

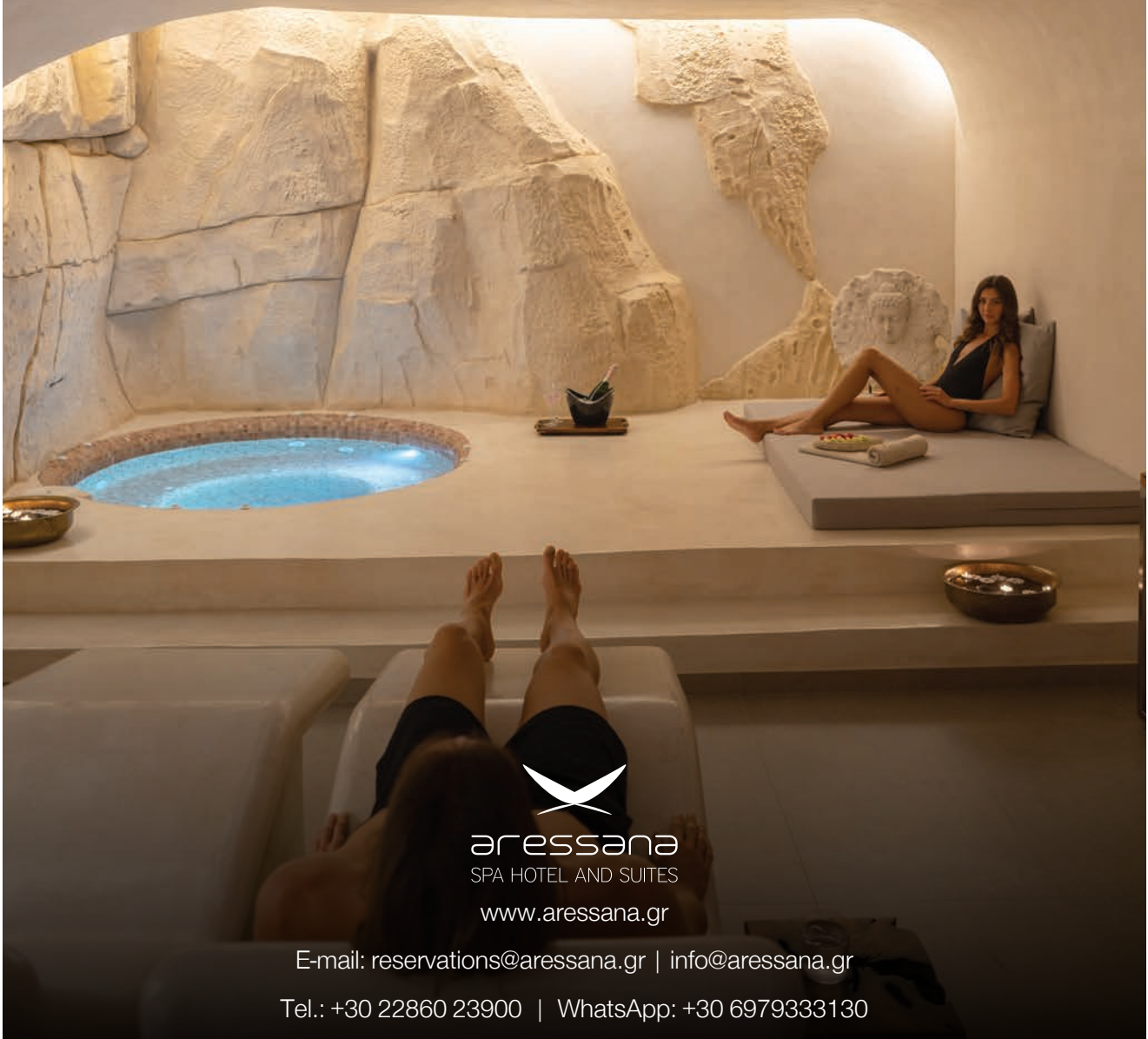


TEFSION KALLOS  
THE ARESSANA HOTEL SPA

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09:00 – 21:00

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**aressana**  
SPA HOTEL AND SUITES  
[www.aressana.gr](http://www.aressana.gr)

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# Tefsion Kallos Spa

The Tefsion Kallos Spa features three cabins, one of which is designated for couple treatments, along with the Private Spa Lounge.

