



**PENDELI**  
RESORT

SPA MENU

# DISCOVER AN OASIS OF SERENITY AND CARE!

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Nestled within the tranquil surroundings of Pendeli Resort, the Pendeli Spa is a sanctuary of serenity and renewal — a place where time slows down and wellbeing becomes an art.

Our philosophy is rooted in balance and harmony. Each treatment is thoughtfully designed to rejuvenate the body, calm the mind, and awaken the senses. Combining advanced techniques with nature-inspired products, our experienced therapists create a bespoke journey of relaxation and inner peace.

Immerse yourself in the soothing atmosphere of our spa, release everyday tension, and rediscover your natural rhythm.

At Pendeli Resort Spa, your renewal begins here.







## CLASSIC ELEMIS MASSAGE THERAPIES

### **Deep Tissue Massage** 30/60/90mins - €75/ €125/ €140

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.

### **Hot Stone Massage** 60/90mins - €125/ €140

Balinese stones bathed in the Frangipani Monoï Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin. Achieves all over deep relaxation, with penetrating heat from the stones and introduces client to a new level of touch and relaxation.

### **Frangipani Head & Scalp Massage with Back Massage** 45mins - €100

This scalp Massage is so blissful it should be illegal. Tension is dissolved using a combination of the ancient Chinese healing massage Tui Na and Japanese Shiatsu, while Indian and Thai kneading invigorates and clears your head.

### **Aromatherapy Massage** 60/90 mins - €125/ €140

This is a lavishly hydrating body massage based on the concept of aromatherapy. The skin is anointed with nourishing oils chosen to uplift your spirit, relax your senses, empower your strength or calm you down whilst a bespoke massage comforts the skin in all it's glory. Skin is left exquisitely moisturised, intensely supple and deliciously scented.

### **Peaceful Pregnancy Massage** 75mins - €130

This unique pregnancy massage is profoundly nurturing and tranquil. An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted – along with wisdom, empathy and respect.







## HYDROGEN INHALATION THERAPY (HIT) THE LONGEVITY FORMULA FROM JAPAN

30/45/60mins - €40/50/60

This refined anti-age treatment enhances blood circulation, boosts cellular energy, and reduces oxidative stress — the essential foundation of longevity. Experience visible improvement in capillary blood flow under the microscope after just one session.

\*Add on to all treatments

## PENDEL'S SIGNATURE MASSAGE

### **PATH TO CALM FOOT MASSAGE POWERED BY ELEMIS** 30/45mins - €75/ €100

Treat your feet to a restorative session combining soothing massage techniques with targeted reflexology. By applying gentle pressure to specific reflex points, this treatment helps stimulate energy flow, support internal organ function, and promote deep relaxation throughout the entire body. Perfect for relieving fatigue, improving circulation, and restoring overall balance.

### **MOUNTAIN ESSENCE SWEDISH MASSAGE POWERED BY ELEMIS** 60mins - €125

Relax and rejuvenate with a soothing full-body massage tailored to your comfort. Using light to medium pressure, this session helps release tension, improve circulation, and restore balance to your body and mind. Ideal for stress relief and overall well-being.

### **LYMPHATIC RENEWAL MASSAGE POWERED BY ELEMIS** 60/ 90mins - €125/ €150

Detoxify and rejuvenate with this gentle lymphatic drainage massage. Using light, rhythmic movements, this specialized treatment stimulates the lymphatic system to reduce fluid retention, boost immune function, and promote natural detoxification. Ideal for enhancing overall wellness, recovery, or simply feeling lighter and more energized.

### **TRADITIONAL THAI MASSAGE ON THE TABLE** 60/90mins - €125/ €140

Experience deep relaxation and inner balance. This massage combines stretching, deep muscle work, and gentle stimulation of energy lines. It relieves tension, improves flexibility, restores vitality, and reactivates the body's natural energy flow. Perfect for relieving stress, fatigue, and muscle tightness.



# ELEMIS Expert Touch Facial

## **NOURISH FACIAL** 60mins - €105

Boost skin radiance with our triple cleanse facial, infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived.

## **REVEAL FACIAL** 60mins - €105

Powered by our patented Tri-Enzyme technology this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smooth and glowing.

## **RENEW FACIAL** 60mins - €105

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.





# COUPLE'S PACKAGES

•**MONOI OIL LOVERS** - 60mins €220 (for both)\*

Full Body Deep Tissue Massage with Frangipani Monoi Body Oil that transports you to the French Polynesian. Infused with Tiare Flowers that are considered to be the Flowers of the Gods.

•**CROWN TO BASE REJUVENATION** - 2h €400 (for both)\*

Full Body Massage of Choice, 60 minutes & ELEMIS Expert Touch Facial 60 minutes

\*Massage will be performed in separate rooms.

