

*A magic paradise
An exceptional moment
A fascinating ritual*

Royal Mare famous signature

ORIENTAL HAMMAM... *The experience*

With its fascinating atmosphere and silence, a glancing play of the twilight on the impressive beauty of marble and mosaics, the Hammam invites you to some unforgettable moments.

Caressed by the soft scented eucalyptus mists... with the warm and friendly care, your body experiences the magic ritual of being scrubbed and freed of the daily invading toxins. Experience a rejuvenation of body and mind... a refuge in harmony and a total well-being.

The perfumed rassoul (Moroccan clay mud), mixed with essential oils ylang-ylang, jasmine and rosewater envelops your body and senses and leave you with a renewed, satiny skin. A dream out of "Thousand and one Nights".

Reservation advised

**One person : € 99,00
Two persons : € 165,00**



PHOTO: PRAKTIKON/STOCKPHOTO.COM
PHOTO: SHUTTERSTOCK


**THALASSO
+SPA**

ROYAL MARE
LUXURY RESORT + THALASSO
CRETE - GREECE



Welcome to Crete, the island blessed by the gods of mythology!
Discover this exceptional environment, where sea and nature come together...
at the Royal Mare Thalasso Resort, awarded by The World Travel Awards
for being the best Thalasso/Spa Centre worldwide.


Royal Mare
World's Leading Thalasso Resort
www.worldtravelawards.com



Information for a successful stay

Opening hours:

Royal Mare Thalasso/Spa: 10:00 – 18:00
Sunday closed

Fitness Area:

08:00 – 20:00 / every day
Entrance permitted for clients above 16 years of age.
Sportswear & shoes obligatory

Sauna, Hammam & Fitness Area:

Free entrance for clients having a Thalasso programme of 4 days & more. Personalized training on request.

Optional services:

Medical visit : €28,00
* Diet Consultation : €28,00

* Enjoy your stay at the Royal Mare Thalasso Resort to discover, in a warm and friendly atmosphere, the famous Cretan diet, synonymous with health and longevity. Our nutritionist is more than happy to advise and to create your personal tailored menus, most satisfying and balanced, which will allow you to lose weight, while savoring the famous Cretan kitchen and its exquisite products. Our experienced chefs will introduce you to the secrets of this healthy, delicious and light cuisine. A new way of eating habits, which will quickly convince and seduce you.

*Our full-board diet cuisine will be at an extra charge.

What to wear:

The center's wardrobe will provide you with a bathrobe, a towel, a bathing cap (required in all swimming pools of the Centre), as well a pair of sandals.

