - 19:00  
Ella Fitness Center: 8:00 - 19:00

## APPOINTMENTS

To schedule a spa experience, you can easily contact us via email at [wellness-rhodes@ellaresorts.com](mailto:wellness-rhodes@ellaresorts.com) or call us directly at +30 224 105 4400. It's highly recommended that you book your treatments in advance to secure your preferred service and time slot. If you prefer privacy during your session, we can offer in-room spa services at an extra charge, subject to availability.

## CANCELLATION POLICY

Experience spa bliss with ease and flexibility. We value your time and understand life's surprises. To cancel a treatment, please notify us at least 4 hours in advance for individual treatments and 24 hours in advance for multiple treatments and packages. Cancellations within these time-frames will incur the full treatment charge.

## SPA ARRIVAL - ENHANCEMENTS

We suggest that you arrive 30 minutes prior to your first scheduled appointment to maximize your spa experience. During this time, you can enjoy the use of our indoor heated pool and the Ella Thermal Suite facilities, and take some time to unwind before your treatment. We kindly request that you leave your jewelry and valuables in your room safe or the hotel safe.

## HEALTH MATTERS

Experience tailored spa treatments at Ella Wellness & Spa. Please notify us of any health conditions when booking. For optimal results, avoid alcohol before, during, and after your spa experience. Upon arrival, our wellness concierge will guide you through a brief consultation form to ensure personalized care.

## SPA ATTIRE

To ensure your comfort during treatments, you may choose to wear undergarments, although our therapists are fully trained in proper draping techniques to ensure your complete privacy. Kindly note that swimsuits are required in certain areas of the Ella Wellness & Spa.

Rates are subject to modifications. The prices mentioned are in Euros and include 24% tax.





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PART OF ELLA RESORTS COLLECTION



ELLA  
WELLNESS  
& SPA

## RESERVATIONS

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