



KB•SPA

# KB Spa Facilities

Reception area

Gym

Indoor heated swimming pool including:

Relax area

Showers

Shaped relax area inside the pool

Hydrotherapy with water cannons and waterfalls

Counter current swimming with adjustable water flow speed

Fully equipped dressing rooms for women, men and disabled

Hydrotherapy area including BioSauna and Tropical Rain zone

Boutique

Doctor's Office

Relaxation area, in which hot and cold beverages are offered



# SPA MENU

## Hydrotherapy

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**Underwater mystery** - 20' // 28€

Spring bouquet - Aromatherapy

Summer flavor - Color therapy

Autumn breeze - Hydromassage

Winter mist - Aeromassage

## Hydromassage

**Water cannons** - 10' // 15€

**Waterfalls** - 10' // 15€

**Counter current swimming** - 20' // 20€

**Sauna & Bio Sauna** - 20' // 25€

Dry Sauna | Soft Sauna



# SPA MENU

## FACIAL TREATMENTS

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### **Aloe vera after sun** - 30' - 50' // 50€ - 70€

Moisturizing and soothing facial treatment with 86% active organic Aloe juice, ideal even for sensitive skin. It calms, nourishes and leaves the skin cool and soft, especially after sunbathing.

### **Hyaluronic facial treatment** - 50' // 80€

Moisturizing and anti-wrinkle facial treatment with Hyaluronic fillers, Oligopeptides (Botox & Retinol - like effects) and extracts of white Tea and Flowers. For effective hydration and increased elasticity, as well as improving the appearance of wrinkles and fine expression lines.

### **Golden line antiaging & firming** - 50' // 80€

Luxurious anti-wrinkle, firming and brightening face care. Based in gold, silk proteins, marine Collagen “wrinkle - fillers”, anti-aging oligopeptides and natural antioxidant extracts.

### **Oily skin care** - 30' - 50' // 50€ - 70€

Care for oily - acne - prone - blemished skin. Suitable for all ages.



## BODY WRAPS

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### **Herbal Body Mask - 30' // 50€**

Nourishing and moisturizing cream-mask for body care.

A veil of protective, soothing and moisturizing herbs, emollient oils, dried flowers and aroma-therapeutic essential oils, which invigorates the body and the spirit, providing a sense of well-being.

### **Chocolate Body Mask - 30' // 50€**

Nourishing and moisturizing body care based on natural cocoa and grapefruit.

### **Ginger Body Mask - 30' // 60€**

Luxurious body treatment with gold, ginger and silk proteins for hydration, firming and toning.

## BODY SCRUBS

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### **Herbal Body Scrub - 30' // 50€**

Body Scrub with natural crystal - clear herbal extracts and natural essential oils. It cleanses by removing dead surface cells. The skin becomes brighter, smoother and softer.

### **Chocolate Body Scrub - 30' // 50€**

Body Scrub gel with chocolate ingredients. Thanks to the granules it contains, it deeply cleanses the skin, helping it to renew itself faster. The skin becomes brighter, smoother and softer.

### **Ginger Body Scrub with Silk - 30' // 60€**

Body Scrub gel with Ginger ingredients, silk protein and special exfoliating granules for the deep cleansing of the skin.

## MASSAGES

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### **Aromatherapy** - 50' - 80' // 80€ - 110€

Carefully selected essential oils, combined with a rhythmic and soothing massage technique, which relieves tension, awakens the senses, and provides ultimate tranquility.

### **Deep Tissue** - 50' // 95€

An intensive massage with focused pressure techniques, mobilization, and targeted movements to release muscle tension and promote relaxation.

### **Back Shoulders Neck** - 30' // 50€

Relaxing massage with herbal products and Cretan essential oils, that relieves upper back pain and is particularly beneficial for the nervous system.

### **Head Massage** - 20' // 40€

Experience the ultimate relaxation with a luxurious scalp massage, offering stress and headache relief, better sleep, scalp nourishment, mental clarity, and a deep sense of well-being. Reawaken your mind, body, and spirit with this serene ritual.

### **Legs & Feet** - 30' // 50€

A specialized foot pressure technique allows the therapist to restore balance and harmony between the body and the spirit.

### **Mama's Heaven\*** - 50' // 80€

A carefully tailored pregnancy massage that provides relaxation, support, and a profound sense of connection between the mother and the baby.

### **Little Prince & little Princess\*\*** - 20' // 35€

An unforgettable kid's experience. A sweet and relaxing chocolate / strawberry - scented massage, specially designed for your little ones.

*\*During the prenatal massage our certified therapists avoid deep massage and strong pressure on the legs, for the safety of the mother and the baby.*

*\*\*The massages for children/teenagers are available to guests aged over 10 years.*

## SIGNATURE TREATMENTS

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### **Couples experience - 75' // 130€ (price per person)**

Enjoy a unique couples experience. In a peaceful, private setting, you and your partner will experience a calming treatment that reduces tension, promotes deep relaxation, and nurtures your connection.

### **Absolute revitalizing care - 100' // 170€ (price per person)**

A mesmerizing touch for your skin, a unique ritual for your senses, a mystifying journey for your soul! With the power of ginger and silk, which gently exfoliate the skin, we prepare the body for the unique blend of the mask, containing 23K gold leaves, hyaluronic acid, and silk proteins. This treatment aims to provide the most luxurious and highly effective anti-aging therapy for both the face and the body.





KNOSSOS BEACH

BUNGALOWS SUITES RESORT & SPA  
CRETE

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