



THE ART OF
EF ZIN
LIVING WELL

SPA MENU



Restia spa by “ EFZIN ” is created to promote a private aura promising to alter your spirit and awaken the senses of each male and female, through the unique combination of our treatments.

Specialized therapists exploit essential oils and botanical extracts providing the best effectiveness and in combination with incomparable application techniques they offer you the equilibrium and the energy necessary for a better quality of life.

We invite you to experience the pampering essences offered in tempting choices to soothe the spirit, rejuvenate the body and enrich the mind in the convenience and privacy of your suite or our spa therapy rooms.

Designed to take the in-room experience to a new level, we provide more treatments than just a massage.

RESTIA FACILITIES

The Restia Spa is 200 sq.m, consisting of two treatment cabins one of 50 sq.m which includes a comfortable jacuzzi , sauna , steam room and relaxation area and one more single treatment cabin of 20 sq.m , manicure and pedicure store and a boutique fitness area.

PRODUCTS

The Restia Spa utilizes the benefits of special spa products and is exclusively cooperating with Apivita for facial, body and massage spa treatments. Apivita, committed to produce organic and natural cosmetics, paraben-free, that respect people’s skin and the planet and which perpetuate ancient Beauty Recipes of the World. Enjoy a journey of healthy ageing and balanced skin.

APIVITA, inspired by the philosophy of Hippocrates, the Greek nature, the power of aromatherapy and its knowledge of the valuable beekeeping products, created the unique range of holistic, natural and effective therapies APIVITA SPA. The combination of APIVITA natural products with innovative facial and body treatments and special massage techniques offers a complete relaxation experience and promises to give a total body and spirit well-being.

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FACIAL TREATMENTS

MEDITERRANEAN SKIN FOOD MENU

Holistic treatment menu based on the nourishing, antioxidant ingredients of the Mediterranean diet, offering beauty and well-being. Depending on its specific needs and type, the skin is revived and invigorated effectively, glowing with freshness and radiance.

Duration: 50 min | Price: € 70

BEE RADIANT AGE DEFENSE TREATMENT

Treatment which contribute to stimulation of fibroblasts, increasing the production of collagen, elastin. Epidermis becomes thicker, firm and soft and allows the light to penetrate and to reflect by giving an inner healthy glow and radiance. The treatment is enhanced by an internal activation of energy points of the body, with the use of chakras hot stones.

Duration: 50 min | Price: € 70

QUEEN BEE FIRMING TREATMENT

Luxurious Holistic anti-aging treatment. Highly concentrated in natural actives and the exceptional benefits of royal jelly, acts on 6 levels treating effectively all visible signs of aging. The unique APIVITA lifting massage on specific energy points stimulates microcirculation & boosts cell renewal promoting a lifting effect. Intensive hydration and radiance supplement the exceptional benefits of this treatment.

Duration: 70 min | Price: € 85

REVITALIZING EYE TREATMENT

Anti-aging and decongesting treatment against wrinkles, dark circles and puffiness around the sensitive eye area. The targeted APIVITA massage in combination with the action of the products, stimulates microcirculation, providing immediate results for a more rested, youthful and radiant eye look.

Duration: 30 min | Price: € 45

EXPRESS MEDITERRANEAN SKIN FOOD MENU

Brief yet complete treatment with immediate rejuvenating benefits for skin and mood, based on APIVITA's rich Mediterranean treatments menu. Ideally complements our body and massage treatments.

Duration: 30 min | Price: € 45

MEN'S FACIAL TREATMENT

A refreshing, holistic combination of intensive facial treatment and back massage that offers relaxation and a feeling of euphoria. APIVITA Men's Care line with cardamom and cedar deeply cleanses, energizes and hydrates skin, diminishing wrinkles and dark circles.

Duration: 50 min | Price: € 70

BODY TREATMENTS

ROYAL HONEY

Luxurious anti-aging treatment with fresh royal jelly and honey, from the APIVITA beehives. Royal jelly, known as the elixir of youth, offers intensive nourishment, repair and renewal even to the most demanding skins. A holistic, honey-sweet beauty experience that improves skin texture and offers an incomparable feeling of relaxation and euphoria.

Duration: 60 min | Price: € 75

APIVITA FOOT RITUAL

Invigorating massage for rested feet. A brief but splendidly invigorating ritual that relieves, relaxes and conditions, combining massaging and reflexology pressures with hydration of the feet and heels.

Duration: 30 min | Price: € 40

DEEP HYDRATING COOLING TREATMENT

A refreshing treatment that deeply hydrates and helps regenerate the skin, especially after sun bathing. A wrap with fossil body mask and the full body massage with a combination of plant oils moisturize, nourish, soothe and calm skin. Following, a short facial with the express mask with aloe rejuvenates the skin and provides a feeling of freshness.

Duration: 60 min | Price: € 75

APIVITA BODY SCRUBS

Exfoliation for impressive invigoration and renewal of the skin as it sheds dead cells and stimulates microcirculation. Detoxifies skin, leaving it silky-smooth and soft.

