



MYKONOS THEOXENIA

SOSPA!

SERVING WELL-BEING



THE JOURNEY WITHIN WELLNESS

Welcome to So Spa!

Mykonos Theoxenia – where contemporary
beauty meets timeless Greek heritage.

Rooted in the spirit of Mykonos and inspired
by the iconic architecture of our landmark hotel,
our spa philosophy blends tradition
with today's wellness trends, creating a conceptually
social and deeply mindful retreat.

Perched above the Aegean, So Spa invites you to unwind
in an atmosphere where the sun-drenched serenity
of the Greek summer meets expert care, a salty breeze,
and a view that soothes the soul.

Step on the historic stones, feel the island's energy,
and let us take care of you.
You are precious to us.

www.sospa.gr



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Natura Bissé
Barcelona

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

Natura Bissé's philosophy of rethinking beauty extends far beyond the surface, embracing the full spectrum of well-being, pushing boundaries, and delivering tangible results that elevate both body and mind. Every step of each process has been meticulously crafted and tested to ensure exceptional efficacy, offering solutions that allow guests to experience immediate skin results and the transformative power of touch. From advanced facial treatments to complete sensory journeys with in-cabin body treatments, Natura Bissé offers results-driven therapies that leave you feeling renewed, revitalized, and balanced.

Discover the magic of Natura Bissé and immerse yourself in a world of wellness that transcends beauty.

ALQVIMIA

Alqvimia pioneers in high-quality cosmetics, offering a range of natural and organic products designed for the mind, body, and spirit. As leaders in Supreme Aromatherapy, their products are meticulously crafted using traditional alchemical methods and the finest ingredients, providing a holistic and rejuvenating experience that nurtures both physical and emotional well-being.

Experience the transformative power of Alqvimia during your spa journey, where their natural formulations guide you to a state of pure relaxation and rejuvenation. Dedicated to enhancing beauty and well-being, Alqvimia invites you to embrace a profound experience that elevates the body, mind, and soul.

METAWELL
BY GHARIENI

METAWELL is a cutting-edge collection of Mind and Body technologies that seamlessly integrate well-being with the principles of sound, vibration, light, touch, and water. Drawing from established ancient modalities, these technologies provide evidence-based benefits that promote holistic healing. This unique fusion of traditional healing practices and modern technology has led to the creation of Metawell - a collection of beds, loungers, and equipment designed to harmoniously blend time-tested techniques with the latest innovations. This integration delivers an effortlessly effective 21st-century wellness experience.

Metawell was born out of the need to support the wellness seeker in achieving bioharmony—a concept that goes beyond biohacking, addressing the demands of modern lifestyles. It's the translation of the latest scientific advancements combined with the artful application of technology, integrating ancient healing arts into the needs of today. This fusion ensures the delivery of truly memorable and transformative experiences.



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SIGNATURE RITUAL

The Crocus & Magnesium Rejuvenation Experience 90' | 190€

REVITALIZE | HYDRATE | REJUVENATE

Revitalize your body and mind with this luxurious, dual-action treatment at So Spa Mykonos Theoxenia.

The Crocus Super Hydrating Facial brightens, hydrates, and smooths fine lines, leaving your skin glowing and youthful.

The Magnesium Body Treatment relaxes muscles, soothes stress, and detoxifies the skin, improving circulation and restoring balance. Feel the perfect fusion of nature and science, as Crocus and Magnesium work together to rejuvenate and refresh your body, mind, and skin.



FACIAL TREATMENTS

By Natura Bissé

Inhibit Zero Gravity Lift 60' | 165€

REJUVENATING | LIFTING | SCULPTING

The new rejuvenating and lifting treatment by Natura Bissé, inspired by aesthetic medicine is designed to correct the most pronounced facial lines, an alternative or complement to medical- aesthetic procedures. The fusion of cutting-edge active ingredients and exclusive massage techniques minimize the effects of gravity on the skin, providing a renewed complexion.

Diamond Energy 60' | 160€

ENERGIZING | DEFINING | FIRMING

This 5-star age-defying treatment infuses energy into your skin, reviving skins dulled by environmental stress and premature aging. Advanced Myofacial Massage and remodeling massage techniques visibly enhance facial contours and reveal impressively firmer, suppler, and rejuvenated skin.

Your Skin's Comfort 60' | 155€

SOOTHING | STRENGTHENING | RESTORATIVE

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.

Citrus facial 60' | 145€

REVITALIZING | BRIGHTENING | ANTIOXIDANT

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' | 130€

REVITALIZING | PURIFYING | ENERGIZING

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, ideal for men and anyone living in heavily polluted environment or going through a period of stress.

The Facial Express 30' | 85€

GLOWING | REFRESHING | YOUTHFUL

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.

Eye Intensive 30' | 85€

DEPUFFING | NOURISHING | REVITALIZING

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.

