

PHĀEA  
CRETAN MALIA  
CRETE

SPA  
BROCHURE

A Lifestyle Worth Discovering



A lifestyle worth discovering



A JOURNEY

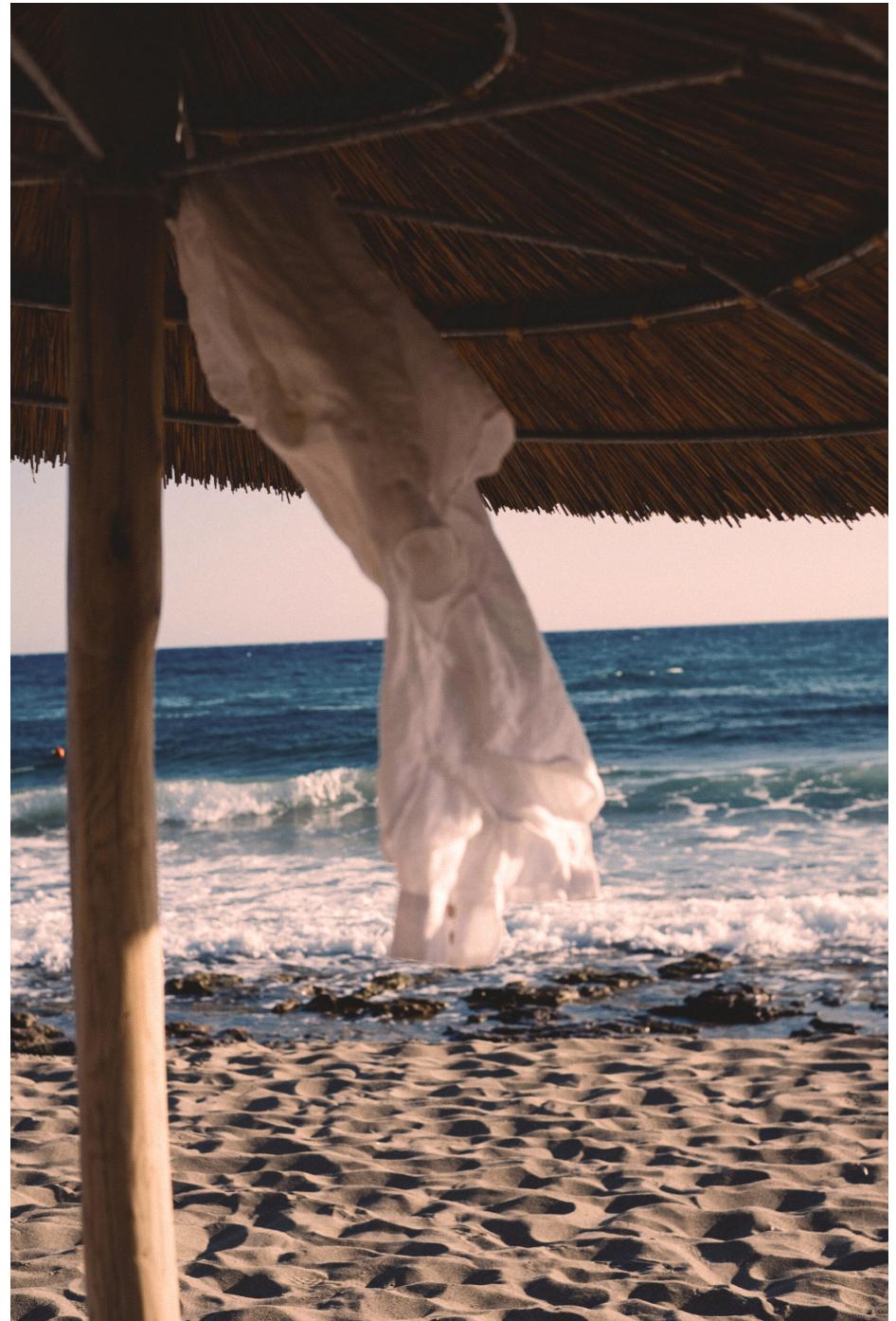


TO WELLNESS

Lie back and succumb to the simplicity and charm of your surroundings, nourishing your wellbeing and sharing every blissful moment with your loved ones in this authentic paradise.

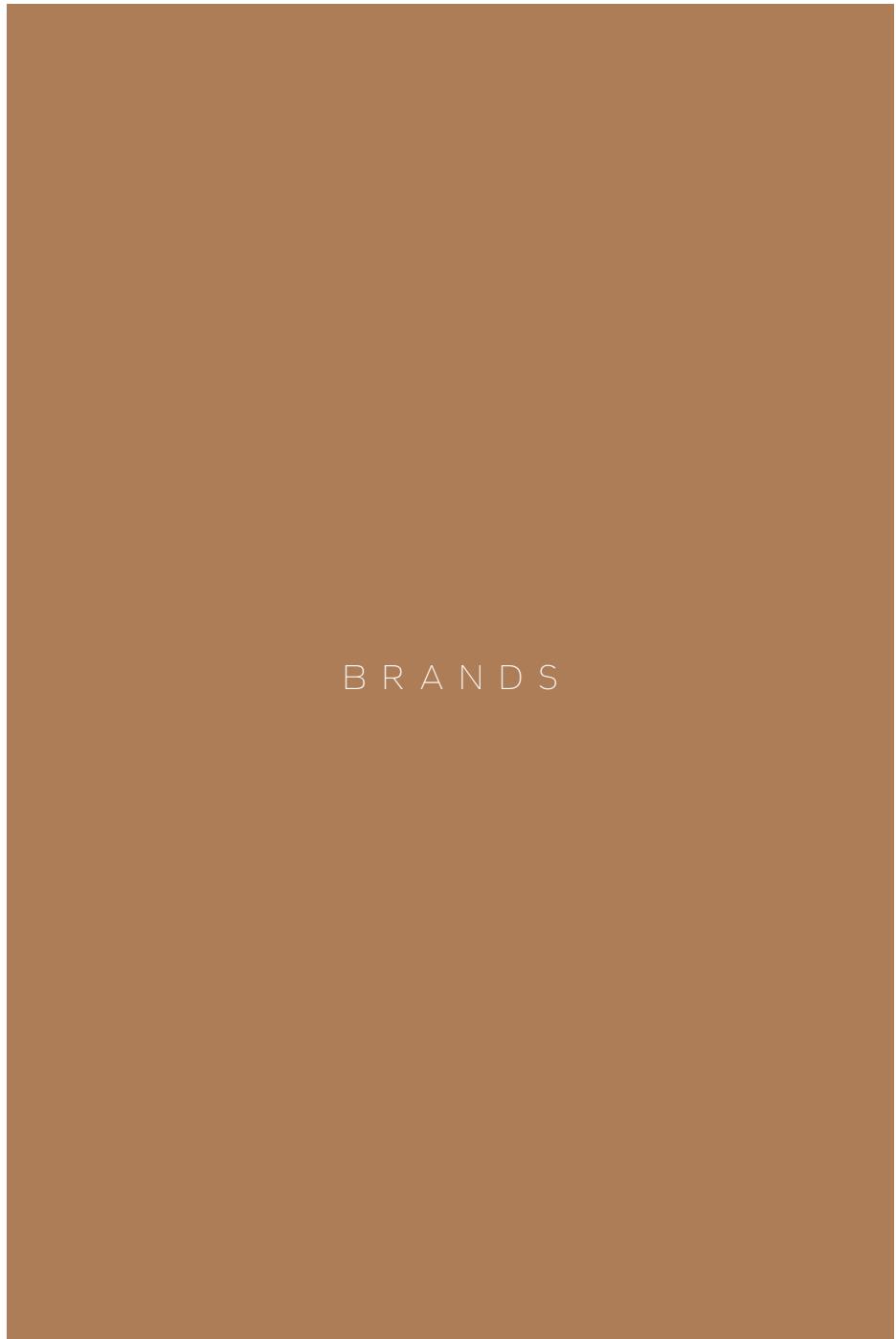
Close your eyes and drift off under the blue skies and warm sun to the sound of the ocean lapping at the shore, or the breeze stirring the trees.

