

2024



GUNDARI

SPA MENU

# «NOT WHAT WE HAVE BUT WHAT WE ENJOY, CONSTITUTES OUR ABUNDANCE».

— Epicurus

The Spa at Gundari is inspired by the raw beauty and enchanting slow living of Folegandros, connecting guests with the land, its people and their legendary history. We embrace the healing traditions of the ancient Greeks, presenting them in a modern context that retains the holistic essence of ancient medicine; harmonising the intimate connection between body, mind and spirit.

Spend time enjoying life-affirming experiences delivered with heartfelt care in beautiful spaces crafted to evoke peace and serenity. Nature is present in healing herbs and aromatics, wild harvested from the mountains, valleys and shores of our homeland and prepared with the wisdom of ages.

Infused with the echoes of our ancient past, the Spa at Gundari experience is designed as a pleasurable reminder that the empowering path to a long and healthy life is through the cultivation of self-care.



# MASSAGE THERAPY

Massage is soothing medicine for the body, mind and soul, and our therapists are masters of their craft. Relaxing, immensely enjoyable and deeply therapeutic, massage was a favoured healing modality for the ancient Greeks.

If you're unsure which one of our superb massages will give you the results you're looking for, just ask your therapist for some guidance.

## THE RELAXER

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- [ • ] Soothing
- [ • ] Relaxing
- [ • ] Rebalancing

A flowing full body massage using masterful massage techniques to relieve your body of built up tension, soothe the nervous system, improve circulation and calm the mind. Select one of our therapeutic essential oil blends, and then succumb to the smooth gliding strokes and pressure point techniques that will leave you feeling profoundly relaxed and rebalanced.

🕒 1 or 1.5 hours  
💰 €165 – €230

## THE LIBERATOR

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- [ • ] Releasing
- [ • ] Easing
- [ • ] Relieving

Combining the therapeutic benefits of essential oils with deep tissue massage techniques, your therapist will focus on muscle tissue and fascia to help release and relieve chronic pain, muscle tension and sporting injuries. It's a perfect remedy for muscle and joint pain and helps to improve range of motion.

🕒 1 or 1.5 hours  
💰 €175 – €245

## THE REMEDY

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- [ • ] Calming
- [ • ] Energising
- [ • ] Restoring

Take one extraordinary, customised massage, add the nurturing and curative powers of heated herbal compresses and you have a potent holistic massage formula. The synergistic combination of massage strokes and warm herbal compressing – using our handmade pouches of local herbs and aromatics – will melt muscle tension, encourage the natural detoxification process, stimulate circulation, soothe aching muscles and joints and energise your body.

🕒 1.5 hours  
💰 €245

# «THE WAY TO HEALTH IS TO HAVE AN AROMATIC BATH AND A SCENTED MASSAGE EVERY DAY».

— Hippocrates



## THE NURTURER

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- [ • ] Comforting
- [ • ] Supporting
- [ • ] Soothing

A nurturing, safe and thoroughly enjoyable pregnancy massage designed for new mums and mums-to-be. As well as being an exquisite treat, this therapeutic massage can help to reduce stress, oedema and blood pressure, relieve strain on ankles, knees and back, and increase blood and lymph flow.

🕒 1 hour  
💰 €175



## TRANQUILLITY™ PRO-SLEEP RITUAL

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With its unique combination of gentle touch, sound and aromatherapy this Comfort Zone ritual is ideal for the jet-lagged, sleep deprived and over-stressed. Based on advanced studies on stress and sleep, we use hands and soft brushes to deliver slow and gentle massage movements that activate skin fibres and signal the brain to generate feelings of peace and wellbeing. A divinely aromatic and powerfully calming blend of essential oils enhance the relaxation response, while a bespoke soundtrack encourages profound stress-release. An exquisite path to deep, sound sleep.

🕒 1.5 hours  
💰 €260



# FACIAL THERAPY

Transform your skin with a stellar facial from Comfort Zone. Sacred Nature is a bio-regenerative CO<sub>2</sub>-negative product range formulated to restore the skin's defence mechanisms and protect the skin barrier to prolong a youthful, healthy appearance. Hydra Glow facials introduce profound hydration and innovative lifting solutions to correct signs of ageing and promote skin longevity.

Designed for all skin types, including the most sensitive, our facials are serene high-touch rituals that promote healthy, radiant skin.

## SACRED NATURE REGENERATIVE ELIXIR

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- [ • ] Regenerating
- [ • ] Antioxidant
- [ • ] Firming

A pro-youth facial featuring organic Scientific Garden Extract™, a complex of three bio-fermented extracts to increase the skin's barrier protection. Turn back the clock with an intensive lifting mask and REGENER-LIFT massage or opt for a deeply purifying clay mask to bring instant luminosity. This youth-enhancing antioxidant facial uses certified organic and natural products to repair damage, support resilience and offer intense hydration.

