



noūs spa

spa experiences

Exploring Santorini is an exciting adventure. Its cliff top villages overlook the glittering sea. Sunrises are inspiring, and sunsets are enchanting. The dramatic geology of the past meets the contemporary colours of a popular holiday destination.

The definition of health is when mind and body are in perfect harmony, this balance is captured in the serene setting of NOŪS Spa, and enhanced with the principles of Naxos Apothecary, a luxury natural fragrance and personal care brand that conveys and refines the history, culture, heritage, and endemic flora of the Aegean Island of Naxos.

At NOŪS Spa, the powerful extracts and pure raw materials are combined with scientific expertise in phytotherapy, this sophisticated brand proposes personalized herbal cosmetic remedies with signature massage techniques, making NOŪS Spa a magnet that draws the best of its surrounding environment to create soul-soothing experiences.

thermal spa area

The tranquil setting of the spa creates an inspiring sanctuary, an oasis that lends itself to physical rejuvenation as well as mental and emotional regeneration.

To enhance your spa journey and stimulate your senses, we propose an unforgettable experience at our spa facilities. Start with an invigorating steam bath or dry sauna and continue with a dive in our cold plunge pool. The ideal addition to your preferred spa treatment, designed to maximise the benefit of any treatments to follow.

steam room

The steam room is heated to a pleasant 45°C in order to increase your core body temperature and promote sweating. The hot steam and high humidity levels help open pores and eliminate toxins. It is also the perfect place to relax, unwind and release muscular tension.

Benefits: The wet heat improves muscle recovery, blood circulation, sleep quality and mental resilience.

dry sauna

The sauna harnesses the power of dry heat. With a dry heat of 85°C and humidity below 20%, the sauna will help eliminate toxins from your body and trigger feelings of wellbeing thanks to a release of endorphins, helping you sleep and relax. For a truly invigorating experience, follow it up with a dive in our cold plunge pool that will close your pores and flush out toxins.

Benefits: The heat of the sauna improves muscle recovery, blood circulation, sleep quality and mental resilience. Good circulation in the blood vessels increases heart rate, blood flow, blood pressure, and cardiovascular performance.

cold plunge pool

The cold plunge pool, also known as cryotherapy bath, uses the benefits of cold-water immersion. With a temperature around 15°C, cold plunge pool is the perfect addition after a sauna session. This is a traditional practise of diving into cold water that apart from its numerous physical benefits, it boosts the overall wellbeing, by the endorphins released from the sock of cold water-immersion.

Benefits: The dive into cold water improves lymphatic and cardiovascular circulation which assists on reducing swelling, as well as, reducing muscle inflammation.

Additionally, it has a high detox effect and it assists on closing the pores after a sauna session.

Secure your visit at NOŪS thermal spa area by booking in advance.

noū's ritual journeys

invigorating detox treatment

A detoxifying treatment designed to improve your circulation and eliminate toxins. The treatment starts with a body scrub using natural exfoliators and rich oil infused with pomelo and ginger to improve the skin's elasticity. Followed by a cocoon wrap to hydrate and tighten the skin. Finally, depending on your individual needs, you will complete the ritual with either a lymphatic or an abdominal massage to activate the lymph system and remove the toxins from your body.

Key elements: body scrub, cocoon wrap, lymphatic or abdominal massage.

60 min with abdominal massage | €120 / 90 min with lymphatic massage | €160

herbs of the homeland

A unique and luxurious body treatment that will offer you relaxation, hydration and serenity. You can choose the most suitable ingredients, such as citrus, pears, chamomile or spearmint, regarding your needs. Begin this relaxing journey with a full body scrub followed by a nourishing Alyko body mask and finally a balancing massage with the oil of your choice to enjoy a deep relaxation of body and mind.

Key elements: body scrub, Alyko mask, full body massage.

120 min with signature massage | €180 / 120 min with deep tissue massage | €220

naxian breeze

This treatment provides an ultimate feeling of clean and fresh skin. The first step is a full body cleanse with natural loofah and Koronos soap. Followed by a full body relaxing massage with ginger and pomelo essential oils to relieve muscle tension. Finally, a facial treatment that will leave your skin soft, hydrated and balanced, will complete this experience.

Key elements: body cleanse, full body massage, face treatment.

90 min (30min mini facial) | €180 / 120 min (60min facial) | €220

noūs couples experience

A unique experience of in-depth relaxation for couples, with tailor made options and treatment combinations based on your individual needs. Your relaxation journey starts with a jacuzzi 'hydro' therapy* to clear your mind, reduce stress and soothe overworked muscles, followed by your chosen add-on treatment and full-body massage. After your treatment, you can enjoy a smoothie from our Vitamin Bar.

noūs signature couples massage 55 min | €110 / 85 min | €160

deep tissue couples massage 55 min | €130 / 85 min | €170

... and ending with your preferred add-on treatment:

• fast glow facial treatment	25 min €40
• eye revival	20 min €30
• body scrub	20 min €30
• head massage	20 min €30
• hand and foot massage	25 min €40
• sun care protection for face and hair	20 min €30
• hydrotherapy in a Jacuzzi	20 min €20

The above prices are per person.

