



MYKONOS THEOXENIA

so spa!

THE JOURNEY WITHIN WELLNESS

SoSpa! Mykonos Theoxenia

Welcome to So Spa! at Mykonos Theoxenia, where contemporary beauty meets Greek heritage and tradition. Our philosophy is to honor the history and architecture of our landmark establishment while staying aligned with wellness trends creating a conceptually social and mindful wellness environment.

Located on the idyllic island of Mykonos, our spa offers a tranquil experience of the archetypal Greek summer through a translucent view to the Aegean and a touch of the salty breeze along with our caring touch.

We invite you to step on the historic stones,
feel the energy and allow us to treat you well!

You are precious for us!

www.sospa.gr





DISCOVER OUR NICHE LUXURY COSMETIC BRANDS



The perfect ally in a world of rush and stress, an extravagant rejuvenating experience leveraged by the well-known antioxidant abilities of Greek Crocus that flourishes in the North part of Greece once in a year and is meticulously collected by hand. Rare, innovative, biotechnological active ingredients, plant stem-cells and Organic Oils, are combined for the very first time with sophistication and precision in an integrated Anti-Aging system, aiming in providing an advanced and luxurious, naturally anti-aging care.



Indulge in the luxurious world of Natura Bisse, a brand known for its innovative skincare products and high-performing formulas that visibly rejuvenate skin.

Natura Bisse's philosophy of rethinking beauty extends far beyond skin's surface, encompassing the full spectrum of well-being, pushing boundaries, and providing tangible results that elevate both the body and the mind.

Every step of each process has been meticulously studied and tested, to ensure outstandingly effective solutions that allow guests to enjoy immediate skin results and the power of touch. From facial treatments that combine advanced techniques, to complete sensory experiences with in-cabin body treatments, Natura Bisse offers outstanding results-focused treatments that leave you feeling renewed and revitalized.

Discover the magic of Natura Bisse and immerse yourself in a luxurious world of well-being.

VOYA

VOYA is a leading luxury skincare brand located on the wild Atlantic coast of Ireland. Using hand-harvested organic seaweed, Voya strives to harness the full power of nature in its purest form. Their treatments incorporate the healing properties of seaweed, which is rich in minerals and antioxidants that help to detoxify, hydrate, and regenerate the skin. With a focus on holistic wellness, Voya's treatments offer a truly indulgent and rejuvenating experience for both the body and mind. Voya's goal is to create exceptional luxury organic beauty and skincare products with integrity and in full harmony with nature.



Alqvimia pioneers in high quality cosmetics offering a range of natural and organic products for the mind, body, and spirit. Their products are carefully crafted using traditional alchemical methods and high-quality ingredients to provide a holistic and rejuvenating experience for the mind, body, and soul to promote physical and emotional wellbeing.

Indulge in the healing powers of Alqvimia during your spa experience and let their natural formulations transport you to a place of pure relaxation and rejuvenation. Dedicated for beauty and well-being

SIGNATURE TREATMENT

Crocus Anti-Age Gentle Face Care 60' | 240€

Super-hydrating, highly nutritious, antioxidant and dark spots-combatting our signature Crocus facial is the ultimate pampering treatment for your skin. Suitable for all skin types, it harnesses carefully selected natural ingredients of the highest quality along with our signature lifting, lines-smoothing massage technique to naturally defy all aging skin concerns.



SIGNATURE TREATMENT

FACIAL TREATMENTS

Natura Bisse

Your Skin's Comfort 60' | 200€

Comfort your skin with this calming treatment, specifically designed to reduce redness and irritation and restore a smooth, healthy appearance. Formulated with powerful ingredients that repair and decongest, it reinforces and protects skin's natural barrier while instantly soothing, deeply moisturizing and increasing natural tolerance levels. It's the ideal solution to hypersensitivity, red spots, dilated capillaries and micro-inflammation which causes premature aging.

Non-invasive Lift & Botox facial 60' | 260€

Lifting & expression line correcting treatment that offers global skin rejuvenation. It visibly fills skin from within, providing volume & elasticity, reforms skin structure and enhances and prolongs the effects of medi-aesthetic procedures or be chosen as an alternative.

Diamond Energy 60' | 220€

Global anti-aging, high-end treatment that promotes instant radiance and a powerfully hydrated complexion. It visibly transforms the skin using some of the most powerful active ingredients and innovative massage techniques, offering enhanced results for a firmer, suppler and more radiant skin.

Citrus facial 60' | 180€

A vitamin cocktail facial for all ages. This treatment is a powerful citrus aromatherapy ritual that provides radiant skin. It is a true firming and antioxidant treatment that offers vitality and suppleness to skin aged by the sun, or skin that looks dull and shows signs of sagginess. Ideal before, during and after summer.