Hours of Spa Operation: 09:00 - 21:00  
in house tel line: 108



The cave-style Spa Lounge is a private, serene sanctuary within our spa, featuring the advanced Sunlighten mPulse infrared sauna, a steam room, a hot tub, and two heated loungers.

# Spa Lounge

## Ritual

### Step 1 – Infrared Smart Sauna

Begin your ritual in the most advanced Infrared Smart Sauna, combining near-, mid-, and far-infrared heat, red light therapy, and chromotherapy.

Select from six wellness programs via the built-in tablet: Detoxification | Pain Relief | Weight Loss | Anti-Aging | Cardio | Relaxation

Each program lasts 30–45 minutes, supporting cellular health, muscle recovery, reduced inflammation, and overall well-being.

### Step 2 – Steam Room

Continue to the Steam Room, where gentle vapor opens the pores and maximizes detoxification, leaving your body refreshed and renewed.

### Step 3 – Hot Tub & Heated Loungers

Complete your journey with a soothing soak in the Hot Tub, followed by time on the Heated Loungers, allowing your body and mind to fully unwind and absorb the benefits of the experience.

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We recommend enjoying the Spa Lounge prior to your massage or treatment for the ultimate experience.

Appointment required, as it is designed exclusively for private use.

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Indulge in the ultimate spa ritual with a bottle of chilled French Champagne and a fresh fruit platter, available at a promotional rate of €155.

Reservation required.

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#### Spa Lounge Duration & Pricing

- 90 minutes – 95 € per person
- 60 minutes – 65 € per person

# Massages | Full Body

## Tefsiön Kallos Signature – TKSM

90min 150€ | 60min 115€ / - Relaxing to Strong Pressure -

Exclusive to our Spa: a head-to-toe distinctive massage aiming to create the ultimate soothing and rejuvenating experience blending the finest elements of various massage techniques including Deep Tissue, Hot Stones and Stretching. Choice of Candle Oil +20€

## Deep Tissue

80min 165€ | 60min 125€ / - Medium to Strong Pressure -

This massage focuses on realigning deeper muscle layers, using medium to strong pressure. While it can feel intense, deep tissue massage should not be painful. Communication with the therapist is important to ensure the right pressure is applied. The movement is firm, the gradually increasing pressure is deeper and concentrated on tensed areas. Therapists may use fingertips, knuckles, elbows and forearms if needed. Choice of Candle Oil +20€

## Swedish

90min 120€ | 60min 95€ / - Relaxing Pressure -

Experience a rebalancing, classic and gentle therapy from head to toe, crafted for soft-touch seekers. The gentle, flowing strokes used aim on easing muscle tension whilst promoting stress relief. To help alleviate anxiety, you may select your preferred Apivita essential oil blend for maximum relaxation through aromatherapy. Choice of Candle Oil +20€

*\*\*\*60 minutes Pregnancy Massage available upon request\*\*\**

*Advised after the 1st trimester. This type of massage uses smooth, gliding strokes performed at a slower pace with light pressure*

## Volcanic Hot Stone

90min 120€ | 60min 95€ / - Relaxing to Medium Pressure -

To start, relaxing pressure is applied using the heated volcanic stones placed on your back, legs and neck to warm up and gently massage muscle tissue. The smooth surface of these hot stones, combined with the Swedish Massage technique, enhances blood circulation and effectively relieves tension throughout your body. Choice of Candle Oil +20€

## Personalized

80min 165€ | 60min 125€

A personalized experience for everyone. Share your specific needs and preferences with our spa therapists to customize your own massage routine! Choice of Candle Oil +20€

## Candle Oil

60min 125€ / - Relaxing to Medium Pressure -

Indulge in a warm treatment, for a complete holistic aromatherapy experience, deep hydration and full-body relaxation. During this unique experience we use candle oil infused with essential oils, leaving your skin exceptionally nourished in a velvety texture with a divine scent.