*Hydrotherapy in a Jacuzzi combines all the best calming features of water: opening the blood vessels to improve circulation, relaxing the muscles, and providing an escape from the pressures of daily life.

facial treatments

naxian beauty

Suitable for all skin types and needs, this cleansing treatment is designed to purify and balance the skin by using natural exfoliators, such as rice and cherry. Followed by an energizing face massage to improve your skin tone and texture. Finally, a replenishing and rebalancing face mask will provide a deeply moisturizing effect.

Key elements: welcome touch, cleanse, cryotherapy, massage.

60 min | €120

chrono reverse

This specialized treatment assists on eliminating the harmful effects of free radicals, which contribute to premature skin aging. Using a blend of high-quality natural ingredients such as prickly pear extract, black tea active and goji berry, this facial improves the appearance of deep lines, while smoothing and brightening the skin complexion. In combination with the hi-tech Theraface Pro using micro current, led and hot and cold therapy gently stimulates, lifts and rejuvenates the skin, leaving a beautiful and youthful look.

Key elements: welcome touch, cleanse, scrub, massage, mask, Theraface Pro

90 min | €170

facial treatments

pro ice-eye chamomile

This treatment incorporates the powerful anti-inflammatory properties of Naxos chamomile to reduce puffiness and calm any irritation around the eyes. Starting with a mini facial cleanse to nourish the remaining areas of face, using cooling ice components and specific massage movements to assist detox, smooth and lift the eye area and tackle everyday concerns such as dark circles, puffiness, fine and deep lines.

Key elements: welcome touch, cleanse, cryotherapy, massage.

40 min | €80

noūs endless beauty

This skincare treatment is especially designed to meet women's skin needs before and after menopause. Powerful anti-aging properties are derived from proprietary ingredient, White Pine extract, together with MENO-REVERSE™ TECHNOLOGY, a natural peptide blend from artichoke leaves, clinically proven to improve the skin's volume. A replenishing treatment that reduces the appearance of fine lines and wrinkles, with high antioxidant and remarkable anti-spot action.

Key elements: welcome touch, cleanse, scrub, serum, mask, lifting face massage, neck & décolte massage with firming cream.

70 min | €140

body treatments

citrus tree body polish

This effective full body exfoliation leaves the skin soft, smooth and polished. The revitalizing body scrub includes a blend of natural exfoliators like olive stone, jojoba, bamboo and citrus essential oils to eliminate impurities and dead skin cells. Finally, a soothing and hydrating application of Chalki body balm with various ingredients such as lemon, mandarin and orange will leave your skin soft and smooth.

Key elements: full body scrub, body balm application.

40 min | €80

sea foam body

In this treatment we are using natural loofah and Alyko soap to cleanse and massage your body with a rich foam containing elements of sea foam, fig leaf and thyme. An application of Alyko body balm will complete the treatment by nourishing and hydrating your skin.

Key elements: full body cleanse, body balm application.

60 min | €120

naxos body anagenesis

Experience the ultimate full body rebirth that starts with our ClimaShield body scrub using natural exfoliators to clean and soothe the skin. The scrub is followed by a cocoon wrap with prickly pear extract for maximum hydration and softness. Both the scrub and wrap are rich in antioxidants and can be customized with additional products to match your individual needs.

Key elements: full body scrub, body mask, scalp massage, body balm application.

60 min | €120

our signatures

noūs greek yoghurt after sun

Greek yoghurt as a natural source of lactose, proteins, minerals and vitamins. It increases the water content of the top layers of the skin, instantly relieving tight and dry skin. This light texture face and body treatment is giving a cooling effect and it is ideal for a dehydrated sun-exposed skin, by ensuring long-lasting hydration while contributing to the regulation of skin hydration levels.

Key elements: body wrap, mini facial, hand or foot massage, cooling gel application, scalp massage.

70 min | €140

noūs jet lag rebalance

A unique top-to-toe treatment, designed to refresh three key parts of the body. This experience starts with a gentle hand and foot scrub followed by a nourishing massage and completes with a replenishing facial treatment to achieve skin rejuvenation. This treatment recharges the body while lime, ginger and the cool effect of yogurt awake your senses.

Key elements: hand & foot scrub, hand & foot massage, facial treatment.

