

EXPERIENCES & THERAPIES MENU.





WELCOME TO ROÈE

Step into a sanctuary of serenity, where the lush and fertile lands of the Mediterranean inspire every aspect of your wellness journey. Indulge in a variety of experiences designed to rejuvenate your body and soul, from grounding sessions that connect you with the earth to luxurious spa treatments that harness the natural benefits of Mediterranean ingredients.

Immerse yourself in the essence of the land and discover a holistic approach to well-being that will leave you feeling refreshed, balanced, and deeply relaxed.

PHILOSOPHY

The fertility of the Mediterranean land is a profound symbol of the harmony between nature and human well-being, where abundance fosters renewal, balance, and vitality. This fertile connection begins with the earth's mineralrich soil and sun-soaked landscapes, which yield an array of healing gifts; herbs like lavender and thyme to calm and invigorate, olives to nourish and restore, and grains and fruits to sustain and energize.

Just as the land thrives through its cycles of growth and renewal, so too does human wellness depend on aligning with these natural rhythms, embracing the nurturing power of nature to replenish both body and spirit.

This deep bond with the fertile earth inspires a holistic wellness philosophy, cultivating health, harmony, and an enduring sense of connection to the life-giving forces of the natural world.

Explore our menu and let us create your wellness journey filled with stimulating aromas, healing sounds, and signature treatments.



We are delighted to offer a range of vegan-friendly spa treatments, with plant-based, cruelty-free products that do not contain animal-derived ingredients, including beeswax and honey.

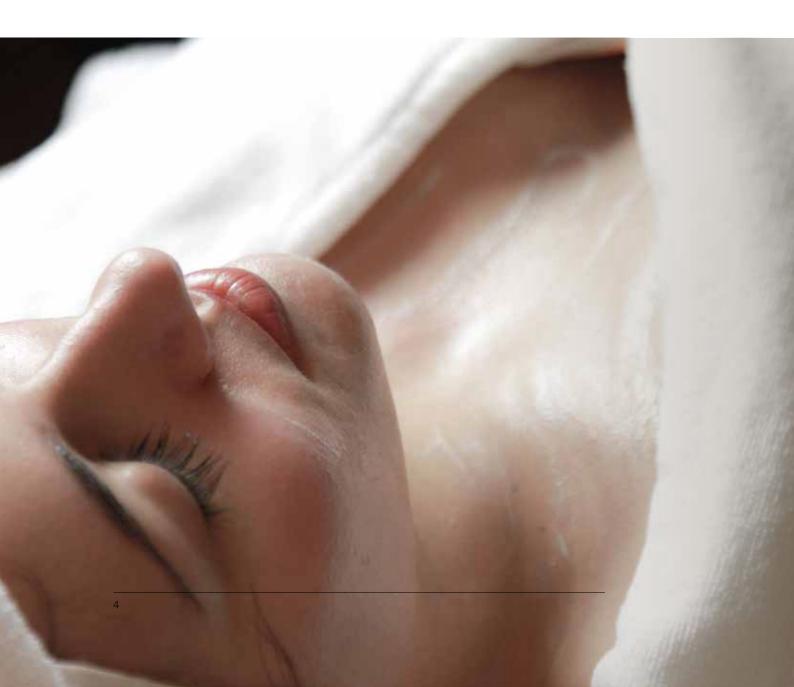
OUR BRANDS

ARIADNE ATHENS

Merging unique bio-actives with rare, organic Greek & Mediterranean ingredients, award-winning spa brand Ariadne Athens provides the ultimate skincare experience with products developed with latest technology in cosmetology.

Ariadne Athens has curated bespoke therapies drawing from the Mediterranean fertile land seamlessly blending tradition and innovation to unlock your skin's radiant potential.





GAIA SKINCARE

GAIA Skincare offers a range of natural skincare products inspired by Gaia, the ancient Greek goddess of fertility, known as Mother Nature. Blending together the finest ingredients, plant actives and essential oils, GAIA products are full of intention and integrity.

GAIA treatments have been created to meet the varied needs of modern individuals, using highly skilled therapeutic techniques and natural ingredients thoughtfully selected for their beneficial properties for the body and mind.





