



MARE / SANUS  
SPA

*σαόω (saóō)  
means 'safe and sound'  
in Ancient Greek*

This perfectly describes our discretely hidden spa within the heart of Santorini's Caldera wall.

At Andronis' Mare Sanus boutique hideaway spa we approach you as the unique individual that you are, offering you our philosophy of holistic wellbeing so that you rediscover your best self and, most importantly, live in harmony with you!

With the powerful energy of volcanic, sun-drenched Santorini, combined with our culture of 'xenia' – where we welcome you as our friend – we wish you an unparalleled experience here with us.



# The Three Essences

**by Andronis**

We source our essences from an organic farm in Crete, where the soul of the plants – the petals, roots and leaves - are distilled into essential oils of high healing vibration that have a tangible effect on your physical body, your state of mind and your spiritual wellbeing.

## ● Energy

**EUCALYPTUS, BASIL, PEPPERMINT**

Ease aching muscles, clear your mind, renew your spirit

## ● Rest & Calm

**ROSEMARY, LAVENDER, LEMONGRASS**

Harmonize your emotions, calm your mood, restore your inner peace

## ● Balance

**ORANGE, GERANIUM, SANDALWOOD**

Find your joy, feed your passion, love yourself





# Mare Sanus Rituals

Experience Mare Sanus wellbeing from top to toe in a delicious sequence of treatments designed to disconnect you from here and transport you to ... who knows where. Our rituals are properly holistic journeys through your senses, using our own Essences by Andronis.

## ENERGY

⌚ 2h   ⌚ 330€   ⌚ 650€

**Andronis Foot Ritual | Head to Toe Body Scrub | Holistic Full Body Massage| Tea Ritual**

A powerful series of reviving treatments, using our invigorating blend of scents, to cleanse your body and boost your energy system leaving you with an easy sense of freedom and fluidity.

## REST & CALM

⌚ 2h   ⌚ 350€   ⌚ 680€

**Andronis Foot Ritual | Mediterranean Rosemary Lavender Scrub | Essential Head & Scalp Release  
Be Lifted Face Massage| Back, Neck & Shoulder Massage | Tea Ritual**

A meditative journey through five treatments that transports you into deep relaxation leading you to reconnect with the inner peace that lives within us all. This is your ritual of ultimate rest.

## BALANCE

⌚ 2h   ⌚ 330€   ⌚ 650€

**Andronis Foot Ritual | Whole Body Massage with passive stretching | Scalp Release |Tea Ritual**

A selection of treatments that focus on muscular release and conscious breath to bring you back to balance, both physically and emotionally. This ritual results in an overall sense of harmony.

# Andronis Signature Treatments

Choose one or create your own combination of our Signature Treatments below, either just for you, or together in our treatment rooms for couples. Let your intuition guide your choice.

## Holistic Full Body Massage

This therapeutic, Swedish massage comes with soft to medium pressure and a free-flowing style intuitively led by your therapist. Choose this treatment to balance your overall wellbeing.

🕒 60min. ○ 165€

🕒 90min. ○ 225€

## Back, Neck & Shoulder Massage

This therapeutic massage focuses on areas of muscle tension in your back, neck, and shoulders to encourage a fluid range of motion in these areas.

A healthy spine is key to overall body alignment and the free flow of energy.

🕒 30min. ○ 95€

🕒 45min. ○ 150€

## Bamboo Massage

In this full body treatment, we massage you with bamboo sticks, which present the energy of well-being, longevity, and a sense of positivity. It's a deep and strong technique, using long symphonic movements, to release pain and stiffness in your muscles, while also instilling deep relaxation afterwards.

90min. 240€



# Enhance Your Experience

with these Add-Ons

## Essential Head & Scalp Release

This relaxing massage for your scalp, head and neck releases tension in these areas. Soft, gentle, stretching movements and a nurturing blend of oils takes you into a deep meditative state.

🕒 30min. Add On    ○ 95€

## Foot Ritual

This ritual is a treat for your feet. We use an energizing scrub to smooth your skin, a Marma point (energy points in the body, according to Indian Ayurveda) to stimulate your circulation and a healing balm to make your feet feel soft and nurtured.

🕒 30min. Add On    ○ 75€



# ESPA

Guided by 30 years of experience in delivering deeply sensorial and personalized treatments, ESPA is chosen as a wellness partner of the most prestigious spas around the world today

Their leading Aromatherapists and biochemists expertly craft every product and treatment, combining the wisdom from natural and effective therapies with the scientific power of the purest natural ingredients.

Through a holistic approach, nurture and nourish your whole wellbeing, bringing harmony and balance to your mind, body and spirit.

Our ESPA range of products and treatments have been carefully selected to create a memorable spa experience. Your personalized journey of well-being will be formulated to combine the therapeutic benefits of highly professional products, with modern techniques.

Enter a world of exquisite beauty and indulge yourself in the abundance of relaxing, restorative and rejuvenating treatments.



# ESPA Facial Treatments

Reveal skin that glows each day with natural health and beauty.

By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalized, results-focused facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting - skin looks clear, radiant and inner calm is blissfully restored.