### Scent options available:

**Relaxing Candle Massage:** Jasmine & Gardenia | **De-stress:** Coconut & Vanilla

**Recharging:** Citrus Blossoms | **Empowering:** One Million Nights (Floral Elegance, Iris Allure, Tangy Sweetness)

## Healing Reiki

75min 135€

Gentle, flowing massage techniques with the healing energy of Reiki to release tension, calm the nervous system, and restore inner balance.

*\*\*\*Treatment available solely per person, couples' massage option not offered - Specialized Therapist Eugenia\*\*\**

# Massages

## Full Back, Neck & Hands

45min 75€ / - Relaxing to Strong Pressure -

Focusing on the head, neck, full back and hands, this treatment offers long and firm strokes to alleviate tired muscles, reduce tension and enhance blood circulation. Specifically designed to address stiff shoulders, headaches and promote energy balance. Choice of Candle Oil +10€

## Foot

30min 50€ / - Relaxing Pressure -

A refreshing and invigorating treatment for fatigued feet. Enjoy the benefits of scrubbing (5-10min) followed by a relieving soft massage (20-25min) that relaxes feet and helps blood circulation. Choice of Candle Oil +10€

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Add to your massage experience with discounted rates:

an express 30min body scrub +40€

an express 30min facial of your choice +40€

60min Spa Lounge +50€

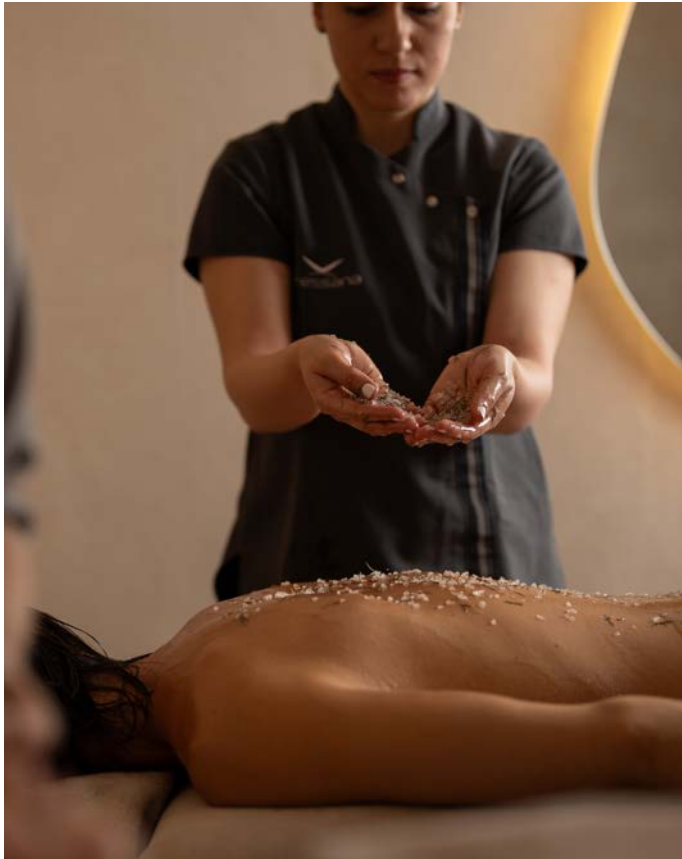
80min Spa Lounge +80€

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Almond Oil is used for all massages.

For a deeper skin hydration session choose the Candle Oil of your preference infused with essential oils.





# Spa-cial Packages

## Tefsion Kallos Experience

3 Hours: 250€ / Per Person

Begin your pampering journey with a one-hour private access to the Spa Lounge. A serene private space consisted of Heated Loungers, Hot Tub, Steam Room and Infrared Sauna all nestled inside our cave-style spa. Continue with a unique Greek lavender, olive oil and sea salt herbal scrub, abundant in minerals for skin rejuvenation. Complement your Spa Ritual with one full hour of a healing head-to-toe massage, our signature Tefsion Kallos Massage, which blends the finest techniques for optimal results. The final step in order to reinvigorate your body and mind, is choosing the most suitable facial treatment according to your skin needs.