ALDEMAR has the exclusive distribution of the French beauty products

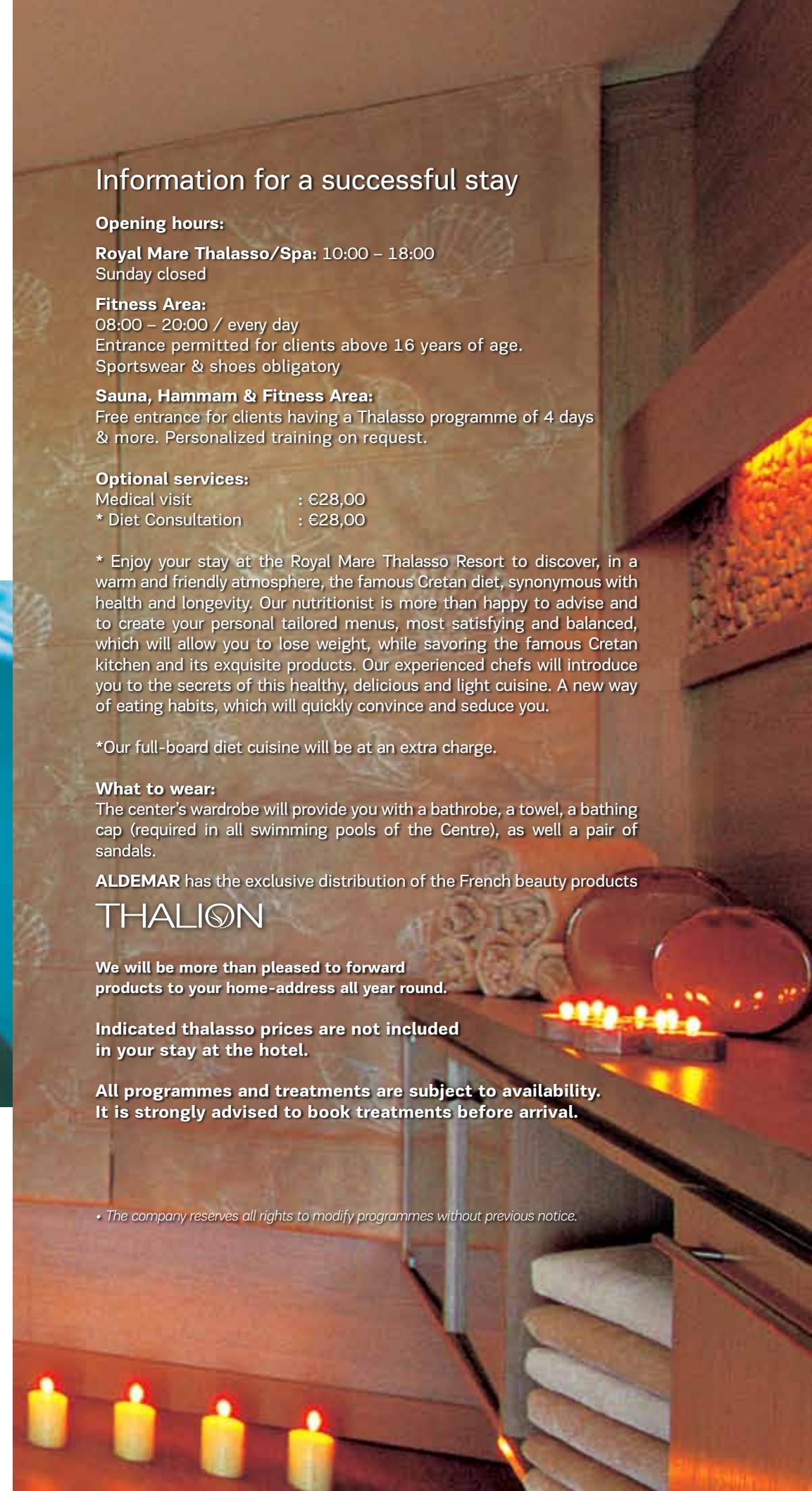
THALION

We will be more than pleased to forward products to your home-address all year round.

Indicated thalasso prices are not included in your stay at the hotel.

All programmes and treatments are subject to availability. It is strongly advised to book treatments before arrival.

** The company reserves all rights to modify programmes without previous notice.*



MARINE & WELL-BEING

NEW!

REMINERALISATION MARINE... HEALTH!

An **exclusive THALION** program, concentrated in marine magnesium and calcium with important effects on your body and mind, among others:

- remineralization action
- maintenance of the bone structure
- joints - muscular pains (anti-inflammatory)
- insomnia (general fatigue)
- special **Zen** minded (overworked)
- skin hydration
- sports recovery. A real source of well-being with a **remarkable result!**

6 days - 4 treatments per day

- 2 body scrub with ocean salt
- 4 hydro-jet bath with magnesium oil and ocean calcium
- 6 revitalizing body wraps with magnesium and calcium extracts
- 2 massages affusion shower with magnesium oil (2 hands)
- 4 massages with magnesium and calcium oil
- 6 sea-water pool sessions : Aqua Gym relax

4 days
€570,00

6 days
€855,00

Extra day
€150,00

EXCLUSIVE

MEDITERRANEAN

A small escape... to enjoy some moments of relaxation with multiple seawater and massage treatments!