🕒 1 hour

💰 €165

## HYDRA GLOW

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- [ • ] Hydrating
- [ • ] Revitalising
- [ • ] Draining

Hydra Glow delivers intense hydration and luminosity, thanks to a dynamic combination of hyaluronic acid and bioactive prickly pear extract, super-powered with a cryo-style ice wand massage for a refreshing, draining and lifting effect. Designed to restore vitality and glow to thirsty, dehydrated skin, it also offers a nurturing remedy for excessive sun exposure, long-haul flights and exposure to air conditioned or heated environments.

🕒 1 hour

💰 €175

## HYDRA GLOW PLUS

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- [ • ] Firming
- [ • ] Plumping
- [ • ] Smoothing

Opening with the welcome, soothing touch of a back, neck and shoulder massage, this high-performance facial elevates the Hydra Glow with enhancements that bring further luminosity, hydration and smoothness to your complexion. An exquisite experience that includes a unique biphasic re-plumping face mask and a brightening eye recovery mask, this facial helps to restore fullness and tone, smooth wrinkles and revitalise the skin. It is a perfect choice for photo-aged, mature and dry and depleted skin looking for deep nourishment.

🕒 1.5 hour

💰 €260



# BODY TREATMENTS

Designed to nourish your skin and offer you an indulgently uplifting experience, our body treatments are pure delight.

Enjoy an enriching experience of mind and body revitalisation with one of these aromatic rituals, using products from the earth-friendly Comfort Zone range.



## TRANQUILLITY™ BODY SCRUB RITUAL

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A renewing body ritual using aromatic nourishing oils blended with natural exfoliating particles for a deep full-body exfoliation. The harmonious scent of cedarwood and sweet orange essential oils soothe the nervous system and encourage a tranquil, relaxed state. Amaranth oil, rich in squalene and fatty acids, protects, restores and intensely nourishes the skin.

🕒 1 hour

💰 €175

## HIMALAYAN SALT STONE RITUAL

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Detoxify and revitalise body and mind with the purifying action of Himalayan salt, one of nature's richest sources of essential minerals. This ritual uses the salt in solid form for a rebalancing warm stone massage to relax the muscles, stimulate metabolism and improve circulation. Fine salt crystals are combined with precious oils to create a detoxifying body wrap that encourages skin renewal and restores elasticity. A rebalancing and revitalising treatment that is perfect for soothing intense physical and mental stress.

🕒 1.5 hours

💰 €245

## DEEP BODY RENEWAL RITUAL

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A smoothing, renewing and regenerating treatment to restore tone, elasticity and hydration. It combines full-body exfoliation with an intensely hydrating body wrap, using techniques and aromas to deeply relax the mind and leave your skin soft, smooth and supple. This restorative ritual is safe to enjoy during pregnancy and can even help to minimise stretch marks.

🕒 1.5 hours

💰 €245



## INDULGENT ADD-ONS

Add one, or even two, of these heavenly bliss boosters to your massage, body treatment or facial therapy to take you beyond cloud nine.

## SCALP MASSAGE AND HAIR TREATMENT

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A moisturising botanical mask is massaged over the scalp, easing head tension and nourishing the hair follicles. A steamy aromatic head wrap allows the mask to penetrate the hair and scalp while you are transported to bliss with a deeply relaxing neck and shoulder massage.

🕒 30 minutes

💰 €95 add-on or €105 solo

## REVITALISE FOOT TREATMENT

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Soothe and revitalise your feet and lower legs with warm aromatic compresses followed by an invigorating scrub. Add a massage with neem extract, sacha inchi oil and menthol, helping to increase circulation, relieve fatigue and instil a feeling of freshness and lightness.

🕒 30 minutes

💰 €95 add-on or €105 solo

## REGENERATIVE HYDRA EXPRESS FACIAL

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An express facial for instant hydration and radiance with a unique 7-step regeneration technique for plump, dewy and beautiful skin. The ideal pick-me-up for tired and dull skin.

🕒 30 minutes

💰 €95 add-on or €105 solo



# HOLISTIC LONGEVITY RITUALS

Modern science is waking up to ancient Greek wisdom, recognising the inseparable mind-body connection and the potential for healing when equilibrium is restored.

Drawing on this ancient knowledge, each of our holistic longevity rituals is tailored to support a specific aspect of your wellbeing with immediate results and the inspiration for ongoing vital living.

## HYPNOS' DREAM

Hypnos, the god of sleep and remover of pain, suffering and sorrow.

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Supporting sleep, reducing stress.

- [ • ] Tranquillity™ Pro-Sleep Ritual
- [ • ] Scalp Massage and Hair Treatment
- [ • ] Revitalise Foot Treatment

Research tells us that consistent good quality sleep can add years to your life and support brain health, and that stress hormones degenerate our brains and bodies and lead to a cycle of poor choices. Remedy your overstressed and overtired state with this hypnotic ritual, creating a welcome space for joy, wonder and vitality to flow back into your life.

🕒 2.5 hours

💰 €360

## IASO'S BALM

Iaso, the goddess of recovery, able to heal and rejuvenate through her touch.

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Supporting recovery, repair and vitality.

