

Elxis Spa



ELXIS **ELXIS**
SPA MEDICAL
www.elxis-spa.gr www.elxis-medical.gr

3, Mitropoleos str., Syntagma
T. +30 210 70 15 392

3, Alamanas str., Marousi
T. +30 210 61 00 118

Porto Rafti Avenue
T. +30 229 90 71 300
elxisspa@gmail.com

A world full of beauty!

ELXIS SPA
ELXIS MEDICAL

BRUNO VASSARI



Face Treatments

Deep Skin cleansing 90'

Cleanse your skin from all excessive mangle and environmental pollutants. Revitalizes the face and leaves it with a fresh healthy look.

Vitamin Hydration 60'

A unique treatment based on vitamins A, C & E ideal for nourishment, rejuvenation and enhancing of collagen production.

After Sun face 60'

Hyaluronic acid combined with vitamins, achieve the crucial deep hydration the skin requires, especially after prolonged sun exposure.

Intensive Anti-aging Cellactive Treatment 60'

Cellactive anti-aging 6 treatments course with products based on stem cells, redwood and flower vine. Recommended for mature skin, it provides visible results in the contour of the facial skin.

Lab division Collagen booster 90'

5 treatments course aspiring to absolute cell renewal. Enhances collagen production, smoothes wrinkles and strengthens skin's defense mechanism.

Specifics Eye Treatment 45'

Specialized eye treatment with triple action against wrinkles, dark circles & swelling.

Intensive Whitening 60'

High effective whitening & anti-aging treatment. Stimulates collagen production and smoothes blemishes. Ideal for brighter, tighter & healthier skin from the first treatment.

Body Treatments

After Sun Body Treatment 60'

Deep hydration and nourishment treatment for the entire body. The ultimate care after sun-bathing including oils fortified with hydrating serums and a moisturizing full body mask that tightens and stimulates the skin.

Bi-thermal 90'

Integrated body care for weight loss, chipping lines and cellulite. Recommended for at least one to two times per week.

Anti-cellulite 60'

Specialized treatment targeting cellulite and detentions. Recommended for at least one to two times per week.

Cold compress Cryogenic 60'

Treatment with a high intensity firming action. Also recommended for those suffering from edematous conditions and poor blood circulation.

Relaxing Massages

Candle Ritual 60'

Perfumed candles, specifically processed and enriched with essential oils. This treatment acts on the entire central nervous system, resulting in an ultimate relaxation experience through a ritual applying a special massage technique leaving you with the smoothest skin you have ever had.

Full body Relax 60'

Classic Swedish full body massage. Relax from tip to toe.

Deep Tissue 60'

Intense full body massage ideal for tense muscles. Relief yourself of muscular and joint pains.

Back Massage 30'

Relaxing massage localized to the back and the neck.

Reflexology 30'

Special massage and pressure technique focused on the feet. Activate your reflex points and feel the relaxation and wellbeing not only on your feet but also your entire body!

Leg Relief Massage 30'

Special massage technique focused to the leg area. Recommended for tired feet.

Leg Relief Massage 30'

Special massage technique focused to the leg area. Recommended for tired feet.

Indian Head Massage 30'

Traditional Indian massage technique for head and neck without the use of oils. Leave behind stress and tension and stimulate this part of your body combating muscular tension and knots.

Shea Butter 60'

A full body relax massage with the use of shea butter, one of the most hydrating factors found in nature. Specially advisable during the summer for a hydrating benefit while relaxing body and mind.



Namaste



A world of wellbeing

ELXIS SPA
ELXIS MEDICAL

BRUNO VASSARI

ELXIS **ELXIS**
SPA MEDICAL
www.elxis-spa.gr www.elxis-medical.gr

3, Mitropoleos str., Syntagma
T. +30 210 70 15 392

3, Alamanas str., Marousi
T. +30 210 61 00 118

Porto Raffi Avenue
T. +30 229 90 71 300
elxispa@gmail.com

Namaste

"The greatest goodness is a peaceful mind" - Buddha



Thai massage 90'

The ancient Thai Massage is a combination of yoga stretches, mild vibrations and pressure on the body's meridians using hands, elbows and thumbs. Increases your flexibility and vitality, stimulating body and mind.

Shiatsu 60'

Enjoy the ancient Japanese pressure point massage. Fundamental to eastern medicine, it provides physical and mental relaxation restoring energy flow throughout the body unlocking the meridians. Excellent for combating fatigue.

