



PENDELI RESORT

SPA MENU



DISCOVER AN OASIS OF SERENITY AND CARE!

We invite you to the new SPA
at Pendeli Resort — a place where
time slows down and self-care becomes
an art. Immerse yourself in deep relaxation,
restore your energy and embrace
the luxury of being. Your renewal starts here.

WELCOME TO OUR WORLD

FOOT MASSAGE WITH REFLEXOLOGY 25min - €50 Foot Massage | 45min - €80 Foot & Reflexology

Treat your feet to a restorative 40-minute 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.

BACK, NECK & HEAD RELAXING MASSAGE 45min - €80

Release build up tension and soothe your senses with this deeply relaxing 40-minute massage focused on the back, neck, and head. Gentle to medium pressure relieves stress, eases muscle stiffness, and calms the nervous system—perfect for those who spend long hours at a desk or experience tension headaches. A rejuvenating escape that leaves you feeling refreshed and rebalanced.

FULL-BODY MASSAGE 55min - €95

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.

DEEP TISSUE MASSAGE 55min - €95

Experience targeted relief with this 55-minute deep tissue massage, designed to reach deeper layers of muscle and fascia. Perfect for chronic tension, muscle soreness, or recovery from physical activity, this therapeutic treatment uses firm pressure and slow strokes to release knots, improve mobility, and restore your body's natural balance.

LYMPHATIC DRAINAGE MASSAGE 55min - €95

Detoxify and rejuvenate with this gentle 55 minute 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.

STONE THERAPY MASSAGE 60/90min - €95/ €140

Rejuvenate Your Body and Mind. Indulge in the ultimate relaxation experience with our Stone Therapy Massage. Warm basalt stones are gently glided over your body, melting away stress, easing muscle tension, and improving circulation. This deeply therapeutic treatment promotes harmony and balance — physically and emotionally.

BENEFITS INCLUDE:

- Deep muscle relaxation
- Stress and anxiety relief
- Improved blood flow and energy flow
- A sense of total well-being

TRADITIONAL THAI MASSAGE ON THE TABLE 60/90min - €95/ €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.

FACIAL MASSAGE "RADIANCE" 45min - €85

Deep relaxation, glowing skin, and defined facial contours. A blend of classic, lymphatic drainage, and sculpting techniques relieves puffiness, tension, and fatigue, improves tone, and stimulates natural rejuvenation. The result — firm, smooth, refreshed skin with a natural glow.



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