

GUNDARI

SPA & WELLNESS MENU

«NOT WHAT WE HAVE BUT
WHAT WE ENJOY, CONSTITUTES
OUR ABUNDANCE.» [Epicurus]

GUNDARI SPA 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 MESSAGES WILL GIVE YOU THE RESULTS YOU'RE LOOKING FOR, JUST ASK YOUR THERAPIST FOR SOME GUIDANCE.

THE GUNDARI

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

🕒 1 or 1.5 hours
💰 €195 - €260

A beautifully flowing full body massage designed to encourage the body and mind to soften, release and return to a natural state of ease. Using slow, intuitive techniques and your choice of therapeutic essential oil blends, this signature experience gently soothes the nervous system. Light to medium pressure and seamless, gliding strokes work in harmony to improve circulation and quiet the mind, guiding you into a state of profound relaxation and renewal.

THE REMEDY

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

🕒 1.5 hours
💰 €275

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.

THE LIBERATOR

- [•] Releasing
- [•] Unwinding
- [•] Restoring

🕒 1 hour
💰 €200

A focused, firm pressure massage designed to work more deeply into areas of tension and tightness. Using slow, deliberate techniques and a signature therapeutic essential oil blend, this treatment targets areas of muscular fatigue to support release, mobility and ease of movement. Ideal for those who prefer a stronger, more intensive style of massage.

THE NURTURER

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

🕒 1 or 1.5 hours
💰 €195 - €260

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.

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



FACIAL THERAPY

TRANSFORM YOUR SKIN WITH EXPERT FACIALS FROM [COMFORT ZONE] AND ONAR WELLNESS.

HYDRA GLOW FACIALS DELIVER DEEP HYDRATION AND LIFTING TO SUPPORT SKIN LONGEVITY. AN EXCLUSIVE FACIAL FROM GREEK SKINCARE BRAND ONAR WELLNESS USES LYMPHATIC MASSAGE TO REDUCE PUFFINESS AND ENHANCE RADIANCE.

SERENE, HIGH-TOUCH RITUALS FOR HEALTHY, LUMINOUS SKIN.

ONAR NEON RITUAL

- [•] Sculpting
- [•] Detoxifying
- [•] Illuminating

🕒 1 hour
💰 €195

Neon Ritual is a refined facial experience that detoxifies, sculpts and restores luminous skin. Combining high performance actives with specialised lymphatic and circulation-stimulating massage, this treatment works to de-puff, contour and strengthen the skin from within. Antioxidant-rich formulations and biomimetic lipids deeply hydrate and support skin longevity, while rhythmic touch and therapeutic aromas calm the nervous system. Skin appears visibly firmer and more radiant, while body and mind settle into a quiet sense of lightness and ease.

HYDRA GLOW

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

🕒 1 hour
💰 €195

Hydra Glow delivers intense hydration and luminosity through a dynamic combination of hyaluronic acid and bioactive prickly pear extract. Designed to restore vitality to thirsty, dehydrated skin, this results-driven facial is enhanced with sculpting ice wand therapy and an intuitive hands-on massage to create a refreshing, lifting and de-puffing effect. Ideal for skin impacted by sun exposure, long-haul travel or climate extremes, Hydra Glow leaves the complexion visibly plumped, radiant and revived.

HYDRA GLOW PLUS

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

🕒 1.5 hours
💰 €255

Opening with the soothing touch of a back, neck and shoulder massage, this high-performance facial elevates Hydra Glow with enhancements to deliver heightened luminosity, hydration and smoothness. This advanced treatment adds a unique biphasic re-plumping face mask and a brightening eye recovery mask to restore fullness and tone, smooth the appearance of fine lines and revitalise the skin. Ideal for photo-aged, mature or depleted skin, Hydra Glow Plus delivers deep nourishment while leaving the complexion visibly firmer, plumper and beautifully refined.

BODY TREATMENTS

DESIGNED TO NOURISH THE SKIN AND UPLIFT THE SENSES, OUR BODY TREATMENTS ARE INDULGENT RITUALS OF RESTORATION AND RENEWAL.

EXPERIENCE AROMATIC JOURNEYS USING EARTH-FRIENDLY [COMFORT ZONE] FORMULATIONS.

A SIGNATURE ONAR WELLNESS TREATMENT INTRODUCES A REFINED GREEK RITUAL, ENHANCING SKIN VITALITY AND OVERALL WELLBEING.

ONAR WELLNESS EXILÉOSI RITUAL

 1.5 hours
 €260



A body ritual inspired by the beauty practices of Aphrodite, combining exfoliation and specialised massage to refine, sculpt and renew. A deeply nourishing exfoliation, enriched with natural perlite and shea butter, smooths and prepares the skin, enhancing the effects of a targeted lymphatic massage designed to stimulate circulation and support detoxification. Potent botanicals including Greek dittany, black cumin and poppy extract work alongside advanced actives to improve tone, boost hydration and support skin resilience. A rich blend of rose, myrtle, cardamom, myrrh and neroli essential oils creates a beautifully aromatic experience that calms the nervous system and enhances overall wellbeing. Exiléosi leaves your body deeply hydrated, visibly toned and radiantly revitalised.

HIMALAYAN SALT STONE RITUAL

 1.5 hours
 €260

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 warm salt stones to stimulate metabolism, improve circulation and remineralise the skin. 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.

DEEP BODY RENEWAL



 1.5 hours
 €260

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.

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.

PRECISION MASSAGE

 30 minutes
 €95 add-on
or €105 solo

A personalised, targeted massage focusing on areas of tension or imbalance. Through precise, intuitive techniques, this treatment works to ease tightness and restore comfort where it's needed most.



