HOTEL WELLNESS
SPA SERVICES

Dear guests,
we welcome you
to our tranquility world
with a great
discount spa voucher

10% OFF to all our SPA SERVICES

OR

10 EXTRA MINUTES MASSAGE

This voucher is valid only during
the first 2 days upon your arrival
and cannot be combined with
any other offer or promotion.

Please provide this voucher to the SPA reception
and start your relaxation
and wellness journey with us

The voucher is for personal use,
therefore it is applicable only for the holder.

Thank you



PARALOS
LIFESTYLE BEACH
› YOU + ME



Wellness at Lifestyle



OUR PHILOSOPHY

Indulge your senses in a world of luxury and tranquility. Our treatments are carefully crafted to relax the body, awaken the senses, and bring harmony to mind and soul in the expert care of our wellness specialists.

FACIAL TREATMENTS

Aloe Vera After sun with Royal Jelly

- 50′

Refresh and restore after a sun-soaked day with this soothing therapy, enriched with the nourishing properties of Aloe Vera and Royal Jelly. It alleviates fatigue, combats stress, and nourishes the skin, leaving body and mind beautifully revitalized.

Hydration with Wild Rose

- 50′

An indulgent facial therapy for dry and dehydrated skin, infused with botanical and floral essences to deliver intense hydration, restore balance, and leave the skin glowing and revitalized.

Beauty in Fusion

- 50′

A bespoke "infusion of beauty" crafted for every age and skin requirement. Select your personalized elixir: 30 to boost vitality and glow, 40 to enhance firmness and hydration, or 50 to enrich density and nourishment, leaving your skin beautifully revitalized.

Balancing Treatment

- 30′ / 50′

A specialized facial treatment that harmonizes the skin's pH and controls excess sebum, offering gentle yet effective care for teenage and adult skin alike..

Vitamin C facial treatment

- 50′

This advanced treatment works to inhibit the action of glycation, one of the main causes of skin aging and is based on pure Vitamin C combined with Ume Extract (tonic).

Time expert rides eye & lip contour

- 40′

A luxurious therapy designed to revitalize the eye and lip contour using precision suction and healing quartz stones. By activating collagen and elastin, it smooths fine lines, diminishes puffiness and dark circles, and enhances circulation, leaving the skin luminous and refreshed.

BODY WRAPS

Mediterranean After Sun

30′

A luxurious Aloe Vera body wrap that revitalizes and energizes the skin. Deeply nourishing and soothing, it is the perfect post-sun treatment to restore balance, hydration, and a radiant glow.

Silk Touch

30′

Experience the ultimate in indulgence as your skin is enveloped in precious “silk.” This sumptuous massage nourishes and hydrates, leaving the skin radiant, soft, and exquisitely smooth.

Luxurious Gold

30′

This indulgent full-body treatment, complemented by a masterful massage, revitalizes and nourishes the skin, enveloping the body in a refined, radiant golden sheen for a truly luminous effect.

BODY SCRUBS

Peach Softness

30′

A hydrating, antioxidant-rich exfoliation that leaves skin velvety and luminous, paired with soothing aromatherapy to relax the body and awaken the senses.

Mediterranean Olive

30′

Inspired by the Mediterranean land, this indulgent treatment delights the senses with the rich aromas and silky textures of olive, leaving the skin nourished, soft, and radiant.

Marine Exfoliation

30′

A refreshing body scrub enriched with pearl and olive leaf extract, gently nourishing and softening the skin while enhancing the effectiveness of subsequent treatments.

MASSAGES

Foot massage

- 30′

Through precise pressure applied to specific points on the feet, this ritual reestablishes the natural flow of energy, restoring balance, tranquility, and a profound sense of wellbeing.

Back, Neck and Shoulders

- 30′

A soothing massage targeting the back, neck, and shoulders to release tension and stress. Enriched with almond oil, it promotes complete muscle relaxation and a deep sense of calm.

Heavenly Head Massage

- 30′

A luxurious scalp massage designed to relieve stress and headaches, enhance sleep, support scalp health, and restore mental clarity. Rejuvenate your mind, body, and spirit in pure bliss.

Aromatherapy (Mix of Essential Oils)

- 50′ | 80′

A harmonious blend of hand-selected essential oils and flowing massage techniques melts away tension, restores balance, and envelops the body and mind in pure tranquility.

Deep Tissue

- 50′

A therapeutic massage using precise pressure and mobilization techniques to release muscle tension, reduce stress, and restore balance and vitality to the body.

Prenatal Massage

- 50′

A nurturing massage designed for comfort and wellbeing during pregnancy. This soothing therapy fosters a profound connection between mother and child, promoting relaxation and serenity.