*Choice of 30min Express Facial: Queen Bee or Beessential or Gentleman's Facial or Revitalizing Eye Treatment*

## Stress Relief Therapy

2.5 Hours: 205€ / Per Person

Ease your mind and release physical tension with this tailor-made experience, created to meet the essential need of energy rebalance. Start your Spa journey with an hour long exclusive access to the Spa Lounge offering serenity in a harmonious ambiance, consisted of Heated Loungers, a Hot Tub, Steam Room and Infrared Sauna. Leave your cares behind as you walk into our Spa cabins for a one-hour of full-body Personalized Massage which focuses on your specific needs. Our spa therapists look forward to customizing your own massage routine! Last but not least, a 30-minute facial of your preference will restore the glow on your skin.

*Choice of 30min Express Facial: Mediterranean Skin Food or Beessential or Gentleman's Facial or Revitalizing Eye Treatment*

## Royal Hydrating Experience

2 Hours: 195€ / Per Person

Our "Royal Treatment" is a complete pampering session for both face and body, that uses the nourishing properties of Royal Jelly. Begin with the 'Royal Honey' full-body scrub using sea salts to eliminate dead skin cells, complemented by the 'Royal Honey' rich body cream application, featuring a 45-minute full body massage for ultimate relaxation. An express 'Queen Bee Royal Jelly' facial care follows for a truly refined finish.

Elevate your spa experience by enhancing it in our serene Spa Lounge prior to your treatment.

Discounted rate:  
+50 € per person for 60 minutes  
+80 € per person for 90 minutes

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Indulge in the ultimate spa ritual with a bottle of chilled French Champagne and a fresh fruit platter, available at a promotional rate of €155.  
Reservation required.

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# Spa-cial Package for 2

## Mood For Love

90min 285€ | For 2 people

Enjoy a bottle of chilled Greek sparkling wine or Prosecco as you unwind privately at our Spa Lounge, which includes Heated Loungers, a Hot Tub, Steam Room, and Infrared Sauna. Select the 30-minute treatment of your preference to complete your romantic journey.

*Choice of the 30min treatment: Foot or Back Massage OR Beessential or Gentleman's Facial OR Revitalizing Eye Treatment*

# Facial Treatments by Apivita

All facials include face and eye cleansing, exfoliation, mask and face massage. This ensures that the products, tailored to your unique facial needs, reach the deeper layers of the skin. Our Spa team is eager to help you find the most suitable facial treatment as per your skin care needs!

## **Queen Bee - Absolute Anti-Aging & Regenerating Treatment** *(all skin types, age range 45+)*

80min 95€ / - Includes Foot or Head & Shoulder Express Massage -

Apivita's most luxurious holistic and anti-aging treatment!

The Royal Jelly face care, an elixir of skin youth, with exceptional benefits restores firmness and elasticity, providing a lifting effect. This treatment offers intensive hydration and radiance through its energy point activation technique. Additionally, choose between an express head and shoulders massage or an express foot massage for a restoring effect on your mood.

## **Beevine Elixir - Collagen Reboot Treatment** *(normal to combination skin, age range 35-50)*

80min 95€ / - Includes Foot or Head & Shoulder Express Massage -

Enjoy a firming treatment utilizing the antioxidant properties of red wine to reduce lines and fatigue. The anti-wrinkle and lifting massage, combined with the world-patented Propolift Complex and Plant Collagen, rejuvenates skin collagen. Additionally, rejoice in an express head and shoulders massage or an express foot massage.

## **Bee Radiant 3D Cell Activation - Antioxidant & Hydrating** *(all skin types, age range 30-40)*

60min 75€

Elevate your skin with our youth-boosting treatment, designed to eliminate signs of fatigue and promote skin repair for a youthful, radiant appearance. The application of BEE RADIANT products, coupled with a specialized smoothing and revitalizing skin massage, unveils brighter, smoother, and plumper skin.

