



ELLA WELLNESS & SPA

EXPERIENCES & THERAPIES MENU







Welcome to Ella Wellness & Spa, where tranquility meets rejuvenation in our luxurious 1.000 m² of pure bliss. Indulge in a bespoke treatments and experiences tailored to your needs and let your worries melt away in our calming oasis. Awaken your mind, body, and soul through our carefully crafted wellness programs that cater to your desires.

PHILOSOPHY

'The natural healing force within each one of us is the greatest force in getting well'

Hippocrates

Ella means 'come' in Greek. This powerful word can create natural forces within each one of us to be and feel well. We welcome guests from all over the world to our first integrated resort on the island of Rhodes, where we offer interconnecting wellness experiences.



Ella Wellness & Spa, a natural sanctuary for those seeking to restore their bodies and minds for healthy living. Your well-being is the most important investment you can make.

With a philosophy deeply rooted in Greek traditions, in its purest and most authentic form, our highly trained spa professionals shall guide you along a multilayered yet personalized path towards wellness, featuring pioneering steps that add up to a journey of high renewal and rediscovery. Every aspect of your experience in our tranquil and idyllic setting -the perfect backdrop- is curated around you, for you. Wellness is not just a luxury, but a necessity for a fulfilling life.

Dedicated to delivering treatments that visibly renew and enhance our guests' inside out, we invite you to choose the program that resonates with you the most.

We all have different needs, and that's why we introduce you to three different pillars of wellness, with every one of them being designed to empower you with the knowledge, tools, and support you need to achieve your personal health goals.

Whether you need to **rebuild** a positive relationship with food and improve your nutrition, **enhance** your mental health through mindfulness and self-care, or **improve** your body tone and stamina, our team of professionals will guide you every step of the way.

Explore our menu and let us explore your individual preferences through a detailed lifestyle consultation, and help you choose the best path to your Euphoria. We are here to create a pampering journey of choice that helps recharge you in a beautifully designed space with stimulating aromas, healing sounds, and signature treatments.

Let's start today. Together.

ELLA WELLNESS & SPA PACKAGES

NUTRITION

3, 5 or 7 days | from 390€

GOALS

- Facilitate weight loss
- Enhance metabolism and boost the immune system
- Teach sustainable healthy habits that can be continued at home

RECOMMENDED FOR

This program is ideal for individuals who are seeking to reawaken their metabolism, boost their immune system, and achieve their ideal weight through a personalized eco diet, exercise, and detoxification program.

Our team of Ella Wellness & Spa professionals, in cooperation with nutritionists, will create a program tailored to your lifestyle, physical constitution, metabolism, and profile to improve your overall health and well-being.

METHODOLOGY

Through the supervision and advice of our team of Ella Wellness & Spa professionals, we seek to achieve an ideal weight, suitable for the physical constitution, metabolism, and profile of the patient. We accomplish it with:

- Learn the importance of balanced nutrition
- Guidance from nutritionist
- Exercise
- Private Body Composition Analysis using 'TANITA' scanning
- Combination of special diet menu, exercise and body treatments that help improve skin tone and detoxification

PROGRAM CONTENT

	3 days	5 days	7 days
Price	390€	530€	790€
Private Consultation with nutritionist	1	1	1
Personal Training	2	3	5
Lift CVS Body Treatment	2	1	2
Slimming Body Treatment	-	1	1
Detox Massage 60'	-	1	2
Daily access to wet areas & gym	✓	✓	✓
Detox Smoothies	3	3	3
Eco food diet	✓	✓	✓
Private lesson of 'how to cook healthy meals'	✓	✓	✓

MENTAL HEALTH

3, 5 or 7 days | from 250€

GOALS

- Improve mental clarity, vitality, and overall well-being
- Reduce anxiety and manage stress
- Promote productive and healthy relationships

RECOMMENDED FOR

This program is perfect for anyone feeling emotionally disconnected, anxious, mentally blocked, or struggling with sleep. Our selection of special treatments will help you reconnect with yourself and your loved ones.

