



SPA ETIQUETTE

Our spa professionals are on hand to assist you in choosing the right treatment(s) for your needs.

- Please arrive at least 15 minutes prior to your booking time. To gain maximum benefit from your treatment allow this extra time in order to take a break and enjoy a complimentary cup of freshly made herbal drink.
- There is no dress code at the spa, you may wear whatever you find comfortable. We will provide you with a robe and slippers if needed.
- Most body treatments are normally enjoyed without clothing. Our draping practice will ensure that you don't feel uncomfortable or exposed. However if you prefer to wear underclothes please feel free to do so.
- 50% of the treatment value will be charged for cancellations made less than 8 hours before the treatment start time.
- We are delighted to offer gift certificates for you to treat a special guest to the Asian Spa experience. Gift certificates are valid for 6 months from the date of purchase and may be purchased for spa packages, treatments or monetary value. Our reception team will be pleased to advise you.



Our mission is to deliver spa experiences that are both unique and memorable. Asian Spa therapists take guests on exhilarating sensory journeys through many forms of holistic healing. Our body and facial care treatments are delivered with serene and reassuring professionalism, allowing you to experience a feeling of immense well being in body, mind and spirit.

Facials

Our facials, which all use products from our exclusive range, include face, neck, hand and décolleté massage.

Deep Cleansing 60 to 90 min 90€

For all skin types

This deep cleansing facial will help rid the skin of impurities, leaving it with a healthy glow. The use of traditional steam and extraction methods along with masks and massage will leave the skin feeling clean, smooth and looking luminous.

Ogenage 50min 75€

For all skin types

This facial is designed to boost your skin's anti-aging powers. A prestigious facial treatment developed by Phytomer®, it contains oxygenated water from deep sea sources that helps fight free radicals. Ogenage works on the face, eye contour area, neck, décolleté and hands, restoring firmness and tone to the skin.

Pure Balance 50min 75€

For oily and combination skin types

This deep-cleansing, oil-controlling facial helps to regulate oily secretions while refining open pores. Naturally decongesting and anti-inflammatory ingredients gently yet effectively soothe, calm and re-balance the skin to encourage a clear complexion.

Golden Glory 90min 150€

For mature skin

Gold surely represents the ultimate measure of achievement. This remarkable treatment uses the anti-aging properties found in gold as the essential ingredient in an extraordinary facial massage, which successfully turns back the effects of time. The essence of this iridescent facial is a sumptuous triple layered mask that revitalizes the skin leaving it radiant, glowing and youthful.



Youthful Glow 50min 75€

For mature and dehydrated skin

Mature skin can often become dehydrated and stressed, losing tone and firmness. This sublime facial has the semi precious stone Rhodolite at its heart, and combines trace metals and flower extracts to help improve circulation and stimulate oxygen intake. The result is plumped refreshed looking skin and exceptional protection against aging.

Sea Water Pearls 70min 85€

To keep the signs of aging at bay it is essential that your skin is kept hydrated and supple. Packed with active marine ingredients that form tiny pearls, this true gem of a treatment will ensure your skin feels lithe, nourished and deeply moisturized. A blissful treat, your face is assured of a luminescence that simply exudes vitality and health.

Express Facial 25min 50€

For all skin types

This revitalising and refreshing facial stimulates the facial muscles leaving you feeling renewed and pampered. Perfect before a night out, it also makes an ideal gift for those well behaved teenagers!

Radiance Revived 50min 75€

For damaged and overpigmented skin

Designed to reduce the evidence of sun damage, age spots and other pigmentation issues around the face. Radiance Revived will, with repetitive use, gradually regulate the skin's appearance, gently working to fade dark spots and leaving your face luminescent and flawless.

Beautiful Eyes 25min 50€

For all skin types

Beautiful Eyes helps to soothe tired eyes and offers welcome relief from eyestrain. A fabulous firming and hydrating treatment, it uses products rich in Seaweed Extract, which also helps to reduce the appearance of fine lines and protect against the rigours of the environment.

Men's Exclusive 50min 75€

For all skin types

Daily shaving can cause damage and dehydration, whilst facial skin is also subjected to a constant battle against free radicals, pollution and other environmental effects. This especially designed gentleman's facial cleanses and re-hydrates, providing relief from razor burn, sensitivity and loss of elasticity, resulting in refreshed, soothed skin.



