



*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 leaves you with a renewed, satiny skin. A dream out of "A One Thousand and One Nights."

Reservation advised
One person: 90' € 99.00
Two persons: 120' € 165.00



PHOTO: ALDEMAR RESORTS



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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.



Information for a successful stay

Opening hours:

Royal Mare Thalasso/Spa (access Adults only):
10:00 – 18:00 daily, Sunday closed

Fitness Area:

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

Sauna, Hammam & Fitness Area: Free entrance for clients having a Thalasso programme of 4 days and more. **Personalised training on request.**

Optional services:

Medical visit : €28.00
* Diet Consultation : €28.00 (on request)

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

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

What to wear:

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

ALDEMAR is the exclusive distributor of the French beauty products

THALION

We will be more than happy to send products to your home address, all year round.

Indicated Thalasso prices are not included in your hotel room rate.

All programmes and treatments are subject to availability. Kindly be advised to book treatments ahead of time, by calling #800 or 3802 directly from your room.

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



MARINE & WELL-BEING

NEW!

REMINERALISATION MARINE... HEALTH!

An **exclusive THALION** programme, 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 scrubs with ocean salt
- 4 Hydro-jet baths with magnesium oil and ocean calcium
- 6 revitalizing body wraps with magnesium and calcium extracts
- 2 affusion shower massages 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
- 5 sea-water pool treatments: AquaRoyal® & AquaGym relax
- 6 massages with organic essential oils
- 1 beauty treatment: Body Scrub

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 Scrub & Hydrating Body massage • Beauty Relax & Eye Lift Expert • Massage with bio essential oils & Beauty Hydration

MASCULINE ENERGY **€290.00**

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

ABSOLUTE SERENITY **€270.00**

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

ANTI-STRESS... REVIVE **€195.00**

2 days - 3 treatments/day: • 2 breathing sessions INNOVZEN • 2 massages back & thorax • 2 seawater pool sessions

SILHOUETTE & SLIMMING

BODY SHAPE SILHOUETTE

Combine the benefits of the re-enforcing seawater 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
- 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

SLIMMING

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

6 days - 4 treatments per day

- 11 individual invigorating hydrotherapy treatments: hydro-jet bath, thalaxion bath, jet shower & firming underwater jet shower
- 3 firming & slimming seaweed body wraps
- 3 detoxifying massages
- 3 Cellu-M6 (Endermology-LPG) firming sessions
- 4 seawater 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 from 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
- 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 as 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)

**Medical consultation is included in your programme.*

4 days
€655.00

6 days
€955.00

Extra day
€155.00

HEALTH & VITALITY

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: 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
- 3 relaxing or invigorating massages

2 days
€272.00

4 days
€535.00

6 days
€795.00

Extra day
€132.00

VEIN TONE VITALITY

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

ORIENTAL PROGRAMMES

ORIENTAL EXPERIENCE **€265.00 - 1 person / €520.00 - 2 persons**

2 days - 5 treatments: • Relaxing Aromatic Hydro-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 Hydro-jet bath • Oriental Hammam • Oriental Massage

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