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SIGNATURE RITUALS

PURF LAVENDER

2 hrs

200€

Surrender to this calming and soothing embrace starting with a Sea Lavender-infused body scrub to cleanse and renew the skin. While cocooning in a full body mask, a nourishing mini facial will leave your skin supple and soft. Lastly a full body & head massage will melt away tension and promote deep relaxation.

LOUTRON-BYZANTINE BATH

2 hrs

200€

This voyage of renewal starts with a soothing steam bath to prepare the skin for a revitalizing loofah exfoliation and a cleansing foam massage. The beneficial multi-masking experience for face, hair and body that follows, combined with a relaxing massage, will transcend you into pure bliss.



90 min

160€

This truly tranquil experience featuring Clary Sage, Neroli and Chamomile begins with a serene back, neck & shoulder massage to ease muscle tension and calm the mind and body. This is followed by a facial cleanse, tone and a relaxing pressure point facial massage which will release stress and offer complete relaxation.

LEMON & ROSEMARY BALANCING JOURNEY

90 min

160€

Find grounding and harmony with this treatment designed to alleviate stress and bring equilibrium to body and mind. The journey centers around a hot stone massage and a nurturing Jade-crystal facial massage, that relieves tension, encourages blood flow and helps eliminate fine lines.

CITRUS AWAKENING JOURNEY

60 min

130€

An energizing experience that radiates positivity and renewal. A revitalizing Salt and Oil exfoliation on the back and shoulders area is followed by a bespoke massage filled with Grapefruit and Tangerine aromas that will leave you feeling refreshed and uplifted.

AFFINITY CANCER EXPERIENCE 45/60/90 min 105/130/165€

A relaxing experience developed for those undergoing medical treatment, including cancer. The Gaia Affinity Cancer Experience is completely bespoke, tailored to individual needs, and ensuring a personalized journey. This experience will include a nurturing foot ritual and a tailored wellness routine, allowing you to be naturally comforted and nurtured.

FACIALS

PRIMROSE GRACE

75 min 150€

The ultimate anti-ageing facial, empowered by Evening Primrose extracts for a totally glass skin effect. Specifically designed to target dullness, dryness, wrinkles and sagging, this treatment helps reduce fine lines and increase elasticity and firmness.

ALKANNA RENEWAL

60 min 115€

A high-performance **regenerating** facial which utilizes the remarkable antioxidant and healing effects of Alkanna root to deeply moisturize, heal and soothe the skin.

EXPRESS WILD ROSE RADIANCE

30 min 85€

This **luminous** facial treatment provides instant glow and firmness thanks to coveted ingredients such as Rapeseed extract and Wild Rose.

SPARKLING EYES WITH CHIOS MASTIC 30 min 75e

This exclusively designed **eye treatment** features a Chios Mastic enzymatic peel, a Blackcurrant peel-off mask and the power of Gua Sha crystals to brighten dark circles, reduce puffiness and minimize fine lines around the eyes.



BODY TREATMENTS

₩ JASMINE BLOOM BODY

75 min/2 hrs 160 € /200 €

This luxurious body treatment features aromas of night blooming flowers like Jasmine, Iris and Gardenia. A detoxifying body mask and a specially designed massage for face and body will leave your skin supple and nourished. Opt for the 2 hour ritual to add a sugar body scrub for the most velvet-like feeling and long lasting aromas of night blooming flowers.

ALOE AFTER SUN

45 min 85€

While receiving a **relaxing scalp massage**, a **full body mask** will restore moisture, minimize inflammation and provide a unique sense of relief after sun exposure. Next an Aloe & Water Lilly **hydrating gel** will leave your skin soothed and refreshed.

SALT & OIL SCRUB

45 min 90€

Liberate your skin with this nourishing salt and oil scrub treatment. Peppermint, Lemongrass and natural Sea Salt gently buff the skin boosting circulation and leaving a natural glow. This treatment also features a delicate facial cleanse and exfoliation.

SPEARMINT LEG RELIEF

30 min 80€

Refreshing notes of Spearmint mingle with stimulating sugar crystals in a leg scrub that will smooth away dry, flaky skin and offer a cooling sensation. Next, a nourishing gel mask rich in local herbs and a pampering massage will deeply hydrate and provide ultimate comfort for tired legs.



MASSAGES

BESPOKE

 $30 \min/60 \min/90 \min 85 \in /110 \in /160 \in$

This completely bespoke treatment caters to your needs, using effective and natural ingredients combined with highly therapeutic techniques such as **Swedish**, **Deep tissue** and **Aromatherapy** to relax the body and mind.

