

SOMA SPA

DOMES ZEEN CHANIA

Restoring What Has Been Lost, Leading You To A Stage Of Completeness

The rituals of the spa treatments and methods of the ancient Greeks, are combined with the most recent healing techniques and results oriented products, to bring the balance of your body to be restored in a place where ancient tradition inspires an aura of vitality, combined with the latest techniques of technology treatments.

We invite you to exit the outside world and achieve a spiritual sensation in each of the spa areas you might choose to escape. The SOMA Spa experience merges traditional Spa techniques in a modern and results oriented approach, through elegance, expertise, with natural, active ingredients.





SOMA SPA — OUR PREFERRED BRANDS

ELEMIS

A skin wellness brand with an aromatherapist's soul, an artist's spirit, and a scientist's commitment to results. An innovative and global British skincare brand with over 30 years of expertise. A brand that believes in "truth in beauty", focusing in delivering proven results with feel-good skincare products combined with cutting-edge patented technology. Nature powers the ELEMIS products: by sourcing natural extracts that catalyse each other and harnessing the power of nature's finest active ingredients, delivering results that you can see and feel, both inside and out.

CODAGE PARIS

Inspired by the Periodic table of elements, CODAGE uses cocktails of active natural ingredients that work synergistically to answer specific needs. Combined and dosed, they bring to the skin essential nutrients to its proper functioning. Each treatment is build as a unique composition of formulas that builds a code or "codage" in French.

iS CLINICAL

One of the world's leading Cosmeceuticals, iS Clinical offers technologically advanced treatments, with pharmaceutical grade ingredients, that are botanically derived. Using only the best active ingredients, the products rejuvenate the complexion, while clarifying, balancing, and nourishing the skin. Used by some of the world's leading dermatologists and celebrity aestheticians, it prides itself in real and visible results.

SIGNATURE SOMA SPA IMMERSION CATHARSIS

Our SOMA Spa Signature welcome touch brings the aura of Greece into the treatment room. Every treatment begins with the use of a restorative body balm that is lightly massaged to the upper back or décolleté, to bring you to a therapeutically relaxed state of being. We then spray an Aloe Vera Mist high above your head, and perform an "Inhalation Tent" with a few drops of a Lavender and Chamomile Essential Oils. You are then ready to indulge in our bespoke and advanced Face and Body Therapies...

SOMA SPA GREEN PROMISE

We prioritize safety and efficacy when choosing our spa products, therefore we ensure that all our brands make use of natural and clean ingredients, that are formulated with integrity and are sourced ethically respecting the environment. All our products are paraben free and formulated with no use of harmful ingredients for the skin. We also opt for vegan formulations where possible, from natural and sustainably sourced ingredients, in recyclable packaging. As a Wellness brand at SOMA Spa, we believe we have responsibility to the health of your skin and its environment. To minimize our impact, we ensure the minimum use of water within our treatments, and the use of the minimum disposable materials, that are mostly biodegradable or fully recycled. We are taking small steps for now, but we are committed to ensuring both the health of our guests and the environment.

CRETAN SIGNATURE SPA THERAPIES

Inspired by the flora of Crete, the fertile land of our island, the Greek mythological Gods and the therapeutic practices of Hippocrates.



THE DITTANY ROOT SPA JOURNEY

75' | €155

Dittany of Crete is a therapeutic and healing plant that only grows wild on the mountainsides of Crete. It is a plant that is only gathered when in bloom in the summer months, to be used in pharmaceuticals, perfumes, and drinks. Aristotle wrote in his work, *The History of Animals*: “Wild goats in Crete are said, when wounded by arrow, to go in search of dittany, which is supposed to have the property of ejecting arrows in the body”. This Spa Journey is powered by a relaxing full body massage with a blend of aromatic lime, lavender, and dittany essential oils, and rounds up with a face cleansing and hydration touch, that transfers your body to a complete state of wellness and ease.

MINOAN STRENGTH: THE MYTHOLOGY SPA MASSAGE CEREMONY

90' | €180

Inspired by the Mythical King Minos of Knossos and his great warriorship, this Spa Massage Ceremony uses a blend of botanical herbs based on the flora of Cretan land. A muscle stiffness relief massage sequence, that focuses on aches and pains and helps you relax and recharge at an optimum level. A nurturing experience, that feels “right” to the body, coordinated to your needs at that specific day and time. This ritual begins with a thorough exfoliation of the body, using a Carob Body scrub inspired by our land's richness in Carob Trees that make a great superfood alternative to sugar and sweeteners.

