

PHĀEA
CRETAN MALIA
CRETE

SPA
BROCHURE

A Lifestyle Worth Discovering



Tucked among the hotel's banana trees and cacti, The Cute Spa offers a serene sanctuary where nature, simplicity, and the warmth of Greek hospitality come together.

Inspired by the richness of the Cretan landscape, our treatments draw upon the nourishing power of native herbs, botanical extracts, and pure natural ingredients. In partnership with **Ariadne Athens**, whose formulations celebrate the abundance of the Greek land, each ritual becomes a sensory journey through the aromas, textures, and traditions of Crete.

The spa experience is further enriched through **Anne Semonin Paris**, natural, vegan, and luxurious skincare creations devised and crafted in France, combining advanced expertise with refined sensory rituals.

Rooted in authenticity and guided by the timeless spirit of Mediterranean wellbeing, The Cute Spa invites you to embrace moments of balance, reflection, and renewal.

ANNE SEMONIN

PARIS

FOR FACE & BODY TREATMENTS

Anne Semonin, pioneers of personalized skincare routines since 1985. Their natural, vegan and luxurious products are devised and created in France. They combine essential oils, trace elements, natural active and innovative biotechnological ingredients -all are carefully selected for their high quality, safety, efficacy, and sustainability.

ariadne

ATHENS

PREMIUM GREEK SKINCARE RITUALS FOR FACE & BODY

Ariadne Athens is a Greek luxury skincare brand inspired by the healing heritage of the Aegean. Combining rare botanicals such as Cretan herbs, with advanced biotechnology, it creates high-performance formulations rich in naturally derived ingredients. Rooted in the philosophy of Greek hospitality, each ritual follows carefully crafted treatment protocols that go beyond skincare, offering a holistic experience designed to restore balance, awaken the senses, and deliver authentic, results-driven care.



WELLNESS RITUALS

Our rituals combine botanical ingredients and mindful touch to nurture both body and mind, reflecting the simple, authentic rhythm of Mediterranean wellbeing.



W E L L N E S S R I T U A L S

Top-to-Toe

CRETAN MEDITERRANEAN RITUAL BY ANNE SEMONIN

For those looking for a memorable experience, this ritual combines the benefits of red wine with the nourishing elements of the olive oil and the aromas of Cretan Fig, while treating your Face, Body and Scalp.

150 MIN | €250

Minoan Princess

A SENSE OF CRETE BY ARIADNE ATHENS

Rooted in the Cretan land and its gifts of olive groves, wild herbs, and golden honey, this nurturing ritual restores balance to body and mind through the richness of local botanicals. An olive and rose exfoliation gently smooths the skin and awakens circulation, followed by a warm honey-infused body mask that deeply hydrates and comforts. The experience continues with a relaxing face and full-body massage enriched with rosemary, clary sage, and honey aromas, leaving the skin velvety-soft, radiant, and deeply replenished.

90 MIN | €160

Cretan Garden Detox Journey

THE HERBAL RESET BY ARIADNE ATHENS

Designed to reset the body and refine the skin through targeted detoxification. A gentle body exfoliation stimulates circulation and prepares the skin, followed by a purifying face mask enriched with mountain tea, sage, and mint to refresh the complexion and restore hydration. A targeted massage with antioxidant-rich oil infused with dittany, saffron, and rosemary leaves the body relaxed and the skin beautifully renewed.