MOT STONE

30 min/60 min 90€/120€

A therapeutic massage using specially blended oils and warm volcanic stones to relieve deep muscle tension. Choose between back, neck & shoulders (30 min) and full body massage (60 min) for an Awakening, Calming or Balancing experience.

DEEP TISSUE

30 min/50 min 90€/120€

An intense muscle release massage designed to relieve tension and soreness. Deep pressure techniques enhance circulation and release blockages, providing renewed energy and vitality.

THE CROWN

10

30 min 75€

Physical or emotional stress is held in our neck and shoulders. Release tight muscles and stiff joints with this localized back, neck, shoulders and scalp massage for an enhanced sense of wellbeing.

"MOTHER-GAIA" PREGNANCY 60 min/90 min 135€/160€

A gentle back exfoliation and a specifically designed massage, perfect during and after pregnancy, which focuses on muscular aches in stressed areas. Choose the 90 min version to add nurturing tummy mask, a jade facial and a relaxing scalp massage.



FAMILY EXPERIENCES

Enjoy quality time together and create special memories with your little ones, through our family packages designed to relax, rejuvenate, and strengthen your bond. Perfect for ages 4 and beyond, our services promote wellness and connection for the whole family.

SIDE-BY-SIDE MASSAGE

30 min

115€

Create special memories with your little one through our Side-By-Side massage, tailored to suit both adults and children. Gentle techniques and calming oils of Clary Sage, Neroli & Chamomile are used to ensure a relaxing experience for both.

PARENT & CHILD FACIAL DELIGHT

30 min

130€

This gentle and effective skincare for both adults and children will be a special bonding experience.

- o A **Mini Jade Facial for Kids** includes gentle cleansing, a jade crystal facial massage and a hydrating mask. This treatment is designed to be safe and enjoyable for young skin.
- o The Express Wild Rose Facial for parents is a luminous treatment that provides instant glow and firmness thanks to coveted ingredients such as Rapeseed extract and Wild Rose.

LITTLE RELAXATION MASSAGE

40 min

65€

Treat your child to a soothing and gentle massage experience designed specifically for children, ensuring a safe and enjoyable experience.

CHOCO BLISS FACIAL

30 min

65€

A delightful and gentle facial that begins with a mild cleansing and a soothing massage, and concludes with a yummy hazelnut spread face mask.

MINI MANI

This colorful manicure experience includes gentle shaping and a color of choice from our extensive selection of tox-free kid's lacquers.

Child treatments are offered for ages 4 to 16. Parental presence is required for all child treatments Any allergies must be communicated to the Spa Staff.

Children are not allowed into the spa's Wet Zone.

DAY PACKAGES

Our day packages are perfect for those looking to unwind and pamper themselves with the highest level of indulgence and relaxation. Enjoy full access to our spa facilities and take your time to unwind and soak in the serene environment while enjoying luxurious spa treatments.

THE ESSENTIALS

2 hrs 30 min

245€

Indulge in a blissful escape and treat yourself to our ESSENTIALS PACKAGE, designed to provide you with a refreshing and relaxing experience. This package includes:

SALT & OIL BODY SCRUB (30 min)
BESPOKE BODY MASSAGE (60 min)
ALKANNA RENEWAL FACIAL (60 min)

ULTIMATE LUXURY EXPERIENCE

4 hrs

350€

Immerse yourself in unparalleled luxury with our **ULTIMATE LUXURY EXPERIENCE**, crafted to pamper you from head to toe. This package includes:

JASMINE BLOOM body treatment (90 min)
PRIMROSE GRACE facial with eye treatment (85 min)
ROÈE MANICURE
ROÈE PEDICURE

COUPLES' RETREAT

1 hr 45 min

290€

Experience the ultimate in luxury and privacy with our COUPLES' RETREAT designed to provide both relaxation and connection. Unwind in your private Steam Room and Sauna and spend quality time together while enjoying a luxurious side-by-side relaxing massage:

COUPLES MASSAGE (90 min)
PRIVATE STEAM ROOM & SAUNA
CHAMPAGNE & CHOCOLATES

THE WET ZONE EXPERIENCE

WELLNESS PASS

FULL DAY PASS* 2 DAY PASS*

35€

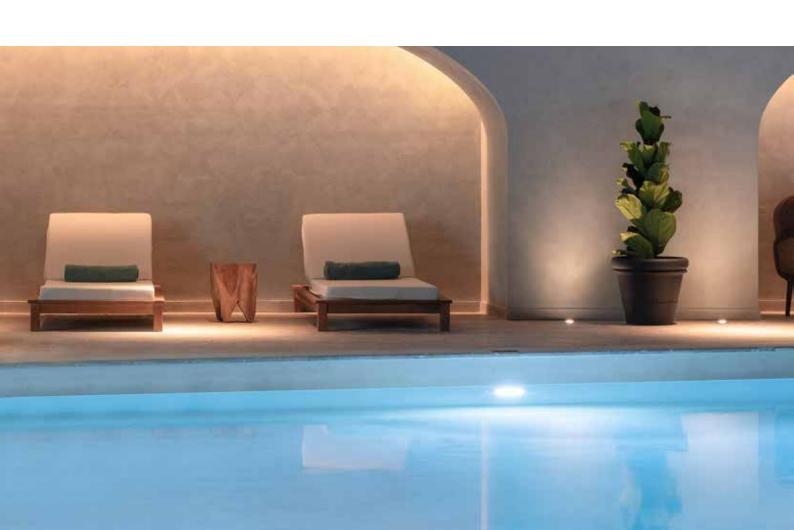
50€

Experience a luxurious signature journey that begins with a dip in our indoor heated pool and is followed by a visit to our exclusive Wet Zone. This area offers a range of cold and hot experiences that are designed to invigorate and refresh your body and mind with aromas deriving from local herbs.

- o Indoor heated pool at 25°C
- o Steam room at 45-50°C with 100% humidity
- o Finnish Sauna at 80-90°C
- o Herbal sauna at 45℃ with up to 50% humidity and natural herbal essences
- o Cold room on 5°C and invigorating peppermint aroma
- o Experience shower with lighting effects in combination with cold and hot water jets

Please note that these sessions involve heat. If you have a heart condition, high blood pressure, sensitivity to heat, or are pregnant, we recommend avoiding it for your comfort and safety.

*Access is available only during operating hours.



FITNESS & MOVEMENT

Welcome to our state-of-the-art Fitness Studio where wellness transcends the ordinary. Our Fitness Specialists curate bespoke training sessions tailored to your unique lifestyle and aspirations. Whether you're looking to maintain your routine or embark on a new training journey, our comprehensive range of facilities and group activities ensure a supportive and motivating environment where every step leads you closer to your fitness goals. Our cutting-edge facilities boast state-of-the-art cardio and weight-training equipment, plus a tranquil stretching zone designed to elevate your fitness journey

PERSONAL TRAINING

Reach your full potential with our personalized training sessions, tailored to cater to your unique needs and preferences.

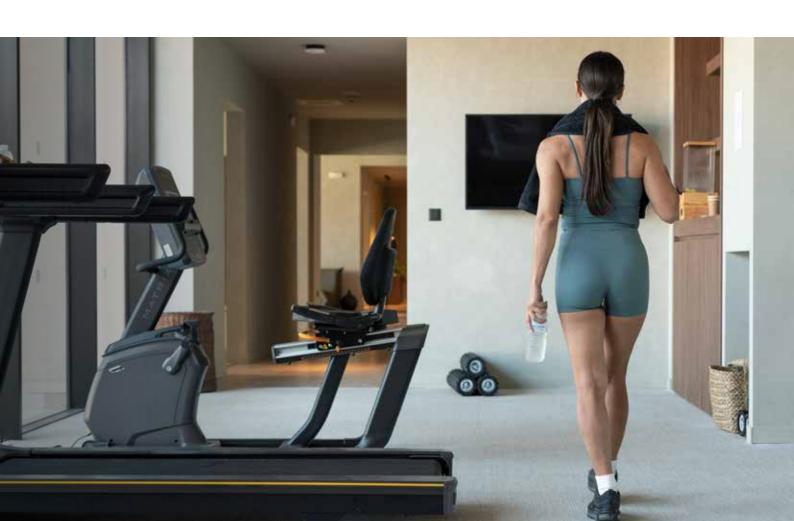
 INDIVIDUAL
 60/90 min
 45/65€

 COUPLE
 60/90 min
 70/90€ per couple

GROUP FITNESS PROGRAMMS

Experience our curated lineup of group classes, designed for every skill level. Explore our weekly Group Classes schedule to prebook your spot.