HIPPOCRATIC THERAPEUTIC MASSAGE

60' | €140

This Massage Ritual is based on the Massage Principles of Hippocrates, an advocate of Massage. Hippocrates referred to massage as friction or rubbings, and that it should have the effect of relaxing, constricting, thickening, and thinning. With a healing approach this massage focuses on Head & Neck as the crown of the body, feet as the base of the body and the abdomen, center of the body aiming to a healthier system, through targeted detox and cleansing. An all-rounded therapeutic experience, that begins with dry brushing of the body and ends with a mist of Kefir Tea water to awaken the senses.

SIGNATURE SPA THERAPIES

Global exclusives that are ingredient and results-focused using massage techniques from all over the world, powered by natural actives, science, and skin technologies.



CBD RELAXING MASSAGE

60' | €135

This CBD Massage is particularly focusing on further easing pain and inflammation, thereby speeding up recovery. Your brain's endocannabinoid receptors recognize the compound, enters through the skin, therefore the endocannabinoid system is stimulated, which plays a role in immune function, digestion, mood, and sleep. The body is shifted to a rest-and-digest state and by massaging the areas of concern, we encourage the body to surrender all toxins and enter a maximum relaxation state.

MUSCULAR RELIEF THERAPY, A SIGNATURE COMBO OF TECH & HANDS

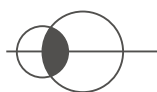
(Using Theragun Percussive Therapy by Therabody)

90' | €180

The perfect Jet Lag Recovery, a true Signature Experience like no other. This Authentic Massage has been developed by our Expert team of physios and therapists to ensure the maximum recovery for overworked muscles and extreme fatigue. The Massage focuses on all the body with a combination of Deep Tissue techniques and the additional Percussive therapy benefits from Therabody, using the legendary Theragun Elite. This ensures that blood circulation works in perfect harmony with your body's physiology whilst giving you the feeling of lightness and calm.

MESSAGE THERAPIES

Advanced massage sequences
to unwind and re-charge.



ELEMIS DEEP TISSUE MASSAGE

30' — €85 | 60' — €135 | 90' — €160

Tailored entirely to your needs, it leaves you feeling grounded and focused. We will select an ELEMIS Luxury aromatic oil according to your concerns, be they muscle pain, stress relief, pure relaxation, or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation.

ELEMIS AROMATHERAPY LIFE ELIXIR MASSAGE

60' — €135 | 90' — €160

An aromatherapy hydrating body massage. Powered by unique Essences that have been designed to be used in this extremely relaxing massage, to bring everything back to the potency of modern aromatics. Each Essence has been chosen for a different mood, enabling this massage to be tailored to your needs.

ELEMIS HOT STONES MASSAGE

30' — €90 | 60' — €140 | 90' — €170

Balinese stones bathed in the ELEMIS Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the bonus of intensely hydrated skin. Achieves all over deep relaxation with penetrating heat from the stones and introduces you to a new level of touch and relaxation.

ELEMIS FRANGIPANI INDIAN HEAD MASSAGE WITH BACK MASSAGE

60' | €130

Tension is dissolved using a combination of the ancient Chinese healing massage Tui Na and Japanese Shiatsu, while Indian and Thai kneading that invigorates and clears your head.

HOT STONE BACK & LOWER LEGS MASSAGE

60' | €130

A great combination of a deeply relaxing Back Massage using Balinese Hot Stones and a relaxing therapeutic massage from the knees to the base of your body. A deeply relaxing and nurturing experience of both energetic and healing therapeutic techniques.

SWEDISH MASSAGE

30' — €85 | 60' — €130

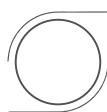
From the soles of your feet to the crown of your head, this is much more than just a massage. Your body is lightly dry brushed, before pure, warm aromatherapy oils prescribed to your needs are massaged over the body. A massage that deeply relaxes your mind and body.

THERAGUN ADD-ON — €10

A handheld, battery operated '*Percussive Therapy*' device, designed to naturally address muscle pain. The rapid and repetitive application of pressure increases blood flow and the oxygen levels delivered to the muscle, relieving soreness, improving movement and aiding recover. Add it to any of the massages for that extra bit of recovery and stress relief.

ELEMIS PRO-GLOW HANDS-ON FACIALS

Using hands as the strongest diagnostic tool in combination with precise
massage techniques and pure natural active ingredients.