70 min | €140

noūs santorini grape velvet sensés

Rich in antioxidants, this soothing natural face and body treatment will help blur imperfections, smooth textured skin, and moisturize your skin. Powered by the Santorini Grape Extract, which is full of polyphenols, resveratrol and higher elements, it assists on eliminating the harmful effect of free radicals. Enjoy a relaxing massage while a deeply smoothing body milk nourishes even the most problematic and dry skin.

Key elements: mini face treatment, body massage, body cream application.

90 min | €160

massage treatments

discover your path

This full body holistic massage is a first step that will help you find the path to your personal temple, by unblocking and balancing the energy of your body through specialized movements and techniques derived from various world philosophies. The massage technique is designed to connect the seven main parts of the body to achieve absolute clarity. In Ancient Greece, the number seven was the symbol of perfection and harmony. The aromatic oils and ingredients of Naxos enhance the massage by soothing your mind and recharging your body.

Key elements: Full-body rebalancing massage, choice of Naxos Apothecary handmade aromatic oils.

85 min | €160

scents of cyclades

Balance is the key to both mental and physical wellness. This full body aromatherapy massage employs rhythmic circular movements that promote the alignment of body and mind, to help you achieve physical and emotional wellness. Relax your body, breathe deeply, smell the Naxian aromatic oils, and let your body guide and tell you what it needs the most.

Key elements: Full-body relaxation massage.

55 min | €110

noūs melt away candle massage

Give in to the flowing strokes of this warming and nourishing candle massage. Subtly scented oils were selected for their particular qualities and ability to relax the muscles and relieve tension, leaving your skin smooth and fragrant.

Key elements: Full body massage with warm candle.

55 min | €120

massage treatments

deep tissue massage

Recharge your body and kick-start your circulation with a deep tissue massage. The powerful detoxifying essential oils will help relieve muscle tension in specific areas of the body, either to release lactic acid build-up and muscle stiffness due to over exertion in the gym, or to reduce fluid retention and improve poor circulation associated with cellulite conditions.

Key elements: Full-body sport massage.

55 min | €130 / 85 min | €170

back & head massage

Focusing on tension primarily in the back, neck, shoulders and head, this massage is designed to relieve deep-seated stress by combining specially blended massage oils chosen to suit your individual needs.

Key elements: Back shoulder and head massage.

45 min | €90

noūs kids spa

These treatments are tailor-made treatments for children between 8 and 16 years old.

mini-me massage

A gentle, child-friendly aromatic full-body massage that encourages relaxation and healthy sleep.

30 min | €60

mini-me facial

A soothing and moisturizing facial for a healthy glow, as well as a very refreshing relaxation treatment. Designed to treat younger skin, this facial includes cleanse, mask, and moisturize.

30 min | €60

mini-me & me relaxation journeys

Enjoy a treatment with your child in our double massage room. Combine any of the Mini me treatments for your child and treat yourself with a relaxing 30min. back massage, a 60min. full body massage.

mini-me massage or mini-me facial back massage

30 min
price for 1 adult and 1 child €120

mini-me massage & facial full body signature massage

60 min
price for 1 adult and 1 child €230

A parent or guardian is required to stay with the child for the duration of the appointment.

noūs beauty

NOÛS Hair bar offers you a comprehensive experience with natural products and the most experienced professionals, perfectly trained to meet your every need. In cooperation with milk_shake® products we take full advantage of nature's benefits to offer tailor made solutions for all hair types. Naturally derived ingredients such as milk and yogurt proteins and fruit extracts enhance the natural beauty of hair.

washing & conditioning

Much more than just a simple washing routine, is a real treatment for the hair with amazing benefits for scalp and hair. You can choose the right conditioner for your own hair.

10 min | €20

milk_shake® hair mask add-on: 10 min | €10

blow-dry & hairstyling

Blow-dry and hairstyle for any occasion that lasts with the use of special styling products based on your hair type. For short hair, for medium length or even for very long hair.

simple

ultimate straight or enhanced curl with a natural effect

30 min | €40

plus

light curl with the desired volume or intense curly for a more extreme look

40 min | €80

glamorous

for the evening outings or different types of braids

60 min | €120

milk_shake® integrity

A two-step hair botox treatment containing keratin, naturally-sourced proteins and amino acids especially designed to reconstruct and repair dry or chemical treated hair. This treatment is working on both inner and outer hair giving a deeply nourishing, soft and radiant result. This experience will be completed with a simple blow-dry.

60 min | €150

noūs beauty

milk_shake® hair booster

A deeply relaxing treatment regarding your needs giving a soft and shiny result. Choose between integrity repairing system or moisture plus hydrating treatment regarding your hair condition. For a moisturizing boost and colour protection, choose moisture plus concentrated hydrating treatment with organic papaya and hyaluronic acid. For a vitality boost and chemically treated hair choose protein-based integrity repairing hair treatment with muru muru butter. This experience will be completed with a simple blow-dry.