GROUP PROGRAMS 30/60 min 10/15€ per person



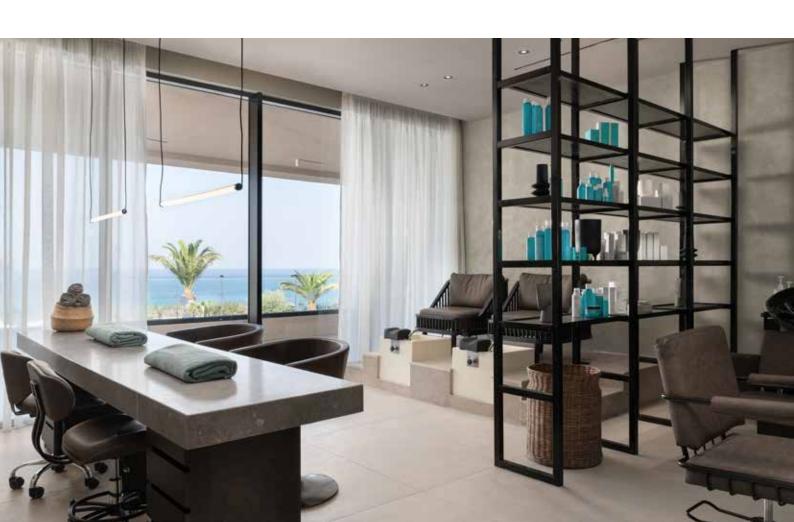
THE BEAUTY SALON COLLECTION

HANDS & FEET CARE

ROÈE Manicure/ ROÈE Pedicure	50€/60€
Semi-permanent Manicure/ Semi permanent Pedicure	70€/80€
Nail Polish/ Semi permanent polish	20€/25€
Semi-permanent polish removal	20€

WAXING

Half Leg / Full leg	30€/50€
Half arm/ Full arm	25€/35€
Under Arm/ Belly/ Upper Lip/ Chin/ Eyebrow shape	20€
Bikini	30€
Back & Chest	35€



ROÈE SPA ETIQUETTE

SPA ENVIRONMENT

Indulge in our haven of relaxation and renewal. Please keep mobile phones silent and refrain from smoking to preserve the tranquil ambiance. Our attentive team is here to customize your experience, ensuring your complete immersion in our sanctuary of tranquility.

AGE LIMIT

Our spa and fitness amenities, along with treatments, fitness programs, and beauty salon services, are designed for guests aged 16 and above, unless stated otherwise. For guests under 18, parental consent in writing is mandatory for any services provided, and parents must be present in the room during the session.

HOURS OF OPERATION

ROÈE Spa: 10:00 - 19:00 ROÈE Fitness Center: 8:00 - 19:00

APPOINTMENTS

To schedule a spa experience, you can easily contact us via email at roee-rhodes@ellaresorts.com or call us directly at +30 224 105 4400. It's highly recommended that you book your treatments in advance to secure your preferred service and time slot.

CANCELLATION POLICY

Experience spa bliss with ease and flexibility. We value your time and understand life's surprises. To cancel the treatment, please notify us at least 24 hours in advance. Cancellations within this timeframe will incur the full treatment charge.

SPA ARRIVAL - ENHANCEMENTS

We suggest that you arrive 30 minutes prior to your first scheduled appointment to maximize your spa experience. During this time, you can enjoy the use of our indoor heated pool and the Wet Zone facilities and take some time to unwind before your treatment. We kindly request that you leave your jewelry and valuables in your room safe or the hotel safe.

HEALTH MATTERS

Experience tailored spa treatments at ROÈE Spa. Please notify us of any health conditions when booking. For optimal results, avoid alcohol before, during, and after your spa experience. Upon arrival, our wellness conference will guide you through a brief consultation form to ensure personalized care.

SPA ATTIRE

To ensure your comfort during treatments, you may choose to wear undergarments, although our therapists are fully trained in proper draping techniques to ensure your complete privacy. Kindly note that swimsuits are required in certain areas of the ROÈE Spa.

Rates are subject to modifications. The prices mentioned are in Euros and include 24% tax.



PART OF ELLA RESORTS COLLECTION



RESERVATIONS

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