Inspired by Crete's rich heritage, rooted in timeless tradition and bound to nature, Phaea Cretan Malia offers sincere, generous experiences that celebrate spiritual and physical well-being and encourage moments of reflection and connection.



W E L C O M E

Tucked away amongst the hotel's a bounding banana trees and cacti, The Cute Spa is a fully sequestered spot, presenting its own universe of paradise. Home to two treatment rooms, where both body and face restorative treatments for men and women are carried out, and to a gym where energizing fitness classes are offered, this is a place where each one of the five senses are engaged for journeys of relaxation.



B R A N D S

Tailor-made treatments  
by renowned spa brands

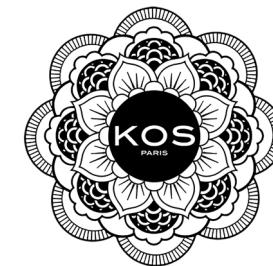


# ANNE SEMONIN

PARIS

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.



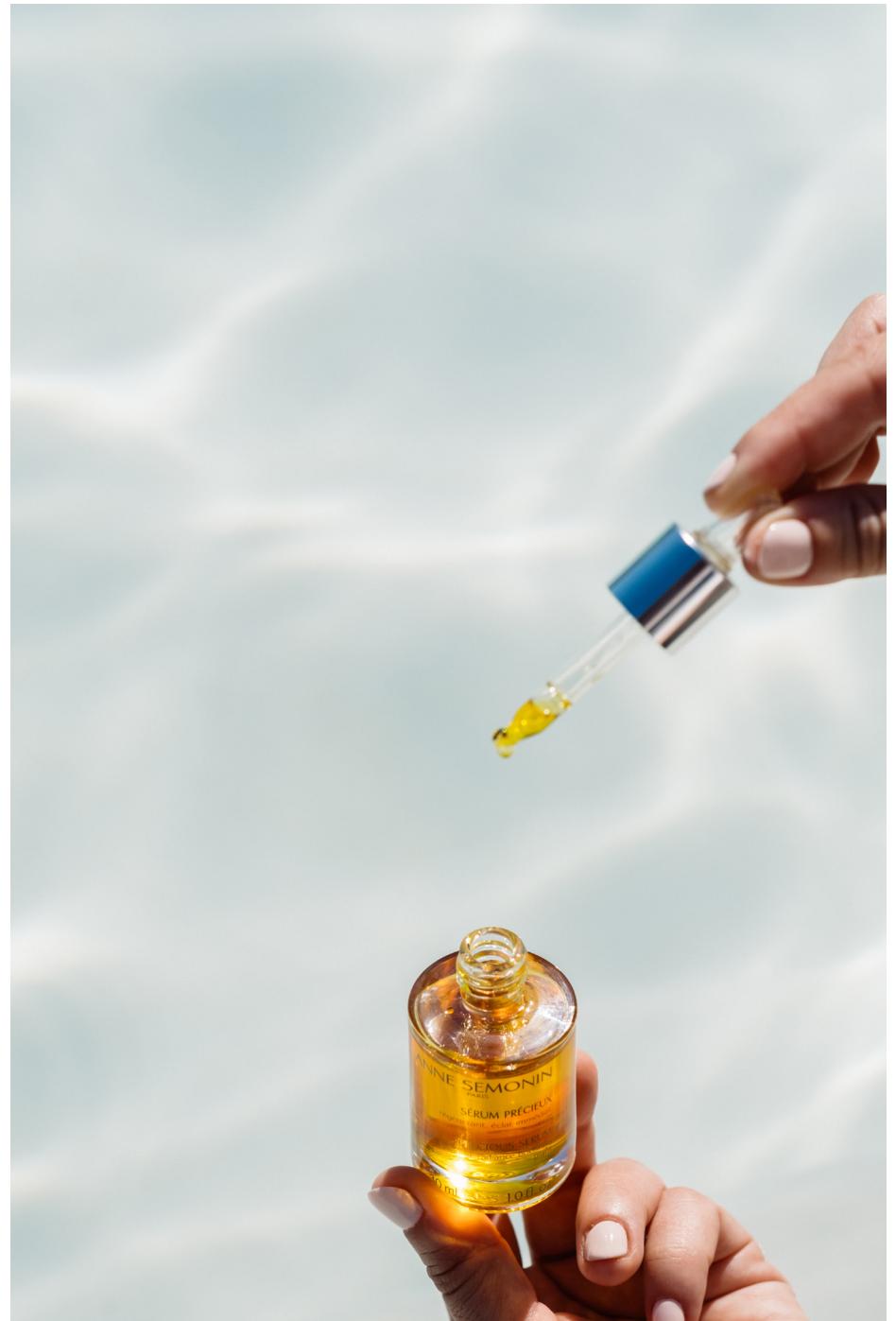
KOS PARIS  
FOR BODY & MASSAGE TREATMENTS

The KOS PARIS brand was born out of a passion for rare plants, cultivated with respect, which have proven their effectiveness and the desire to develop a line of top-of-the-range natural cosmetics that combine the power of active ingredients from the plant world, rich textures and respect for the environment. KOS PARIS creates and manufactures high quality cosmetics like a Parisian haute couture designer, with the same desire for perfection.