ELEMIS PRO-GLOW GENIUS
Your Line-fighting Superhero Facial

75' | €160

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin. Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient, and firmer looking. An unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.

ELEMIS PRO-GLOW SMOOTH
The Hiit Workout For Your Skin

50' | €140

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

ELEMIS PRO-GLOW RESURFACE (Cleansing Facial)
Resurfacing For Stunningly Smooth Skin

50' | €140

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

ELEMIS PRO-GLOW BRILLIANCE
Your Recipe For Radiance

30' — €90 | 50' — €125

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant- rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant, and healthy. Added bonus in that all formulas in this facial are vegan friendly.

EYES:
ELEMIS PRO-GLOW ULTRA SMART ANTI-AGEING EYE TREATMENT

50' | €110

This is an intensely reviving and anti-ageing eye treatment. A warm rosewood compress and the use of two Eye masks rehydrate, soothe, and lift the eye area, while you zone out with a de-stressing head, neck & shoulder and hand & arm massage sequence. A targeted eye massage technique using the ELEMIS Ultra-Smart Eye tool, targets tiredness and puffiness around the eye area, diminishing lines and wrinkles and leaving the area refreshed and revived.

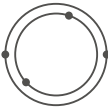
MEN:
ELEMIS PRO-GLOW MENS' FACIAL
The well-ageing Facial for Men's Skin

50' | €130

This is the hard-working facial for ageing, stressed, dehydrated skin and tired eyes. An energising treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. Multi-dynamic facial massage sequences boost circulation, whilst targeted scalp and foot massages deeply relax.

MEDI-SPA AESTHETICS TECHNOLOGY & COSMECEUTICALS

Immediate results with advanced methodology of skin therapies,
powered by hands, technology & high concentration actives.



DÉESSE PRO EXPRESS LED MASK

10'— €35

Focusing on two clinically proven wavelengths of light 633nm (red) and 830nm (Near Infra-Red) we stimulate collagen and elastin production and improve circulation and tissue oxygenation. The Déesse Pro™ Express uses low-level light therapy (LLLT) to expose the skin to red and Near Infra Red wavelengths of light, delivered at a safe therapeutic dose, to stimulate a natural cellular response across one treatment mode. You can add this therapeutic and anti-ageing technology to any choice of treatments.

FIRE & ICE FACIAL

*The “Red Carpet Hollywood Facial” by iS CLINICAL
a pharmaceutical grade, botanically derived cosmeceutical brand*

60'— €150

A clinically active treatment system designed to resurface the skin, reducing fine lines and wrinkles, smoothing, softening, and encouraging cellular renewal rapidly and safely. Known globally as the “Red Carpet Facial” that A-List Celebrities love before their appearances, it reveals an instant glow, through pharmaceutical grade and botanically derived ingredients.

PREGNANCY

Nurturing aromatics along with wisdom, empathy
and respect for pregnancy safe treatments.



ELEMIS PEACEFUL PREGNANCY MASSAGE

75' — €150

This unique pregnancy massage is profoundly nurturing and tranquil. An intuitive, sensitive, and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted, along with wisdom, empathy and respect.

PEACEFUL PREGNANCY FACE & BODY EXPERIENCE

2h35' — €285

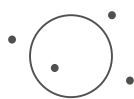
Peaceful Pregnancy Massage — 75'

ELEMIS Pro-Glow Brilliance — 50'

Foot Treatment — 30'

BODY THERAPY

Detox, re-shape and nourish with our high-performance
body therapies.



SKIN DETOX & SLIMMING

ELEMIS CELLUTOX SEAWEED WRAP AGAINST FLUID RETENTION

75'— €150

This seaweed treatment detoxifies and deep cleanses the body inside and out, combining the richest of sea plants and marine algae with aroma-therapeutic actives. Excellent for improving the dimpled appearance of cellulite and reducing fluid retention. A warm seaweed body mask combined with a detoxifying blend of Juniper and Lemon essential oils is applied to the body, before you are cocooned in a comforting foil wrap, whilst being treated to a deep Thai drainage facial massage and de-stress scalp treatment.

CODAGE CONTOURING & DRAINAGE FULL BODY MASSAGE

60'— €130

This treatment provides a concentrated anti-cellulite action. The toning massage helps eliminate cellulite and reduces the “orange-skin” effect. The drainage stimulating massage techniques promote cellular elimination and regeneration.

