

"Amani" - Swahili word for "Peace"!

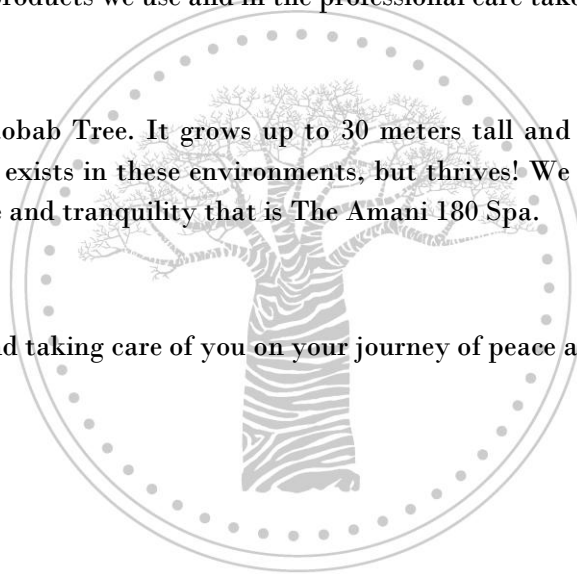
The Amani 180 Spa is a hideaway and refuge on the beautiful Greek Island of Alonissos, in The Sporades. The azure, clean waters of the marine park are reflected in the purity of the products we use and in the professional care taken to treat our clients.

The symbol of The Amani 180 Spa is the Baobab Tree. It grows up to 30 meters tall and up to 50 meters in circumference in the harsh African Savannah. The Baobab tree not only exists in these environments, but thrives! We hope that these qualities of strength, resilience and endurance will be yours through the peace and tranquility that is The Amani 180 Spa.

I look forward to personally welcoming you and taking care of you on your journey of peace and relaxation.

Spa Manager

*Luke Wood*







**MASSAGE**



*Massage is one of most ancient healing forms. It is found throughout human history, in all civilizations and traditions. To imagine a world without massage is like imagining a world without physical touch.*

*The benefits of a good massage are innumerable, as it impacts all the systems of the human body - from skeleton and muscles, to skin, fluids, soft tissues, internal organs and glands. Even a 10 minute massage can dramatically change our psychology, our breathing and heart rate as well as our nervous system condition.*

*At The Amani 180 Spa we have selected, from the world of massage, what we consider to be the most beneficial and effective treatments for you. We encourage you to speak openly to your therapist about any issues you might be dealing with. This will help them to choose the best natural ingredients in combination with your chosen treatment, ensuring you get the maximum benefit from your Amani experience.*

*All our oil massages use essential oils for their healing powers, in combination with only the highest quality cold-pressed organic sweet almond oil. Inform us if you have any preferences or dislikes.*

# Classical Massage

## **Amani Signature**

*60 mins. 85 €*

*90 mins. 110 €*

Our signature massage discovers hidden tensions and through great care and individual attention resolves these. This makes your massage experience therapeutic and blissful.

## **Poli Poli “Slowly Slowly”**

*60 mins. 80 €*

A light and slow flowing massage, using the highest quality and carefully selected essential oils that will melt away tension, relax your body and mind.

## **Kina “Deep”**

*70 mins. 95 €*

Uses firm pressure and deep rhythmic movements along meridian lines of the body. This treatment aims to unblock, balance and restore the body's natural flow of energy and maintain equilibrium in all organs and systems within the body. A perfect massage for anyone who is particularly stressed, needs invigorating or balancing, or those who just appreciate firmer pressure.

## **Healing Footprint**

*40 mins. 65 € includes a foot bath*

Immerse yourself in a gentle yet relaxing foot massage leaving you feeling relaxed and rejuvenated.

### **Kichwa “Head”**

*30 mins. 50 €*

The Kichwa head massage, as part of the Ayurvedic tradition, is an incredible therapy, relieving pain and stiffness in the neck and shoulders. It alleviates migraines, tones the scalp tissue, improves blood circulation and helps to bring clarity and peace of mind. It reduces anxiety, beautifies and reinvigorates the hair.



# Oriental Massage

## **Lomi Lomi**

*60 mins. 95 €*

A deep relaxing massage which has its origins in ancient Polynesian healers. It works deeply yet gently, with long, continuing and flowing movements, taking the client into a state of complete relaxation.