90 MIN | €160

WELLNESS RITUALS

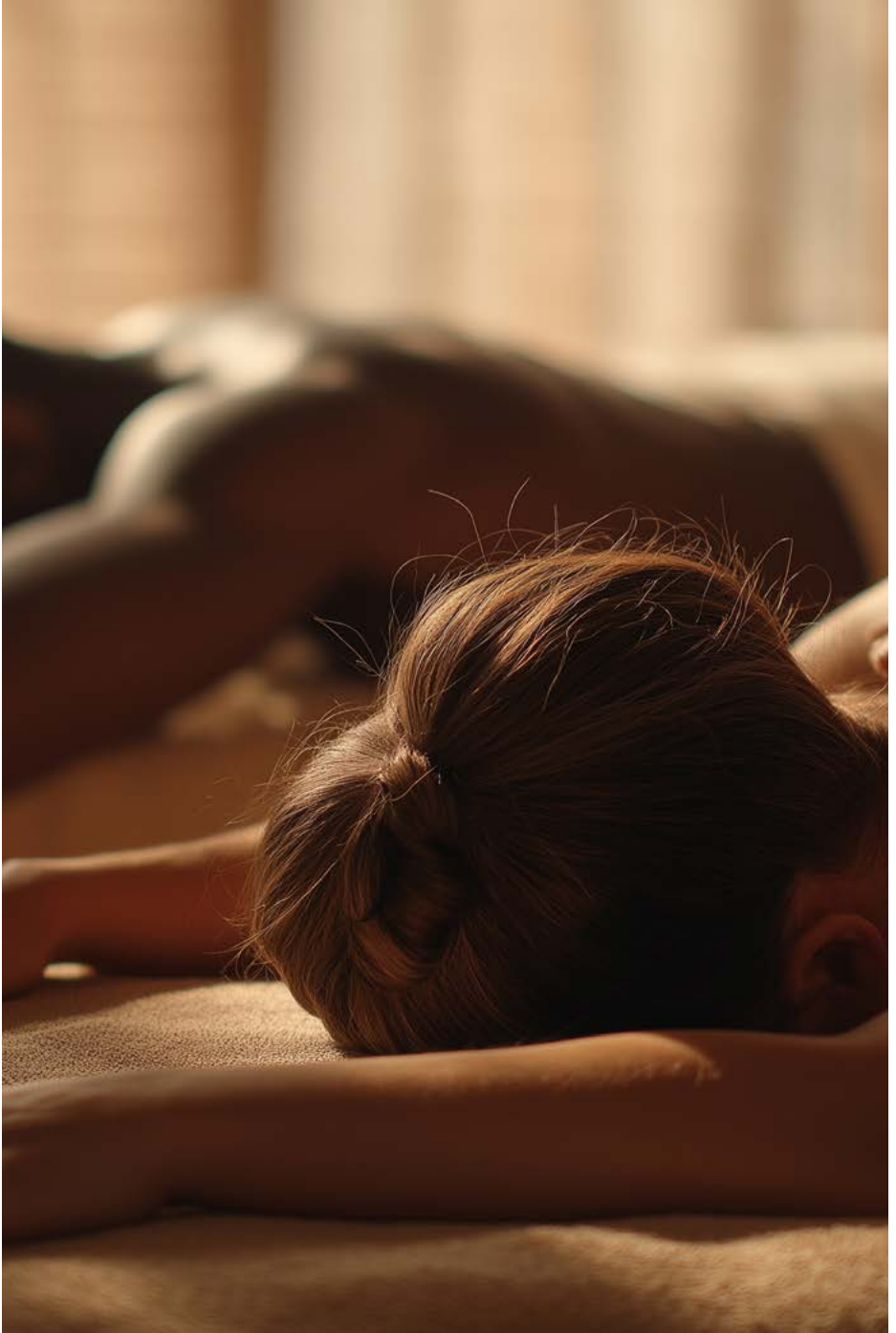


Délos Signature Revival Ritual

A MULTI-SENSORY HEAD & BODY EXPERIENCE BY ARIADNE ATHENS

Inspired by the sacred island of Délos, this ritual celebrates light, femininity, and inner radiance. An ancient dry-brushing technique with a natural horsehair brush refines the skin and stimulates circulation, followed by a restorative anti-stress massage performed with Délos Oil and its signature fragrance. A soothing scalp massage and hair brushing with a natural resin comb bring the experience to a close, an intimate moment that restores balance and glow.

70 MIN | €120



COUPLE'S EXPERIENCES

C O U P L E ' S E X P E R I E N C E S

Wine Harvest Ritual

A RITUAL OF CONNECTION BY ARIADNE ATHENS

Rooted in the timeless tradition of the Cretan harvest, this couple's ritual celebrates togetherness through the warmth and abundance of the vine. An exfoliation with olive kernels and rose petals renews the skin, followed by an antioxidant body mask that restores softness and vitality, then a full-body massage with warm sesame oil to release tension. A red grape and royal fig-infused lotion brings the experience to a close, enveloping the skin in a velvety, sun-ripened aroma, echoing the warmth of shared connection.