6 days - 3 treatments per day

- 6 individual soothing & relaxing hydrotherapy treatments: aromatic hydro-jet bath, affusion shower, underwater jet shower, jet shower & thalaxion bath
- 4 sea-water pool treatments: AquaRoyal®, AquaGym, AquaStream & AquaBike
- 2 massages with organic essential oils of Crete
- 2 relaxing massages
- 1 relaxing seaweed body wrap
- 2 beauty treatments: Body Scrub & Beauty Hydration
- 1 massage under affusion shower with apricot oil (2 hands)

2 days
€228,00

4 days
€448,00

6 days
€670,00

Extra day
€112,00

MINI PROGRAMMES

LADIES SPECIAL €260,00

2 days - 3 treatments/day: • Body Peeling & Hydrating Body massage • Beauty Relax & Beauty Royal Look • Massage with bio essential oils & Beauty Hydration

MASCULINE ENERGY €290,00

2 days - 3 treatments/day: • Aromatic Airjet Bath & AquaRoyal® • Body Peeling & Masculine Beauty Hydration • Vishesh Massage & tonic massage 55 min.

ABSOLUTE SERENITY €270,00

2 days - 3 treatments/day: • 2 Relaxing Aromatic Air-jet Bath • AquaRoyal® & AquaGym Relax • Ayurvedic massage & Aromatherapy massage

ORIENTAL EXPERIENCE €265,00 - 1 person / €520,00 - 2 persons

2 days - 5 treatments: • Relaxing Aromatic Air jet bath • AquaRoyal® • Affusion massage with 2 hands • Oriental Massage • Oriental Hammam

ORIENTAL DAY €181,00 - 1 person / €315,00 - 2 persons

1 day - 3 treatments/day: • Relaxing Aromatic Air jet bath • Oriental Hammam • Oriental Massage

SILHOUETTE & SLIMMING



WELLNESS or NEW ENERGY

Energizing, regenerating and soothing your body in order to regain its optimal condition through a combination of relaxing or revitalizing programmes. Our WELLNESS or NEW ENERGY programme will revitalize, loosen slowly all kind of stiffness and erase the effects of stress and chronic fatigue. This feeling of well-being will last long after the treatments are completed!

6 days - 4 treatments per day

- 9 individual relaxing or invigorating hydrotherapy treatments: aromatic hydro-jet bath, jet shower & underwater jet shower
- 6 sea-water pool treatments: AquaRoyal® & AquaGym
- 3 seaweed body wraps
- 3 massages with organic essential oils of Crete
- 3 relaxing or invigorating massages

2 days
€272,00

4 days
€535,00

6 days
€795,00

Extra day
€132,00

SLIMMING

SLIMMING is an exceptional and intensive programme to increase skin elasticity with Cellu-M6 (LPG) treatments, firming massages and personalized & guided daily work-out sessions in our Fitness center by our coach.

6 days - 4 treatments per day

- 1 individual invigorating hydrotherapy treatments: hydro-jet bath, thalaxion bath, jet shower & firming underwater jet shower
- 3 firming & slimming seaweed body wraps
- 3 slimming massages
- 3 Cellu-M6 (Endermology-LPG) firming sessions
- 4 sea-water pool treatments: AquaRoyal®, AquaStream & AquaBike

**Take advantage to discover the famous Cretan diet. Combine a nutritional consultation (offered in your programme) with a personalized Full Board proposition by our qualified dietician. (At additional charge).*

4 days
€690,00

6 days
€905,00

Extra day
€140,00

HARMONIA & ELIXIR VERTEBRAL

HARMONIA

To erase tension and regain calm and tranquility, Royal Mare Thalasso created an original programme with traditional massages of all around the globe. Our exceptional Balinese massage, the Ayurvedic massages – Abhyanga (relaxing) and Vishesh (invigorating, muscle toning). Maximum refinement...ultimate joy!