METHODOLOGY

Our team of Ella Wellness & Spa professionals impart an approach to new healthy habits through:

- Guidance of how to promote relaxation & calmness
- Techniques that rest the mind
- Learn how to focus on oneself
- Healing treatments that increase energy levels

PROGRAM CONTENT

	3 days	5 days	7 days
Price	250€	350€	720€
Wellness Consultation	1	1	1
Relax & Unwind Massage 60'	1	1	2
Anti-stress Head Massage	-	1	2
Hot Stone Massage 90'	-	-	1
Glowing Pearl Face Treatment	-	1	1
Meditation	-	-	1
Reiki	-	1	1
Chakra Balancing	1	1	1
Free Access to wet area	✓	✓	✓
Complimentary relaxing tea	✓	✓	✓





MOVEMENT

3, 5 or 7 days | from 250€

GOALS

- Increase muscle mass and strengthen core
- Improve Cardio, Strength and Mobility
- Enhance flexibility
- Support weight management loss
- Boost energy Level

RECOMMENDED FOR

This program is ideal for anyone looking to improve their fitness, reach their personal fitness goals, or feel confident in their body. It's especially suitable if you want to give yourself a quick energy boost. Movement program focuses on personalized training sessions combined with rehabilitation treatments to help you achieve your goals.

METHODOLOGY

Our team of Ella Wellness & Spa professionals impart an approach to new healthy habits through:

- Professional personal training tailored to guest's needs
- One-to-one training
- Variety of choice (Pilates, yoga, aerial yoga, TRX)
- Outdoor activities
- Rehabilitation after training with personalized body massage

PROGRAM CONTENT

	3 days	5 days	7 days
Price	180€	370€	550€
Fitness & Wellness Consultation	1	1	1
Personal Training	2	3	5
Hiking or outdoor Activities	1	2	3
Private Yoga Session	-	1	2
Breathing Techniques	-	-	1
Sports/ Deep Tissue Massage	-	1	2
Daily access to wet areas & gym	✓	✓	✓
Healthy Smoothies	3	3	3
BMI & Body composition Analysis	✓	✓	✓

ELLA WELLNESS & SPA EXPERIENCES

SIGNATURE ELLA JOURNEY

ELLA JOURNEY

120' | 35€

Experience a luxurious signature journey that begins with a dip in our indoor heated pool and is followed by a visit to our exclusive Thermal Ella Suite. This special zone offers a range of cold and hot experiences that are designed to invigorate and refresh your body and mind.

- Indoor heated pool
- Steam room on 45-50° with 100% humidity
- Finnish sauna on 80-90°
- Herbal sauna on 45° with up to 50% humidity and natural herbal essences
- Cold room on 5°
- Experience showers with lighting effects in combination with cold and hot water jets

The 'Ella Journey' includes a beverage of your choice from our 'Healthy Juice Bar' menu.



SIGNATURE ELLA RITUALS

DAMES & KNIGHTS

120' | 190€

Delve into our luxurious treatment that begins with a gentle exfoliation using nourishing olive and rose extracts, preparing your skin for a sumptuous body mask that enhances its firmness. Our skilled therapists then provide a soothing head-to-toe massage, using warm pouches filled with fragrant sage, honey, and rosemary to transport you to a state of pure relaxation.

The experience culminates in the application of a revitalizing gel enriched with red grape extracts and 'súma,' a potent local spirit that nourishes your skin while invigorating your senses. Surrender to the seductive ritual and emerge rejuvenated and refreshed.

LOUTRON

105' | 160€

Indulge in a traditional hammam ceremony that will transport you to a world of relaxation and rejuvenation. The journey begins with a steam bath to prepare your body for a deep loofah exfoliation that will leave your skin feeling renewed and refreshed. Next, enjoy a luxurious multi-coverage treatment for your face, hair, and body that will leave you feeling pampered from head to toe. Finally, complete the experience with a full-body traditional massage that will transport you to a state of pure bliss and relaxation.

WINE HARVEST

90' | 160€

Embark on a tranquil journey with our rejuvenating body scrub and mask, enriched with lavish ingredients like olive kernels, red grape, and rose petals, to revitalize and hydrate your skin, leaving it supple and refreshed. Finally, let the soothing aroma of our candle-lit aromatherapy massage calm your senses, providing a serene escape for your mind and body.