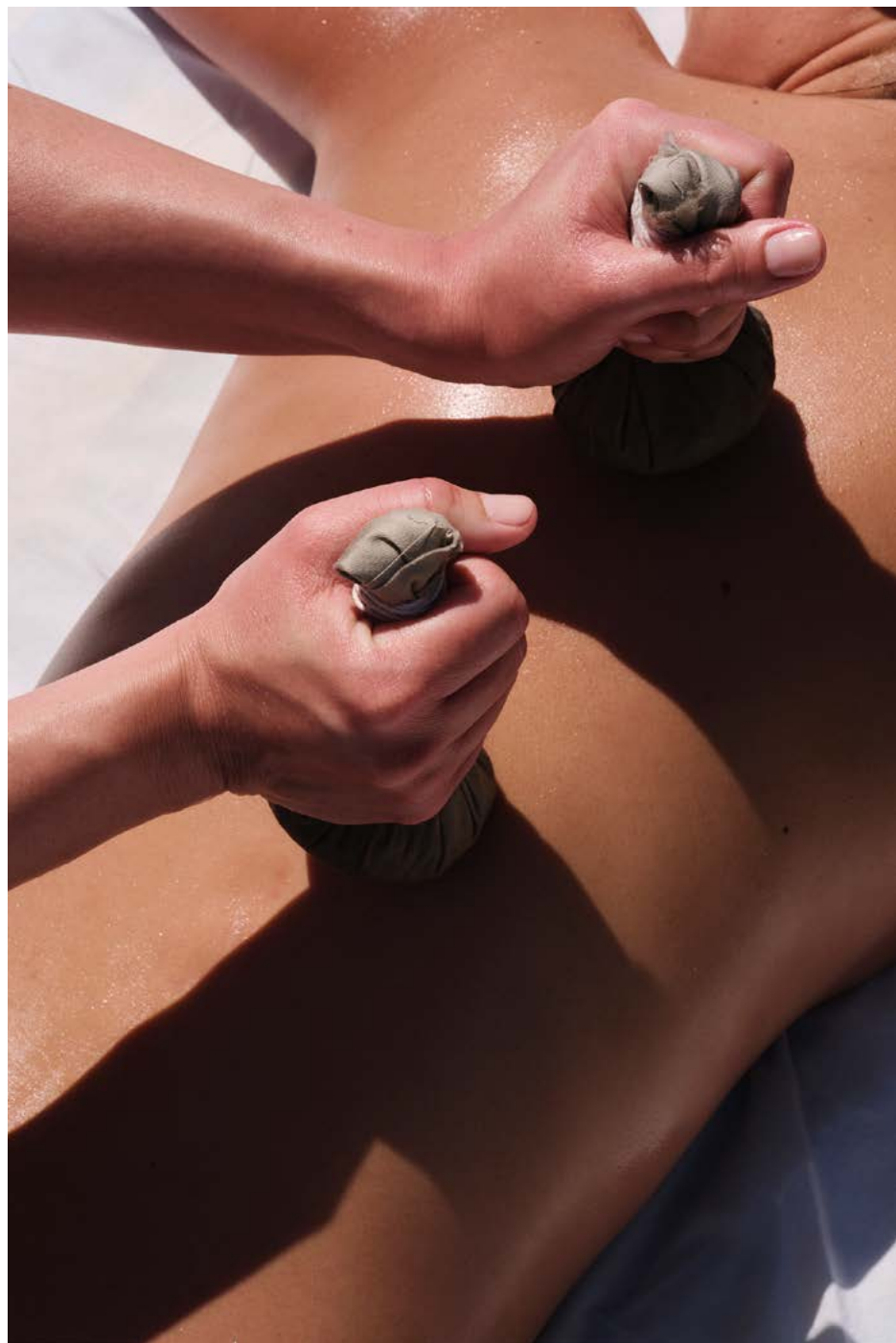
.90 MIN | €140 PER PERSON

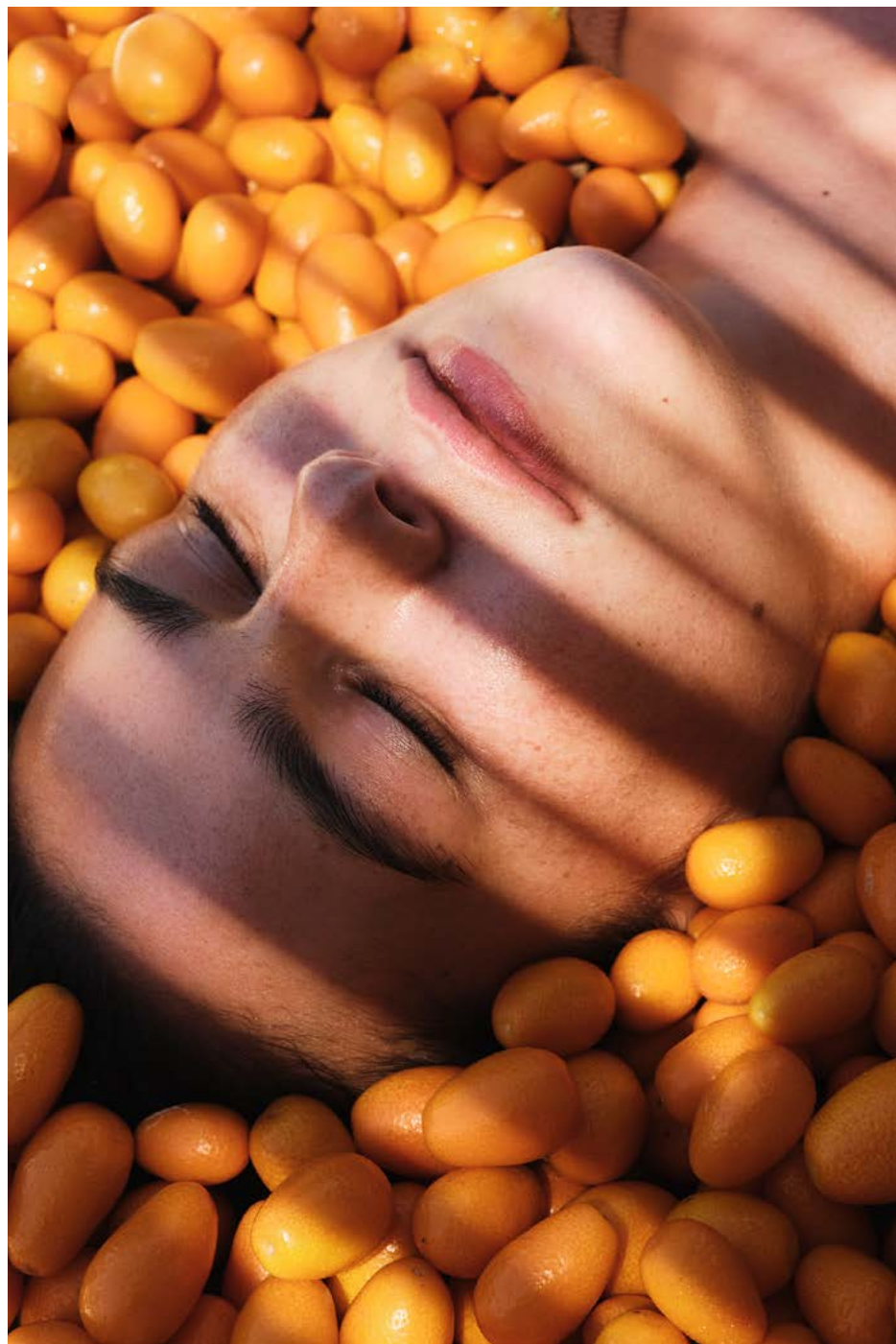
Summer Affair

A RITUAL OF SHARED INDULGENCE BY ARIADNE ATHENS

A couple's ritual of shared indulgence, blending warm aromas and comforting textures into a deeply sensorial experience. A sugar crystal body scrub with mocha notes refines the skin, followed by a body mask enriched with liquid chocolate extracts that softens and restores. A slow full-body candle oil massage melts away tension, followed by a hydrating facial with raw honey and apricot extracts, leaving the skin soft, luminous, and refreshed.

70 MIN | €130 PER PERSON





SKIN HEALTH

Thoughtfully designed for all skin types and ages, our facial treatments draw on the natural richness of Crete, nurturing skin and senses to leave you refreshed, balanced, and naturally radiant.



FLORIS
Délis
EAU DE PARFUM

Body AND MIND SENSATION OIL
arthe'ne
ATHE'NE
Riviera Escape
Les Parfums de France

S K I N H E A L T H

Made to Measure

REBALANCE FACIAL BY ANNE SEMONIN

Combining serums, masks and creams which have been carefully selected to suit your skin's specific needs, this bespoke treatment corrects and re-balances the skin, resulting in a dramatically more radiant, even-toned complexion. Uniquely personalized, this intense treatment of cleansing, rejuvenation and moisturizing will result in visibly clearer and more luminous skin, with effects that will last long after you've left our spa.

50 MIN | €110

Mediterranean Secrets

ANTI-AGEING FACIAL BY ANNE SEMONIN

A facial cupping will lift and tighten the skin, making you look as if you've just enjoyed the world's most relaxing siesta. Hands and feet are treated to a lavish massage while an olive peel-off mask soothes your newly revealed skin.