## **Bamboo**

*70 mins. 100 €*

A very unique way to enjoy a full body deep tissue massage. Using heated bamboo sticks, the muscles are kneaded and rolled to create an extreme sensation of relaxation and well-being. A “must try” for anyone looking to feel renewed.

## **Ayurvedic**

*90 mins. 135 €*

A very special version of the “abhyanga massage”. A vigorous massage that will “move” stagnated energy and covers the whole body with long strokes.

# Specialty Massage

## Lymphatic

*70 mins. 80 €*

The lymphatic system is an integral part of your body's immune system and helps protect you from infections and diseases. The manual lymphatic drainage stimulated by this gentle massage has profound effects. It increases the flow of the lymph and assists the body's ability to remove toxins. It is a very relaxing and valuable massage.

## Asali "Honey"

*30 mins. 50 €*

*60 mins. 90 €*

Honey is one of nature's real treasures. It is a potent antioxidant, decongestant and a strong detoxifier when applied in massage therapy. It is worked on the back and in areas with cellulite and when sticky, a "pumping out" action gently lifts the fascia and muscle and draws out toxins. Those toxins will be removed from your skin with a hot towel at the end of the treatment. Almond oil with lavender will be applied after this. It is a detoxifying treatment that nourishes the skin while dissolving any trace of heaviness or fatigue.

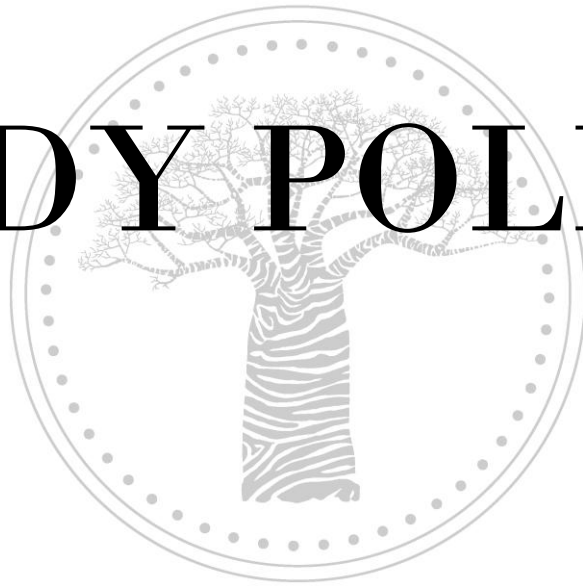
## Reflexology

*60 mins. 75 € including a footbath*

Reflexology is extremely powerful in alleviating pain and discomfort, and in many cases produces immediate results. It is a deep massage of the soles of your feet mostly, promoting general well-being and relaxation. This will leave you utterly re-energized.



**BODY POLISH**



*Using only, the purest and natural products, the body polishes are designed to renew and revive the skin.*



**Detox & Reset**

*45 mins. 75 €*

Looking for a full skin detox? This is the one for you.

**Hydrate & Nourish**

*45 mins. 75 €*

A perfect body polish to hydrate dry and tired skin.

**Refreshing & Cooling**

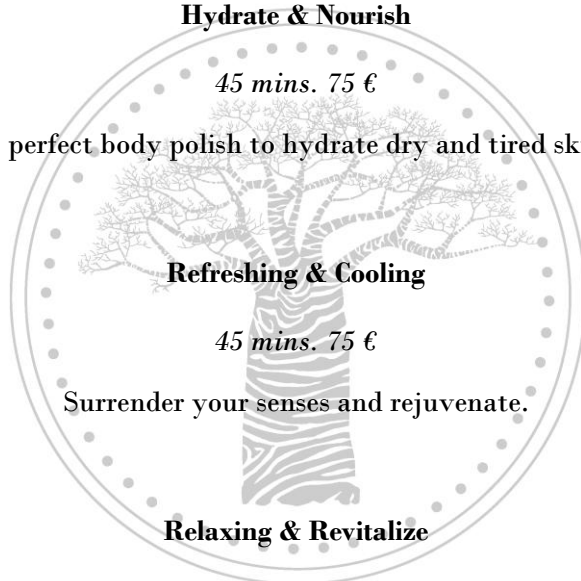
*45 mins. 75 €*

Surrender your senses and rejuvenate.