SKIN HEALTH

Our skin is precious and we have designed specific treatments for the face and body appropriate for all skin types and ages. Being yourself with a touch of Phaea culture for a healthy mind and body.



## FACIALS

### Radiance Express

The treatment involves a cleanse, exfoliation and face mask application and is proof that instant radiance can be achieved on. Your therapist will hydrate your skin in the most efficacious way and leave your skin looking fresh and rejuvenated, and in only half an hour to boot. This treatment is suitable for all skin types

**.30 MIN / €75**

### Made to Measure Facial

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**

### Marine Mineral Purifier

Reap the benefits with this purifying treatment with products that contain marine elements. For a smooth, calm-looking skin and pores that appear more refined.

**60 MIN / €130**

### Mediterranean Secrets Anti-Ageing Facial

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

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**

### Firm & Lift Men's Facial

Get treated to the plumping and firming effects of hyaluronic acid & collagen, stimulating complex, refining pores and reducing wrinkles.

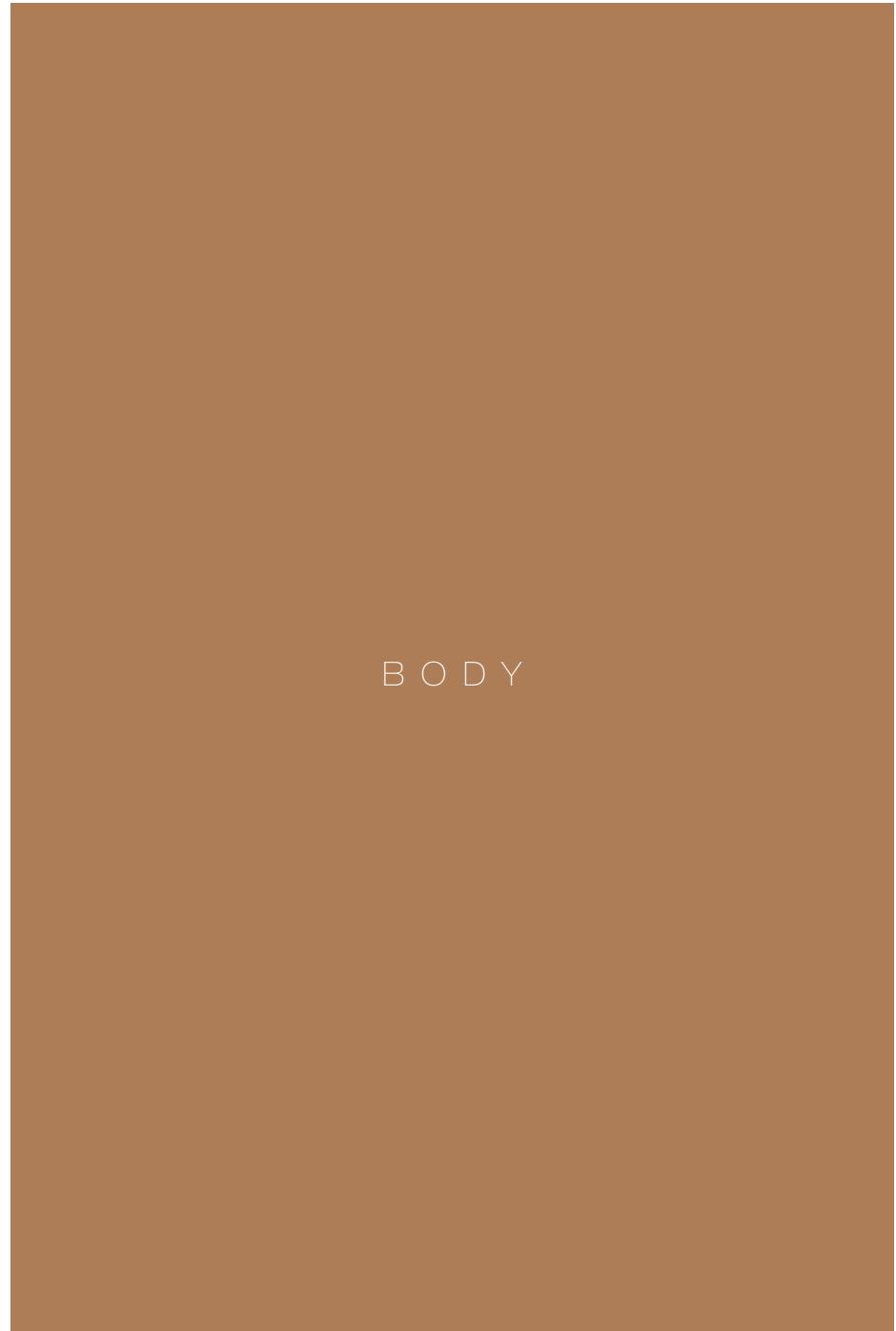
For a smooth and glowing skin.

**65 MIN / €150**

### Add On: Exquisite Miracle Eyes

Combine any facial of your choice with this specially designed treatment targeting the delicate eye area, to reduce dark circles, eliminate eye wrinkles, and tighten eyelid skin.

**20 MIN / €65**





We recommend for total care to add our body collection treatments to your facial or massage experience to enhance the results on your skin health. Our therapists are available to help you choose the right treatment for your needs.

### Energy & Vitality Express Body Scrub

Wave goodbye to dull, uneven skin with an energizing and detoxifying express scrub treatment. Sea salt, acerola, and pumice stone particles work together to exfoliate the skin and enrich your body with vitamins and minerals.

