HOTEL WELLNESS
SPA SERVICES

Dear guests,
we welcome you
to our tranquility world
with a great
discount spa voucher

10% OFF

or

10 EXTRA MINUTES MASSAGE

to all our
SPA services

This voucher is valid only during **the first 3 days upon your arrival** and cannot be combined with any other offer or promotion.

SURNAME

NAME

ROOM NO

ARRIVAL DATE

DEPARTURE DATE

APPOINTMENT DATE

Please provide this voucher to the SPA reception and start your relaxation and wellness journey with us

The voucher is for personal use, therefore it is applicable only for the holder.

theBLUESpa



INSULA ALBA

SEA SIDE RESORT & SPA

★★★★★

theBLUESpa

BLUE is the color that represents the Sea, Greek Culture & Tradition.

Blue is the color that reflects the beauty of the sea and the timeless spirit of Greek culture and tradition.

At Blue Spa, we feature the prestigious international brand Germaine de Capuccini alongside the acclaimed Greek brand Ariadne Athens. Inspired by nature and enriched with traditional herbs from across Greece, these exceptional skincare lines blend advanced expertise with authentic botanical ingredients, delivering a refined and holistic wellness experience.

Our Spa Menu offers a curated selection of facial and body treatments, including scrubs, masks, wraps, and signature rituals designed to relax the body, restore balance, and rejuvenate the mind.

Blue Spa features four treatment rooms, a private spa suite for couples, a hair and nail salon, an indoor pool, a wet area with steam bath and sauna, as well as a fully equipped fitness center — creating a sanctuary dedicated to relaxation and wellbeing.





Dive
into the blue...

FACIAL TREATMENTS

ALOE VERA AFTER SUN WITH ROYAL JELLY
50'

A soothing treatment with aloe vera and royal jelly that hydrates and nourishes the skin, eases tension and restores vitality—leaving body and mind refreshed and serene.

HYDRATION WITH WILD ROSE
50'

Luxurious facial with botanical and floral extracts to deeply hydrate, restore balance, and leave skin radiant and glowing with vitality.

BEAUTY IN FUSION
50'

Tailored "Infusion of Beauty" to suit your skin. Choose your elixir: 30 for radiance, 40 for hydration and firmness, 50 for nourishment, leaving skin renewed and glowing.

BALANCING TREATMENT
30' 50'

A balancing facial that controls sebum and promotes skin harmony. Gentle yet highly effective, it's ideal for both teenage and adult skin.

VITAMIN C FACIAL TREATMENT
50'

Advanced anti-aging treatment with pure Vitamin C and Ume Extract to combat glycation, revitalizing the skin and leaving it radiant and renewed.

TIME EXPERT RIDES EYE & LIP CONTOUR
40'

Indulgent therapy for the delicate eye and lip area. Precision suction with healing quartz stones stimulates collagen, reduces puffiness and dark circles, and leaves skin radiant and refreshed."

BODY TREATMENTS

REFRESH YOUR SKIN – AFTER SUN

50'

A fully restorative treatment for sun-exposed skin. This cooling, anti-inflammatory ritual soothes irritation while deeply hydrating. A refreshing mask of waterlily, cucumber, aloe vera, and Greek yoghurt restores natural lipids, leaving your skin soft, smooth, and beautifully revitalized.

HERBAL WAVES

70'

A rejuvenating Cretan-inspired ritual that restores body and mind. Begin with a luxurious honey-infused body mask enriched with native herbs, followed by a deeply relaxing Dittany oil massage infused with Cretan Crocus. The treatment concludes with a hydrating red grape and Raki gel, leaving your skin nourished, soft, and radiant, while your senses are refreshed and uplifted.

MARINE BOTANICAL DETOX

100'

A luxurious botanical ritual that restores balance to body, mind, and soul. Enriched with olive kernel grains, rose petals, and iris, it gently rejuvenates the skin while improving elasticity. A detoxifying blend of dittany oil and rosemary invigorates the senses, leaving the skin soft, radiant, and beautifully renewed.
Treatment includes 30' in the Spa Suite (sauna & steam room).





BODY
SCRUBS & WRAPS

AROMATIC FULL BODY EXPERIENCE — 30'
Indulge your senses with a full-body crystal exfoliation, delicately infused with captivating aromas that refine and rejuvenate the skin. Experience soft, supple, and luminous skin, radiant with a healthy glow that awakens body and mind.
Select your favorite from our signature scrubs: Jasmine & Gardenia, Rose Petals, Mocha, or Fresh Coconut..

CASHMERE TOUCH — 30'
A deeply nourishing shea butter body wrap that restores hydration and vitality. Skin is left luxuriously soft, smooth, and deeply revitalized, leaving the senses soothed and refreshed.

LUXURIOUS GOLD — 30'
A luxurious 24K gold and starflower oil ritual that deeply hydrates and nourishes. Skin feels soft, smooth, and luminous, leaving you refreshed and radiant from head to toe.

RITUALS

ABSOLUTELY REVITALIZING HEAD & HAND MASSAGE — 50'
Embark on a sensory journey inspired by the aromatic herbs of Greece. This deeply relaxing head massage, infused with laurel oil and soothing notes of lavender, rosemary, and tea tree, releases tension, restores balance, and leaves the mind calm and refreshed.

