



Wellness Experience

Laçon
Life Spirit Boutique Hotel



Welcome to the Lagon Life Spirit Wellness Experience!

Relaxation and well-being are the commitments of our wellness centre, where we invite you to balance your body and mind.

In our Spa, there is an impressive main aquatic area with a heated swimming pool, which has two water jets as well as a large jacuzzi, in the water zone.

There are also two private areas, each equipped with an authentic Hammam (steam room) for steam baths and a Finnish sauna for thermal baths, in the temperature zone. In addition, there is a treatment room for healing and a well-equipped gym.

The philosophy of the design is to let the water release your body and spirit in a calm environment, offering a unique experience of tranquillity to your five senses.

Your rejuvenating experience will be complemented by an exclusive range of personalised body therapies, face treatments and soothing massages provided to awaken your spirit. Our well-designed treatments and massages are ideally combined with the complete professional beauty formulas, used by our experienced therapists in order to stimulate your senses.

Treat your body, soul and mind and make the most of your stay to feel refreshed and revitalised.

Just make your appointment in advance and let your soul feel the utmost !wellness journey”.

Soothing Massages

Deep Relaxing and Revitalising Massage (1 hour/€70)

A massage which stimulates blood circulation and soothes muscles, while offering an experience of true and effective relaxation. Working over the body with massaging, pressure and soft stretches helps release the tension of ligaments and tendons, thus alleviating emotional and physical stress. Using essential oils, muscle-relaxing aromatic lavender and soothing jasmine, massage techniques are tailored to the needs of the person receiving the treatment.

Traditional Oriental Massage (1 hour 20 minutes/€90)

Very slow massaging techniques using traditional essential oils from the east: Incense for spiritual clarity and Ylang Ylang for full discharge. This massage is ideal for those who want to be relieved of physical fatigue and everyday stress while restoring physical balance.

Hot Stone Muscle Relief Massage (1 hour 30 minutes/€95)

A deeply relaxing massage for those who love warmth. Hot volcanic stones and essential oils, such as muscle-relaxing lavender and euphoric bergamot, help release tension. The use of heat has the added bonus of a deeper relaxation, dissolving muscular tension and detoxifying the whole body.

Athletic Energising Massage (1 hour 10 minutes/€85)

This massage includes intense stretches, rubbing and pressures. Movements are quick, using relaxing and invigorating essential oils. Arnica and muscle-relaxing aromatic lavender help restore the vitality of sore and aching muscles. This also stimulates blood circulation and tones muscles. Enjoy a deep energy massage.

Anti-Cellulite Weight Loss Massage (1 hour/€85)

A massage intended to treat cellulite, decongest the lymph and boost weight-loss. An intense massaging technique using special essential oils: geranium for hormonal balancing, aromatic muscle-relaxing lavender, euphoric bergamot, orange and aloe for detox, including sesame oil to treat stretch marks. Designed for those who wish to gain from their holiday by benefiting their health.

Reflexology Foot Massage (1 hour/€75)

A massage ideal for chronic foot pain or sore feet after walking. It soothes the nervous system and stimulates blood flow, using special therapeutic oils, such as aromatic muscle-relaxing lavender and orange for full relaxation and effective treatment of the lower limbs. Massaging the nerve endings in the feet, kickstarts the body's natural self-healing process.

Back and Neck De-Stress Massage (40 minutes/€55)

This massage is highly recommended for those that suffer from back and neck pains. Massaging techniques are adjusted to the needs of the person receiving the treatment. Special essential oils are used, such as arnica to restore healthy muscle tone, aromatic muscle-relaxing lavender and soothing jasmine. The neck, back and shoulders are soothed and invigorated. Released from pain, you will enjoy a feeling of wellness and relaxation.

Deep Relaxing Massage for Pregnant Women (1 hour/€70)

A pregnancy massage, recommended for women in the fourth to the eighth month of pregnancy. While lying on their side or their back, the body is massaged in slow motion only with almond oil. A relaxing massage that effectively helps alleviate stress during pregnancy.

Body Therapies

Bee Pleasure Full Body Exfoliating Treatment (1 hour/€70)

Body exfoliation is the most appropriate procedure to truly rejuvenate and revitalise the skin. This treatment involves a full-body scrub with honey, demerara sugar and essential oils: aromatic muscle-relaxing lavender and radiating pomegranate. This treatment is an elixir of youth, designed to make the best use of the nutrients contained in honey, brown sugar and selected essential oils, such as coconut and cinnamon. The skin receives deep care and the entire body is invigorated with the help of rich natural ingredients.