**30 MIN / €80**

### After-Sun Deep Moisture Wrap

While the algae-rich & aloe vera Deep Moisture Mask will replenish nutrients, stress will be eased away through a relaxing scalp massage. This cooling treatment is designed to calm the irritated face and body skin and restore hydration levels.

**30 MIN / €65**

### Ultimate Firm & Detox Body

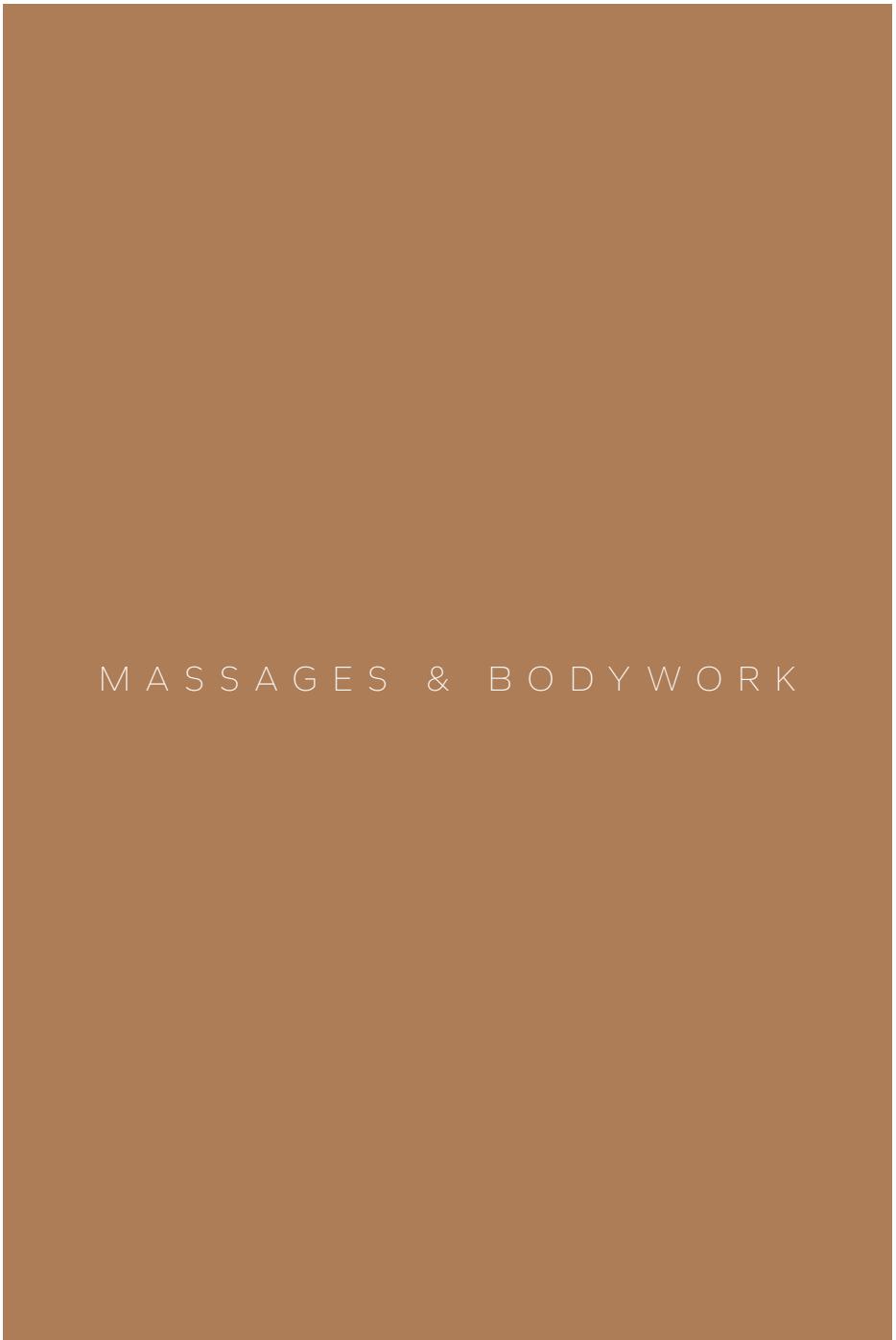
The stimulating massage techniques to target specific areas in combination with the natural powers of spirulina mask and abdominal massage, will activate metabolism and get rid of toxins in a flash.