Additional services available in conjunction with all facials

Hot Stone Facial Massage	20€
Beautiful Eyes	40€
Anti Aging Hand Treatment	30€

Ayurvedic Facials

All facials include shaping of the eyebrows with threading; head, shoulder and neck massage is also included in the treatment time.

Gold Aditi 80min/ 150€

For mature skin.

This shimmering facial has pure gold at its heart. Especially suitable for mature skin, it incorporates a very special massage using a gel followed by a beautifying mask that are both enriched with 24 carat gold. The use of gold in this treatment helps lymphatic drainage, improves cell renewal, circulation and skin elasticity, leaving the skin firmer and detoxified. There is no doubt that it will truly bring out the goddess in you.

Mukha Lepam 50 min / 85 €

For all skin types

A traditional beauty treatment in which the therapist gently stimulates the facial muscles, concentrating on the marma (vital energy points). Mukha Lepam is ideal for removing wrinkles and discolouration, leaving the skin soft and smooth. A herbal mask, made freshly for each treatment from 15 herbal powders, will leave your skin glowing and rejuvenated.

Avantika 50 min / 90€

For dry skin

In this ancient ritual lies the secret of traditional Indian beauty. This complete facial treatment uses pure Ayurvedic products to suit specific body types. It deeply cleanses and removes toxins, restoring the balance and elasticity of the skin. Your skin will be left supple and radiant.

Arunima 50 min / 90€

For mature skin

This treatment will help reduce the signs of aging with the use of natural products, based on your personal needs. Ayurvedic facial products are known for their far-reaching rejuvenating qualities.



Massage

A brief questionnaire illustrates your body type enabling us to custom blend the most suitable oils for you. The result is a massage that calms, soothes or stimulates mind, body and soul.

Classical Swedish 50min/80min 80€/120€

Your therapist will use a range of gliding massage strokes, kneading and friction on the more superficial layers of muscles to stimulate blood circulation and soothe tensed muscles.

Pampering 50min/80min 80€/120€

A scented, full body massage to heighten the senses. Choose the fragrance that best suits your mood from one of three essential oil blends designed especially for this treatment. Massage strokes ranging from frictional to relaxing are blended seamlessly to allow the body's internal system to benefit from the properties of the oil.

Hot Stone Ritual 80min 130€

Differing sized volcanic basalt stones are heated in water and used by your therapist to massage you before being placed on key points of the body; transferring the earth's natural energy held in the stones for an immense feeling of well being. The use of long sweeping strokes are key to this healing, full body treatment, which helps remove toxins from your muscles, relieve stress and promote deep relaxation.

Warrior 50min 85€

Especially helpful for chronically tense and contracted areas such as stiff necks, low back tightness, and sore shoulders. This treatment aims at the deeper tissue structures of the muscle and fascia, and whilst great at any time is particularly beneficial after exercise or a session in the gym.

Divine Chocolate 50min/80 min 80€/120€

This delicious treatment is blessed with excellent therapeutic benefits. Dark chocolate contains large quantities of powerful antioxidants that help protect against disease and slow the signs of aging. Blended with essential oils and essences, this aromatherapy massage improves circulation, reduces stress and can help to turn back the clock. It goes to prove that a little of what you fancy really can do you good.



Royal Ionian 50min/80min 85€/125€

An unforgettable experience, the Royal Ionian is our signature massage. This simply luxurious treatment starts with a Thai massage, which soothes and invigorates the body, followed by application of warm oil for a relaxing massage. The therapist will stimulate your chakras, improving your body's natural equilibrium, leaving you glowing and revitalised both inside and out.

A la Carte 50min/80min 85€/125€

Our a la Carte treatments include a selection of specialist massages including Shiatsu, Thai, Tui na and Reflexology. Various other sumptuous Western and Asian treatments make 'guest appearances' on the spa's menu. Our receptionist will be delighted to give you full details of those currently being offered.

Targeted Massage

Anti Cellulite 25min 50€

This highly effective body shaping massage uses essential oils that are rich in minerals and trace elements. It will help you to feel great immediately and if enjoyed as a course of treatments visible results will be seen, with cellulite being smoothed away.

Leg Massage 25 min 45€

The perfect treat if you've been on your feet all day or have endured a long, tiring flight. This massage concentrates on feet and legs, rebalancing energy levels by restoring the senses and lifting the spirits.