80 MIN | €160

Precious Pearl

ULTRA LIFT BY ANNE SEMONIN

An age preventing and stimulating facial that increases skin's elasticity and radiance by using a unique formula of pearl powder, made from pure cultured pearls rich in amino acids.

80 MIN | €180

S K I N H E A L T H

Meli

VITAL HYDRATION AND NUTRITION BY ARIADNE ATHENS

A deeply hydrating ritual centered on honey. Gentle cleansing and skin preparation are followed by a rich honey-infused mask that restores moisture and revitalizes the complexion. Apricot oil, rich in essential fatty acids, is worked in through a relaxing facial massage, with tailored final skincare leaving the skin smooth, luminous, and beautifully hydrated.

60 MIN | €100

Anaplasis

BILLION-LEVEL REGENERATING FACIAL BY ARIADNE ATHENS

A next-generation facial powered by the advanced Skin Rebirth line to visibly restore vitality, resilience, and clarity. Billion-level exosomes combined with Alkanna Tinctoria, a rare Cretan root known for its skin-renewing properties, help soothe stressed skin, support natural regeneration, and improve elasticity and hydration. The complexion appears smoother, firmer, more even, and visibly renewed.

60 MIN | €100

Rhodon

PRO-AGING GLASS SKIN FACIAL BY ARIADNE ATHENS

A high-performance facial designed to restore firmness, hydration, and refined luminosity for a smooth, glass-like complexion. Bioactive formulations combined with Aquamarine, Moonstone, and Rose Quartz help improve elasticity and visibly soften signs of fatigue and dehydration. Sculpting massage techniques enhance contour and vitality, leaving the skin smoother and naturally radiant.

70 MIN | €110



B O D Y

Create Your Own Body Ritual by Ariadne Athens

Design a personalized body journey inspired by the scents, textures, and healing richness of Cretan nature. Choose from three ritual stages to create a sensory experience tailored to your skin and mood.

B O D Y

Soothe my Soul - Body Scrub & Wrap

Continue your ritual with a targeted, nourishing body wrap, designed to hydrate, detoxify, or soothe the skin. Each wrap begins with the corresponding aromatic scrub for enhanced absorption and results. Combinations to choose from:

- Secret Paradise – Wild Cyclamen scrub · Yoghurt, aloe & melon wrap
- White Rose Petals – Jasmine & gardenia scrub · Serifos 24K gold wrap
- Vanilla Mocha – Mocha scrub · Honey & olive oil mask

60 MIN | €100

Phaea Body Renewal

A complete ritual that restores balance, releases tension, and deeply nourishes the skin, combining effective exfoliation with comforting warmth. A full-body scrub of your choice smooths the skin and stimulates circulation, followed by a warm candle massage where melted wax transforms into silky oil, flowing slowly to ease tension and invite deep relaxation. Skin feels soft and revitalized, body and mind returned to calm.

90 MIN | €140

After the Sun

Sea water and yogurt blend to soothe and rehydrate, helping the skin regain its natural balance. A cooling mask enriched with pomegranate and pure aloe vera follows, restoring lipids and delivering deep hydration. A gentle neck and head massage brings a sense of ease, leaving the skin calm, silky, and refreshed.

70 MIN | €110



M A S S A G E T R E A T M E N T S

Physis Aromatherapy Massage

A curated selection of aromatic oils inspired by Greek herbs, seeds, and spices, rich in vitamins, antioxidants, and soothing properties, invites you to journey through the Greek landscape on a summer's day. This aromatherapy massage uses light to moderate pressure with essential oils tailored for relaxation, detoxification, or muscle relief.

60 MIN | €120 • 90 MIN | €150

Melting Sensation Candle Massage

DE-STRESS – EMPOWERING – RELAXING – RECHARGING

Warm aromatic candle wax melts into nourishing oil, releasing deep hydration and a sensuous fragrance that calms the mind and uplifts the spirit. The slow, velvet-textured movements ease muscular tension, enhance circulation, and restore emotional balance for a deeply immersive, blissful experience.

60 MIN | €130 • 90 MIN | €160

Deep Tissue Massage

A focused, intensive massage that releases deep muscular tension and stimulates circulation. Ideal for physical fatigue, stiffness, or fluid retention, it targets chronic tightness to eliminate lactic acid build-up and recondition the body. Enhanced with detoxifying essential oils, it restores flexibility and improves overall skin tone.

60 MIN | €140€ • 90 MIN | €170

Head & Back Massage

Blending Ayurvedic wisdom with the aromatic richness of Greek herbs, this invigorating yet deeply relaxing massage focuses on the head, shoulders, and back with organic oils infused with lavender, rosemary, tea tree, and laurel. A silk-like floral body butter completes the experience, leaving skin nourished and the senses restored.