## **Aqua Beelicious - Honey & Flower Deep Hydration** *(all skin types, age range 20-30)*

60min 75€

Aiming to youth complexion mainly, this treatment enables you to enjoy a deep, intense and revitalizing hydration which delivers immediate brightening results, thanks to its tree phyto-endorphins and patented propolis extract. Aids the skin in replenishing moisture levels and provides a protective shield against premature aging.

## **Mattifying Cleansing & Detox** *(oily & combination skin)*

60min 75€ / -Full facial - Includes cleansing, mask, cream, exfoliation & face massage-

30min 50€ / -Express facial-Brief yet complete treatment with immediate oil balancing results

Experience our balancing treatment, specially recommended for oily/combination skin types. This treatment effectively regulates oiliness using the characteristic properties of green clay and propolis, while providing antiseptic and antioxidant action. The result is a clean, matte, and radiant complexion.

## Mediterranean Skin Food

60min 75€ / -Full facial - Includes cleansing, mask, cream, exfoliation & face massage-  
30min 50€ / -Express facial- Brief yet complete treatment with immediate rejuvenating benefits

Experience a holistic treatment inspired by the nourishing, antioxidant ingredients of the Mediterranean diet. This treatment tailored for all skin types, effectively revives and invigorates the skin, offering a fresh and radiant glow.

## Gentleman's Facial with Cardamom & Cedar

60min 85€ / -Including 30min Back & Neck Massage-  
30min 50€ / -Express facial-

Indulge in some extra 'me' time by starting your Spa experience with a soothing 30-minute neck and back massage, releasing accumulated tension. Followed by a relaxing and invigorating face treatment tailored for the modern man, featuring products from the APIVITA MEN'S CARE range. This treatment focuses on deep cleansing, toning and moisturizing while addressing concerns such as dark circles and signs of fatigue in the eye area. Ideal for achieving a vibrant and energized result.

## Beessential Express Skin Strengthening Treatment

30min 50€ / - Includes cleansing, exfoliating, face massage, face and eye mask-

A skin-strengthening treatment featuring the Beessential oil, a 100% natural skin supplement. This precious oil consists of valuable fatty acids, vitamins, powerful antioxidants and energy-boosting citrus essential oils to fortify the skin barrier, deeply moisturize and revitalize both the skin and mind. Applied through an invigorating face massage, this treatment enhances skin beauty and provides an uplifting aromatherapy effect for the senses.

## Revitalizing Eye Treatment

30min 30€

Our anti-aging and depuffing treatment is designed to combat wrinkles, dark circles, and puffiness around the sensitive eye area. Through a targeted Apivita massage and the action of our products, microcirculation is stimulated, providing immediate results for a more rested, youthful and radiant eye appearance.

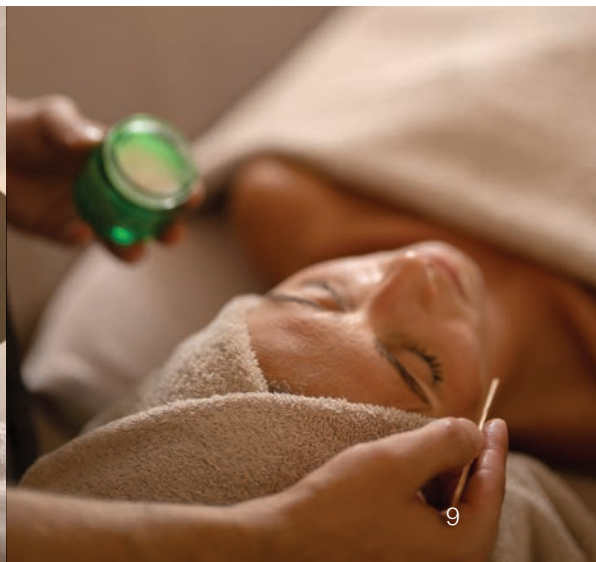
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Add to your facial treatment with discounted rates:

60min Spa Lounge +50€

80min Spa Lounge +80€

Reservation required.