Oxygen Infusion 60' | 180€

An oxygen infusion to awaken and purify your skin. The revitalizing power of pure oxygen provides skin with energy and freshness, cleanses and brightens dull complexions, restores clarity and provides a healthy glow. Ideal treatment for stressed, lifeless skin, after long flights, a long night out and anyone living in heavily polluted environment or going through a period of stress.

The Facial Express, 30' | 110€

Revitalizing facial treatment without exfoliation that's perfect for all skin types and anyone looking to quickly restore a glowing youthful appearance. It's an ideal beauty booster before a special date or as an introduction to facial treatments.

TIP: PURELIFT® can be added to any ritual you desire for an additional cost of +25€ for an extra 15 minutes.

ADD-ONS

Enhance your experience with a mini face treat and customize your facial with a skin booster.

Eye Intensive 30min | 110€

A targeted treatment that relieves puffiness and dehydration around the eye contour area with a combination of cleansing, nourishing and decongesting ingredients, such as marine algae. This intensive treatment helps to address dark circles, puffiness and fine lines

Inhibit Neck Intensive, 30min | 110€

Reshape your neck with a concentrated lifting and firming treatment. A bespoke solution featuring the powerful V-Neck mask that transforms the appearance of the skin in just one application so you can flaunt a fabulous neck in no time.

RITUALS

Sensual Woman Ritual, 75' | 260€

Yin Polarity, for her Inspired by the most feminine flowers, with this ritual you will change your way of walking through life. You will feel more beautiful, more sensual, more seductive, more vital, more creative...you will love yourself more and you will be surer of yourself. Let yourself be seduced by the scent of Rose, Jasmine and Neroli and reconnect with your Feminine Essence. Includes Alqvimical Moxa.

Seductive Man Ritual, 75' | 260€

Yang Polarity, for him. Every man has the potential to transform and connect with the deepest energy, empowering his masculine power, his essence and his magnetism. This ritual is for those men who care, and are focused on being the best they can be. We will treat body and mind in an experience that will bring into the Light all your authenticity and power of seduction.



BODY TREATMENTS

Summer Hydration & Massage 90' | 280€

Feel the exfoliating magic of Dead Sea salt crystals and rice powder. A hydrating mask will be applied all over the body and while you will be drifting away in a cocooning body wrap, you will experience a relaxing scalp massage. Your ritual will be completed with a relaxing mood-based body massage leaving your skin revitalized, soft, and radiant.

The Body Sculptor 60' | 260€

Slimming, contouring and anticellulite treatment. Targeted reducing concentrates are combined with advanced massage techniques and a detoxifying alga wrap that effectively redefine your contours, offering immediate visible and long-lasting results.

Mother to Be, 60' | 180€

We want to accompany you in this special moment with an experience of beauty, relaxation and care for your skin and your physical and emotional well-being. Treatment based on hydration, nutrition and skin flexibility during pregnancy and postpartum.

Your Bust: Source of Life 45' | 100€

The bust is one of a woman's most sacred areas. You will get a smoother, healthier and nourished bust in a 100% natural way, thanks to the properties of essential oils and Taoist massage. Choose one of the below: firmness or volume.

Bust Firming

Firming and toning the skin. Ideal treatment for sagging breasts.

Generous Bust

Rounds, fills and restores the beauty, Ideal for small breasts or those breasts that have lost their shape after lactation or weight loss.

Healthy Legs, 45' | 100€

Alqvimia has designed a specific treatment that is natural, suitable and effective for those who need a treatment against puffiness, swelling and discomfort in the legs.

BODY SCRUBS

Organic Lavender & Seaweed Sugar Glow, 30' | 95€

A wonderful fragrant mix of lavender oil, seaweed and sugar by Voya. This treatment has a double action of gently removing dead skin cells with sugar and healing with the seaweed extracts and lavender essential oil.

Organic Stimulating Seaweed Body Buff, 30' | 95€

Letting us scrub your body head to toe with certified organic bladder wrack body buff (Fucus Vesiculosus) is the ultimate treat for tired and dull skin. The anti-oxidants from our mineral-rich bladder wrack seaweed combines with VOYA's signature seaweed massage oils to offer a powerful organic way to better skin.

MASSAGES

Alchemist's Aromatherapy* 60' | 180€

Feeling good is essential to enjoy good health. Enjoy this personalized massage with the combination of essential and vegetable oils tested and formulated according to your physical, mental and emotional needs, which will re-balance your yin / yang polarity.