40 MIN | €80

Mother to be

A unique rhythmic pregnancy massage addresses body and mind to promote balance and wellness for both the mother and the baby. An amazingly nurturing experience with natural pregnancy oil that enhances muscle and joint function, improves blood circulation, reduces fluid retention and relieves mental and physical fatigue.

60 MIN | €120

Lymphatic Drainage Massage

Light, rhythmic movements and controlled pressure stimulate lymph flow and encourage the body's natural drainage system, reducing water retention, supporting detoxification, and refining skin texture.

Key elements: Full-body lymphatic massage

60 MIN | €120

ENHANCE YOUR EXPERIENCE ADD-ONS

Personalized add-on rituals are designed to complement and elevate your treatment

Fast glow facial – Express facial for instant radiance

25' | €40

Irida eye care – Targeted eye ritual for refreshed luminous eyes

20' | €30

Soothe my skin body scrub – Gentle exfoliation for smooth, renewed skin

20' | €30

Head & neck massage – Focused relief for tension-prone areas

20' | €30

Hand & foot massage – Nourishing and deeply relaxing touch ritual

20' | €30

Prices are per person.

Add-on rituals may be combined with any treatment but cannot be booked separately.



PHĀEA CRETAN MALIA
SPA PACKAGES

We are devoted to a holistic approach to wellbeing and relaxation. In collaboration with leading wellness brands, we offer immersive and results-driven spa experiences, combining therapeutic body treatments and massage rituals inspired by the power of nature.

Day Spa Package

Valued at €300

Retreat Journey Price: €200 per person

Soothe my Soul Body Scrub | **40'**

Physis Aromatherapy massage | **60'**

Meli – Vital Hydration & Nutrition | **60'**

2 Days Spa Package

Valued at €380

Retreat Journey Price: €260 per person

1ST DAY – SLOW DOWN & RELEASE

Soothe my Soul Body Wrap | **40'**

Luxurious Candle Infusion Massage | **60'**

2ND DAY - REPLENISH & RESTORE

Zoe - Multivitamin energizing facial | **60'**

Head & Back Massage | **40'**



H A P P Y F A M I L Y

Our Family Spa programming offers relaxation and rejuvenation to the whole family. Indulge in the pleasure of a massage, body or facial treatment. Our trained team will be happy to recommend a mom & daughter or dad & son time with the appropriate treatments for family bonding .

Available for ages 5 to 14

H A P P Y F A M I L Y

My Fantastic Facia

All the sun and tanning lotions can be harsh on young skin, so treat your face to a little TLC – while hands or feet are pampered with a silky-soft massage.

30 MIN | €65

Mini Mani | Mini Pedi

Fingernails trimmed and shaped, cuticles cared for.
Top it off with polish of your choice.

25 MIN | €25

Explore Yoga

Special session for Yoga to explore and learn. Creates an environment where you all enjoy as a family a memorable experience together.