SIGNATURE TREATMENTS

MELTING SENSATION - CANDLE MASSAGE

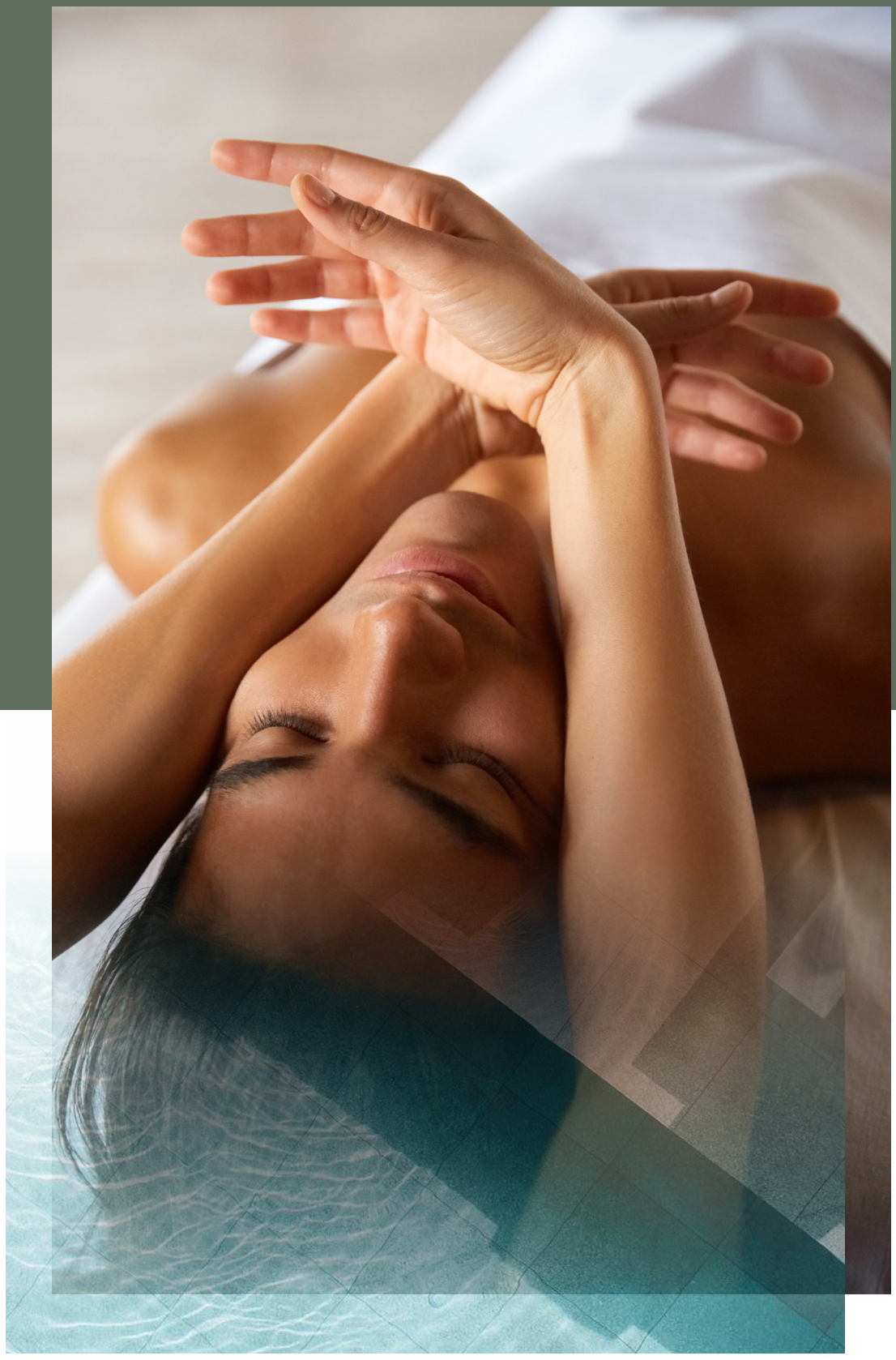
- 50′ | 80′

Lay back as warm, delicately scented oils glide over the skin in a sumptuous, velvety massage. Rich in nourishing properties and intoxicating fragrance, this ritual soothes the senses, melts tension, and restores complete balance, bliss, and wellbeing.

FIRMING SLIMMING & DETOXIFY TREATMENT

- 80′

An advanced treatment with active ingredients that stimulate lipolysis, tone supporting tissue, and target excess weight. Alternating hot and cold applications enhance results, while a firming, hydrating, detoxifying mask leaves the skin renewed.
Can be applied to the full body or targeted areas of your choice.



POWERED BY

HOTEL WELLNESS
SPA SERVICES