**60 MIN / €120**

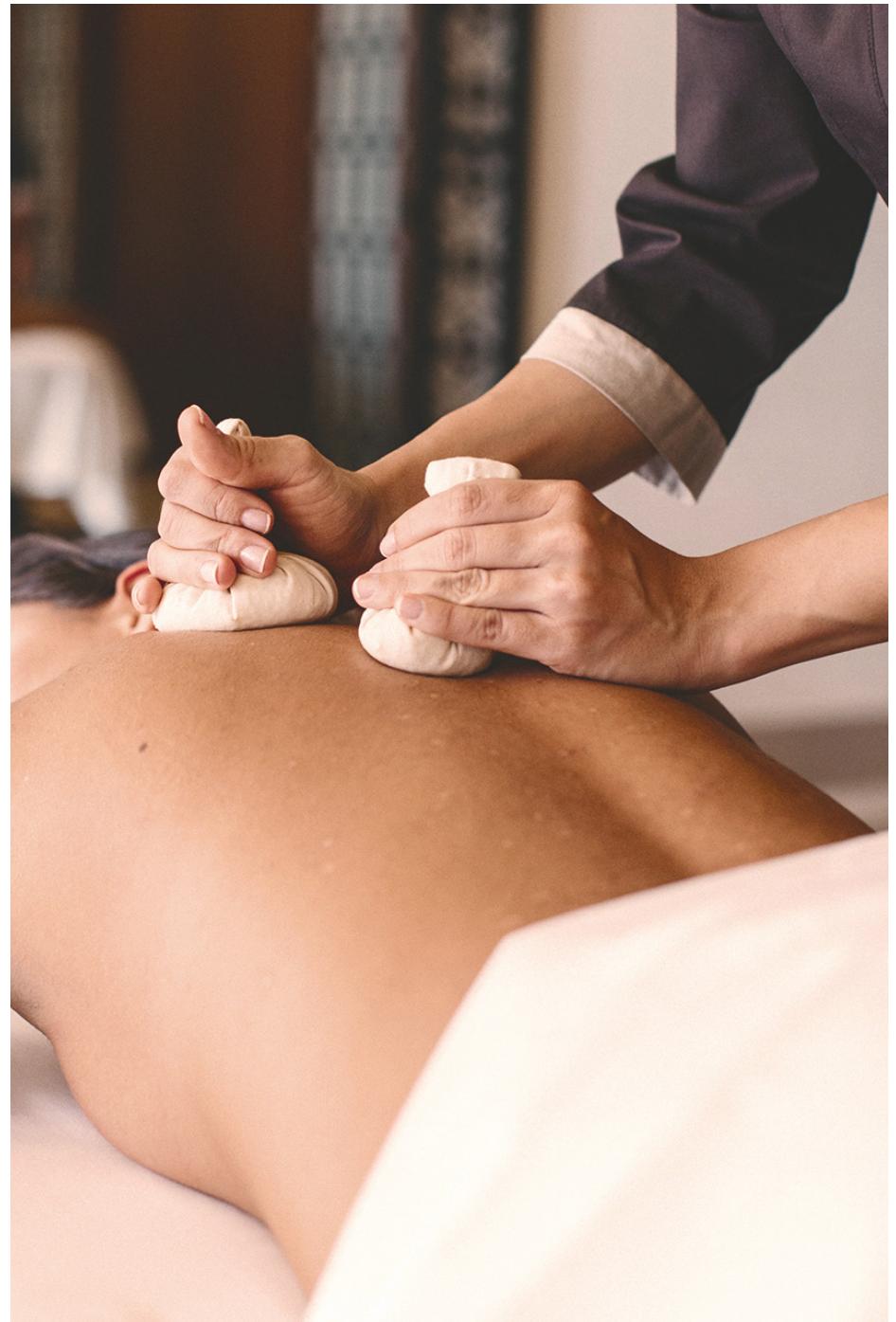
### Glowing Mother-to-be

Give yourself a well-deserved break with this pampering session designed to offer relief from sore muscles and swollen joints during pregnancy. A wonderfully healing and regenerating treatment, the prenatal massage technique and tailored facial will leave your face with instant luminosity and your body feeling relaxed and deliciously rejuvenated.

**70 MIN / €130**



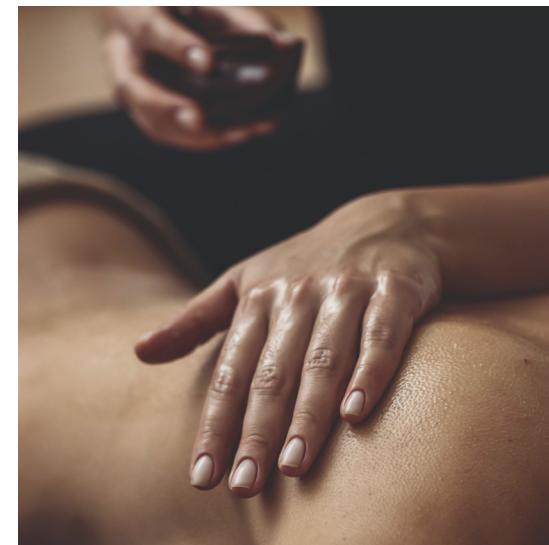
The Cute Spa offers an array of massage treatments tailored to your needs, to create a sense of blissful relaxation. All massages can be performed in the privacy of your room with an additional charge of 40€.



## Aromatic Zen Therapy

The Zen Body Massage reconciles body and mind and brings deep peace. Gentle, based on the awakening of the senses, encourage a total letting go. Our Zen Body Massage targets weary muscles and eases tension, helping you to unwind and de-stress. The techniques vary from long strokes to firm pressure or a light touch, to cater to every individual needs. With our special blend of massage oils, we promise to leave you with a deep sense of well-being and serenity that you will carry throughout the day.

60 MIN / €120 • 90 MIN / €140



## Oil Ceremony

Enveloping protocols, stretching movements to release stress and tension, soft kneading motions... KOS PARIS has designed a full-body relaxation massage that revitalizes and balances the body and mind. Associated with delicately scented oils, this massage transports you on an extraordinary well-being journey.

60 MIN / €120 • 90 MIN / €140

## Invigorating Deep Tissue Massage

The Deep Tissue Massage is designed to relieve muscle tension. It is performed using firm and slow deep fingers and forearm pressure. This type of massage is ideal for the treatment of major muscle groups like the neck or lower back. It can also be used to relieve strain, muscles ache, tension and nods. .

60 MIN / €120€ • 90 MIN / €140

## Draining Slimming Massage

A draining and reshaping massage performed with a highly concentrated slimming oil, designed to reduce visible signs of cellulite, detoxify and drain the lymphatic system.

60 MIN / €120

## Hot Stones Massage

Hot stones massage uses a firm, slow technique with soothing, relaxing movements. This massage is ideal for relieving stress, detoxifying the body, improving circulation and stimulating energy. Facial tensions are released thanks to draining maneuvers. Body and mind are perfectly aligned and in harmony.

90 MIN / €140

## Cute spa - Happy Family

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

## My Fantastic Facial

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 PER PERSON**

## 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**



## R I T U A L S

### Glowing Mother-to-be

Nurture your body with a specially designed massage & facial that will treat muscle aches, reduce fluid and imbue total rejuvenation of the face and body.

**65 MIN / €130**

### Firm & Tone Cellulite Minimizer

Infusion of peppermint, eucalyptus, and spirulina on problematic areas, through a sequence of intense scrub-wrap and slimming massage. It improves the appearance of orange peel skin and combats cellulite in belly, haunches and thighs.

**90 MIN / €170**

### Sunrise Ritual

Before enjoying the sea & sun, a revitalizing exfoliation will eliminate the free radicals of your skin, while a massage using an enriched with Beta Carotene oil, will release stress, and prepare your skin for a safe tan and healthy glow.

**80 MIN / €140**

## R I T U A L S

### Sunset Ritual

An after-sun cooling mask will restore hydration and repair the skin from the sun exposure. A massage with warm towels and scented oil will release the tension off your body.

