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KARAM

NATURAL HEALTH & CARE PRODUCTS  
SPA MANAGEMENT & SERVICES

## Welcome to Karam Spa

Karam Spas, inspired by the amazing powers and influence of the Dead Sea in health, wellness and beauty have come to introduce you to the ancient secrets of rejuvenation and awakening of the senses.



# Face Treatment

Masks & Creams

## Facial cleansing

Facial cleansing that includes exfoliation with walnut bark granules, deep hydration and relaxing massage.

Duration: 45'

## After Sun Care

A unique experience of hydration and skin shine along with a refreshing facial massage. Enjoy your skin being unusually youthful and radiant. Ideal after exposure to sun light.

Duration: 35'

## Rejuvenation and Anti-Aging Care

Activate cell regeneration with a refreshing massage and feel the power of minerals from Rivage's award-winning Replenishing Antiageing Cream.

Duration: 50'

## Facial Detox Therapy

Lymphatic facial massage to stimulate microcirculation and remove edema under the eyes. It is accompanied by the detoxifying mud mask from the Dead Sea.

Duration: 40'

## Unique Mykonos Anti-Aging, Face and Neck

Unique Care with facial and neck massage for intense tightening and regeneration. It is accompanied by the super-effective Rivage Skin Correcting Serum and the Intensive Neck Care Cream Multi-Vitamin.

Duration: 60'



# Body Treatment

Dead Sea & Salt Crystals & Mud

## Hydration and Exfoliation

Give your skin a deep cleansing and exfoliation with Dead Sea Salts. Experience the unusual feeling of softens and elasticity with the power of the natural collagen of Rivage's Moisturizing Body Milk.

Duration: 45'

## Exfoliation and nourishment (with shea butter)

Give your body the gentle exfoliation offered by the Revitalizing Body Scrub with crystals from the Dead Sea and give your skin the nourishment and hydration it needs with the gentle touch of Shea Butter.

Duration: 45'

## Body Beyond Care

Body Soul and Mind in perfect balance. Indulge in the seductive aromas of the East, travel back in time and discover the ritual secrets of beauty and well-being that only a few knew.

Duration: 50'

## Mud Mask from the Dead Sea and Back Massage

Relax and relieve pain in the neck and back with the healing power of the minerals contained in this miraculous Mud mask. Dead Sea Mud Musk is created from the subtle interaction of the water, the sun and the soil through geological processes of thousands of years.

Duration: 50'

## Ammos & Blanc Premium Care

A Premium treatment which includes Mud therapy enriched with herbs of the Greek land and relaxing massage with warm olive oil. A traditional approach with special techniques for total relaxation and well-being.

Duration: 60'



# Massage

Essential Natural Oils

## Classic relaxing massage all over the body

Swedish massage of moderate intensity throughout the body. Enjoy relaxation and relief and feel the benefits of this relaxing massage.

**Duration: 55'**

## Back and Neck Massage

Releases the muscles of the back and neck and removes the tension and fatigue of the trip.

**Duration: 35'**

## Head and Face Massage

Massage that relaxes, reduces stress and relieves headache by giving benefits to the body and mind.

**Duration: 25'**

## Foot Massage

Relieve the fatigue of your feet and feel them light with a delightful massage.

**Duration: 25'**

## Ancient Greek Massage

A massage with a strong character applied with suction cups. For those who seek intense muscle toning.

**Duration: 45'**

## Spartan Massage

Travel back in time enjoying a traditional medium intensity massage with olive oil and citrus essential oils.

**Duration: 30' & 55'**

## Detox Massage

Light lymphatic detox massage with lemon essential oils. It removes swelling and toxins giving a sense of lightness to your body.

**Duration: 55'**

## Deep tissue Massage

Deep tissue massage for those who want a strong result.

**Duration: 30' & 55'**

## Aromatherapy Massage

Massage with a mixture of essential oils and oil rich in minerals from the Dead Sea, ideal to glorify the senses. Rest and relax with middle eastern frequencies.

**Duration: 30' & 60'**

## Hot Stones Massage

Massage with warm volcanic stones of Santorini for deep muscle relaxation. A holistic treatment with a special technique for calmness and stress control.

**Duration: 30' & 55'**

## Massage for a relaxing sleep with chamomile and lavender

A relaxing massage with essential oils from almond, chamomile and lavender. Ideal for those who have sleeping problems.

**Duration: 55'**

## Children's Massage

A relaxing massage and at the same time strengthening the muscles. Specially designed for children and adolescents, which helps in development and promotes athletic performance.

**Duration: 20'**



# Two together

Couples Treatments & Massage

## Massage Experience for Couples

We are waiting for you with your partner or one of your friends to offer you a unique spa experience in a private environment designed especially for you who want to escape from everyday life and experience unforgettable moments of relaxation, well-being and harmony of body, mind and soul.

**Duration: 60'**



# Mykonos Ammos Exclusive Treatments

Premium Massage & Treatments

## CLEOPATRA - Face and Body

Give your face the shine and hydration it deserves and the nourishment your body desires. Absolute relaxation and detoxification. Take off your senses with the seductive aroma of Rivage massage oil.

**Duration: 90'**

## ROYAL KARAM

The Spa experience beyond all expectations. The healing mud masks, the rejuvenating power of dead sea crystals and the silky feel that Rivage Shea Butter leaves on your skin will give you an unforgettable experience.

**Duration: 75'**



## ROYAL AMMOS - Face, Body & Hair

All the mystagogy of the East in a premium treatment. The therapeutic hair, face and body masks combined with honey and herbs of the Greek land come to release their beneficial properties and meet the aromatic oils of the East.

**Duration: 100'**

## Parties & Bachelor Parties

Organize your Bachelor Party or create a special event!!  
Let us create for you an unforgettable journey of wellness

## Packages

There is no better way to rejuvenate yourself and regain your balance. Our specially designed packages are the ideal choice for stress relief, the perfect gift for you and your loved ones.

## Regulation Rules

◆ Smoking is forbidden in all areas. ◆ Put your mobile phone on silent. ◆ The spa is a place for relaxation and wellness, please maintain the tranquillity. ◆ Place your precious items in the security box. ◆ The hotel is not responsible for any loss. ◆ Children under 16 years of age are not allowed to enter for security reasons. ◆ The spa does not offer medical services. Please contact health professionals for any problems. ◆ It is better to come to your appointment earlier so that you have time to fill out the necessary papers (medical history, membership card). ◆ It is important to inform us of any allergies you might have.

## Charges Policy

◆ You are kindly requested to notify us of any changes in arrival or cancellations of your appointment, with 4 hours' notice. Otherwise you will be charged 50% of the total value. ◆ In the case where you don't show up for your appointment, you will be charged 100% of the services value. ◆ If you arrive late, treatment time will be decreased accordingly.



**KARAME**

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