



ONCE IN MYKONOS

so spa!

WELCOME  
TO YOUR GETAWAY

WELCOME TO YOUR 360°  
WELLBEING EXPERIENCE

WELCOME TO SO SPA!

AN INSPIRED THOUGHT  
FINALLY REALIZED TO OFFER YOU  
HIGH END FACE AND BODY  
TREATMENTS ENCOMPASSING THE  
LATEST TECHNOLOGY AND INNOVATION.  
WORLD FAMOUS COSMETICS AND A  
GLAM, ROCK AND HI TECH ENVIRONMENT.  
FUSE WITH THE OVERFLOWING ENERGY  
OF THE ISLAND OF MYKONOS,  
THE GENTLE BREEZE AND THE WARMTH  
OF THE SUN CARESSING YOUR SKIN.  
ENJOY THIS INTERLUDE  
OF PIONEERING WELLNESS,  
PAMPERING, RELAXATION AND HARMONY  
OF OUR MARVELOUS HOLISTIC RITUALS.

ALL SAFETY AND HYGIENE REQUIREMENTS ARE INDISPUTABLY MET. NONETHELESS WE ALSO PROVIDE STATE OF THE ART TOUCHLESS TREATMENTS FOR THE ASSURANCE AND COMFORT OF OUR GUESTS WHO ARE STILL CONCERNED AND YET DO NOT WANT TO MISS OUT ON AN OPPORTUNITY OF RELAXATION AND REJUVENATION. BEARING IN MIND THE STATE OF HEIGHTEN STRESS AND ANXIETY, DURING THE COVID ERA, GHARIENI'S TOUCHLESS SYSTEMS HAVE BECOME MORE POPULAR AND REQUESTED. MAXIMUM RELAXATION STATES AND ALLEVIATION OF PAIN AND OTHER STRESS-RELATED CONDITIONS ARE PROVENLY ACHIEVED. RESPECTIVELY, WE OFFER IN ROOM TREATMENT OPTIONS TO EMPATHIZE WITH OUR GUESTS WHO PREFER THE PRIVACY OF THEIR PERSONAL SPACE.

 \*This symbol stands for Enhancement Tip

 \*This symbol stands for Touchless Treatment

 \*This symbol stands for In Room Service

## DISCOVER OUR NICHE LUXURY COSMETIC BRANDS

### Omorovicza.

BUDAPEST

The magic of Hungary's healing thermal waters comes from their unique mix of minerals and trace elements. Those complex compounds are encapsulated in phospholipids, resulting in the Healing Concentrate™, which ensures the absorption of the minerals deeper into the epidermis for a firmer, suppler & younger-looking skin. Experience the healing rituals of Omorovicza.

Treatments informed by centuries of curative culture and performed by our specialized therapists; experts in the art of Hungarian facial massage.

### Natura Bissē

Barcelona

Intuition, passion, perseverance and research are the essences of this skincare brand along with the connection with people.

Researching further, Natura Bisse discovered that exposing natural free form amino acids to the skin had a powerful cosmetic effect.

By adapting, evolving and listening to the voice of each and every skin, Natura Bisse has developed targeted treatments and cosmetics for specific skin needs and concerns.

Since 1979 Natura Bisse is rethinking beauty.

### CAROL JOY

LONDON

Innovative technology with ageless luxury, promising instant transformational results. A 360° solution to luxury wellness with precious ingredients and advanced spa techniques.

Central to their niche collection of cosmetics and treatments are coveted and precious ingredients like golden millet oil, pure collagen, caviar & algae and 24 carat gold.