**80 MIN / €130**

### The Ultimate Body Indulgence

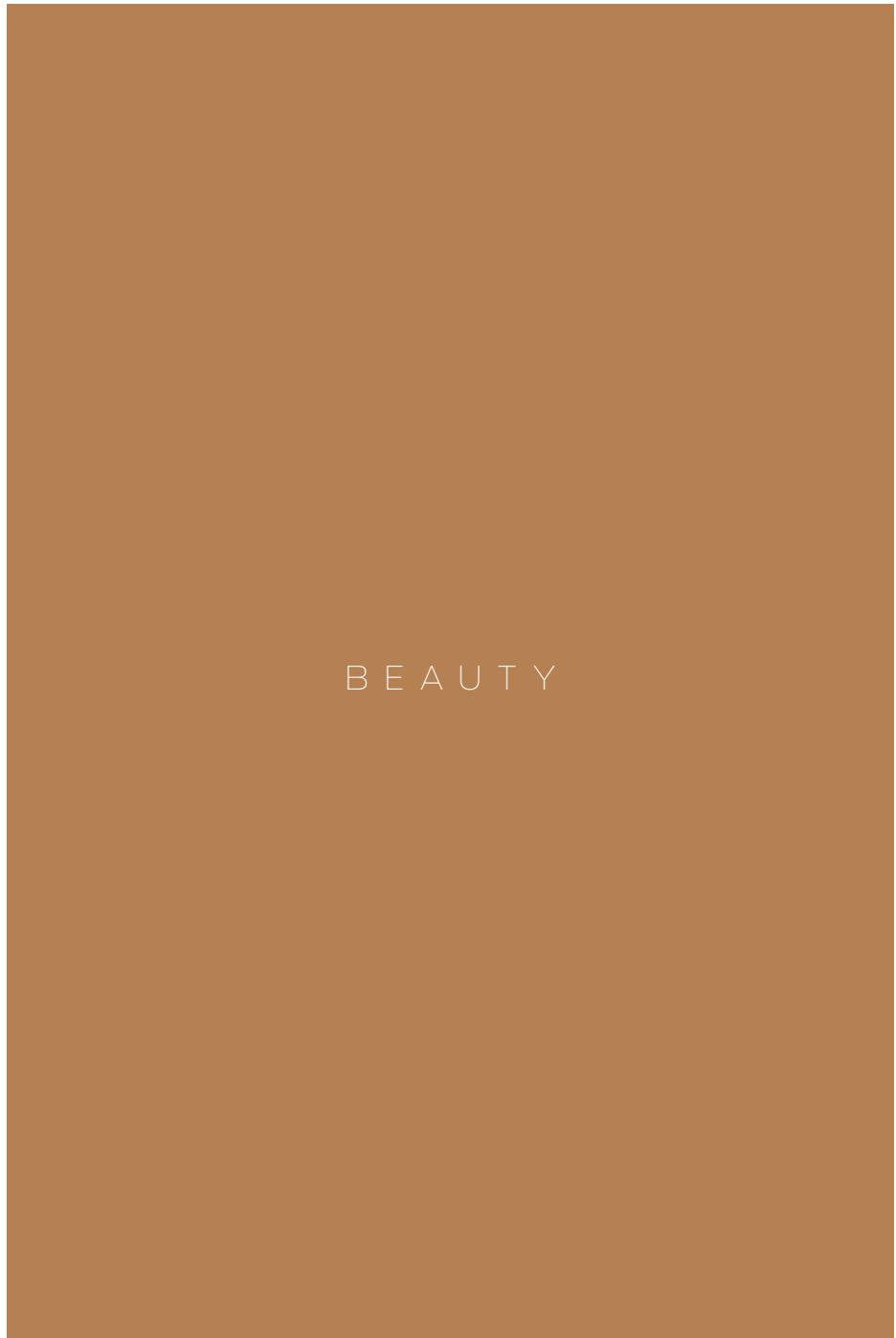
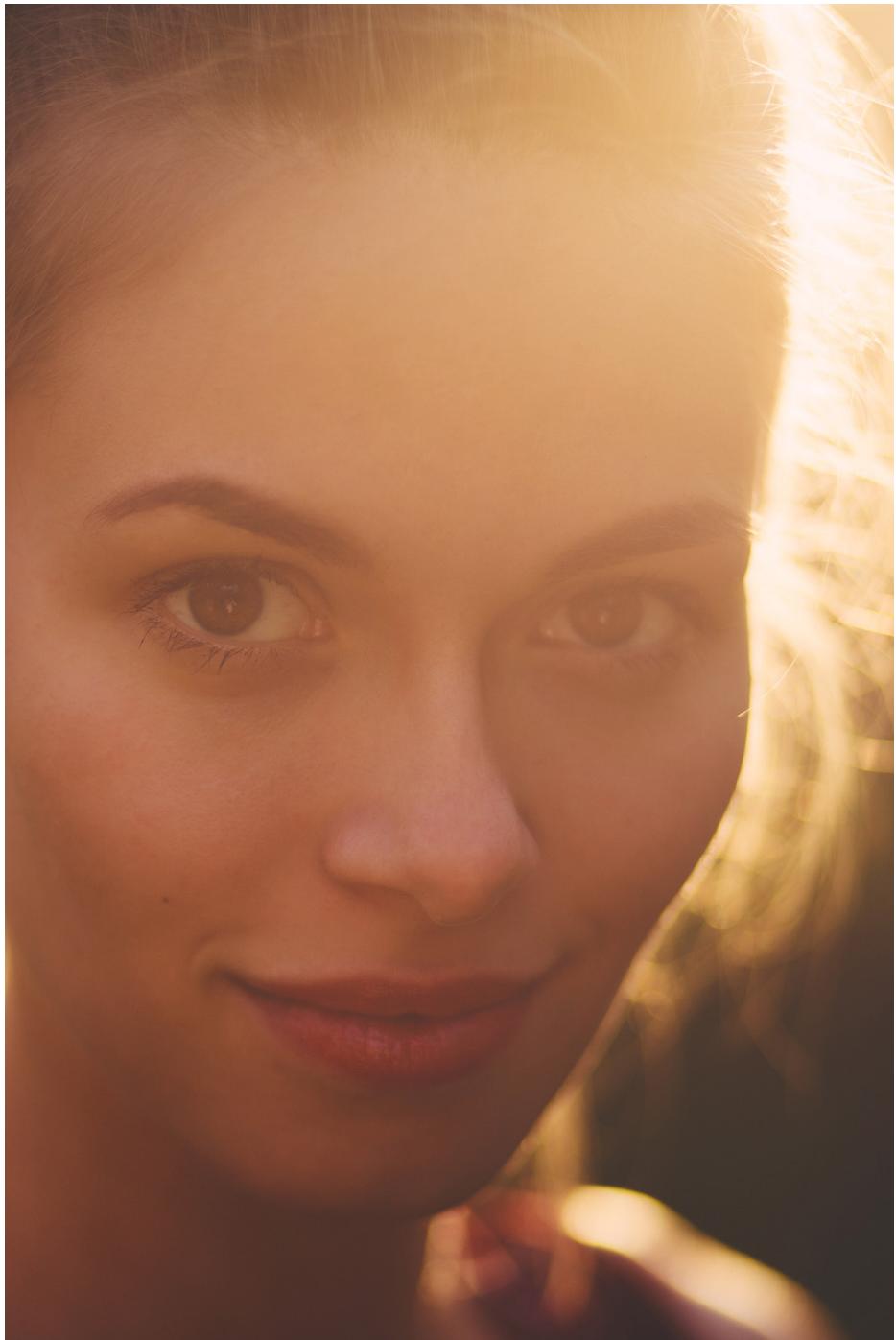
A full body exfoliation will soften your skin while the warm creamy aromatic wrap will replenish nutrients. Stress will be eased away through a relaxing head-to-toe massage.