# SPA LIFESTYLE PACKAGES

•**PURE RECHARGE** - 90 mins €150

Full body massage 60 mins of your choice with hydrogen Therapy Inhalation (HIT) 30 mins

•**TRAVEL DETOX MASSAGE** - 90mins €140

Deep Tissue Massage with Cellutox Oil and Extra Body Brush

•**ANTI-AGEING RETREAT** - 2 days €290

**FIRST DAY:**

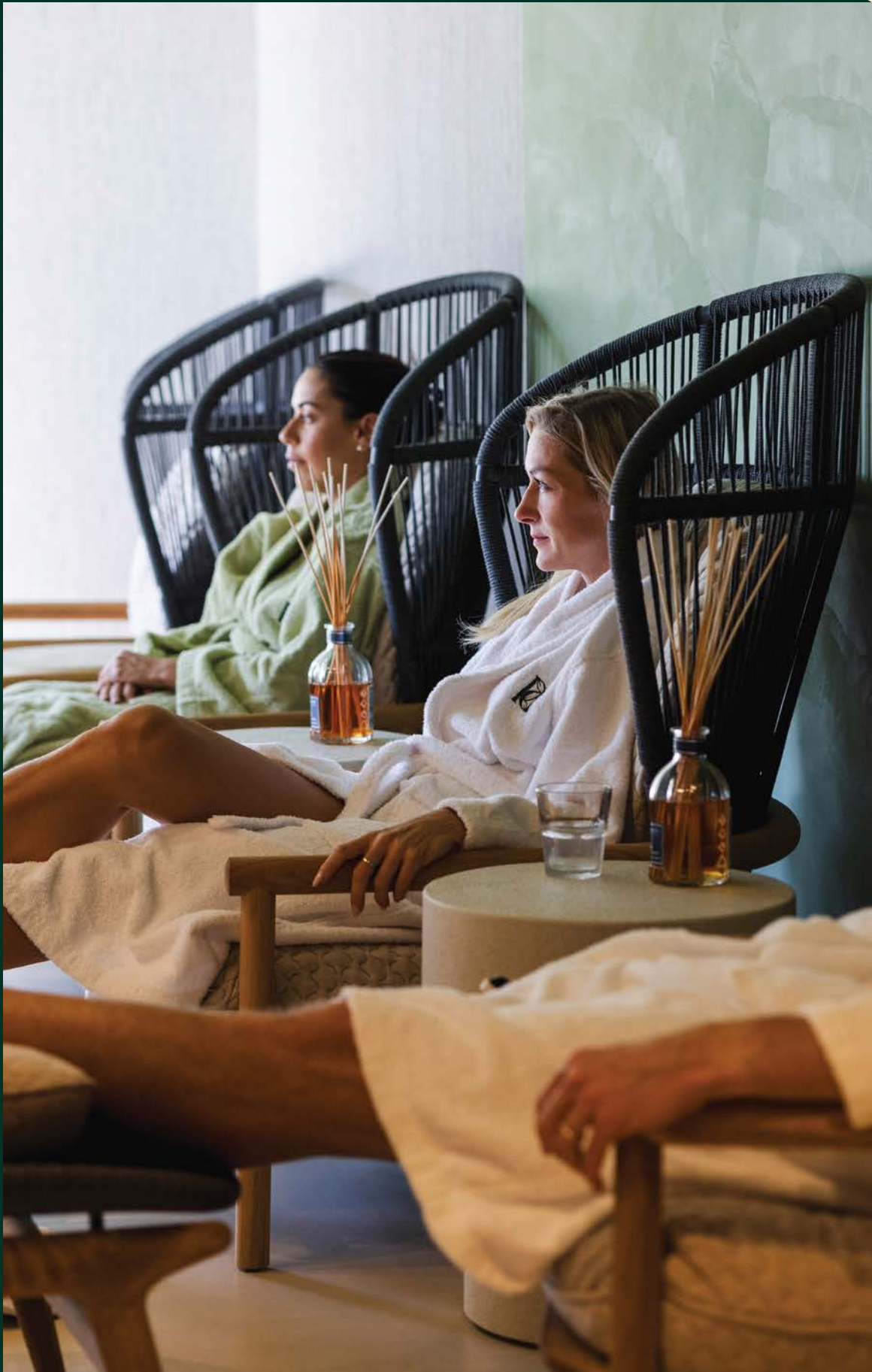
Deep Tissue Massage 30mins

Expert Touch Facial 60mins

**SECOND DAY:**

Expert Touch Renew Facial 60mins

Path to Calm Foot Massage power by ELEMIS 30mins



# SPA ETIQUETTE

- The 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.
- Please conduct all conversations at levels consistent with a relaxing Spa environment.
- Shower towels can be found in your lockers, please do not take shower towels outside.
- Please leave all items of value in your locker. The Spa is not responsible for loss of or damage to a guest's personal belongings.
- Always shower before using spa facilities and between sauna and steam rooms.
- A robe & slippers should be worn in all spa areas.
- Swimwear is compulsory in the Steam Room, Sauna and pool areas.
- A towel should always be placed on sauna and steam room benches between you and the bench.
- 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. Razors should not be placed in any of the waste bins and shaving is strictly prohibited in the saunas and steam rooms.
- Please do **NOT** add oils or other products to the sauna bucket water without first speaking to a member of staff.
- Please ensure that you drink plenty of fluids to rehydrate after use of the sauna and steam rooms.
- Please place all used towels in the baskets provided.
- Food & drink should not be brought into the Spa for consumption during your visit. Refreshments are available in the relaxation areas and the Hotel Restaurant.
- All guests will be required to complete and sign a health & lifestyle questionnaire upon arrival, prior entering to the spa facilities.
- If you have a gift voucher please remember to bring this with you on the day to hand to Reception
- All facilities are subject to availability.

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