6 days - 3 treatments per day

- 3 individual invigorating hydrotherapy treatments: aromatic hydro-jet bath
- 3 sea-water pool treatments: AquaRoyal®
- 6 relaxing seaweed body wraps
- 2 Ayurvedic massages with organic sesame oil of Crete
- 2 Aromatherapy massages
- 2 Balinese massages

4 days
€585,00

6 days
€875,00

Extra day
€155,00

ELIXIR VERTEBRAL

Back ache: the ailment of modern time. The ELIXIR VERTEBRAL has been specially created to relax, stretch and soothe ailing backs. It is effective in its preventive capacity as it is for soothing temporary or chronic pains. The "plus" of the ELIXIR VERTEBRAL programme: back exercises in private cabin, coached by a physiotherapist, as well the HUBER-LPG device, a unique machine for rehabilitation, which enables you to enforce the spine muscles and prevent back pain. Coached by a personal trainer, clients are instructed in the correct limbering, stretching and stimulating movements.

6 days - 4 treatments per day + Medical/physiotherapeutic visit at the beginning of your programme (if possible with your X-rays)

- 6 individual hydrotherapy treatments: hydro-jet bath Elixir Vertebral
- 3 sea-water pool treatments: AquaGym Elixir Vertebral
- 3 Guérande Marine Mud Body Wrap
- 3 personalized physiotherapeutic treatments
- 3 private coached sessions of re-education in private cabin
- 3 massages Elixir Vertebral
- 3 personalized treatments, coached on the HUBER-LPG device (a unique machine for re-habilitation, which enables you to enforce the spine muscles and prevent back pain)

4 days
€655,00

6 days
€955,00

Extra day
€155,00

HEALTH & VITALITY

NEW!

BREATHE... REVIVE

INNOVZEN® O2 CHAIR (all in ONE concept) guides you to learn **how** to breathe deeply and well again focusing on the physical, emotional and psychological well-being in the following situations:

- improving life quality
- stress management
- burn out
- ageing well
- sports activities, allowing you to experience the amazing benefits it has on your mind and body.

Innovzen® O2 Chair... your precious companion for a healthier and better life... with **optimal oxygenation!**

6 days - 4 treatments per day

- 6 breathing sessions in INNOVZEN CHAIR (15 – 30 min.)
- 6 sea-water pool sessions : breathing relaxation – exercises
- 3 massages back & thorax with essential bio oils
- 3 individual stretching & breathing sessions
- 6 private respiratory educational mat sessions

4 days
€485,00

6 days
€720,00

Extra day
€130,00

BODY SHAPE SILHOUETTE

Combine the benefits of the re-enforcing sea-water treatments, seaweed body wraps and revitalizing massages, associated with daily tailored fitness programmes, such as the "AquaFit Experience" in seawater, as well as the coached HUBER-LPG sessions. A programme for persons committing themselves to exercise and new experiences ...

6 days - 4 treatments per day

- 6 sea-water pool treatments: AquaStream & AquaFit Experience
- 6 revitalizing seaweed body wraps
- 3 massages Euphoria with organic essential oils of Crete
- 3 revitalizing & relaxing massages
- 6 HUBER-LPG sessions –coached by your personalized trainer

4 days
€670,00

6 days
€890,00

Extra day
€145,00

VEIN TONE VITALITY

A variety of sea-water treatments improving the blood circulation with the fabulous phlebotonic watercourse in the AquaRoyal® pool, the vein-tonic hydro-jet bath, the Thalaxion bath combined with the pressotherapy and manual therapeutic lymphatic drainage massage, cold seaweed wraps... a relieve for reducing swollen legs!

6 days - 4 treatments per day

- 9 individual invigorating hydrotherapy treatments: hydro-jet bath, thalaxion bath & underwater jet bath
- 3 cryotherapies – localized seaweed body wraps
- 3 massages with organic essential oils of Crete
- 3 lymphatic drainage massages
- 3 sea-water pool sessions: AquaRoyal®
- 3 pressotherapy treatments

4 days
€540,00

6 days
€800,00

Extra day
€145,00

Aldemar is the exclusive representative of **THALION** products in Greece

We will be more than pleased to forward products to your homeaddress all year round.