**105 MIN / €210**

### Top-to-Toe Cretan Mediterranean Ritual

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**



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.

## B E A U T Y

### MANICURE

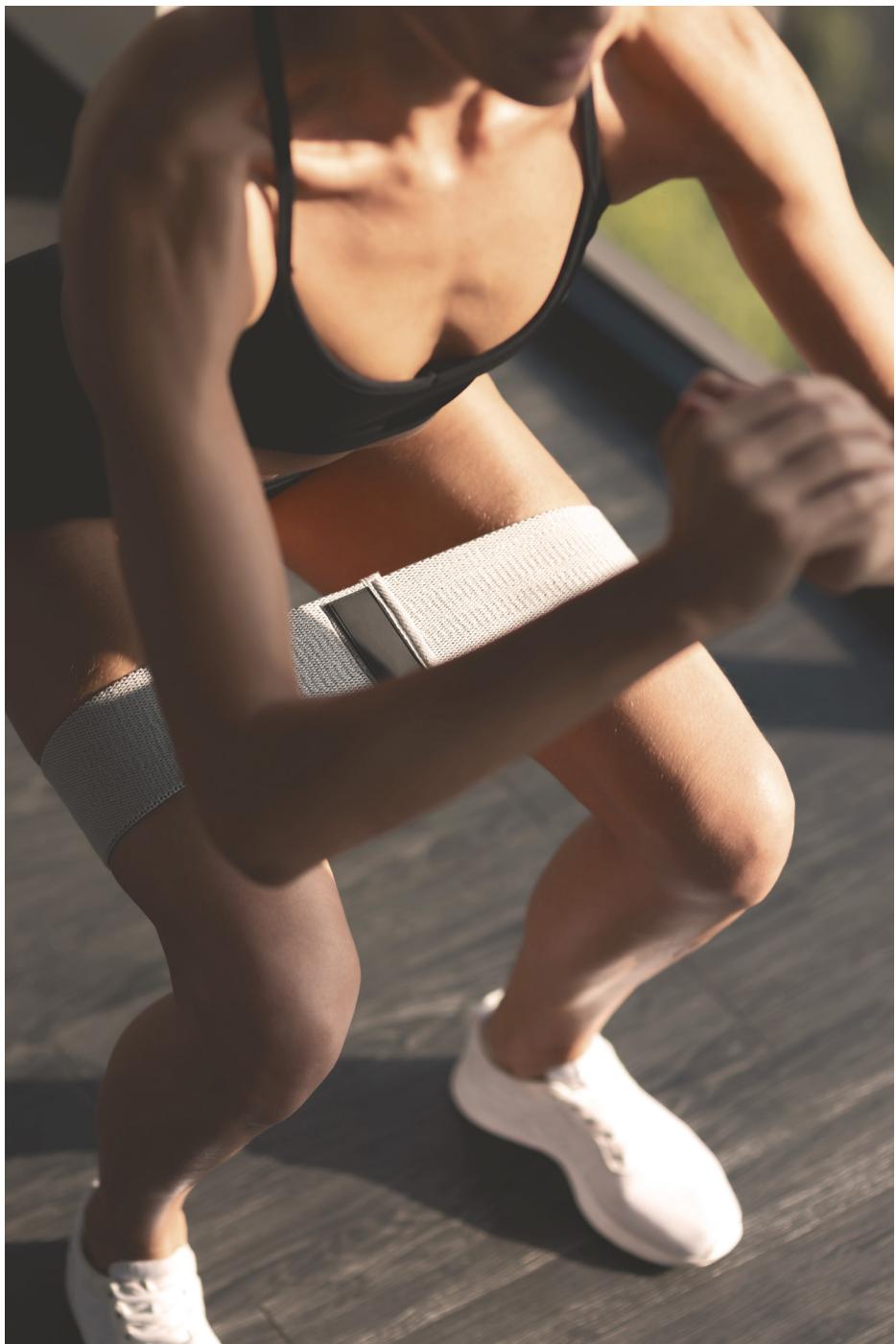
Soft gel manicure **€50**  
Soft gel remove **€15**  
Manicure **€40**  
Spa manicure **€50**  
Gentleman's manicure **€30**  
File & polish hands **€20**