3 SENSES RITUAL

30' | 65€

Pamper your senses with a hammam experience you can customize. With the aid of your own hands, apply nourishing body and hair masks all over your body while you enjoy the warm and relaxing atmosphere of the hammam*. After the masks have dried, enter the steam room to further soften them before rinsing off with a warm shower to complete the indulgent treatment.

ULTIMATE REJUVENATING TIP

Enhance your spa ritual by adding an extra 30' of pure indulgence. Choose from a rejuvenating body scrub, a luxurious hydrating facial treatment, or experience both to give your spa journey a detoxifying or beauty dimension. Additional charges of 30€ apply.

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

THE MASSAGE COLLECTION

'HELEA' REVITALIZING EXPERIENCE

60' | 120€

Experience an aromatic journey tailored to your needs. Begin with a gentle body scrub made of olive kernels and a blend of Frankincense & Patchouli that prepares your senses for a luxurious massage with velvety oil butter. Our expert therapists use perfectly orchestrated movements to revitalize your mind, body, and soul, leaving you feeling rejuvenated and renewed.

RELAX & UNWIND MASSAGE

30'/60'/90' | 65/120/160€

Indulge in the ultimate aromatherapy relaxation ritual. Let go of tension and stress with our bespoke treatment that combines the healing power of essential oils with a gentle massage using light to medium pressure. This harmonizing experience is designed to balance emotions, increase calmness, and promote deep relaxation, making it a must-try during your stay with us. Take a step towards improving your overall health and well-being with this simple and effective treatment.

DEEP TISSUE MUSCLE MASSAGE

60'/90' | 120/160€

Deep muscle release massage. This therapeutic massage is specifically designed to target areas of muscle tension and soreness. Intense techniques are applied to enhance circulation, release built-up toxins, and rejuvenate the body and nervous system. Feel the tension melt away as you sink into a world of indulgent natural oils.

HOT STONE MASSAGE

60'/90' | 120/160€

A luxurious spa treatment that will rejuvenate your soul. Experience the benefits of heated stones as our trained therapist incorporates them into a soothing massage designed to relax the muscles and awaken the senses. The level of pressure can be adjusted to your comfort, allowing you to fully surrender to the healing power of hot stones.

MELTING SENSATION MASSAGE

60' | 120€

Candlelit massage experience. Let the warm scented oil from a burning candle bathe your skin, as the soothing flickering flame creates a mesmerizing ambiance. Allow the fragrant notes to transport your mind into a state of pure relaxation.

'THE CROWN' MASSAGE

50' | 110€

Head, neck & back massage. Ease your mind and invigorate your senses with a massage designed to specifically address tension in the head, neck, and back. This massage includes a relaxing scalp massage with warm oil, working to relieve tight muscles in the temple and neck regions.

'MOTHER-TO-BE' PREGNANCY MASSAGE

75' | 145€

Pregnancy pampering experience. Designed specifically for expectant mothers, this treatment offers a light, nourishing pressure that helps ease tension in both body and mind. Experience ultimate relaxation with a head-to-toe massage that includes special attention to the face, ensuring maximum comfort.

'FEEL GROUNDED' FOOT MASSAGE

30' | 65€

Reflexology foot therapy. Revitalize tired and aching feet with an invigorating massage that focuses on key reflex points, promoting the body's natural healing process and reducing muscular stress. Indulge in a world of pure relaxation as your feet are pampered and rejuvenated.



THE FACIAL TREATMENTS COLLECTION

KALESMA

BIOLOGIQUE RECHERCHE PERSONALIZED FACIAL.

An invitation to amplify one's individual beauty. A facial truly personalized in every step to address both current epidermal needs and long term goals. Our Biologique Recherche facials feature unique massages for the face, neck and décolleté and state-of-the-art formulas offering a bespoke experience.

HYDRATING LIFTING FACIAL

60'/90' | 130/170€

A reconditioning, hydrating facial that refines the epidermis, erases dehydration lines and restores lost volume.

LE LIFT FACIAL

60'/90' | 130/170€

A sculpting, exfoliating facial that renews the epidermis, brightens and unifies the complexion.