Hot stones Massage 60'

Massage technique utilizing volcanic stones, activating the body's chakras and releasing accumulated negative energy.

Yoga balance massage 60'

A unique combination of yoga stretches and massage techniques. Enjoy this version of traditional Thai massage performed on a bed and let go of muscular and spiritual strain.



Thai foot 30'

A unique combination of massage and reflexology as performed in Thailand. Combat tired feet and fatigue like never before.

Shirodhara Head Massage 30'

Ayurvedic face neck and head massage leading to total relaxation. Maintaining a constant flow of herb enriched oil over the 6th chakra, also known as the "third eye", it restores the balance of the mind and nervous system, significantly helping with sleep problems.

Chi Nei Tsang 30'

Also known as the Taoist abdominal massage. It is based on the concept that the abdominal region is the "second brain"; Chi Nei Tsang aids in a series of body imbalances, specifically digestive problems, tension & stress, fairly common when changing living environments. Exceptional during vacations.



Balinese 60'

Massage by hand, elbow and thumb pressure; This technique is excellent for muscular tensions, utilizing deep tissue kneading.

Rejuvance 60'

A natural lifting experience! This unique combination of the Rejuvenessence technique, acupuncture points, Sotaim Chinese and Philipino vibration massage, works on the skin's connective tissue providing an immediate lifting effect completely natural. You can have it either as a unique flash beauty treatment, or as a 6 treatments protocol for lasting effects.



All treatments are performed with the world famous recognized care & beauty products

BRUNO VASSARI

PERSEPHONE



A journey through
the ancient Greek
wellness experience

ELXIS **ELXIS**
SPA MEDICAL
www.elxis-spa.gr www.elxis-medical.gr

3, Mitropoleos str., Syntagma
T. +30 210 70 15 392

3, Alamanas str., Marousi
T. +30 210 61 00 118

Porto Rafti Avenue
T. +30 229 90 71 300
elxispa@gmail.com

ELXIS SPA
ELXIS MEDICAL

BRUNO VASSARI

PERSEPHONE

“Η ομορφιά είναι σιωπηλή ευγλωττία” (Beauty is silent eloquence)

Theophrastos 371 B.C. – 287 B.C.



All treatments bearing the indication Physis are performed with the use of entirely natural products that are prepared in front of you, at the moment of the treatment, wholly tailor made to your specific needs and wishes.

Every component used is 100% natural and biological without the slightest tampering straight from the unspoiled Hellenic land. From nature's laboratory straight to your skin. Use a completely natural path to combat sun burns, acne symptoms, bad circulation, cellulite and many more.

Ares 60' / 90'

Spoil yourself with a unique combination of a full body massage ritual with the use of hands, stones and towels, precisely as Herodotus described it to be the welcoming treatment of the ancient Amazons.



Aphrodite 75' Physis

Let go in a totally relaxing experience of facial and body massage from tip to toe. Inspired by depictions found on amphorae dating back to the Minoan civilization. Stray away in an ancient sea of total relaxation.

Athena 60'

Based on Hippokrate's therapeutical massage techniques with the use of cups, herbs and honey. Rejuvenation and relaxation of body and mind meets skin care.

Demetra 60' Physis

Unique massage technique with the use of virgin green olive oil, as it was ritually provided in ancient Sparta. Combine relaxation with a totally natural skin nourishment.

Hera 60' Physis

Indulge in a massage ritual for your body and enjoy the benefits of lemon and orange extracts prepared completely naturally in front of you!



Estia 75'

Become a time traveler and experience the original ancient Hellenic hospitality treatment. A full body scrub with salts from the Greek sea followed by a full body massage ritual.

Dias 90' Physis

Sense like an ancient royal couple. Enjoy a couple's massage, which according to the historian Xenofon, Kings and Queens of the ancient era chose as the ritual treatment after the royal wedding.

Poseidon 30' Physis

Scrub for the entire body as it was performed in ancient Greece, using salt from the Greek sea! Stimulate your senses and tone your skin.

Hermes 60' Physis

Full body massage with honey and royal jelly, highly nutritious for the skin, exceptionally popular in the Mycenaean civilization 3500 years ago. Apart from being the main sweetener in Antiquity, the Mycenaean texts witness the large-scale use of honey in the perfume industry as well as for beauty purposes.



All treatments are performed with the world famous recognized care & beauty products

BRUNO VASSARI