# Body Treatments by Apivita

## Aegean Wind

(Body Scrub, Mask & Hot Stone Back Massage)  
90min 105€

A wonderful journey to the deep blue of the Aegean Sea. Begin with a unique Greek lavender, olive oil and sea salt herbal scrub, abundant in minerals for skin rejuvenation. Next, a full-body fossil mud mask will deeply moisturize and nourish your skin. Conclude your experience with a 30 minute hot stones relaxing back massage, using organic almond oil enriched with essential oils for ultimate relaxation and energy balance.

## Deep Body Detox

(Body Scrub, Mask & Back Massage)  
90min 105€

Reap the benefits of this deep cleansing and detoxification treatment, designed to rejuvenate you! Begin with a Greek sea salt exfoliation - approx. 20min- to invigorate the skin. Followed by approx. 20min green clay detox mask enriched with essential oils to purify and cleanse. Conclude with approx. 20min of gentle massage movements to remove toxins and revitalize your energy levels. The unique properties of green clay, combined with the power of aromatherapy, stimulate and effectively detoxify the body and mind. Finally, unwind with a 30min relaxing back massage using organic almond oil enriched with essential oils.

## Body Scrub & Moisturizing

40min 60€

Exfoliation is vital for renewing the skin, as it eliminates dead cells, boosts microcirculation, and detoxifies, resulting in silky-smooth skin. Select the most suitable scrub for your skin's needs, as a preparation before your massage for optimal benefits.

**Royal Honey:** ultra-nourishing exfoliation, enriched with honey & sea salts

**Herbal Sea Salt:** infused with organic lavender flowers

**Pure Jasmine:** creamy exfoliation, featuring bamboo grains and jasmine



Elevate your spa experience by enhancing it  
in our serene Spa Lounge prior to your treatment.

Discounted Rate:  
+50 € per person for 60 minutes  
+80 € per person for 90 minutes

We also recommend indulging in the ultimate spa ritual with a bottle of chilled French  
Champagne and a fresh fruit platter, available at a promotional rate of €155.

Reservation required.



# Spa Policy

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## Hours of Operation

09:00 - 21:00

Contact Front Desk by dialing '0' (zero) or Tefson Kallos Spa directly by dialing '108'  
Alternatively, you can visit the Spa facilities to book your appointment or email us at [reservations@aressana.gr](mailto:reservations@aressana.gr)  
Non-hotel residents are welcome to enjoy our spa facilities and treatments.

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## Cancellation Policy

### Aressana Hotel Guests

Please provide a 12-hour cancellation notice for changes to your appointment to allow others to book that time. Cancellations made within 12 hours of the appointment will incur a fee equal to the treatment's rate.  
Failure to attend or meet the cancellation deadline will result in a full charge for the scheduled treatment.  
For appointments booked prior to your arrival at the hotel, a credit card is required.

### Non-Hotel Residents

Should a cancellation or date change be necessary, we require a minimum of a 24-hour notice. In the event that you fail to meet the cancellation time frame or do not attend, the cancellation policy will be effect resulting in a full charge of the scheduled treatment.  
All scheduled services are secured with a valid credit card

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## Terms & Conditions

### Appointments

Advance booking is recommended to secure your preferred time and service.  
We will conduct a brief consultation to help you choose the best treatment based on your needs and preferences. Please inform our therapist if you have any health issues or if you are pregnant.

Pregnancy massage is recommended after the first trimester; however, before undergoing any treatment, please consult with your doctor.

### Arrival Time

We suggest arriving at the Spa reception 5-10 minutes before your appointment to complete your Health Consultation form. Kindly note that late arrivals will result in a reduction of the treatment time, if there is another appointment immediately afterwards.