RE-ENERGIZING FACIAL

45/60/90' | 100/130/170€

A repairing facial that plumps up fine lines, gently exfoliates, renews and hydrates the epidermis and helps control the sebum production.

COLLAGEN FACIAL

60/90' | 130/170€

Our Re-energizing facial completed by a cooling sumptuous sheet mask, loaded with a cold of plumping marine collagen. The hydrating, soothing and toning effects of the mask are magnified by our Cryo Stick massage.

REINVIGORATING & REPAIRING FACIAL

60' | 130€

The ultimate innovation in aesthetics, a facial featuring pharmaceutical grade hyaluronic acid, offering the effects of mesotherapy with a non-invasive delivery. This renewing, lifting and wrinkle erasing treatment is created to offer the epidermis a 'well-aging' alternative to invasive procedures.

Enhance your custom facial with a selection of the following additional masks:

MASQUE PIGM 400: brightening and illuminating mask for the face.

PATCHS DÉFATIGANTS: eye contour mask to combat dark circles, wrinkles and puffiness.

PLATYSMA: a lifting and toning mask for the lower part of the face.

LIFTKISS: hydrating, smoothing and plumping lip contour mask.

LUNAR GRACE

60' | 140€

LUXURY ANTI-AGEING FACE TREATMENT

Crystal-infused anti-ageing indulgence. Experience the ultimate in luxury with a treatment that targets the signs of ageing, leaving skin visibly firmer, tighter, and lifted. Precious gemstones empower this facial, promising a glass skin effect and reducing the appearance of fine lines, wrinkles, dullness, and sagging.

SKIN REBIRTH

60' | 120€

MIRACLE SKIN RENEWAL FOR FACE & DECOLLETE

Customized high-performance facial. Achieve smooth, youthful skin with this all-in-one treatment that deeply moisturizes, regenerates, and improves overall appearance. Fine lines and wrinkles are diminished, and natural cellular turnover is reinforced for a recharged, reformed, and reborn complexion.

GLOWING PEARL

60' | 120€

LUMINOUSLY RADIANCE FACE TREATMENT

Radiant skin therapy. Unveil a brighter, firmer, and more youthful-looking complexion with this facial, enriched with clinically-proven rapeseed extract and vitamin C. This treatment targets signs of aging, evens skin tone and texture, and stimulates collagen production for a healthy, glowing look.

SPARKLING EYES

30' | 65€

Revitalized eye area. The ultimate eye ritual to brighten dark circles, reduce puffiness, and minimize fine lines and wrinkles. This treatment deeply hydrates, renews, and recharges the delicate skin around the eyes, revealing a youthful appearance.



THE BODY TREATMENTS COLLECTION

BIOLOGIQUE RECHERCHE

SCULPTING & CONTOURING

60'/90' | 130/170€

BIOLOGIQUE RECHERCHE SCULPTING & CONTOURING BODY MASSAGE.

A draining treatment that reduces water retention, activates the metabolism, stimulates the gut functions and treats local fat deposits. The body is visibly contoured and the cellulite reduced.

LE LIFT MASSAGE

60'/90' | 130/170€

Our gravity defying technique adapted for your body needs. An exfoliating massage treatment that renews, firms and improves the elasticity of the epidermis. The skin texture is refined and the silhouette contoured.

ULTIMATE REJUVENATING TIP

Enhance your body treatments with the addition of a 30' Algae Wrap or Bath in the beginning of the session, allowing the epidermis to eliminate toxins and be better hydrated. While improving your microcirculation, boosting metabolism for an overall feeling of well-being for an additional fee of 30€.

JET LAG RECOVERY

80' | 150€

Post-travel escape. Recharge after a long journey with an invigorating 80-minute treatment. A gentle mocha scrub prepares the skin for a rejuvenating massage, followed by refreshing spearmint and grapefruit to stimulate blood flow and offer ultimate comfort.

STARDUST GOLD

75' | 140€

Hydro-elasticity body renewal. A luxurious body treatment that gently exfoliates the skin with jasmine and gardenia petals, followed by a 24K Gold Body Mask for firming and deep nourishment. A perfectly mastered massage technique ensures ultimate anti-ageing properties.