30 MIN | €15 P.P

My Dreamy Body Care

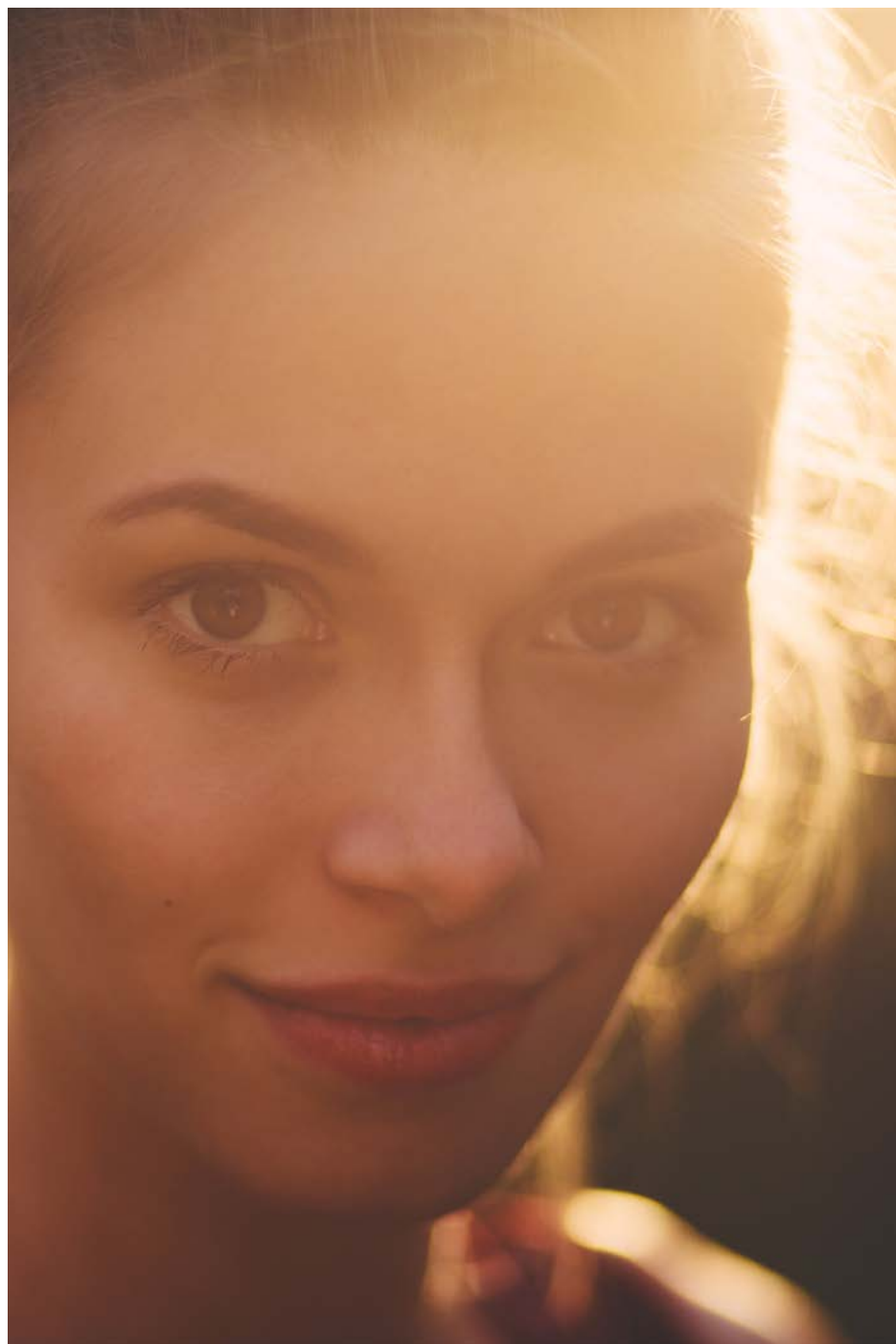
A super relaxing body peeling will leave your skin soft as velvet and smelling yummy all day.

30 MIN | €70

My Favourite Massage

Pick your most favorite aromatic oil from our collection and enjoy a dreamy body massage.

30 MIN | €60



BEAUTY

For impeccably polished nails and much more,
look no further than The Cute Spa's
professional beauty therapists.
Here we list the most favored services.