HIMALAYAN SALT EXFOLIATION

 30 minutes
 €95 add-on*

A revitalising full body exfoliation combining pure pink Himalayan salt with aromatic oils to smooth and renew the skin, stimulate circulation and restore a sense of balance and vitality.



*Only available in conjunction with massage

SCALP MASSAGE AND HAIR TREATMENT

 30 minutes
 €95 add-on
or €105 solo



A moisturising botanical hair 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.

REVITALISE FOOT TREATMENT

 30 minutes
 €95 add-on
or €105 solo

Soothe and revitalise your feet and lower legs with warm aromatic compresses followed by an invigorating scrub. Add a foot massage with active ingredients that can help increase circulation, relieve fatigue and instil a feeling of freshness and lightness.

REGENERATIVE HYDRA EXPRESS FACIAL

 30 minutes
 €95 add-on
or €105 solo

An express facial for instant hydration and radiance with a dreamy massage sequence for plump, dewy and luminous skin. The ideal pick-me-up for tired and dull skin.



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.

IASO'S BALM

Iaso, the goddess of recovery, guiding the body's quiet return to balance.

Soothing, replenishing and restorative.

- [•] Precision Massage
- [•] Hydrating Wrap
- [•] Scalp and Hair Treatment
- [•] Regenerative Hydra Express Facial

🕒 2 hours
💰 €305

A deeply nurturing experience designed to soothe, replenish and restore. Precision massage releases areas of tension before the body is cocooned in a cooling wrap to calm and comfort the skin, supporting recovery from sun exposure and environmental stress. A nourishing scalp and hair treatment follows, inviting a deeper sense of relaxation, before a hydrating facial works to refresh, soften and restore luminosity. The result is skin that feels replenished and comforted, and a body returned to ease, balance and gentle vitality.

HYPNOS' DREAM

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

Supporting sleep, reducing stress.

- [•] The Gundari
- [•] Scalp Massage and Hair Treatment
- [•] Revitalise Foot Treatment

🕒 2 hours
💰 €305

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.

HEBE'S ELIXIR

Hebe, the goddess of youth and vitality.

Restoring flow, radiance and natural vitality.

- [•] ONAR Wellness Exiléosi Ritual
- [•] ONAR Neon Ritual Facial

🕒 2.5 hours
💰 €365

A restorative face and body ritual designed to awaken the skin and rebalance your entire being. A deeply nourishing full body exfoliation refines and renews, preparing the skin for a specialised lymphatic massage to stimulate circulation, support detoxification and restore lightness and fluidity to the body. The experience continues with a sculpting facial that works to de-puff, smooth and illuminate, restoring clarity and tone to the complexion. Skin appears visibly brighter and more refined, while the body feels relaxed, rebalanced and revitalised.

«DAY BY DAY, WHAT YOU CHOOSE, WHAT YOU THINK AND WHAT YOU DO IS WHO YOU BECOME.» [Heraclitus]



RITUALS FOR TWO

UNWINDING RITUALS FOR
TWO TO SHARE IN OUR
DOUBLE SUITE.

SUN AND MOON ESCAPE

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



A shared experience designed to gently ease tension and quiet the body and mind, allowing you to unwind side by side.

 1.5 hours
 €260 per person

THE IMMERSION

- [•] Precision Massage
- [•] Choose two enhancements - Scalp Massage and Hair Treatment, Revitalise Foot Treatment or Regenerative Hydra Express Facial

Elevate your shared wellbeing journey with layers of personalised elements to support how you want to feel, creating an expansive sense of relaxation, renewal and connection.

 1.5 hours
 €260 per person



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. 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 SOUND HEALING

🕒 1 hour
💰 €150

A therapeutic sound experience informed by ancient practices that harness vibration for healing and energetic alignment. Tibetan singing bowls are played on and around the body, their frequencies working at a subtle cellular level to release tension and restore balance. With growing understanding of sound's effect on the nervous system, this deeply meditative experience draws you into profound stillness. You emerge feeling aligned, clear and quietly restored.

PRIVATE PILATES

🕒 1 hour
💰 €95

A personalised Pilates session tailored to your needs and skill level, offered as either mat or Reformer. Guided by your practitioner, this one-on-one experience focuses on alignment, controlled movement and breath, supporting improved posture, mobility, strength and ease of movement.

PERSONAL TRAINING

🕒 1 hour
💰 €85

A private training session designed to support your body's strength, mobility and overall vitality. Through guided, purposeful movement, this personalised experience helps build confidence, improve function and enhance your sense of physical wellbeing.

PRIVATE YOGA

🕒 1 hour
💰 €85

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.

*each additional person €30



SPA INFORMATION

BOOKING AN APPOINTMENT

To ensure your preferred time and service is available, we recommend you book in advance.

spa@gundari.com
Dial extension 220 from room.
+30 2286 800841

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 offer treatments specifically designed to nurture mums-to-be and nursing mothers. Our team will be happy to guide you in selecting the most suitable options during this special time. Massage treatments can be enjoyed from the second trimester onwards. If you are pregnant or breastfeeding, kindly advise Reception at the time of booking so we can ensure your experience is both safe and comfortable.

MEDICAL CONDITIONS

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

MINIMUM AGE

We welcome guests aged 10 years and over for spa treatments. Guests under 18 are required to be accompanied by a parent or guardian, who must remain in the treatment room for the duration of the service.

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 12 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.



GUNDARI

RAW LUXURY

Folegandros, Cyclades – Greece
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