CONFETTI RAINFALL SHOWER EXPRESS BODY POLISH

30' | 65€

Full body exfoliation. Enjoy silky soft skin with a gentle yet effective exfoliation using fine white sugar crystals, promoting elasticity and softness. Finish with a scented jasmine and gardenia body butter to seal in moisture and nourishment.

UNDER THE SUN

45' | 90€

Soothing after-sun treatment. Calm and hydrate sun-exposed skin with watermelon extract and seawater, while Greek yogurt and water lily with aloe improve overall appearance. This treatment leaves skin soft, hydrated, and naturally healthy-looking.

URBAN ESCAPE

40' | 90€

Decadent back and neck indulgence. Unwind as the luxurious aroma of chocolate and orange peel envelops your skin and mind, preparing you for a relaxing massage that releases tension in your muscles.

FATIGUED LEGS RELIEF TREATMENT

40' | 90€

Refreshing relief for legs and feet. Relax with a cooling scrub that smooths away dead cells and stimulates drainage. A calming yogurt powder and gel mask provide ultimate comfort for tired legs.

ULTIMATE REJUVENATING TIP

To enhance your relaxation and indulge in complete tranquility, we invite you to prolong the pleasure of our treatments with a 30' body massage for an additional fee of 30€.





ELLA WELLNESS & SPA DAY EXPERIENCES

HALF DAY

4h | 340€

Relax & Unwind Massage 90'
Confetti Shower Express Body Polish 30'
Glowing Pearl 60'
Sparkling Eyes 30'

FULL DAY

8h | 640€

Dames & Knights Signature Treatment 120'
3 Senses Ritual 30'
Relax & Unwind Massage 90'
Lunar Grace facial treatment 60'
Sparkling Eyes 30'
Manicure
Pedicure

ULTIMATE REJUVENATING TIP

We warmly encourage you to request a wellness consultation to evaluate your individual needs and select the wellness retreat that best suits you. Our top recommendation is to complement your stay with the renowned Mediterranean diet, along with our daily Fitness & Movement Programmes. Package rates are quoted per person.

THE BEAUTY SALON COLLECTION

HANDS & FEET CARE

Ella Manicure/ Pedicure	50/ 60€
Gel polish Manicure/ Pedicure	70/ 80€
Nail Polish/ Gel polish	15/ 20€
Gel polish removal	20€

WAX

Half Leg/ Full leg	30/ 50€
Half arm/ Full arm	25/ 40€
Under arm	20€
Bikini	30€
Brazilian	45€
Hollywood	60€
Belly	20€
Back & Chest	50€
Upper Lip/ Chin	20€
Eyebrow shape	20€

HAIR SALON

Hair Wash & Blow Dry	50€
Hair cut for Men/ Women	30/ 50€
Hair cut for Children	25€

FITNESS & MOVEMENT

At Helea & Elissa Resorts, we offer more than just treatments for the body and soul. A sanctuary where guests can achieve their personal fitness goals with the guidance of our expert Fitness & Movement Specialists within Ella Wellness & Spa. We take a holistic approach to fitness, taking into account each guest's unique lifestyle, movement patterns, and aspirations to create a tailored program that feels like a true indulgence.

Whether you're seeking total body awareness, improved performance in your favorite sports, or simply looking to enhance your flexibility, strength, and endurance, we are dedicated to helping you reach your fitness goals in a serene and rejuvenating environment.

PERSONAL TRAINING

At Helea & Elissa Resorts, we strive to make exercise a delightful experience. Our fitness and movement areas are equipped with the latest state-of-the-art cardiovascular and weight-training equipment, including treadmills, elliptical trainers, stationary bicycles, and more.

Alongside, a serene area dedicated to stretching and an interactive group and personal training area are available to uplift your workout experience. We believe that every guest deserves a unique experience, personalized to their goals and lifestyle.

Our Fitness Specialists are on hand to consult with you and create bespoke training programs or outdoor activities that cater to your individual needs. Whether you're an avid fitness enthusiast or a newcomer, we provide personal training options for all levels of fitness. You may book your session at our Ella Gym, our private activities room, outdoors, or even at the beach, for an incomparable experience.