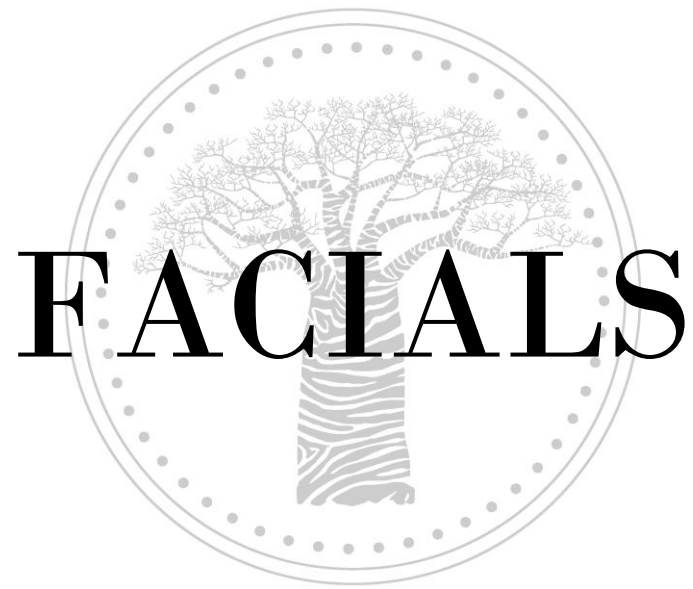
**Relaxing & Revitalize**

*45 mins. 75 €*

Indulge in a world of pure pleasure and relaxation.

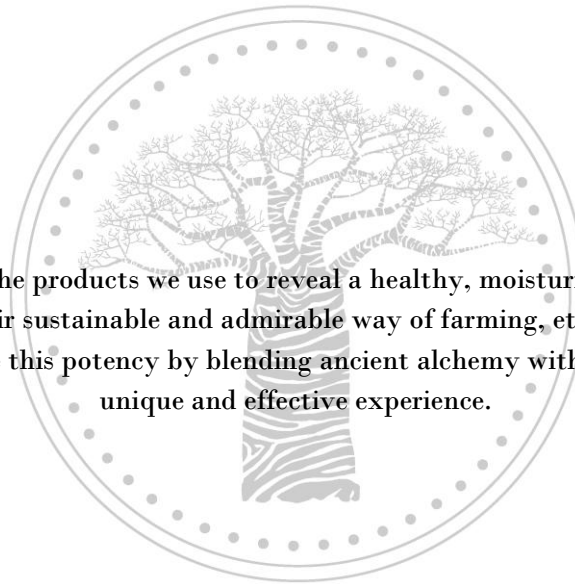






**FACIALS**

We sincerely trust in purity and potency of the products we use to reveal a healthy, moisturized and radiant skin, along with a calm mind. We have selected and support Mádara for their sustainable and admirable way of farming, ethically harvesting and naturally extracting the best and purest ingredients. They preserve this potency by blending ancient alchemy with advanced cosmetology, making skin care a unique and effective experience.



**Hydra Boost**

*60 mins. 120 €*

For dry, very dry or sensitive skin.

Includes a face and neck massage and a choice between a hand or foot massage.



**Super Detox**

*60 mins. 120 €*

For combination/oily or blemished skin.

Includes facial lymphatic drainage, a dry head and neck massage and a choice between a hand or foot massage.

**Energy Boost**

*60 mins. 120 €*

For dull, tired, lack of lustre, first signs of ageing or more mature skin.

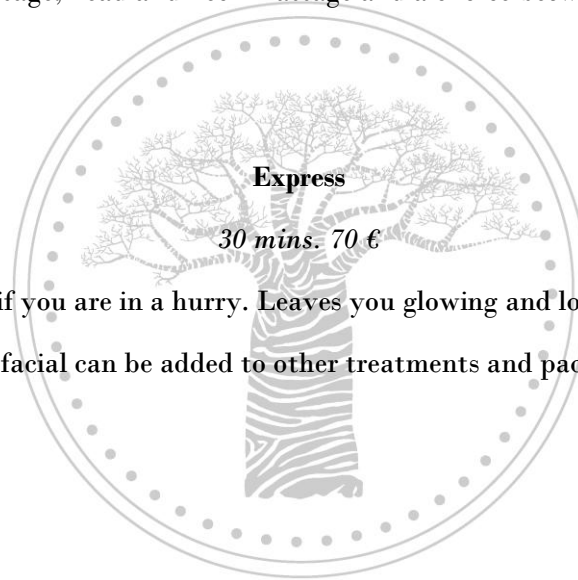
Includes a lifting face massage, head and neck massage and a choice between a hand or foot massage.