### SOFT GEL PEDICURE

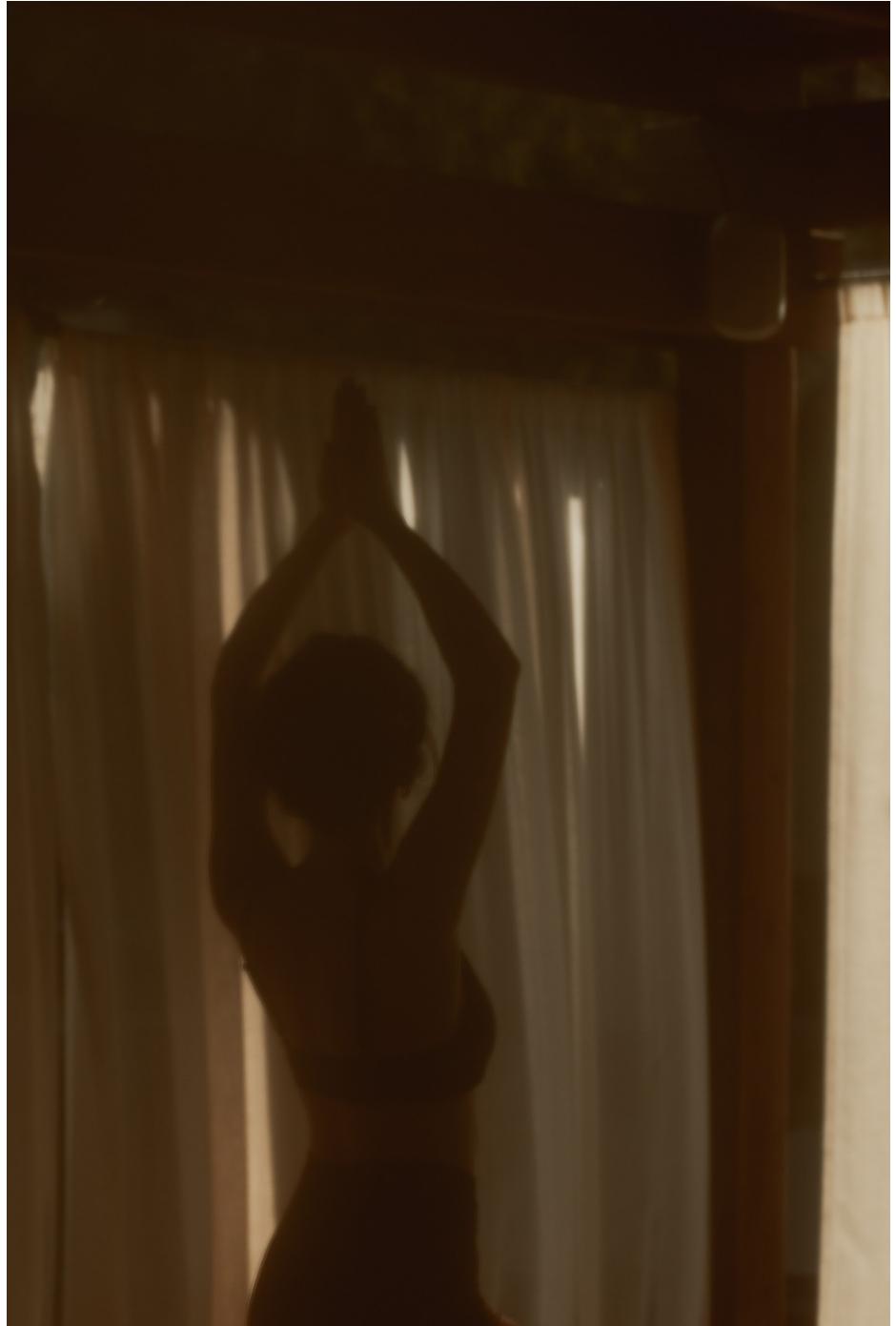
Pedicure **€60**  
Spa pedicure **€50**  
Gentleman's pedicure **€60**  
File & polish feet **€40**  
Pedicure **€20**

### WAXING

Waxing lip, brow or chin **€15**  
Waxing leg / arm **€40**  
Waxing underarm **€20**  
Waxing back or chest **€40**  
Waxing bikini **€25**  
Eyebrow shaping **€15**  
Eyebrow / eyelash tinting **€25**



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



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

UPON REQUEST

Personalized group session  
60 MIN / €15 (PER GUEST, 3 PAX MIN.)

PRICELIST

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

Personal training  
60 MIN / €50 • 300 MIN / €200

Couple's training  
60 MIN / €85 • 300 MIN / €340

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

### Opening hours

Spa Treatments 11:00 - 19:00

Spa Fitness Centre 08:00 - 18:00



### Arrival time

Your therapist will be expecting you 15 minutes before your scheduled treatment time, to fill out the lifestyle & consultation questionnaire and start your treatment on time. Late arrival might affect the duration of your treatment without any entitlement to a refund.

### Appointments

Reservations are recommended. The guest's name and contact information are required at the time of booking to guarantee your reservation.

### Pricelist

The Cute Spa reserves the right to modify its price list or services without prior notice.

### Spa reservations

Telephone: +30 28970 31461

Email: [spa@creatanmaliapark.gr](mailto:spa@creatanmaliapark.gr)

### Cancellation policy

Kindly note that cancellations must be received at least 24 hours before the scheduled treatment or service. Failure to cancel on time will incur a charge of 50% of the booked treatment.

### Spa etiquette

We would like to note that all our therapists are professionally trained and will offer you the highest standard of service with continuous consideration for your comfort level.

Underwear should be worn in the treatment room and during treatments. For all treatments your therapist will provide disposable undergarments.

The appropriate towel draping will be used always.

Your comfort and wellbeing are our top priority, during treatments. Please let your therapist know if you are not entirely comfortable, so she can adjust your position, room temperature and the pressure of her hand strokes.

If you have an injury or physical condition, make sure your therapist is aware of it, so she can suggest suitable adjustments that will make the treatments more comfortable without compromising the wonderful effects and benefits.

If you are pregnant, please inform the spa staff before booking your treatment. Specific treatments for pregnant women can be enjoyed after the first trimester. Our therapists would be happy to advise you.

We recommend leaving your mobile phone outside the treatment area to avoid distraction and experience complete relaxation.

Your comments and your experience at our Cute Spa are always welcome.

## CONTACT US

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Tel.: +30 28970 31461

[reservations@phaeacretanmalia.com](mailto:reservations@phaeacretanmalia.com)

[www.phaeacretanmalia.com](http://www.phaeacretanmalia.com)

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