Cretan Treasure Full Body Detox Scrub (1 hour/€70)

A marvellous journey into the deep blue Cretan Sea. An effective detox treatment that begins with exfoliating the body with sea salt from our island. The treatment involves a full-body scrub with raw salt, algae, rosemary, calendula petals and essential oils: euphoric bergamot, detoxifying lime and aromatic muscle-relaxing lavender. It helps the skin get rid of dead cells

and deeply rejuvenate. It is an excellent detoxifying body treatment also suitable for treating cellulite.

Black Tea and Coffee Magic Revitalising Body Scrub (1 hour/€70)

A full-body scrub using fine French coffee and organic black tea for wellness and detox. Coffee and black tea have been used systematically in cosmetology over the past years, as their unique properties invigorate and effectively help detoxify the body. This treatment is an ideal complement to weight-loss and cleansing programmes, while offering complete relaxation and energy balance.

Express Sunburnt Body and Face Hydration (40 minutes/€50)

A face and body treatment to quickly soothe sunburnt skin, using restoring aloe, anti-inflammatory calendula and soothing chamomile. A refreshing treatment that responds to the need for deep hydration and regeneration of the skin over the face and body. It is an effective treatment for dry, dehydrated skin, ideal after prolonged exposure to the sun.



Facial Therapies

Bee Pleasure Revitalising Facial Treatment (1 hour 15 minutes/€90)

Holistic treatment based on the nutrients and antioxidants of the nature of the Mediterranean that offers beauty and wellness. It includes deep face cleansing with an organic cleansing milk and a toner made of authentic pomegranate for normal/combo skin and dry skin. Then comes exfoliation with honey, royal jelly, brown sugar and sesame oil that rejuvenates the skin, and a honey, avocado and rose face mask for freshness and glow. During the face mask treatment, the neck and back are massaged. The treatment ends with a moisturising organic fresh day cream. It is an utterly revitalising treatment for rich hydration, smoothing out wrinkles with special pressure techniques.

Nature's Treasure Facial Plumping Therapy (1 hour 15 minutes/€85)

This treatment includes face cleansing with organic cleansing milk and neroli toner for oily skin or skin with acne. It hydrates, soothes and regulates oiliness. A scrub with raw sea salt on a castor oil and therapeutic herb base follows to fully exfoliate and treat the skin. After exfoliation, a face mask of honey, royal jelly, avocado and soothing jasmine is applied. The rich, completely natural ingredients regenerate and hydrate the skin. During the face mask treatment, the neck and back are massaged. An organic moisturising day cream with a balancing invigorating effect is applied next. Throughout the treatment, special massaging techniques applied to all face muscles target and reduce wrinkles.

Green Earth Detox Skin Care Therapy (1 hour 15 minutes/€85)

This treatment is intended for those who require very deep cleansing along with a rejuvenating treatment for combination to oily skin. It includes face cleansing with an organic milk and a neroli toner against oiliness. Next comes exfoliation with green clay and tea grains on an almond and

sesame oil base. A mask with vitamins A and B together with green clay is applied next to balance out and nourish the skin. During the face mask treatment, the back and neck are massaged. Then, an organic moisturising day cream is applied for a balancing rejuvenating effect. Throughout the treatment, special massaging techniques applied to all face muscles target and reduce wrinkles.

Red Earth Rejuvenation Therapy (1 hour 15 minutes/€85)

This treatment is intended for those who require very deep cleansing along with a reconstructive, rejuvenating treatment for combination to sensitive skin. It includes face cleansing with an organic milk and a helichrysum toner for anti-ageing. This step is followed by a face scrub with pink clay and rooibos tea on an almond and castor oil base for deep cleansing without irritations. A mask is then applied that includes Vitamins A and B together with pink clay for balancing and nourishment. During the face mask treatment, the back and neck are massaged. Then, an organic moisturising day cream is applied for a balancing rejuvenating effect. Throughout the treatment, special massaging techniques applied to all face muscles target and reduce wrinkles.

White Earth Detox Rejuvenation Therapy (1 hour and 15 minutes/€85)

This treatment is intended for those who require very deep cleansing along with a reconstructive, rejuvenating treatment for dry to very sensitive skin. It includes face cleansing with an organic milk and a helichrysum toner to treat dryness. This step is followed by a face scrub with white clay and rooibos tea on an aloe and castor oil base for deep cleansing without irritations. A mask is then applied that includes Vitamins A and B together with white clay for balancing and nourishment. During the face mask treatment, the back and neck are massaged. Then,

an organic moisturising day cream is applied for a balancing effect. All through the treatment, special massaging techniques applied to all face muscles target and reduce wrinkles.