ADD-ONS

Enhance your experience with a mini facial treatment and customize your session with a skin booster, Plasma Light Therapy device (PLT) . Alternatively, opt for a full-body detoxification boost with the MLX i3Dome Touchless therapy session.

PLT Plasma Light Therapy 25' | 55€

ENERGIZING | REGENERATIVE | DETOXIFYING

During the session, you are exposed to the energy of oxygen (O2) in the form of applied electrically negatively charged ions combined with Light therapy. PLT stimulates cell metabolism while simultaneous inhalation through mouth and nose provides not only improvement of the skin appearance; but also positive benefit for the whole body including organs and muscles.

MLX iDome Touchless Therapy Session, 30' | 70€

DETOXIFYING | SLIMMING | RELAXING

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 Dome increases energy, stimulates metabolism, relieves inflammation, removes stress and promotes detoxification while facilitates weight reduction through sweat secretion.



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RITUALS

The Soul of the flowers, 75' | 185€

SENSUAL | VITALIZING | FEMININE

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.

The Soul of the woods, 75' | 185€

EMPOWERING | SEDUCTIVE | AUTHENTIC

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

After Sun, 30' | 75€

SOOTHING | COOLING | HYDRATING

Pamper your sun-kissed skin to prolong your tan and unwind with this refreshing treatment. Infused with Hibiscus, it deeply hydrates and calms the skin, helping to reduce redness and restore its natural glow. Perfect after a day in the sun, it leaves your skin feeling nourished, smooth, and revitalized.

BODY SCRUBS

Dead sea salt exfoliation, 40' | 80€

A wonderful blend of sweet Almond Oil and Dead Sea Salt, this treatment has a dual action: gently exfoliating dead skin cells with sea salt, while healing and calming the skin with a moisturizing body oil

Citrus exfoliation, 30' | 75€

Refresh and invigorate your skin with our bright and zesty Citrus scrub. This exfoliating treatment combines the natural power of fresh citrus extracts to gently rejuvenate skin's surface.

Promote a radiant, smooth, and energized complexion, while leaving behind a subtle, refreshing citrus scent. Perfect for revitalizing your skin and lifting your spirits.



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MASSAGES

Alchemist's Aromatherapy* 60' | 125€

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.

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 for tense periods and also in cases of stress due to emotional causes.

Relaxing and Therapeutic, 45' | 95€

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' | 60€

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' | 135€

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.



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SPARKLING BATHS

by *ALQVIMIA*

Alqvimia's bathing rituals blend ancient alchemical traditions with the finest natural ingredients to create a luxurious and holistic self-care experience.

Inspired by the wisdom of aromatherapy and essential oils, these rituals transform a simple bath into a moment of deep relaxation, purification, and rejuvenation.

Each formulation is designed to harmonize body, mind, and spirit, using botanical extracts and nourishing oils to restore balance and vitality. Whether for relaxation, detoxification, or energy renewal, Alqvimia's bathing rituals offer a sensorial journey that enhances well-being and beauty from within.

Stressless in Mykonos, 40' | 95€

Sparkling bath repairing body, mind and soul. Very suitable for stays linked to work actions, meetings and events. Relax your mind, your body and your life. Empty your thoughts and let your thoughts go into restorative silence.

Flower Halo, 40' | 95€

The exhalation of thousands of distilled petals for your divine place mixed with the Jordanian sea salt richest in trace elements and linked the great civilizations in the most medicinal aspects

Aegean Breath, 40' | 95€

Our body usually suffers from a lack of adaptogenesis when it changes its environment or ecosystem. We offer you a balsamic ritual that offers improvements in breathing, adaptability and restoration of the organism. Trees, shrubs and plants are the best tools to return your body to the tone and well-being it needs.

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.

Mykonos cool, 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!

Maximize the benefits of your ice bath by first experiencing an MLX iDome far-infrared (FIR) sauna touchless session, followed by a massage treatment of your choice—for a completely revitalized you!



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METAWELL 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

CALMING | ENERGETIC | BALANCING

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.

Choose 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' | 25€ • Session 25' | 30€ • Session 50' | 40€ • Session 60' | 50€

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



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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' | 70€

DETOXIFYING | SLIMMING | REJUVENATING

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 i3Dome with Plasma Light Therapy PLT device, 30' | 95€

REVITALIZING | DETOXIFYING | REGENERATIVE

MLX iDome therapy, combined with the Plasma Light treatment device in a single session, stimulates cell metabolism and detoxification. Simultaneous inhalation through the mouth and nose not only improves skin appearance but also provides systemic benefits for the entire body, including organs and muscles.

MLX Deep Muscle Healing, 60' | 120€

RELIEVING | SOOTHING | RECOVERING

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.



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SOSPA! MYKONOS THEOXENIA ETIQUETTE

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.
- SoSpa! 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.
- SoSpa! & 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.
- SoSpa! 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 the 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.



- 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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