### Treatment Preparation

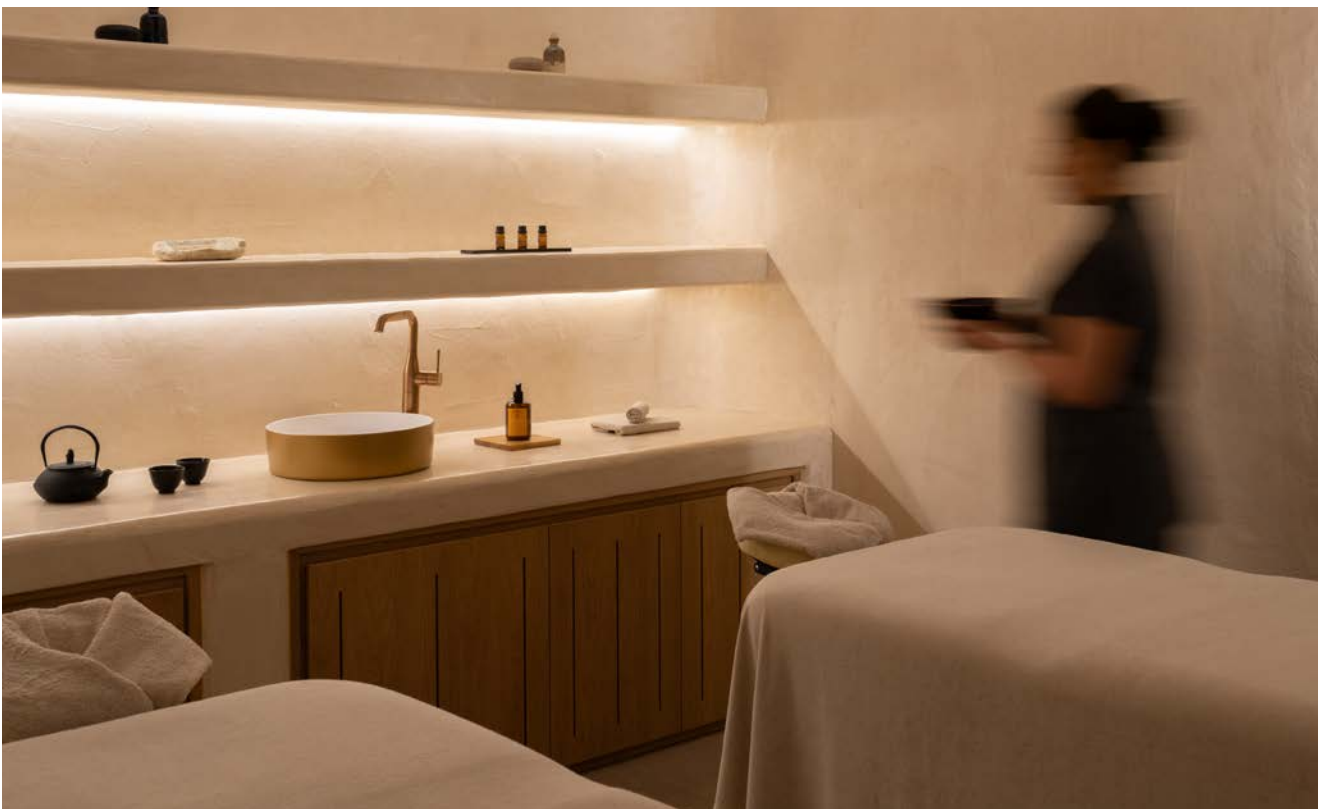
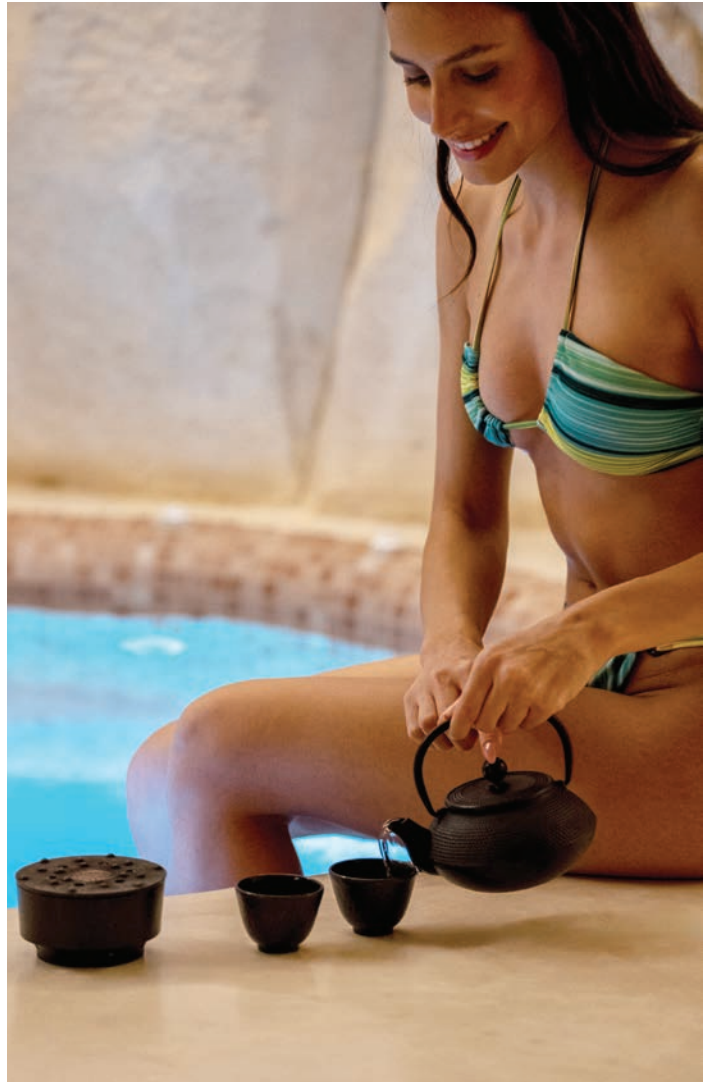
For all body treatments, we provide disposable underwear that must be worn throughout the duration of the treatment. However, you are welcome to wear your own if you prefer. For your comfort, we provide bathrobes, towels, and slippers.  
We recommend having a light meal two to three hours before your appointment. It is recommended to remove your contact lenses during facial treatments. For men, we recommend shaving before a facial treatment.