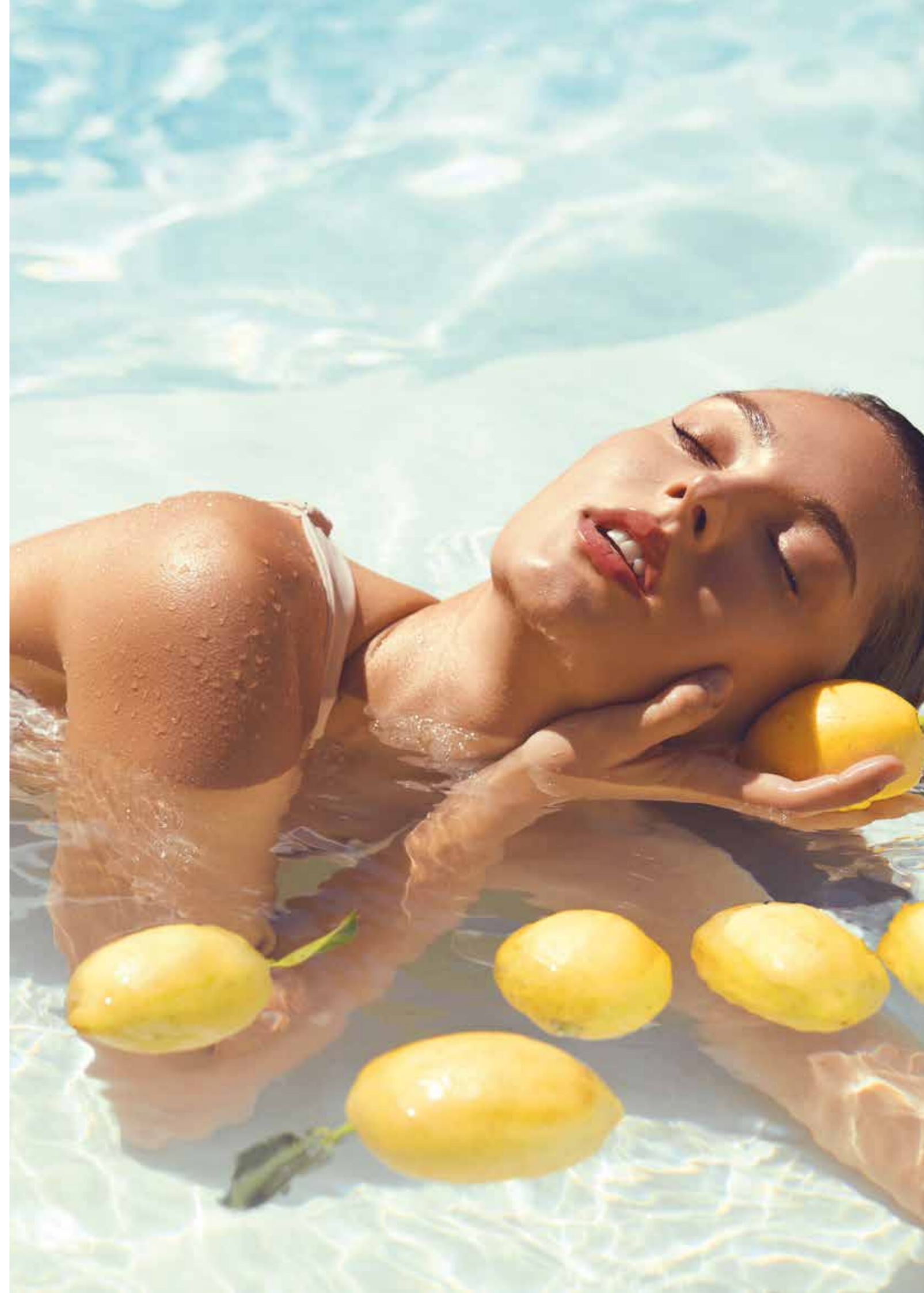
Carol Joy London revolutionized the way in which beauty and hair treatments are experienced by creating a unique synergy that incorporates all aspects of beauty and hair.

### LEAHLANI

Hawaii-based artisanal skincare line made from fresh Hawaiian nectars, potent botanical actives, and luxurious tropical beauty oils.

LeahLani will unveil your most balanced and vibrant complexion and will transform your skincare routine into a ritual of beauty.

With transformative botanical actives, lush tropical fragrances, sumptuous textures, and vibrant natural colors, it's Skincare products unveil the complexion's natural radiance while offering blissful multi-sensory indulgence.





# GHARIENI TECHNOLOGIES A TOUCHLESS EXPERIENCE AN EXCEPTIONAL TREATMENT

So Spa powered by Gharieni  
The world's leading premium quality spa equipment manufacturer, taking wellness one step beyond by creating a symphony between nature, technology and science.

## Welnamis Amphibia Neo

An acoustic and vibrational therapy that trains the brain to relax and benefit from deep relaxation techniques.  
Achieve deep levels of relaxation in a 30- or 60-minute therapy session.  
Highly efficient vibrational frequencies integrated in the lying surface, are tailored to body organs and the body's own energy centers, known as Chakras.  
The foundational therapy is the Quantum Harmonic audio therapy. It delivers symptom-reducing and resilience-building multilayered programs through stereo headphones.  
Welnamis can be combined with other treatments by offering ultimate comfort and cocooning effect due to the heated water.