## Espa Inner Beauty Facial

60min. 180€

**SKIN ANALYSIS WITH SKIN VISION™ LAMP | TRIPLE CLEANSE | EXFOLIATION AND EXTRACTION (if required)  
FACIAL MASSAGE | PERSONALISED MASK | SCALP MASSAGE**

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

## Espa Express Facial

⌚ 30min. Ⓜ 95€

**DOUBLE CLEANSE | EXFOLIATION | PERSONALIZED MASK | SCALP MASSAGE**

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.



# ESPA Massage

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed, and you emerge energized with renewed focus and lasting positivity.

## Espa Inner Calm Massage

⌚ 60min ⌚ 175€ | ⌚ 90min. ⌚ 250€

### **BREATHWORK | FULL BODY AROMATHERAPY MASSAGE | SCALP MASSAGE WITH ROSE QUARTZ CRYSTALS**

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalized to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energize, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced and inner calm beautifully restored.

## Espa Hot Stone Massage

⌚ 60min. ⌚ 185€ | ⌚ 90 min. ⌚ 265€

### **FULL BODY AROMATHERAPY MASSAGE WITH HOT STONES | SCALP MASSAGE**

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

## Espa Deep Muscle Massage

⌚ 60min. ⌚ 175€ | ⌚ 90min. ⌚ 250€

### **TARGETED MASSAGE, WITH OR WITHOUT HOT STONES, FOCUSING ON AREAS OF CONCERN | SCALP MASSAGE**

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialized massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energized.





# ESPA Body Treatments

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed, and you emerge energized with renewed focus and lasting positivity.

## Espa Body Wrap

⌚ 60min   Ⓜ 165€

**SKIN BRUSH | BODY EXFOLIATION | ALGAE OR MUD WRAP | SCALP MASSAGE**

Purify your body or deeply replenish your skin with this personalized body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

## Espa Salt & Oil Scrub

⌚ 30min.   Ⓜ 95€

**SKIN BRUSH | SALT & OIL FULL BODY EXFOLIATION**

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.



# ESPA for men

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

## Espa Deep Cleansing Facial

⌚ 60min ⌚ 180€

**SKIN ANALYSIS WITH SKIN VISION™ LAMP | TRIPLE CLEANSE – EXFOLIATION  
FACIAL MASSAGE | PERSONALIZED MASK | SCALP MASSAGE**

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

## Espa Deep Muscle Massage

⌚ 60min. ⌚ 175€ | ⌚ 90min ⌚ 250€

**TARGETED MASSAGE, WITH OR WITHOUT HOT STONES, FOCUSING ON AREAS OF CONCERN  
SCALP MASSAGE**

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialized massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energized.

# Mare Sanus Spa Facilities

Reception with Welcome Area\*

Two double treatment rooms

Two showers\*

*The access to the facilities\* is complimentary for hotel guests.*

# How to Spa

## HOURS OF TREATMENT

Mare Sanus Spa Treatments: available Monday – Sunday, 10AM – 7PM

**WELLNESS ACTIVITIES, YOGA and a GYM are available at EVEXIA Spa, which is our sister property in ANDRONIS ARCADIA. Please ask the front desk for further information.**

## PRE-ARRIVAL INFORMATION

Enhance your wellness experience by arriving at least 15 minutes before your scheduled appointment. This will allow us to properly welcome you and ensure you've chosen the treatments best suited for you.

Please respect our therapists and our other guests by keeping to your appointments or following our cancellation policy. In consideration of other guests, we cannot extend service times for those arriving late. Late arrivals will be subject to a time reduction from the scheduled treatment or a rescheduling of your services.

## CANCELLATION POLICY

If you cannot make your appointment or need to re-schedule, we require a minimum of eight (8) hours advanced notice, subject to space availability.

## SPA ENVIRONMENT

We strive to provide you with the most relaxing and tranquil environment, so we respectfully request that you use your cell phone and other communication devices in silent mode within the spa premises. Your cooperation is greatly appreciated.

## SPA ATTIRE

We will provide a robe and slippers, amenities, and, depending upon your treatment selection, you are welcome to wear undergarments during treatment. All treatments practice the utmost care of discretion and professionalism.



## **AGE LIMITATION**

Mare Sanus welcomes guests aged 16 years and older to enjoy our facilities and Spa treatments.

## **SPA CONSIDERATIONS**

In accordance with International Spa Industry Standards, certain medical conditions may prohibit your ability to experience some Mare Sanus Spa services. At the time of booking please notify the spa if you have any medical conditions so that we may best serve you.

## **\*IN VILLA TREATMENTS**

Certain treatments are available in Villas, upon minimum 24 h upfront booking and will be a 50 % surcharge on the treatment price. Maximum of two people can be accommodated.

We allow in-villa treatments where we can guarantee the service quality.

We retain the right to adapt the services to our convenience without previous notice.

Please contact the Spa reception for any further assistance  
**[spa.reception@andronis-suites.com](mailto:spa.reception@andronis-suites.com)** or contact our front desk.

Sincerely,

**Mare Sanus Spa team**



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