COMFORT FOR TIRED LEGS RELIEF MASSAGE — 50'
Refresh and revitalize your legs with this indulgent treatment. Spearmint-infused chocolate sugar crystals gently exfoliate and stimulate circulation, while a hydrating coconut oil massage and antioxidant-rich Cretan Raki gel leave skin soft, smooth, and luxuriously renewed.

SPA SUITE EXPERIENCE
All Rituals include **30'** in the Spa Suite, featuring a sauna and steam room, to enhance relaxation and prepare the body for the ritual.

MASSAGES

COCOON & REVITALIZE - AROMATHERAPY MASSAGE
50' 80'

A luxurious ritual that soothes the body and calms the mind. Precious frankincense and warm patchouli aromas envelop the senses, creating a cocooning experience of deep relaxation and lasting serenity.

EU ZEN DEEP TISSUE MASSAGE
50'

A deeply restorative massage designed to relieve muscle tension. Expert techniques invigorate circulation, promote detoxification, and leave you feeling harmonized, relaxed, and renewed.

BACK AND NECK AND SHOULDERS MASSAGE
30'

A sensory journey of relaxation designed to revitalize the body and restore harmony. Expertly vibrant techniques release tension from the upper back, neck, head, and forehead, leaving mind and body deeply refreshed.

FOOT HEAVEN MASSAGE
30'

A restorative massage using precise pressure point techniques to stimulate nerve reflexes and support optimal body and organ function. Mind and body are soothed, promoting deep relaxation and restorative sleep.

CANDLE LOVER'S MASSAGE
50' 80'

A refined aromatherapy experience with warm, velvety oils. The captivating fragrance and restorative properties soothe the body, calm the mind, and leave you feeling relaxed, balanced, and revitalized.
Select your preferred aroma from our scents collection: Relaxing, **De-Stress, Recharging, Empowering**.

SCANDALOUS SILKY LEGS - CELLULITE MASSAGE
40'

Smooth and tone your legs with this indulgent massage, enriched with alluring notes of jasmine, gardenia, and warm cinnamon. A luxurious blend of essential oils enhances elasticity, leaving skin silky, velvety, and radiantly confident.

BABY ON BOARD MASSAGE
50'

A nurturing head-to-toe treatment designed for expectant mothers from the second trimester onwards. Organic shea butter soothes muscle tension, while luxurious gardenia body butter nourishes the skin and calms the mind, creating a deeply relaxing and comforting experience.

SIGNATURE TREATMENTS

BLUE SPA ROYAL FACE & BODY TREATMENT — 130'

Experience the restorative power of Crete's rare herbs in this indulgent treatment. Organic honey, bee pollen, and royal jelly enrich the skin, enhancing renewal, firmness, and vitality, while warm Cretan herbal pouches awaken the senses and leave body, mind, and soul rejuvenated.

GOLDEN FACE & BODY TREATMENT (ANTI-AGING) — 130'

A captivating ritual for skin and senses. Sparkling sugar crystals gently polish the skin, setting the stage for a luxurious mask enriched with 24K gold leaves and precious gemstones. This indulgent anti-aging treatment leaves the skin radiant, rejuvenated, and glowing with timeless beauty.

LOVE AFFAIR FOR COUPLES — 105'

Share a luxurious ritual for two, enhanced by a curated selection of aromatic notes—cool, spicy, or earthy. This immersive experience awakens the senses, inspires deep relaxation, and deepens your shared connection.

SPA SUITE EXPERIENCE

All Signature Treatments include **30'** in the Spa Suite, featuring a sauna and steam room, to enhance relaxation and prepare the body for the ritual..

BEAUTY TREATMENTS

NAILS

Manicure
Spa manicure (peel/massage/mask)
Semi permanent – manicure
Pedicure
Spa pedicure
Semi permanent- pedicure

HAIR STUDIO

Hair wash
Hair styling straight
Hair styling curl

Contact our spa reception regarding the
GIFT CARDS FOR YOUR BELOVED ONES.
Suprise your friend or partner with a treatment of your choice
or a certificate of a certain amount with open date.



CRETAN EXPERIENCE

CRETAN RELAXATION
SCRUB HANDS-FEET,
MASSAGE HANDS-FEET-HEAD

50 min.

A soothing Cretan ritual for the head, hands, and feet, designed to bring you into a state of complete relaxation. This treatment includes a calming head massage, followed by express exfoliation and a nourishing massage for the hands and feet.

CRETAN MASSAGE

50 min.

A relaxing Cretan massage using organic oil rich in antioxidants and vitamin E, designed to nourish the skin and soothe the body.

CRETAN EXFOLIATION

30 min.

A Cretan body scrub with prickly pear and dittany gently yet deeply exfoliates the skin, removing dead cells and leaving it silky smooth and soft like cashmere.

Massage Crete by Hotel Wellness
massagecrete.gr

www.massagecrete.gr

POWERED BY
HOTEL WELLNESS
SPA SERVICES