**Urban Facelift**

*60 mins. 120 €*

For tired, weakened, sagging skin, less firm facial contours, first signs of ageing or more mature skin.

Includes a lifting face massage, head and neck massage and a choice between a hand or foot massage.



A quick facial if you are in a hurry. Leaves you glowing and looking your best.

This facial can be added to other treatments and packages.



# BODY TREATMENTS





**Cleopatra**

*90 mins. € 120*

*(body scrub of your choice and customized massage)*

*120 mins. € 150*

*(body scrub of your choice, customized massage and “Express-30 mins” facial)*

Spoil yourself and indulge in a ceremony of absolute beauty. After a reviving body polish of your choice you will indulge with a relaxing massage with exotic fragrances and Arnica oil to wash away all the aches and pains. Extend the pleasure and spoil yourself with our unique

**Express Mádara facials.**

**Queen of the Nile**

*90 mins. € 125*

*(body scrub of your choice, back or foot massage and “Express-30 mins” facial)*

*120 mins. € 150*

*(body scrub of your choice, back massage and choice of facial)*

This is a purely invigorating and beautifying treatment for the body. After indulging in a body polish, take a shower to rinse it off with our purely organic products. Peacefully relax while you indulge in a back or foot massage. A facial based on your skin’s needs, will leave you glowing and ready to face the world.

**Masaii (for Men)**

80 mins. € 150

*(Refresh & Cool body scrub, back massage & “Express” Foot massage)*

110 mins. €215

*(Refresh & Cool body scrub, back massage and “Express” Foot massage & “Express” Facial)*

A man's skin and general well-being deserve extra care. A body polish will reveal a cleansed, smooth and beautiful skin. A back massage will leave you feeling relaxed and without tension. A treat for your face and feet will seal your spa experience, which will be remembered for a long time.



**Savannah**

120 mins. € 210

*(Customized massage and facial of your choice)*

150 mins. € 260

*(Body scrub or body wrap of your choice, customized massage and facial of your choice)*

An excellent choice to boost your energy and feel invigorated! A fully customized massage will leave you in a state of peace, followed by a facial of your choice. Enhance your experience by spoiling yourself with a body wrap or scrub based upon your needs.

**Pearl of Africa**

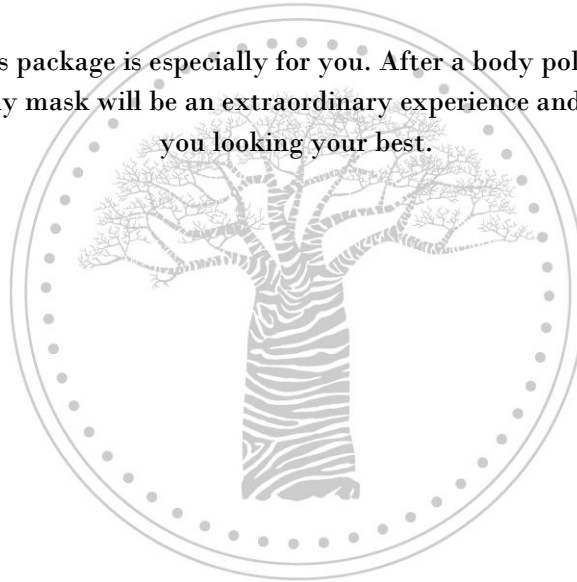
*120 mins. € 200*

*(Body scrub, body wrap of your choice, customized massage and “Express” facial)*

*180 mins. € 320*

*(Body scrub, body wrap of your choice, scalp massage, customized massage and facial of your choice)*

If pampering is your secret weakness, then this package is especially for you. After a body polish of your choice, retreat to a warm cocoon for your indulgent body wrap. This precious body mask will be an extraordinary experience and the massage and facial that follows will leave you looking your best.