60 min | €120

NOÛS Spa, faithful to the principles of the harmony of natural beauty, invites you to a journey of unparalleled high professional manicure & pedicure services. We aim to provide you with an unforgettably high care experience in collaboration with CND™, the world leader in professional nail products to take care of the nails, give shine and protection, with a maximum semi-permanent color result.

mani - pedi quick

For a quick refresh in your colour, just choose the varnish you like from Vinylux long wear Polish.

mani quick 20 min | €40

pedi quick 30 min | €60

mani - pedi full

Indulge in the care of this comprehensive treatment that will nourish and hydrate your hands or feet. Choose from your favourite SHELLAC™ colour for a more permanent result.

mani full 40 min | €60

pedi full 60 min | €80

Transform your summer pedicure service into a “ritual” of rejuvenation, with CND™ Pro Skincare.

noūs beauty

noūs spa manicure

A beautifully relaxing high-level experience, including a 2-step prebiotic-enriched exfoliation with avocado oil and aloe leaf extract, a deeply nourishing arm and hand massage with shea butter hydrating lotion, which is known for its significant soothing and moisturizing properties. End your experience with the varnish of your choice from Vinylux colours.

50 min | €100

Add your favorite SHELLAC™ color for a more permanent result. **60 min | €120**

noūs spa pedicure

A step-by-step journey starting with a refreshing foot soak with eucalyptus and tea tree oil, followed by an exfoliating sea salt scrub with sunflower oil that will renew your skin. Additionally, an intensive hydration treatment will be applied with avocado oil while a hand massage with shea butter hydrating lotion will be next to leave you completely relaxed and rejuvenated. End your experience with the varnish of your choice from Vinylux colours.

60 min | €120

Add your favorite SHELLAC™ color for a more permanent result. **70 min | €140**

add-on fees:

French or Nail design 10min | €20

SHELLAC™ removal 20min | €20

noūs spa regulations

- NOŪS SPA facilities are open to guests aged 16 and over.
- Upon arrival and prior to using the facilities, all guests will be required to complete and sign a health & lifestyle questionnaire.
- NOŪS SPA and its environs are strictly NO SMOKING areas.
- To maximize the benefits of your NOŪS SPA experience, mobile phones are not allowed in the spa areas. Please leave them switched off in your locker.
- Please leave all valuables in your locker. NOŪS SPA is not liable for loss of or damage to a guest's personal belongings.
- Please conduct all conversations at levels consistent with a relaxing spa environment.
- Shower towels and bathrobes are placed in your lockers. Please do not take shower towels and bathrobes outside.
- Always shower before using pool facilities and between visits to the sauna and steam rooms. Robe and slippers should be worn in all spa areas.
- Swimwear is compulsory in the steam room, sauna and pool areas.
- In the sauna and steam room, a towel must always be placed between your body and the bench.
- In the gym and fitness area, comfortable sportswear is recommended and appropriate footwear is required.
- Please do not leave toiletries in showers or wet vanity areas.
- Please do not add oils or other products to the sauna bucket water or other Thermal areas without first consulting a member of staff.
- Ensure that you drink plenty of fluids to rehydrate after using the Thermal area.
- Please place all used towels in the baskets provided.
- Food & beverages are not permitted in the spa & fitness areas for consumption during your visit. Refreshments are available at the Vitamin Bar.
- If you have a gift voucher, please remember to bring this with you and hand it to our reception team upon arrival.
- All facilities are subject to availability.
- Please arrive in good time to enjoy the facilities and ensure that you are ready to be escorted by your therapist at the allocated time. LATE ARRIVAL WILL RESULT IN A SHORTENED OR AMENDED TREATMENT BEING OFFERED WITHOUT REFUND.
- Underwear or suitable swimwear should be worn in the treatment room and during treatments. For some treatments your therapist will provide disposable undergarments, and suitable towel draping will be used at all times.
- During treatments, please let your therapist know if you are uncomfortable, too warm or too cold, or if her pressure is too light or too firm. Your comfort and care are our greatest concern and priority.
- If you have a particular injury or physical condition, please advise your therapist. Appropriate adjustments to the treatment will be made for your comfort and enhanced benefit.
- There is no pressure to talk during a treatment. If you have any questions or would like to talk, feel free to do so.
- If you prefer silence, that is entirely up to you. Our therapists will take their cue from you.

We hope you will enjoy this interlude of pampering and relaxation. Your comments are always welcome. Please note that 24 hours' cancellation notice is required for all bookings and services, otherwise 50% of the total treatment price will be charged. Credit card details may be required in order to confirm a booking.

Opening hours Monday - Sunday 10:00-20:00

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