Back Rejuvenator 25 min 45€

An invigorating massage that not only eases tense muscles and knots in the back, but also induces a deep sense of relaxation as the back consists of a network of nerves linked to the entire body. The healing properties in its sesame oil base help make it the ideal restorative treatment after a tiring day. Alternatively, why not try a...

Head, neck and shoulder 25 min 45€

This relaxing massage is for anyone who needs speedy relief from daily stress. Focusing specifically on the head, shoulder and neck areas you will soon feel relaxed, revived and ready to go.



Scrubs

Body scrubs help to gently soften and repair damaged skin cells. Using short, circular strokes to improve circulation, and body lotion to moisturise the skin, they leave the body looking radiant and feeling soft.

Greek Bliss 25min 45€

Made from only the best fresh Greek products. Honey, orange and yoghurt are the principal ingredients of this scrumptious treatment that will leave your skin sparkling. It is the perfect treatment to enjoy before you start working on that tan as it helps to achieve long lasting results.

Fabulous and Fruity 25min 45€

Luscious apricot, olive leaf and almond blossom are the basis of this rich and luxurious scrub. This soothing combination offers the ultimate regeneration of dry or dehydrated skin, leaving it feeling soft and looking shiny.

Olive Oil & Sugar 25min 45€

Using wonderful Kalamatian olive oil and unrefined sugar as the key ingredients, this body scrub is a successful recipe for exfoliating and hydrating the skin. The result is a healthy shine that looks good and feels great.

Mediterranean Gold 25min 65€

The purity of gold combines with Passionflower and Artemisia to form the essential ingredients of this hydrating body scrub. Gentle exfoliation leaves the skin smooth and soft, giving it, like the precious metal from which it takes its name, a luminescent quality that shimmers with health.

Ginger 25 min 45€

The healing properties of ginger have long been associated with holistic therapies and treatments, particularly as an aid to reducing inflammation. A moisturising and exfoliating scrub, it not only cleanses and softens the skin but is also helps to induce a marvellous sense of relaxation.

Chocolate 25min 45€

A rich, luxurious scrub that will appeal to chocoholics everywhere. Gently exfoliating and cleansing, it polishes and regenerates the skin leaving it refreshed and smooth. This wonderfully effective treatment is a decadent way to enjoy chocolate without having to count the calories!



Masks and Wraps

Body wraps are designed to absorb and draw impurities from the pores, detoxifying and hydrating your skin. After a treatment your skin will be cleansed and nourished, giving you a feeling of health and well being.

Green Clay Wrap 25min 50€

An effective way of drawing out unwanted toxins and excess oils that are stored in body tissue, this green clay wrap helps to cleanse skin and reduce blemishes and acne. It is also a useful aid to improving tone and circulation, helping to diminish the bumpy appearance of cellulite if the treatment is enjoyed regularly.

Marvellous Mediterraneo Wrap 25min 55€

The minerals found in seaweed are the essential ingredients of this cleansing wrap. Their absorption helps to break down fatty deposits, encouraging toned, healthy looking skin. Great for cellulite reduction they will also help firm and improve elasticity after pregnancy or weight loss.

Firming Wrap 50min 65€

For more mature skin

This hydrating wrap is initially rich and creamy but gradually thickens, becoming a second skin that is eventually peeled off leaving skin feeling wonderfully firm, toned and supple. Impressive results can be achieved, especially for mature skin, if this treatment is applied regularly.

Cucumber cooling wrap 25min 50€

The perfect treatment for sunburnt skin! This mix of cucumber that grows so abundant in the gardens of Corfu, natural yoghurt and essential oils will soothe and help draw the redness from skin that has seen a little too much sunshine.

Softly Scented Mask 25min 55€

A multi-purpose, fragranced mask that combines green tea to soothe and soften dry, itchy skin, frangipani for its scent and hydration, and zesty tangerine, an effective aid to slimming and fat reduction. Together they are a potent mix that will effectively cleanse, revitalize and tone your skin.

Golden Mask 50min 70€

A luxurious mask that draws on the powerful abilities of pure gold, combining it with natural exfoliants to cleanse, revitalise and rejuvenate. The resulting radiance is highly visible, leaving the skin with a wonderfully healthy, shiny appearance.



Luxury Waxing

Prior to all waxing treatments the skin is prepared using skin exfoliation techniques. The treatment is concluded with an application of a light, moisturising balm, resulting in soothed and luxuriously smooth, soft skin.