## MLX Quartz

Hot Sand Therapy (Psammotherapy) was initially used in ancient years for medical treatment to treat a number of ailments ranging from scoliosis to inflammatory diseases  
Elevate your experience and improve your mental and physical relaxation enjoying the multiple benefits of sand therapy.  
MLX quartz sand bed elevates the experience and provides supreme comfort and an unparalleled well-being.

## Plasma Light Therapy

Plasma therapy is a cosmetic treatment that aims to improve the skin's appearance by using plasma, a hot gas-like substance.

Benefits of Plasma Therapy include:

- Visible skin rejuvenation and improvement already after a few applications
- Maintenance of skin health of vitality & suppleness

Fields of application for colored light treatment:


- Collagen formation & connective tissue with the red light
- Recreation and regeneration of the skin with the Green light
- Dermatological use for acne-like skin condition, skin blemishes with the Blue light.





# GHARIENI EXPERIENCES

## WELNAMIS

**Welnamis Touchless treatments, 30' or 60' (choose among one of the below variations)**  **50/100€**

1. Touch- Soft Vibrations 30'
2. Chakra- Energy Balance Program 30'
3. Gentle- Whole Body Vibrations 60'
4. Intense- Deep Vibrations 60'

**Welnamis Amphibia Anti Jet-Lag massage, 50' 150€**

Enjoy a foot & leg massage with exquisite blends of skin-softening oils and intoxicating tropical fragrances just after exploiting an enhancing Welnamis Therapy experience along a melody journey to accomplish a deep, carefree state. To also get rid of those telling tales eyes Carol Joy collagen & hyaluronic eye patches are taking care of the eye contour most effectively.

## MLX QUARTZ

**1) Moor Mud Psammotherapy, 90' 210€**

A ritual designed to pamper both body and mind combining the latest wellness technology with natural ingredients and traditional healing techniques. Omorovicza's Body Buffing Balm is followed by a unique massage treatment from Gharieni where warm quartz sand takes you on a journey of millennial tradition, immersed in "sun-kissed" sand combined with inversion and Tibetan singing bowls sound therapy.

**2) Diamond Cocoon Psammotherapy, 70' 240€**

Natura Bissé invites you to a ceremony that liberates, fortifies and shields face, body and soul. A prebiotic, revitalizing, renewing treatment designed to counter the effects of modern pollution and stress. A detoxifying face ritual that leaves your skin healthy, luminous, and protected. All this bliss is enhanced as you are cocooned in heated, sun-drenched quartz sand, achieving mental and physical relaxation through Gharieni's psammotherapy.

**3) Mineral Cleanse Psammotherapy, 60' 190€**

To clarify & refine, Carol Joy combines an invigorating body brushing & a full body polish to stimulate the nervous system & increase blood circulation. The body immersed in hot sand as it already is, is further enveloped in warm clay to draw out toxins & remineralise the skin while a relaxing scalp massage soothes away tension. A purifying blend of grapefruit, juniper & peppermint oil is applied to leave the body energised & refreshed.

**Plasma Light Therapy, 25'  55€**

During the session, you are exposed to the energy of oxygen (O<sup>2</sup>) in the form of applied electrically negatively charged ions combined with Light therapy. PLT stimulates cell metabolism while simultaneous inhalation through mouth and nose provides not only improvement of the skin appearance; but also positive benefits for the whole body including organs and muscles.

 PLT could be a standalone treatment for plasma, light treatment or a combination as an add on to whichever ritual you crave for.



## FACE'S BOOST YOUR PRECIOUS

### Collagen, Hyaluronic Acid & 24 Carat Gold facial designed by Carol Joy London, 60' 240€

A restorative pure 24ct gold, collagen & hyaluronic acid facial that stimulates cell renewal, plumps fine lines & deeply repairs. Myofascial massage sculpts & defines facial contour improving elasticity to leave skin rejuvenated & renewed. Skin is left with an incandescent glow.

💡 Enrich your treatment by adding a 15' add on version of Carol Joy's Sculpting Eye Lift. +40€

### Blue Diamond Fitness Facial designed by Omorovicza, 60' 260€

The Blue Diamond Collection is developed to encourage skin to behave as it did in its youth. It is chiefly focused on the fitness & vitality of the skin. Using innovative ingredients that work to prolong the healthy life & protect the DNA of skin cells for improved elasticity & firmness.