BEAUTY

MANICURE

Soft gel manicure **€50**

Soft gel remove **€15**

Manicure **€50**

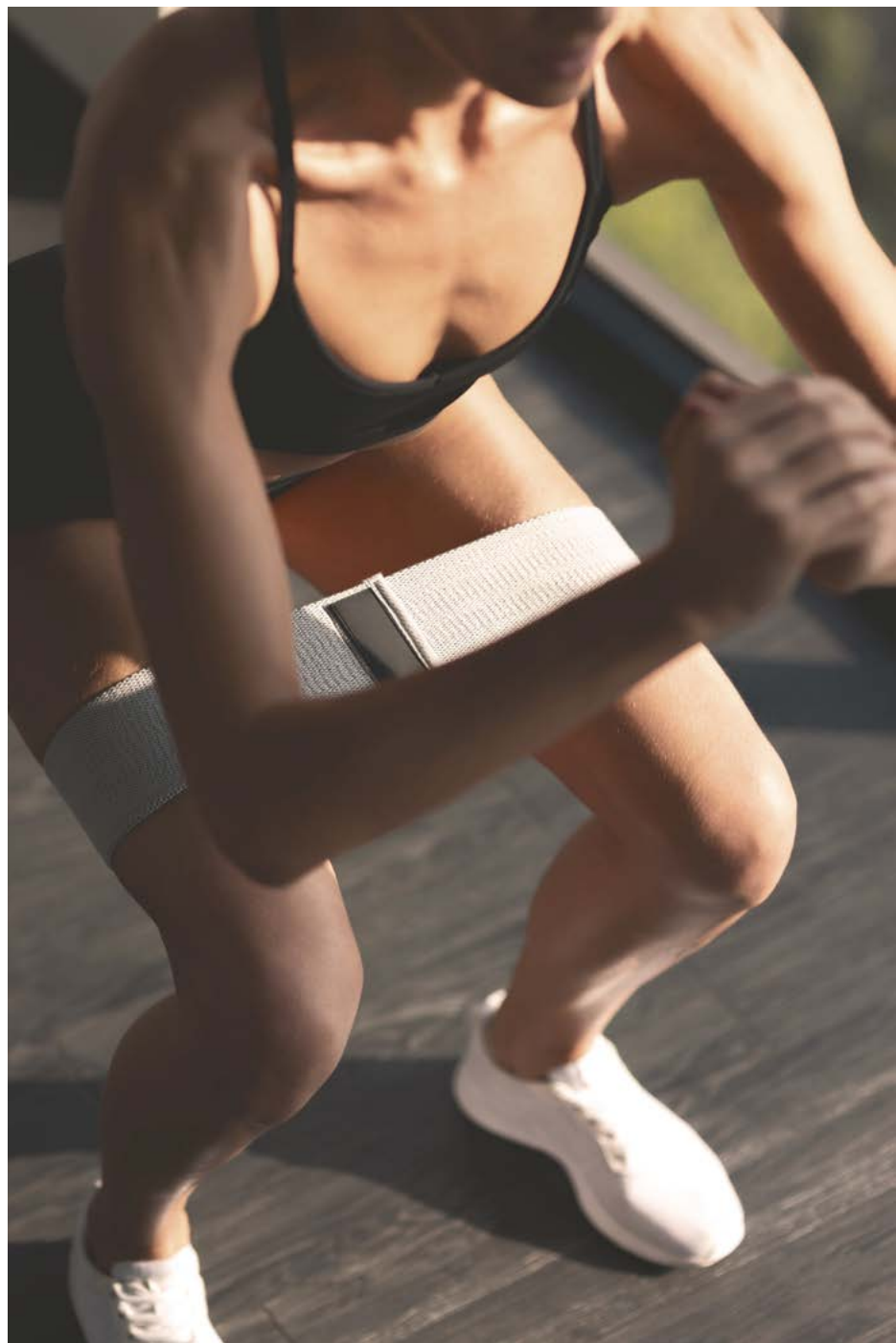
SOFT GEL PEDICURE

Pedicure **€60**

WAXING

Waxing leg / arm **€40**

Waxing back or chest **€40**



FITNESS & MOVEMENT

Make your stay in Phāea Cretan Malia
a journey to wellness. Join our daily
fitness activities, book your private sessions
while enjoying the unparalleled setting
of our beachfront resort.



FITNESS & MOVEMENT

Enjoy a Yoga Session,
join a refreshing group fitness class
or use our fully equipped Gym.

PRICELIST

Please contact the spa's reception or concierge
for our daily group classes' schedule.

FITNESS & MOVEMENT

THE CUTE SPA WELLNESS EXPERIENCE

Create your personalized wellness experiences with 20Euros discount, choosing an activity from the hotel's menu and at least 2 treatments from the Cute Spa wellness menu.

The discount applies on the total regular price of the spa treatments and personal training sessions

A JOURNEY





TO WELLNESS

TERMS & CONDITIONS

Spa etiquette

Cute Spa facilities are open to guests aged 14 and over.

Spa Arrival

Please arrive at least 10 minutes before your scheduled treatment to allow time to relax and complete a short wellness consultation. This helps us personalize your experience. Late arrivals may result in a shorter treatment to avoid delaying the next guest.

Advanced Bookings

To ensure your preferred treatment and time slot, we recommend booking in advance. Our spa reception team will be happy to assist you in selecting the treatment best suited to your needs.

Health Conditions

Kindly inform us of any medical conditions, allergies, or injuries when making your booking. Heat and water facilities are not recommended during pregnancy.

Cancellation policy

Please allow at least 4 hours' notice to cancel or reschedule your appointment. Cancellations made later than that will incur a 50% charge.

Tranquility & Courtesy

The spa is a space of peace and relaxation. To preserve this atmosphere, we kindly ask that you keep noise to a minimum and switch your mobile phone to silent. Smoking is not permitted.

Loss or Damage

We regret that the spa cannot be held responsible for loss or damage of personal belongings.

Opening hours

Spa Treatments 11:00 - 19:00

Spa Fitness Centre 08:00 - 18:00

Book your appointment

Please scan the QR code or call the main reception.

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