### Spa Environment

To fully enjoy your relaxation spa moments and out of respect for other guests, kindly ensure that cell phones are kept on silent mode upon entering the spa premises. Please store your valuables in the safe provided in your guest room or utilize our private safe boxes.

### Home Care Apivita

To maintain your spa routine at home, all Apivita products used in our treatments are available for purchase. Your therapist will assist you in selecting the most suitable ones for your needs.



# “Tefsion”

refers to an ancient name of Santorini, infusing the spa with a sense of history and connection to the island’s roots.

# “Kallos,”

a Greek word meaning “beauty” or “beautiful,” embodies the aesthetic ideals celebrated in art, literature and philosophy. Together, these elements reflect the spa’s commitment to providing a serene and beautiful sanctuary.

Nestled within the Aressana Hotel, guests can indulge in a range of treatments, from relaxing massages to revitalizing facials and body therapies.

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Our spa team is committed to tailoring treatments to meet the preferences of each guest, ensuring a relaxed spa experience. We highly encourage booking your treatment in advance to ensure availability.

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Non-hotel residents are welcome to enjoy our spa facilities and treatments.

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We exclusively utilize Apivita cosmetics for all treatments. Derived from “Apivita,” meaning “life of the bee,” these products contain 85-100% natural ingredients sourced from Greek nature, including valuable bee products and medicinal plants.

Our treatments provide a holistic experience with active ingredients, plant extracts, beehive products, and organic oils. Apivita’s formulations are free from harmful ingredients like silicones, parabens and mineral oil, reflecting their commitment to purity.

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**Hours of Operation: 09:00 - 21:00**  
in house tel line: 108

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**APIVITA**



Spa menu



# Tefsion Kallos Spa





aressana  
SPA HOTEL AND SUITES



*Independently minded*

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