💡 Boost this facial by adding a 15' version of Omorovicza's Eye treatment. +40€

### Inhibit Face -Lift, designed by Natura Bissé 60' 260€

Advanced line-smoothing ritual that effectively minimizes the appearance of wrinkles. Thanks to an intense lifting effect, a powerful plumping action and effective massage techniques, this skincare treatment visibly rejuvenates the skin's appearance and reveals a softer, suppler complexion.

💡 Enrich your facial by adding a Natura Bissé Ampoule Neck Booster, The Cure Hydro- therapy, Tolerance Neuropeptide or Oxygen Concentrate. +20€

### "Tropically" Infused Balancing & Brightening facial designed by Leahlani, 45' 160€

Delicate moisturizing melts. Sculpting and deeply nourishing facial techniques. Your complexion welcomes this Hawaiian remedy totally adapted to your skin's needs. The befitting elixirs leaves your velvety skin supported, balanced and deeply moisturized.

💡 Take care of your sun- kissed hair too by adding 15' of the Coco Infusion Scalp Massage & Hair Mask. +40€





## 30' AND LESS RESULT DRIVEN TOUCH UPS

### NATURA BISSÉ

#### Facial Express, 30' 110€

Revitalizing facial treatment without exfoliation that's perfect for all skin types and anyone looking to quickly restore a glowing youthful appearance. It's an ideal beauty booster before a special date or as an introduction to facial treatments.

#### Jaw Line Precision, 30' 110€

Focused on definition, this treatment defines the angles of the face and reinstates youthful contour in no time.

#### Decollette Radiance, 30' 110€

Focused on the luminosity of your delicate Decollette area. Indulge in radiance to restore luminosity.