ELEMIS TARGETED CONTOURING & TONING TREATMENT

30'— €85 | 90'— €175

A powerful blend of salts, minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen, and backs of arms. A targeted sculpting massage to kick-start the micro-circulation, promoting a smoother silhouette and invigorating the entire body. A cooling rubberised mask, rich in super-detoxing caffeine and green clay is applied to problem areas, whilst clinically proven Red Algae redefines areas prone to sagging.

(YOU CAN CHOOSE A LOCALISED TREATMENT: ARMS, HIPS & THIGHS, OR ABDOMEN).

SCRUBS & WRAPS

ELEMIS INTENSELY CLEANSING SALT SCRUB FRANGIPANI OR LIME & GINGER

40' — €85

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.

ELEMIS MUSCLEASE SEAWEED WRAP

75' — €130

The power of aromatherapy combined with the riches of the ocean. This beautiful, aromatic heated seaweed body mask containing muscle warming blends of pine and rosemary essential oils, helps ease the pain of arthritis, fatigue, and aching muscles. Whilst cocooned, let your thoughts drift away.

ELEMIS AFTER-SUN BODY NECTAR NOURISHING WRAP

60' — €125

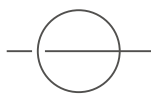
This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvety texture of the Monoi oil offers super-hydration, quenching a thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. An emotionally grounding experience for skin that has never felt silkier.

HANDS & FEET



MANICURE — €55
PEDICURE — €65
SOAK OFF MANICURE — €65
SOAK OFF PEDICURE — €75
REMOVAL OF SOAK GELS (HANDS OR FEET) — €20

THE FINISHING TOUCHES



LADIES HAIR STYLING / GENTS' HAIRCUTS*
Services include:

HIGHLIGHTS (PARTIAL OR FULL) & BLOW-DRY
SINGLE COLOUR PROCESS & BLOW-DRY
GENTLEMAN'S HAIRSTYLING HAIR TREATMENTS
BRIDAL HAIR

*AVAILABLE UPON REQUEST WITH PRE-BOOKING

MAKE-UP*

BRIDAL
SPECIAL OCCASION

BRIDAL MAKE-UP & HAIR STYLING

*AVAILABLE UPON REQUEST WITH PRE-BOOKING

Please contact the Hotel Reception Desk for appointments

SPA PACKAGES

Targeted spa experiences for a holistic and 3D approach
to wellness and well-being.



DETOX & CONTOURING PACKAGES

3 days — €600

Day 1

ELEMIS Cellutox Seaweed Body Wrap 75'

CODAGE Contouring & Drainage Massage 60'

Day 2

ELEMIS Targeted Contouring Treatment (*Buttocks & Thighs*) 30'

ELEMIS Pro-Glow Smooth Facial 50'

Day 3

ELEMIS Pro-Glow Brilliance Facial 50'

Targeted Contouring Treatment (*Abdomen*) 30'

5 days — €900

Day 1

ELEMIS Cellutox Seaweed Body Wrap 75'

CODAGE Contouring & Drainage Massage 60'

Day 2

ELEMIS Targeted Contouring Treatment (*Buttocks & Thighs*) 30'

ELEMIS Pro-Glow Smooth Facial 50'

Day 3

ELEMIS Targeted Contouring Treatment (*Abdomen*) 30'

ELEMIS Cellutox Seaweed Body Wrap 50'

Day 4

CODAGE Contouring & Drainage Massage 60'

ELEMIS Targeted Contouring Treatment (*Arms*) 30'

Day 5

CODAGE Contouring & Drainage Massage 75'

ELEMIS Pro-Glow Brilliance Facial 30'

FINDING EQUILIBRIUM THROUGH RELAXATION

3 days — €520

Day 1

CBD Relaxing Massage	60'
ELEMIS Foot Treatment	30'

Day 2

ELEMIS Aromatherapy Massage	90'
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Day 3

ELEMIS Deep Tissue Full Body Massage	60'
ELEMIS Pro-Glow Brilliance Facial	50'

5 days — €950

Day 1

CBD Relaxing Massage	60'
ELEMIS Foot Treatment	30'

Day 2

ELEMIS Aromatherapy Massage	90'
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Day 3

ELEMIS Deep Tissue Massage	60'
ELEMIS Pro-Glow Brilliance Facial	50'

Day 4

ELEMIS Intensely Cleansing Salt Scrub	40'
ELEMIS Body Nectar Nourishing Body Wrap	60'