Choose one of the treatments and enjoy your skin softer and healthier than ever:

- Pure Jasmine exfoliating treatment
- Royal Honey exfoliating treatment with sea salts
- Body Energy exfoliating treatment with orange & ginger

Duration: 30 min | Price: € 40

To book your spa appointment, call the hotel reception or send an email at restiaspa@ef-zin.com

MASSAGES

APIVITA AROMATHERAPY MASSAGE

Invigorating and relaxing massage that fully utilizes the aromatherapy expertise of APIVITA. Select a unique blend of essential oils on exceptional benefits to your skin as well as your mood.

- Relaxing – Distress massage
- Revitalizing – Energizing massage
- Muscle Relieving – Muscle Relief massage

Duration: 50 min | Price: € 65

APIVITA SIGNATURE MASSAGE

A combination of traditional & modern massage techniques – such as shiatsu, reflexology, deep tissue and aromatherapy massage – with the signature of APIVITA. Energy point pressures with pouches of Greek herbs complete this unique massaging combination. Relaxation and refreshment for body and spirit.

Duration: 50 min | Price: € 65

HAND & FOOT CARE

We are on our feet all day and they absorb a great deal of pressure resulting in poor circulation and swelling. Similarly, our hands are exposed to the elements and are often extremely dry and tight due to being used in almost every daily action that we undertake. Our hands and feet treatments have been developed with this in mind and are suitable for both men and women.

Gentleman's Manicure	20 min	€ 25
Restia Manicure	40 min	€ 35
Restia Pedicure	60 min	€ 50
Pedicure for Gentlemen	35 min	€ 40
Manicure/Pedicure Combination	90 min	€ 70
Manicure/Pedicure Combination for Gentlemen	60 min	€ 50
Nail Polish Change	15 min	€ 15

SPECIAL TREATMENTS

DEEP BODY DETOX

Deep cleansing and detoxification with green clay and essential oils. Reduces fluid retention, invigorates skin and ideally complements any slimming regimen.

Duration: 60 min | Price: € 75

ROSE PEPPER FIRMING BODY TREATMENT

An exclusive firming treatment based on the holistic action of Rose Pepper line, that offers significant results in firmness and elasticity of skin. The specialized products in combination with the effective massage techniques, stimulate blood circulation, tone & firm skin leaving it refreshed and well moisturized. For a holistic body treatment combine with Rose Pepper anti Cellulite Body Treatment.

Duration: 60 min | Price: € 75

HAIR REMOVAL

Lip/Chin/Under Arm	15 min	€ 10
Bikini	20 min	€ 20
Brazilian	45 min	€ 45
Eye brow shaping	15 min	€ 10
Half Leg	30 min	€ 20
Full leg	45 min	€ 30
Combination:		
Full Leg, standard Bikini, under arm	60 min	€ 55

MEN

Back	€ 20
Chest	€ 20
Back & Chest	€ 30

SPA ETIQUETTE

Appointment Scheduling

To make an appointment you may call our spa directly from a hotel phone by dialing the reception. We suggest making appointments in advance. However, we will always do our best to accommodate your requests.

Cancellation Policy

We understand that schedules change and we will do our best to accommodate your needs. Since your spa time is reserved especially for you, we kindly ask you to give a minimum of 4 hours' cancellation notice so that someone else may enjoy that time. Cancellations made within 4 hours will be subject to the full charge of the treatment booked.

Treatment Preparation (take time , shower)

We recommend that you arrive at least 30 minutes prior to your scheduled treatment, allowing time to complete your holistic health assessment and to enjoy the facilities. Afterwards, take some time out in the tranquil environment, allowing the benefits of your treatment to take effect.

Communicate

Prior to the start of your service, tell your therapist the areas you would like to focus on, and areas to be avoided. During your service, let the therapists know if you feel any discomfort. Communication is the key to getting what you want out of your Spa experience.

Medical & Well being

Please inform us of any medical or special needs such as high blood pressure, allergies, pregnancy or any physical conditions or ailments that require our attention. For your safety and wellbeing, we strongly discourage alcohol consumption, large meals prior to spa treatments, immediate sun exposure following skincare therapy, and shaving before or after exfoliation treatments.

Spa Boutique – Products

Bring your Restia Spa experience home with you. Your favorite spa products used in our treatments and spa gift items are available in our Spa Boutique. Spa products are natural, hypo-allergenic, eco-friendly and have not be tested on animals.

Spa Environment

Please refrain from smoking and turn your mobile phone off or to a silent setting while in, or around, the Wellness & Spa areas. Close your eyes and allow your mind to be free. Breathe deeply and let the tension slip away with each breath. Remember, this is time for you... The minimum age for taking a spa treatment is 16 years. Guests under the age of 18 years are required to have parental consent prior to the booking being accepted.

Valuables

We request that you leave your valuables in your room.

Operating hours

The Restia Spa by EFZIN is open from 11.00 - 19.00 hours daily. The Spa treatment bookings are available from 11.00 to 19.00 daily with the last booking at 18.00.

**NOBODY
CARES
ABOUT
YOUR
WELLBEING**

More than
we do.

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WE ARE
byPeterandPauls.com
hospitality & entertainment group • est. 1982
Made with love