



HOLMES PLACE
SPA

S P A

M E N U

S I F N O S

SIFNOS • *eliēs* • RESORTS

MASSAGE JOURNEYS

SIFNOS MASSAGE

A unique relaxation experience that helps reduce fatigue and restores strength and balance, bringing the body back to a state total equilibrium and harmony. This aromatherapy is based on massage with essential oils. Our therapists use different techniques adapted to your personal and individualised needs, emphasising our holistic approach. The massage is adapted to specific tension areas. We would kindly ask you to inform your therapist of your needs and preferences so that they can better determine the course of treatment.

55min / 80€

DEEP TISSUE SPORTS MASSAGE

The Deep Tissue Sports Massage is a type of massage specifically for muscle tissue and is beneficial for releasing chronic muscle tension. Slower focus, deeper pressure focused on the areas of tension and pain, so that it extends to the underlying muscle and connective tissue.

55min / 90€

MASSAGE JOURNEYS

INDIAN HEAD MASSAGE

The aim of the Indian Head Massage is to release tension in the neck, head, face, throat, and shoulder muscles. The Indian Head Massage can also help relieve fatigue, insomnia, headaches, and sinusitis. The experience is deeply calming and relaxing, leaving you feeling revitalised.

30min / 50€

BACK MASSAGE

A massage treatment focusing on the back, neck, and shoulder muscles. The treatment is designed to offer relaxation and ease tension in the areas where muscle problems most commonly appear. An ideal solution if you don't have time for a full-body massage or if you have accumulated tension in the upper body.

30min / 50€

LEG MASSAGE

This treatment focuses on the leg area. It is the ideal solution for tension accumulated in the calves, feet, and thighs. It balances the body's energy levels, revitalising the senses and improving your mood.

30min / 50€

BODY TREATMENTS & WRAPS

ÎLES PACIFIQUE

Escape to the most beautiful islands of the Pacific! The crystal clear waters and warm fine sand are waiting for you. Enjoy a journey to heaven on earth with the rejuvenating action of the lagoon algae and indulge in the soft aromas of the Monoi flower for incomparable moments of escape and relaxation.

ISLAND BODY SCRUB

An essential stop on the Bora Bora islands. Like the shimmering sand on their idyllic beaches, this scrub with white sand, sea salt, coconut kernels and vegetable oils deeply exfoliates and nourishes your skin.

RELAXING MAHANA MASSAGE WITH HOT SAND BAGS

Destination Tahiti. Enjoy a relaxing massage with oil from the Mooi flower, directly inspired by the traditional Lomi-Lomi massage. Soft, relaxing movements like the sea waves, combined with the beneficial heat of the sandbags, offer you a feeling of absolute relaxation that takes you on a wonderful journey.

90min / 130€

BODY TREATMENTS & WRAPS

BODY REJUVENATION EXPERIENCE

A wonderfully rejuvenating body treatment based on the beneficial properties of beurre de karite. You can start by using the hammam, followed by a full-body cleansing with savon noir soap made from olive paste and eucalyptus, then an exfoliation with the traditional Kassa glove, a clay mask combined with the beneficial properties of Argan oil and, finally, a scalp massage. The treatment is completed with a full-body massage using the wonderful beurre de karite, along with floral, vanilla and fruit fragrances. A restorative, nourishing, and anti-ageing treatment.

120min / 160€

AFTER SUN BODY CARE

Summer means sun and sea! After spending time in the sun, rejuvenate and restore the skin to its soft and velvety texture. Treat yourself to the ultimate body care for hydration and nourishment, enriched with Thalgo's unique Cold Cream Marine complex. The skin is relieved and fully replenished in minerals, trace elements and lipids with a unique balm rich in ingredients of marine origin. The precious SEVE BLEUE DES OCEANS beauty water that springs from the heart of the oceans, the MARINE ALGAE OIL derived from phytoplankton microalgae (rich in $\Omega 3$ fatty acids) and the MARINE WAX from a complex of brown macroalgae extract, soothe and condition the skin, giving it a sense of freshness. First, we remove the dead cells from the body and then wrap it with the precious balm. We finish with a relaxing massage. The skin is rejuvenated and becomes soft, radiant and wonderfully scented.

80min / 130€

FACIAL TREATMENTS

HEART OF THE OCEAN

Enjoy the ultimate marine experience with Thalgo's deep hydration facial treatment, rich in active marine ingredients that replenish the skin with minerals and trace elements. With the Eveil a la Mer welcome ritual, we prepare the skin for cleansing and exfoliation. The relaxing 'Heart of the Ocean' massage takes you on a peaceful sea wave journey to help relieve stress and fatigue. This is followed by a beneficial mask with marine extracts to replenish and rejuvenate the skin. Finally, products tailored to your skin's individual needs are applied. Your skin becomes velvety and radiant! The relevant products are then applied, depending on your skin type.

60min / 100€

'ULTIMATE STATE OF CALMNESS' PACKS

3-DAY EXPERIENCE

200€

Day 1

Body Scrub (30min)

Body Wrap (30min)

Day 2

Choice of Massage (55min)

Day 3

Deep Hydration Facial (30min)

5-DAY EXPERIENCE

450€

Day 1

Sifnos Massage (55min)

Day 2

'ILES PACIFIQUE' Body Treatments & Wrap (90min)

Day 3

'HEART OF THE OCEAN' Facial Treatment (60min)

Day 4

Back Massage (30min)

Indian Head Massage (30min)

Day 5

AFTER SUN BODY CARE (80min)

* An additional 20% charge is added to the cost of your selected treatment if you wish to have it in your room or suite. Please note that we cannot offer the full Spa Menu in our rooms or suites.

**If you wish to have a treatment at any time outside of our opening hours, please let us know at least 24 hours in advance. Treatments performed outside of opening hours are subject to an additional charge of 20% per treatment.



HOLMES PLACE
SPA

SIFNOS • *eliès* • RESORTS

Tel.: 22840 34000