# PACKAGES







## **Safisha “Wash Away”**

*Performed over 2 days € 230*

### **Day 1 Cleanse: (75 mins.)**

An ancient Ayurvedic tradition of dry brushing will awaken your senses before the application of a carefully selected mud mask will nourish your skin. While you relax, benefit from a relaxing scalp massage. To finish you will retreat and enjoy the view of the Aegean sea while enjoying a foot massage. Indulge in the bliss!

### **Day 2 Relax: (100 mins.)**

As the fatigue and tension of the day is washed away with a relaxing foot bath and foot scrub, enjoy a full body polish of your choice. Retreat to indulge in a 30min back massage and our unique Mádara “Express Facial”.



## **Out of Africa**

*Performed over 3 days 335 €*

This 3 day package is designed to promote health and well-being. It will boost your immune system through cleansing and rejuvenating techniques, and will eliminate any sense of bloating or fatigue. As a result you will feel strong and confident, beautiful and regenerated from head to toe.

### **Day 1 Cleanse: (90 mins.)**

Be wrapped in a rich layer of our finest body clay. Peacefully relax with a scalp massage while the natural minerals are absorbed. When rinsed off, a lymphatic massage will complete the ceremony.

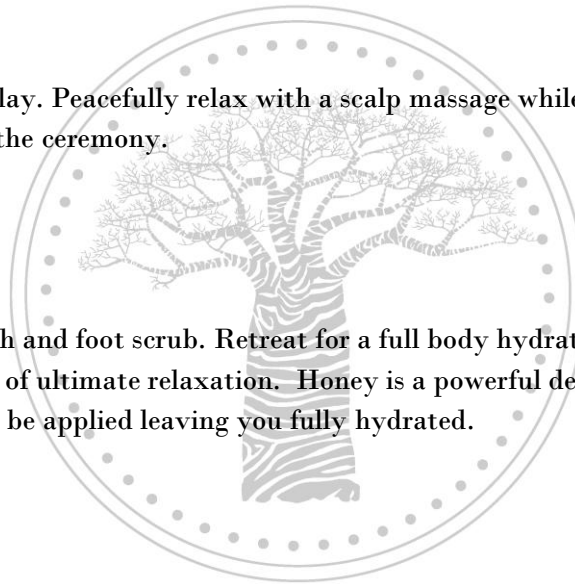
### **Day 2 Hydrate: (90 mins.)**

The treatment starts with a luxurious foot bath and foot scrub. Retreat for a full body hydrating body scrub. Following a shower, our unique honey massage will have you in a state of ultimate relaxation. Honey is a powerful detoxifier while it nurtures and beautifies the skin. Finally an application of body lotion will be applied leaving you fully hydrated.

### **Day 3 Relax: (120 mins.)**

The final day will begin with an aromatherapy massage with essential oils based on your needs and preferences. Finally, a facial of your choice will leave you fully renewed and ready to face the world again.

***Before, during and the day after this package try to avoid meat, dairy, alcohol and caffeine. Eat plenty of fruits, drink herbal teas, take walks in the nature and generally take it easy.***



**MANICURE**





**All packages include:** A hand soak, exfoliation, a mask of your choice, lotion, cutting, shaping, cuticle care, and an oil hand massage.

*\*All hand soaks, exfoliation, oils and masks are homemade from organic ingredients.*

**Zahara “To Shine”**

*60 mins. 70 €*

Nail conditioning or polishing.

**Rangi “Colour”**

*90-110 mins. 95 €*

O.P.I Gel colour

**Nalah “A lioness”**

*African style nail art - An add-on to the Rangi package.*

*Full set up to 3 hours. 45 €*

*Per nail 7 €*

**Mimi “Me”**

*Choose from our nail art designs - An add-on to the Rangi package.*

*Full set up to 3 hours. 45 €*

*Per nail 7 €*

# Add-on Services

## **Polyacryl gel extensions**

*80mins. 50 €*

## **Soak-off/Extension removal**

*30mins. 20 €*

## **Henna hand art**

*Up to 60mins. 30 €*

## **Refill gel colour – full set**

*60mins. 30 €*

## **Refill polyacryl gel extension– full set**

*60mins. 35 €*

## **Nail repair with polyacryl gel (per nail)**

*15mins. 10 €*