Day 5

ELEMIS Musclease Seaweed Body Wrap	75'
ELEMIS Pro-Glow Brilliance Facial	50'

PRO-AGEING BOOTCAMP

3 days — €510

Day 1

ELEMIS Pro-Glow Genius Facial 75'

ELEMIS Targeted Contouring Treatment (*Abdomen or Thighs*) 30'

Day 2

ELEMIS Pro-Glow Brilliance Facial 50'

Day 3

ELEMIS Pro-Glow Smooth Facial with LED Light 75'

ELEMIS Targeted Contouring Treatment (*Abdomen or Thighs*) 30'

5 days — €900

Day 1

ELEMIS Pro-Glow Genius Facial 50'

ELEMIS Targeted Contouring Treatment (*Abdomen or Thighs*) 30'

Day 2

ELEMIS Pro-Glow Brilliance Facial 50'

Day 3

ELEMIS Pro-Glow Smooth Facial with LED Light 60'

ELEMIS Targeted Contouring Treatment (*Abdomen or Thighs*) 30'

Day 4

CODAGE Contouring & Drainage Massage 60'

Day 5

ELEMIS Pro-Glow Brilliance with LED Light 50'

ELEMIS Pro-Glow Ultra Smart Eye Treatment 50'

THE SLEEP RECOVERY

2hr 20' — €250

ELEMIS Aromatherapy Massage – Sleep Essence	90'
ELEMIS Pro-Glow Brilliance Facial	50'

3 days — €520

Day 1

ELEMIS Aromatherapy Massage – Sleep Essence	90'
ELEMIS Pro-Glow Brilliance Facial with LED Light	50'

Day 2

ELEMIS Frangipani Indian Head & Scalp Massage with Back Massage	60'
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Day 3

CBD Relaxing Massage	60'
ELEMIS Foot Treatment	30'

SPA TOGETHER

FRANGIPANI LOVERS COUPLE'S RETREAT

90' — €205 (per person)

ELEMIS Deep Tissue Full Body Massage	60'
ELEMIS Pro-Glow Brilliance Facial	30'

"MAZI" SPA EXPERIENCE

90' — €300 (per person)

ELEMIS Aromatherapy Massage	90'
ELEMIS Pro-Glow Smooth Facial	30'

SOMA SPA BRIDE SPA RITUALS

2,5h — €290

ELEMIS Intensely Cleansing Salt Scrub	30'
ELEMIS Pro-Glow Brilliance Facial with LED	60'
CBD Relaxing Massage	60'

SOMA SPA GROOM SPA RITUALS

2,5h — €290

ELEMIS Deep Tissue Massage	60'
ELEMIS Pro-Glow Smooth Facial with LED Light	60'
Men's Pedicure	30'

SPA ETIQUETTE



Soma Spa and its environs are strictly no smoking areas. We do not allow mobile phones in our customer areas, please leave them switched on in your room. This is the time for your body and mind to release the worries and stresses of the day. Please conduct all conversations at levels consistent with a relaxing Spa environment.

All guests will be required to complete and sign a Health & Lifestyle Questionnaire upon arrival, prior to entrance to the treatment rooms. If you have a gift voucher, please remember to bring this with you on the day to hand to Spa Reception. All treatment rooms are subject to availability.

Please notify us at least 24 hours in advance for any cancellations. Any cancellation or rescheduling with less than 24 hours of notice or no-show appointments, will result in the the full cost of scheduled service to be charged.

WHEN TAKING A TREATMENT



Time lost through late arrival will result in a shortened or amended treatment being offered without refund. Underwear or suitable swimwear should be worn going into the treatment room and during treatments.

For some treatments you will be provided with disposable undergarments by your therapist, and suitable towel draping will be used at all times. During treatments, please let your therapist know if you are comfortable or uncomfortable, too warm or too cold, or if their pressure is too light or too firm.

Your comfort and care is our greatest concern and priority. If you have a particular injury or physical condition, please explain it to the therapist. They can suggest appropriate adjustments to the treatment for your comfort and enhancement.

There is no pressure to talk during a treatment. It is entirely up to you. If you have any questions or would like to talk, certainly do so. The therapist will take their cues from you. If you are quiet they will be too.

We hope you enjoy this interlude of pampering and relaxation.
Your comments are always welcome.



DOMES ZEEN
CHANIA

THE LUXURY COLLECTION HOTELS & RESORTS