Choose from:

1 Fresh

With a herbal, wild, medicinal and characteristic aroma thanks to the set of essential oils such as Eucalyptus, Rosemary, Mint and Pine it offers a detoxifying, stimulating, refreshing and balancing action. It favors the opening of the respiratory tract and facilitates breathing, offering a sensation of lightness and decongestion.

2 Uplifting

A formula that brings optimism and the desire to live happily, rebalancing one's energy and emotions. The mixture of essential oils of Orange, Grapefruit, Geranium, Lavender provides balance and well-being, it is refreshing and clarifying, it stimulates the mind, reinforces self-esteem and provides strength and enthusiasm for life. Indicated for every moment but especially for states of deep melancholy and depression or to combat feelings of sadness and emotional weakness in general.

3 Serenity

A synergy of essential oils of Lemon, Orange, Lavender, Petitgrain, Lavandin, Coriander, Hyssop, Geranium, Cedar and Frankincense, designed to awaken the sensation of absolute calm and tranquility. With a soft and enveloping aroma, it contributes to generating a deep feeling of relaxation, serenity and security. Especially recommended in cases of stress due to emotional causes and after moments of stress or tension.

Relaxing and Therapeutic, 45' | 120€

Fight the physical discomfort caused by physical exhaustion, fatigue or muscular-skeletal system problems. The result? Relaxation, relief of muscle tension and a pleasant sensation of lightness and well-being.

Back, Neck & Shoulders Relief, 25' | 90€

A popular massage aiming to release muscle tension on our "restless" back area. Gentler than deep tissue massage though it does loosen up efficiently tightness caused by our daily activities or wrong posture. Be ready to feel relaxed and revived straight after a session.

Deep Tissue Invigorating Massage, 50' | 180€

Slow and firm techniques are targeting muscles, tendons and fascia, our dense connective tissue. Best suited for athletes, runners or people that enjoy deep pressure.

BATHING RITUALS

Experience the 300-year-old history and benefits of a seaweed bath.

VOYA Wellness Bathing Butler is designed to offer a unique and indulgent spa experience for guests, using luxury natural, organic and sustainable seaweed-based skincare products.

Lazy Days Detox Seaweed Bath, 45' | 160€

Submerge your body into a bath of organic, hand-harvested Atlantic seaweed (*Fucus Serratus*) to remove unwanted toxins and alleviate aches and pains. This bathing ritual is the simplest and purest of all organic treatments. With its organic status approved by the IOFGA. Lazy Days utilizes the natural power of organic hand-harvested seaweed to deeply moisturize the skin, increase circulation and promote healing. The renowned 'sailors cure'.

Organic Warmed Spiced Mud Bath, 45' | 160€

Peat baths were traditionally used for a variety of skin and rheumatic conditions. It offers a potent detoxification, due to its trace elements, vitamins, lipids, polyphenols and humic acids from Irish peat. Infused with organic seaweed extracts, it assists in reducing the appearance of cellulite and combats the signs of aging. This dark, deep re-laxing bath can also soothe muscular aches and pains, relieve stress and fatigue, energize mind and soul.

Organic Seaweed Aroma Bath Salts Therapy, 45' | 160€

A relaxing bath soak with a blend of VOYA organic essential oils, organic lemon, lime, clove, basil, mandarin and patchouli, combined with bath salts. This is a wonderful aromatic bath treat prior to further VOYA treatments.

ICE BATH

An ice bath treatment is a rejuvenating spa experience that involves immersing the body in ice-cold water for a short period of time. During this time, the body's natural response to the cold water is to constrict blood vessels, which in turn increases blood flow to the vital organs and tissues. This treatment is designed to stimulate circulation, reduce inflammation, and promote a sense of deep relaxation.

SoCool, 15' | 70€

Indulge in a refreshing ice bath treatment at So spa! Immerse your body in ice-cold water for 3-5 minutes to stimulate circulation, reduce inflammation, and promote deep relaxation. Our expert therapists will guide you through the experience, leaving you feeling rejuvenated and revitalized.

The treatment begins with a gentle warm-up to prepare the body for the cold-water immersion. Next, you are guided to the ice bath, which is typically filled with chilled water and ice cubes to create a temperature of around 15 degrees Celcius or lower.

TIP: Enhance the benefits with an additional aromatherapy or massage treatment of your own choice for a totally new you!



SOCIAL
WELLNESS



MINDFUL WELLNESS

BINAURAL WELLNESS

Vibroacoustic therapy utilizes sound frequencies projected throughout the body to promote relaxation and induce behavioral changes. Satori's proprietary technology combines synchronized binaural sound, music, and guided meditation to guide brainwave patterns towards states of relaxation, meditation, and optimal focus. This therapy incorporates audio vibrations embedded in Quantum Harmonics™, facilitating the synchronization of the brain's hemispheres, leading to a quieting of the mind and facilitating deep relaxation, meditation, and quality sleep. Through repeated use, this process fosters long-lasting behavioral changes.