### CAROL JOY LONDON

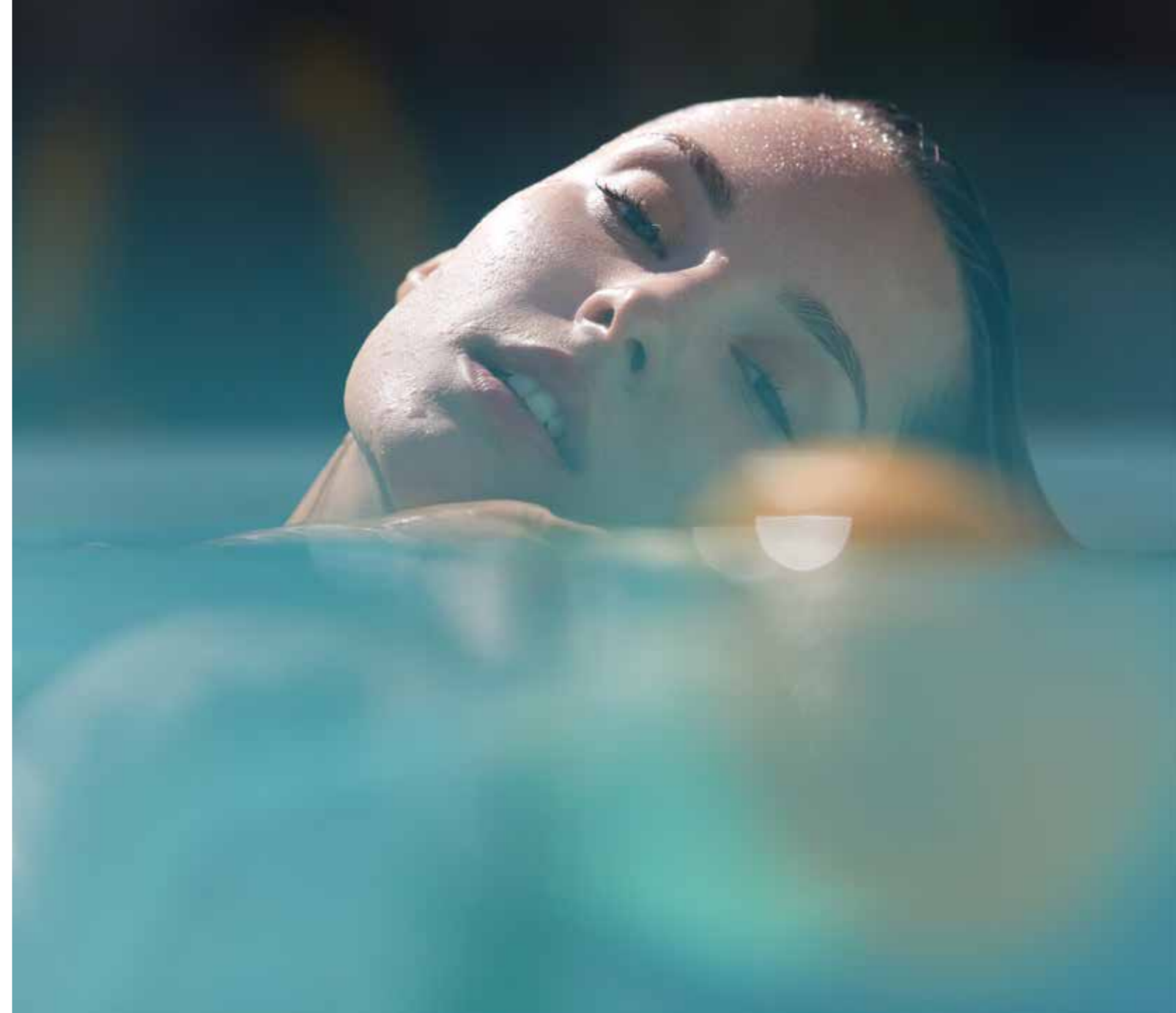
#### Sculpting Eye Lift, 30' 110€

Awaken the delicate eye area with pure collagen & hyaluronic acid eye masks. Fine lines are reduced, hydration levels increased & dark circles brightened. A gentle massage with cooling dermaglobes tightens skin & soothes away signs of tiredness.

### OMOROVICZA

#### Illuminating Teaser Facial, 30' 110€

Brightens & moisturize your skin in just 30'. You may be pampered seated if you are in a rush. Your complexion is thoroughly cleansed to then experience a "taste" of the most popular Hungarian facial massage. Skin is left radiant and protected.



#### Contour's Gymnasium facial, 25' 85€

Stimulating & Sculpting facial massage. After a vigorous cleanse with Omorovicza's Gentle buffing gelee experience a highly stimulating facial massage technique that leaves your skin lifted, firm and extremely plumped. For those of you that do not have the time for a facial but still "need the fix" for the night out.

#### PureLift® Non-invasive facelift, 20' 60€

A premier non-invasive facial elevation and sculpting tool on the market used by estheticians. With patented muscle stimulation it deeply activates and elevates your facial muscles, giving you the appearance of a fuller, more youthful face in just 10 minutes.

 PureLift® could be an add-on to whichever ritual you crave for. +25€

## BODY TREATMENTS YOUR PRECIOUS BODY'S BOOST

### "The Day After" Moor Mud wrap, 90' 220€

Omorovicza body detoxifying exfoliation. A deep cleansing Hungarian Moor Mud wrap. A Revitalizing Scalp treatment. A body massage to further invigorate and relieve muscular tension after a long, fun night. A ritual not to miss.

### Caviar & Algae Detox wrap, 60' 220€

After a full body pink Himalayan salt polish, you are cocooned in a nourishing, luxurious caviar & algae balm to help smooth the appearance of cellulite. Foot reflex points are stimulated to aid lymphatic drainage & eliminate toxins. You feel totally rejuvenated.

### Back Ritual, 50' 150€

A purifying and relaxing back treatment that starts with a back exfoliation followed by a deeply relaxing back massage to finish with an active-heating marine mud. Muscles and achy joints are relieved, leaving you super- invigorated.

### Body Buff, 30' 110€

Omorovicza's Gold Sugar Scrub & Body Cream prepare your skin for sunbathing & maintain your complexion purified & deeply nourished.

### After Sun wrap, 30' 110€

A body wrap to sooth and deeply hydrate your sun kissed skin and assist you preserve the bronze tan you so much worked for achieving it.

### Light Legs, 25' 95€

Relish this treatment and feel this incomparable pleasure of lightness. Relieves fatigue, combats water retention, improves bloods flow. Foot massage stimulates a huge set of reflex points, which are responsible for the state of the body as a whole.

## MASSAGES

### Quartz Poultice Massage on Gharieni's MLX QUARTZ, 60' 180€

Experience an exceptional massage being enveloped in warm quartz sand & feeling the heated quartz poultices work along your body, aiding blood & lymph circulation and assisting mind and spirit to unwind. Receive the welcoming feeling of warmth & relaxation Gharieni is lavishly offering you.