Individual	60'/90'	45/65€
Couple	60'/90'	70/90€
Three people & more*	60'/90'	30/40€

GROUP FITNESS & MOVEMENT PROGRAMS

Indulge in a variety of daily group classes that elevate your mind, body and soul. Our exclusive selection of mat-based Pilates, Yoga, Aerial Yoga & Fitness sessions have a limited capacity of up to 8 individuals per class, ensuring personalized attention and care.

To secure your spot, please reach out to the Ella & Wellness Spa Reception and enquire about our weekly Fitness & Movement Group schedule.

Individual	60'	25€
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*Kindly note that the prices displayed on the menu are per person.

PRODUCTS IN HOUSE

At Ella Wellness & Spa, we take pride in using natural and sustainable spa products from Greece and various parts of the world to provide you with a truly enriching experience.

BIOLOGIQUE RECHERCHE

Founded in the late 1970s by a family of artisanal skincare experts, Biologique Recherche came about through the passion of a biologist and a physiotherapist duo Yvan and Josette Allouche. The brand has since introduced itself in more than 80 countries worldwide, remaining the gold standard in skincare with a reputation for effectiveness, outstanding products and with high concentration of active ingredients.

Biologique Recherche provides a one-of-a-kind skincare experience based on a personalized approach, providing customized services at the spa and home care adapted to every Skin Instant®.

ARIADNE ATHENS

'Ariadne Athens' proposes bespoke therapies aligned with a unique destination and inspired by its natural elements. The main purpose is to rebalance and renew, from inside out. Local ingredients are utilized seamlessly, connecting each destination's native and organic element with the latest techniques in cosmetology.

Merging unique bio-actives with natural rare, organic Greek & Mediterranean ingredients, award-winning spa brand 'Ariadne Athens' aspires to provide the ultimate skin care experience, with products which promise to give the skin a soft and delicate texture, embellishing its inner beauty.

ELLA WELLNESS & SPA ETIQUETTE

SPA ENVIRONMENT

Escape to the tranquility of Ella Wellness & Spa, where relaxation and rejuvenation are our top priorities. We kindly ask that all guests be 16 years of age or older, and that mobile phones and electronic devices remain silent to ensure the peace and privacy of our spa area. Smoking is also prohibited in our serene sanctuary, ensuring that the air remains pure and fragrant. Our dedicated team is on hand to tailor your experience to your individual needs, allowing you to fully immerse yourself in our oasis of calm.

HOURS OF OPERATION

Ella Wellness & Spa: 10:00 - 19:00
Ella Fitness Center: 08:00 - 19:00

APPOINTMENTS

To schedule an indulgent spa experience at Ella Wellness & Spa, please reach out to our attentive reception team. You can easily contact us via email at wellness-rhodes@ellaresorts.com or phone at +30 224 105 4487.

It's highly recommended that you book your treatments in advance to secure your preferred service and time slot. If you prefer privacy during your session, we can offer in-room spa services at an extra charge, subject to availability.

CANCELLATION POLICY

We want to ensure that your spa experience is stress-free and enjoyable. We understand that plans can change unexpectedly, and we are committed to being as flexible as possible. In the event that you need to cancel an individual treatment, we kindly request that you provide us with a 4-hour notice. For spa packages, we ask that you provide a 24-hour notice. Your spa time is reserved exclusively for you, and we appreciate your cooperation in this matter. Cancellations made within the aforementioned time-frame will be subject to the full charge of the treatment or package reserved.

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 Ella Thermal Suite 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 for safekeeping.

HEALTH MATTERS

At Ella Wellness & Spa, we strive to provide personalized spa experiences that cater to your specific needs. To help us achieve this, we kindly request that you inform us of any health conditions you may have at the time of booking your appointment. To maximize the benefits of your treatments, we recommend refraining from consuming alcohol before, during, or immediately after your spa experience. Upon arrival at Ella Wellness & Spa, our wellness concierge will ask you to complete a medical history form to help us better understand your unique requirements and provide you with the best possible 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 Ella Wellness & Spa.

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



Elissa

Helea

 ELLA
WELLNESS
& SPA