RLX SATORI

The Satori RLX wellness lounge system features a specially designed layer of proprietary sound waves that are precisely calibrated to align with the body's energy centers. These distinctive sound waves are delivered through full-frequency transducers, ensuring a comprehensive and tailored experience.

Chooses from:

Chakra alignment meditation

Gamma meditation

Vibrational wellness

Meditation energy

Sleep wave

Tobacco Cessation support

Recovery Support

Weight management support

Breath meditation breathwork Support

One session, depending on the program varies from:

Session 20' | 40€ • Session 25' | 45€ • Session 50' | 70€ • Session 60' | 80€

*Every Satori program consists of different sessions that will be described by our therapist.



MLX i3Dome

A concept bed for a whole-body heat treatment using Far-Infrared Radiation. FIR are the healthy rays contained in sunlight that are responsible for photosynthesis, the process used by plants to produce energy. The transpiration process that takes place in a 30-minute session in the iDome have been noted to correspond to that of a 20km run. The excreted sweat amounts to an average of 1200 ml, which corresponds to the consumption of approx. more than 600 kilocalories.

MLX Dome increases energy, stimulates metabolism, relieves inflammation, removes stress and promotes detoxification while facilitates weight reduction through sweat secretion. MLX iDome has been proven to slow down the ageing process of skin cells by offering instant relaxation.

MLX Touchless Therapy Session, 30' | 80€

The iDome far infrared therapy is a soft yet super powerful technique, allowing the body to rise significantly in temperature whilst undergoing the process of detoxing, slimming, anti-aging, muscle preparation and recovery as well as relaxation.

MLX Deep Muscle Healing, 60' | 160€

iDome Touchless Therapy followed by a 30' back, neck and shoulders massage in order to relieve muscle tension, fight stiffness and soreness and enhance recovery after exercise or entrenched bad posture habits.

MLX Detox & Revive, 40' | 140€

Perfect combination of iDome far infrared technology with the 30' Result Driven Express facial by Natura Bissé, eliminating toxic build-up through sweat whilst simultaneously we are pampering your precious contour's complexion.

HANDS & FEET CARE

Simple Manicure, 30' | 40€

Simple Pedicure, 45' | 50€

Re-paint Manicure or Pedicure, 10' | 20€

Feet care, 40' | 60€

Ever so pampered and never again neglected. Pamper your pretty feet that carry you relentlessly at all times with this beautiful remedy. Warm flannels, lavender aromas, pressure point and gentle stroking massage techniques. Thoroughly hydrated and weightless anymore, you walk on the clouds.

TIP: Combine this exquisite treatment with a pedicure. The utter feet care.



SO SPA ETIQUETTE AT MYKONOS THEOXENIA

Opening Hours are from 11:00 to 19:00*.

In the interests of the comfort, safety and relaxation of all our guests we ask that the following guidelines are followed at all times please:

General

- All guests will be required to complete and sign a health & lifestyle questionnaire upon arrival prior to receive a treatment.
 - So Spa and its environs are strictly NO SMOKING areas.
- We do not allow mobile phones in the spa areas, please leave them switched off in your locker. This is the time for your body and mind to release the worries and stresses of the day.
 - So Spa & its facilities are open to persons aged 16 and over.
- Please do not take spa's linen outside. Place all used linen in the indicated areas.
- So Spa is not responsible for loss of or damage to a guest's personal belongings.
 - Please do not leave toiletries in showers or wet vanity areas.
- Please ensure you drink plenty of fluid to re-hydrate after your treatments.
- Food & drink should not be brought into spa for consumption during your visit.
 - Refreshments are available upon request.
- If you have a gift voucher, please remember to bring this with you on the day to hand to Reception.
 - All facilities and services are subject to availability and prior booking is required.
- If you are having a treatment on the day of your check out, charges cannot be transferred in your room
- In room treatments have an extra charge of 100€ per treatment included VAT.
 - To contact SoSpa! from your room please dial 3005.

When Taking a Treatment

- Please arrive 15min before the scheduled time of your appointment in order to have a shower and be prepared for your 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 into the treatment room and during treatments. For some treatments you will be provided with disposable underwear 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 are 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 silent, they will be too.

Cancellation Policy

Please note that a 12 hours cancellation notice is required for all bookings and services otherwise 100% of the total services price will be charged. Credit card details may be required in order to confirm a booking. The prices are in Euro and all payments will be made in Euro.

*Please note new hours may be amended



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