### Quirogolf Massage, 60' 160€

A deep massage ideal for relieving muscle tension, joint pain and stiffness. A unique technique using golf balls to release trigger points. Relaxes, relieves and releases, with love and care designed by Natura Bissé.

### Deep Tissue Invigorating Massage, 50' 180€

Slow and firm techniques are targeting muscles, tendons and fascia, our dense connective tissue. Best suited for athletes, runners or people that enjoy deep pressure. Facilitates healing by releasing contracted areas of muscle and tissue. Your body is energized & your mind relaxed.

### Aromatherapy Relaxing Massage, 50' 150€

Therapist's hands travel rhythmically throughout your body. Relaxing, long, effleurage strokes encourage an improved blood and lymph flow urging your mind and spirit to unwind. Your body chooses in between a calming, an uplifting, a balancing or a purifying blend after a smell test.

### Back, Neck & Shoulders Relief, 25' 85€

A popular massage aiming to release muscle tension on our "restless" back area. Gentler than deep tissue massage though it does loosen up efficiently tightness caused by our daily activities or wrong posture. Be ready to feel relaxed and revived straight after a session.



## HANDS & FEET

Simple Manicure, 30' 60€

Simple Pedicure, 45' 70€

Re-paint Manicure or Pedicure, 10' 30€

**Feet Glory, 40' 80€**

Ever so pampered and never again neglected. Pamper your pretty feet that carry you relentlessly at all times with this beautiful remedy. Warm flannels, lavender aromas, pressure point and gentle stroking massage techniques. Thoroughly hydrated and weightless anymore, you walk on the clouds.

💡 Combine this exquisite treatment with a pedicure. The utter feet care.



For reservations please contact the hotel reception or dial 1010



WhatsApp

SCAN THE CODE FROM YOUR  
SMART PHONE CAMERA AND START  
YOUR ONLINE RESERVATION

CHECK THE AVAILABILITY  
& MAKE YOUR  
ONLINE RESERVATION



+30 697 674 2950



# SO SPA ETIQUETTE AT ONCE IN MYKONOS RESORT

Opening Hours are from 11:00 to 19:00\*.

In the interests of the comfort, safety and relaxation of all our guests we ask that the following guidelines are followed at all times please:

## General

- All guests will be required to complete and sign a health & lifestyle questionnaire upon arrival prior to receive a treatment.
- So Spa and its environs are strictly NO SMOKING areas.
- We do not allow mobile phones in the spa areas, please leave them switched off in your locker. This is the time for your body and mind to release the worries and stresses of the day.
- So Spa & its facilities are open to persons aged 16 and over.
- Please do not take spa's linen outside. Place all used linen in the indicated areas.
- So Spa is not responsible for loss of or damage to a guest's personal belongings.
- Always shower before using pool facilities. Swimwear or robe & slippers should be worn in all spa areas.
- Please do not leave toiletries in showers or wet vanity areas.
- Shaving is permitted in the male changing rooms. However, please ensure that wet vanity areas are left clean.
- Please ensure you drink plenty of fluid to re-hydrate after your treatments.
- Food & drink should not be brought into spa for consumption during your visit.
- Refreshments are available upon request.
- If you have a gift voucher, please remember to bring this with you on the day to hand to Reception.
- All facilities and services are subject to availability and prior booking is required.
- So Spa pool is available for use with no extra charge only for hotel guests.
- If you are having a treatment on the day of your check out, charges cannot be transferred in your room
- In room treatments have an extra charge of 100€ per treatment included VAT.

## When Taking a Treatment

- Please arrive 15min before the scheduled time of your appointment in order to have a shower and be prepared for your treatment. time lost through late arrival will result in a shortened or amended treatment being offered without refund.
- If you wish to enjoy the Spa Pool before your treatment, please arrive at least 1 hour before the scheduled time of your appointment.
- Underwear or suitable swimwear should be worn into the treatment room and during treatments. For some treatments you will be provided with disposable underwear by your therapist, and suitable towel draping will be used at all times.



- 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 is our greatest concern and priority.
- If you have a particular injury or physical condition, please explain it to the therapist. 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 silent, they will be too.

## Cancellation Policy

Please note that a 12 hours cancellation notice is required for all bookings and services otherwise 100% of the total services price will be charged. Credit card details may be required in order to confirm a booking. The prices are in Euro and all payments will be made in Euro.

\* Please note new hours may be amended

ONCE IN MYKONOS  
so spa!