- [ • ] Dry body brush
- [ • ] The Remedy massage
- [ • ] Private breathwork session

The ideal elixir to recover from a rigorous hike along the scenic trails of Folegandros or to banish built up tension from body and mind. Expert hands and warm herbal compressing combine to offer deep relief and soothing comfort, restoring balance and inviting a renewed feeling of vitality. Go home with a set of breathing techniques that you can incorporate into your life to support natural vigour.

🕒 2 hours

💰 €295

# «DAY BY DAY, WHAT YOU CHOOSE, WHAT YOU THINK AND WHAT YOU DO IS WHO YOU BECOME».

— Heraclitus



## AEGLI'S ELIXIR

Aegli, the goddess of radiant health.

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Regenerating and rejuvenating the skin.

- [ • ] Deep Body Renewal Ritual
- [ • ] Sacred Nature Regenerative Elixir

Head to toe nourishment and total body indulgence to revitalise and regenerate your skin, soothe your nervous system and elevate your mood. Using products from Comfort Zone with potent ingredients, all sustainably sourced, that work in harmony with your skin to restore radiant luminosity.

🕒 2.5 hours

💰 €360



## APOLLO'S ESSENCE

Apollo, god of the sun and healing magic, bringer of enlightenment.

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Mind-body medicine to cultivate harmony, mobility and mindfulness.

- [ • ] Private yoga
- [ • ] Meditation
- [ • ] Scalp massage
- [ • ] Body palming release ritual

According to ancient Greek medicine, the human body is animated by a vital life force that transcends the physical structure. The Greeks call it pneuma and in Greek mythology, Apollo is the representation of this life energy. Restore the natural flow of your vital energy with conscious movement and guided meditation, before surrendering to the tactile nurturing of a scalp massage and body palming release ritual as you come a step closer to Apollo's maxim, "Know thyself".

🕒 2 hours

💰 €295



## RITUALS FOR TWO

## SUN AND MOON ESCAPE

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- [ • ] Choice of The Relaxer, The Liberator or The Nurturer massage
- [ • ] Choice of Scalp Massage and Hair Treatment, Revitalise Foot Treatment or Regenerative Hydra Express Facial

Your options are open with this shared wellbeing experience that allows you to express your individuality by choosing your preferred elements. The perfect way to unwind in harmony.

🕒 1.5 hours

💰 €225 per person

## SUITE HARMONY

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- [ • ] The Relaxer massage
- [ • ] Sacred Nature Regenerative Elixir
- [ • ] Revitalise Foot Treatment

Soothing and soulful, Suite Harmony is designed for a twosome seeking luminously hydrated skin, relief from tension and peacefully connected minds. In the privacy of our double suite, you'll be treated to a deeply relaxing full body aromatic massage, a regenerating facial and an invigorating foot scrub and massage.

🕒 2.5 hours

💰 €360





# HOLISTIC WELLBEING

If you're looking for long lasting results and healthful ideas that you can slip into your routine back home, then our Holistic Wellbeing menu is made for you. Covering the fundamentals of nutrition, movement and stress management, these private sessions are customised to meet you where you're at and set you on the path to a healthier and more balanced life.



## PRIVATE YOGA

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This one-to-one session is tailored to your goals and preferences. With our resident yoga teacher in the lead, you can elect to use your session for asanas, meditation, breathwork, a restorative yoga nidra session or any combination you prefer.

🕒 1 hour

💰 €95



## NUTRITIONAL CONSULT

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In the wise words of Hippocrates, "Let food be thy medicine, and medicine be thy food". Sit down with our resident nutritional consultant to get personalised nutritional recommendations that can support a longer, healthier and more vibrant life.

🕒 1 hour

💰 €125

## BOOKING AN APPOINTMENT

To ensure your preferred time and service are available, we recommend you book in advance. Sometimes it's difficult to know what treatment will feel right in advance, so if you prefer not to commit simply reserve an appointment allocation and your therapist can help you tailor the perfect experience on the day.

## SPA ARRIVAL

Please arrive 10 minutes prior to your reservation so that we can properly prepare you for your treatment. This includes a private consultation with your spa therapist to ensure you receive the best possible care. Please understand that late arrivals may result in a reduction of treatment time.

## PREGNANCY

We have treatments specifically designed to nurture mums-to-be and nursing mothers. Please allow us to help guide you in selecting which treatments will be most suitable for you during this special time. If you are pregnant or breastfeeding, please advise Reception at the time of booking.

## MEDICAL CONDITIONS

When making your reservation, please advise us of any health conditions allergies or injuries which might affect your experience.

## MINIMUM AGE

A minimum age of 16 is required for all treatments at the spa.

## SPA ETIQUETTE

To maintain our relaxing and tranquil environment, we do not allow mobile phones or smoking.

## CANCELLATION POLICY

A 100% charge will apply for any treatments cancelled with less than 24 hours notice. The same applies for no shows and Gift Certificate bookings.

## GIFT CERTIFICATES

Gift certificates are available for all treatments and products. Vouchers are available by postal service, email or can be collected from the spa. Vouchers are valid for 12 months from purchase.

## SPA SHOP

Our spa boutique has a stunning array of spa and lifestyle products. You can find health-enhancing and eco-conscious items from Greece and further afield, along with premium skin care.



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