Luxury full leg	40€
Luxury half leg	25€
Full Arm	35€
Half arm	20€
Brazilian	30€
Bikini line	20€
Lip or chin	15€
Eyebrow shape	15€

Please ask our receptionist for full details of our waxing services.

Hands & Feet

Application of nail colour, including a French nail polish, is standard in all our treatments as is a choice of Jessica or Essie varnish.

Manicure		22€
Pedicure		30€
Spa Manicure	50min	50€
Spa Pedicure	70min	60€
Gentlemen's manicure		20€
Gentlemen's pedicure		30€

Hairdressing services

A wash is included as standard with all our hairdressing services.

Ladies cut and restyle		40€
Ladies wash and blow dry	28€	
Ladies mis-en-pili		28€
Hair treatment therapies	from 15€	
Gentlemen's haircut		28€
Gentlemen's beard trim		15€
Children's haircut (under 12 years)		15€



Ayurveda

The Management of Asian Spa & Ayurvedic Retreat has worked closely with experts from Kerala, India, to ensure this ancient science of life has been successfully transported to Corfu. These experienced Keralite therapists are highly trained professionals in Ayurveda, their knowledge and skills extending to diet, body type, guest approach and the practice of yoga and meditation.

The Rou Retreat has an Ayurvedic treatment room designed to ensure guests enjoy their Ayurvedic experience in an authentic setting. Furnished with an original wooden Ayurvedic table, shower and steam room, guests are treated to physical and spiritual rejuvenation.

To many guests, Ayurveda may be an unknown concept. We will try and explain in a few lines what it is all about.

Ayurveda is a holistic system of medicine that originated in India thousands of years ago. The word Ayurveda is made from two Sanskrit roots 'Ayur' which means life and 'Veda' meaning knowledge or science. Therefore, the term Ayurveda means the knowledge or science of life.

Ayurveda believes in detecting and removing or predicting and preventing imbalances. It can be regarded as the most comprehensive and complete approach to healthy living, since it incorporates physical, social, psychological, spiritual and philosophical facets of life in its ambit.

Ayurveda addresses ill health at any stage, resulting from various causes including poor diet and lifestyle. It believes that lifespan and quality of life are greatly affected by lifestyle.

Ayurveda focuses on measures to promote good health, preventing and when necessary treating ill health. This is achieved by developing and utilising individualised treatments and offering lifestyle recommendations.

Included in treatment prices is the determination of your body type or 'Dosha', in order to use oils that will suit you best. Using the finest Ayurvedic oils and herbs imported from India, the therapies are prescribed to refresh the mind, detoxify the body and restore the natural balance of the energies within, leaving you completely rejuvenated.

For all Ayurvedic appointments, please arrive 15 minutes in advance on your first visit.



Ayurvedic Treatments

Ayurvedic body treatments, except Champi and Kativasti, include a steam after the massage.

Synchronized Abhyanga 80min 230€

2 Therapists

Abhyanga means 'to anoint'. Ayurveda advises a daily massage with warm herbal oil as part of our daily life. Synchronized Abhyanga is performed by two therapists who will revitalize your body from head-to-toe. The harmonious movement of the four handed massage helps relieve aching muscles and joints, nervousness and sleeping disorders whilst also regulating the body's circulatory system. This holistic treatment balances the three levels of physical, mental and spiritual well-being.

Vata-Lymphatic Massage 80min 140€

The Vata-type person often experiences dry skin, anxiety and suffers discomfort in cold weather. Vata-type people need warmth, nourishment, hydration, comfort and healing. This warming, skin nourishing massage helps to succour the skin and balance the mind, using ancient Indian herbal oils such as Dhanwantharam and Ksheerabala.

Pitta-Relaxing massage 80min 140€

The Pitta-type person has a tendency toward sensitive skin; they can be easily agitated and are often adversely affected by hot weather. Their mind and body tend to be over-active but they will feel calmer if cool and relaxed. This treatment will help soothe the skin and relax both mind and soul, using neelabringadhi Ayurvedic oil for the head and balaswagandhadhi thailam for the body.

Kapha-Rejuvenator massage 80min 140€

The kapha-type person may suffer with dull, possibly oily skin, has a tendency to put on weight easily and may be negatively affected by cold damp weather. Kapha-type people need purification and stimulation to improve the circulation of the body. This treatment incorporates detoxifying Ayurvedic herbs such as bhringamalakadhi thailam for the head and kottamchukkadhi thailam for the body.