**Golden Veil and Bee Pleasure
Luxurious Radiance Treatment
(1 hour 15 minutes/ €105)**

We have created a unique face treatment for you which is suitable for all types of skin and has an instant firming, anti-wrinkle and rejuvenating effect. Aimed at those who wish to have the unforgettable experience of a holistic face treatment. We begin by cleansing the face with an organic cleansing milk and a hydrating helichrysum toner. We continue with a Rose Bee Pleasure scrub that contains honey, royal jelly and brown sugar on a rose oil base for an incredible antiageing effect. An Ahava 24K gold mask follows, which combines the benefits of gold -firming, smoothness, radiance- with the wealth of the nutrients contained in the mud of the Dead Sea, which balance out the skin pH giving it a firm, glowing and smooth texture. During the mask treatment, the back and neck are massaged. This unique treatment is completed with a moisturising anti-wrinkle day cream with soothing jasmine and recon-

structive incense. Throughout the treatment, special massaging techniques applied to all face muscles target and reduce wrinkles.

**Anti-Wrinkle Firming Facial Massage
(30 minutes/€55)**

A face massage that helps facial muscles deeply relax and smooths out wrinkles with special pressure techniques. It is applied on clean skin using argan oil, reconstructive incense and Damascus rose or jasmine oil. It is a toning decongesting anti-ageing treatment that makes the best use of the beneficial properties of essential oils. Combined with the anti-ageing massage, this treatment is an enjoyable, regenerating natural elixir of youth with instant effects.

**Miraculous Youth Revelation Facial
Elixir (45 minutes/€70)**

A face massage that helps facial muscles deeply relax and smooths out wrinkles with special pressure techniques. It is applied on clean skin using argan oil and Damascus rose oil. Combined with patches of Earl Grey tea relaxes and moisturises the skin leaving it healthy and ready for cellular regeneration. The treatment ends with a head and neck massage.

Add-Ons to your therapies:

The following can be added to each treatment for ultimate pleasure:

- Scalp massage (20 minutes/€15)
- Reflexology (20 minutes/€20)

Special Spa Packages

Private Use of the Wet Area (1 hour/€25)

Includes private use of the Finnish thermal bath sauna, as well as the authentic oriental hot-steam. Hammam area.

Top to Toe Therapy (1 hour/€80)

Combine our delightful “Anti-Wrinkle Firming Facial Massage” with a “Reflexology Foot Massage” for an unprecedented rejuvenating experience.

Earth De-Stress Therapy (1 hour 15 minutes/€85)

Choose one of the “Green, Red or White

Earth Detox Rejuvenation Therapies” and combine it with a relaxing “Back and Neck De-Stress Massage”.

Euphoric Body Treatment (1 hour 30 minutes/€105)

This revitalising treatment includes a “Cretan Treasure Full Body Detox Scrub” and a “Deep Relaxing and Revitalising Massage”.

Face and Body Detox Therapy (1 hour 30 minutes/€110)

The full detox package includes a “Black Tea and Coffee Magic Revitalising Body Scrub” and an “Anti-Cellulite Weight Loss Massage”.

Spa Journeys

Holistic Face and Body Rejuvenation (2 hours/€135)

For the ultimate body and face treatment, you can try the “Hot Stone Muscle Relief Massage” combined with a “Miraculous Youth Revelation Facial Elixir” and a “Reflexology Foot Massage”.

Bee Pleasure Journey (2 hours/€135)

A uniquely relaxing treatment for body wellness that includes a “Bee Pleasure Ex-

foliating Treatment”, a “Deep Relaxing and Revitalising Massage” and a “Bee Pleasure Revitalising Facial Mask”.

Life Spirit Summer Ritual (2 hours 15 minutes/€155)

The ultimate treatment ritual includes a “Cretan Treasure Full Body Detox Scrub” (45 minutes), a “Deep Relaxing and Revitalising Massage” and a “Golden Veil Luxurious Radiance Facial Mask”.

General information:

- Please make your reservation in advance. We highly recommend booking your treatment at least one day earlier.
- Upon arrival at the Spa area, you will be provided with a robe, towels and slippers.
- Please leave your valuables and personal items in the safe located in your room prior to your appointment, as jewellery must not be worn during treatments.
- Please inform the therapist of any allergy or health problems you may have.



Lagon

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