Navarakkizhi 80min 145€

'Navara' is a special kind of rice and 'kizhis' are linen bags. Navara rice has long been used in Ayurvedic therapies because of its nutritional significance. First cooked in milk and a herbal extract, the rice is then rolled into balls and tied up in linen bags. The treatment begins with a body massage using herbal oils appropriate to the individual's skin, followed by application of the warm rice poultices. This treatment is especially good for strengthening muscles, nervous disorders, rheumatism and sciatica problems.



Podikkizhi 80min 150€

Podikkizhi is a method of therapeutic body sweating. This treatment begins with the application of a Dosha specific massage oil to the entire body. The body is then fomented thoroughly with linen bags containing medicated powder. This relieves neurological disorders, rheumatism, arthritis and sports injuries.

Pizhichil 80min 190€

Pizhichil literally means squeezing; it could be described as the most luxurious of all Ayurvedic treatments offered. Luke warm herbal oils are applied all over the body in a special rhythmic movement. The massage is very slow and light without exerting much pressure. Pizhichil is considered as the most natural way to purify different body systems. This massage protects the body from illnesses and builds up immunity for a healthy life. It is very useful for rheumatic diseases, sexual weakness, blood pressure, nervous weakness and it also helps to combat the signs of aging.

Kativasti 40min 70€

The waist area of the body is called 'Kati', and 'vasti' in this case implies a container. Kativasti is an effective treatment for katisula, the term used for lower backache, stiffness or pain felt down the back. Warm herbal oil is applied and then retained on the lower back by a traditional technique using black gram dough. This is followed by a back massage that eases accumulated stress and strengthens the muscles.

Udwarthana 50min 90€

Udwarthana means to elevate or to promote. The name of this treatment could be attributed to its ability to improve the body condition. It is a deep, dry massage using herbal powders to stimulate hair follicles and tissue in order to break down the subcutaneous, stored fat. The dry powder massage reduces blood cholesterol, obesity, skin problems, imparts mobility to the joints, strengthens muscles and refreshes the body. It is particularly effective in promoting a slimmer body.

Sirodhara 80min 170€

'Sira' means head and 'dhara' means continuous flow of a liquid. During this treatment medicated oil is poured in a steady stream on the forehead, stimulating the third eye, while receiving a gentle massage on the forehead. Sirodhara rejuvenates and revitalizes the body and mind. This therapy relieves stress and strain related problems, slows the ageing process, improves memory and is known to have a curative effect for paralysis and other neurological malfunctions. Sirodhara ultimately strengthens the physical constitution of the individual.



Kseeradhara 80min 145€

This relaxing treatment is similar to Sirodhara but instead of herbal oil, herbal milk is poured on the forehead during a gentle scalp massage. The treatment often induces a mental state similar to a meditative trance, resulting in deep relaxation of the mind and body. It also revitalizes the central nervous system. This treatment can only be performed in the summer season.

Champi 25min 50€

Champi is a very popular type of head massage that has been practiced in India for centuries. Its deep penetrating technique releases muscular tension from the head, neck and shoulders. Head massage is said to promote hair growth, and maintain the gloss and shine of hair.



TERMS & CONDITIONS

Although we hate making rules, and try to avoid any musts during your visit to the Spa, we have to inform you of the following:

- Please ensure that mobile phones are switched off during your visit at the Spa.
- Smoking is not permitted at our premises.
- Our Spa environment is one of tranquillity and relaxation. Please respect all Spa guests to their right to privacy and serenity.
- If it's your first time at the spa, arrive at least 20 minutes early to complete the necessary forms. Otherwise, arrive 10 minutes early so you can have a few minutes to rest, enjoy our homemade fresh tea, and start the treatment. If you are late to arrive, the time of your delay will be taken off your treatment time.
- If it's your first Ayurvedic appointment please arrive at least 20 minutes early to complete the questionnaire and discuss with a therapist to determine your Dosha.
- You will be charged 50% of the treatment(s) cost if the appointment is cancelled less than 6 hours before treatment(s) start time.
- We are delighted to offer gift certificates for you to treat a special guest to the Asian Spa & Ayurvedic Retreat experience. Gift certificates are valid for 6 months from the date of purchase and may be purchased for spa programmes, treatments or monetary value. Our reception team will be pleased to advise you.
- We accept payment by credit card or cash.

