



SPA MENU



Welcome

YOUR WELLNESS JOURNEY

Lula Wellness Spa welcomes you to a tranquil sanctuary born from the affection and natural elegance of Ierapetra. Inspired by the treasures of Crete, we offer a space where time slows down, and wellbeing takes center stage. Here, you are invited to relax, restore, and recharge through a holistic philosophy rooted in purity and nature. We believe in mindful rituals, natural touch, and the healing power of true care. Each treatment is thoughtfully crafted to restore balance, release tension, and awaken inner harmony. Whether you seek calm or deep renewal, your journey with us nurtures body, mind, and spirit—beautifully and completely.

ESSENCE OF GREECE

Our exclusive treatments embody the essence of Greek nature, combining authenticity with refined efficacy. In a curated collaboration with **Ariadne Athens** - the first Greek luxury spa brand - our wellness rituals reflect a seamless synergy of tradition and innovation. Where cutting-edge biocosmetic science meets the purity of Mediterranean botanicals, each treatment offers a sensory journey rooted in heritage, crafted for those who seek depth, elegance, and lasting rejuvenation.

A TRULY UNIQUE SENSORY EXPERIENCE

At **Lula Wellness Spa**, every treatment is a celebration of the senses. From the gentle aromas of wild herbs to the soothing textures and rhythms of each ritual, we've created an environment where you can completely unwind. Let your body soften, your thoughts quiet, and your inner self reawaken through a wellness journey that honors the simplicity and beauty of Greek nature.





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Signature Ritual Journeys

MINOAN PRINCESS

Let us make you feel like a real Prince or Princess. Indulge in the genuine earthy notes of Greece, luxuriate in the benefits of rare herbs, relax in the velvet textures that cover your skin, as each and every step of this treatment imbue your senses in a world of opulence. The treatment includes an exfoliation with olive and roses, followed by the application of a rich body mask, containing a refreshing cocktail rich in organic honey, which contributes to the hydration, regeneration and tightening of the skin. The relaxing head to toe massage with warm pouches that complements the treatment with aromas of clary sage, honey and rosemary, literally endows an experience designed for royals.

Key elements: Welcome Touch, Face & Body Scrub, Face & Body Mask, Face Massage & Full Body Massage with Warm Herbal Pouches, Final Skincare.

2h | 190€

WINE HARVEST

Inspired by the vineyards of Crete, this exhilarating journey of relaxation and wellness soothes both body and mind. A luxurious exfoliation with olive kernels and rose petals softens and renews the skin, followed by a deeply nourishing body mask rich in proprietary antioxidants and vitamins. Sparkling notes of white bergamot uplift the senses as a soothing blend of yogurt and honey envelops the skin in freshness and hydration. An aromatherapy massage with warm candle oil completes the experience, offering profound relaxation and restoring inner balance. The ritual concludes with a refreshing glass of wine, awakening the senses and leaving you in a state of pure euphoria.

Key elements: Welcome Touch, Body Scrub, Body Mask, Body Massage, Glass of Wine

1h 30' | 170€

LOVE AFFAIR

Embark on a sensorial journey designed to delight the senses and celebrate togetherness. It begins with a luscious sugar crystal body scrub, delicately infused with invigorating mocha notes, to awaken the skin and reveal a radiant glow. Surrender next to the decadent embrace of our signature body mask, rich in liquid chocolate extracts, enveloping the body in warmth, softness, and deep nourishment. The ritual concludes with a mesmerizing candle massage. As the flame gently melts the candle into a warm, silky oil, delicately scented drops are poured onto the skin. Luxurious, flowing strokes melt away tension, leaving the body wrapped in a velvet touch—pure bliss for even the most discerning massage connoisseur.

Key elements: Body scrub, Candle massage, Final body cream

1h 15' | 150€

COUPLES MASSAGE JOURNEY **(Tailor-made from 80' to 180')**

There are certain experiences which cultivate memories and emotions that last forever.

There are certain rituals, designed with respect to the human body and soul, performed with love and affection, to provide the utmost sense of indulgement.

A unique experience, an expedition of relaxation for couples, with choices and combinations of treatments based on your own needs.

Your Relaxation Journey starts with a Full Body Massage:

Physis Aromatherapy Massage **55' | 90€**

Physis Aromatherapy Massage **85' | 130€**

Deep Tissue Massage **55' | 110€**

and continuous with your favorite treatment choice:

- Mini Facial Treatment **20' | 30€**

Mini facial treatment for glow and deep hydration.

- Body Exfoliation **20' | 30€**

Body exfoliation with natural salts and essentials oils of jasmine or mocha for smooth and shiny skin.

- Hair & Scalp Massage **20' | 30€**

Pressure Points Head Massage to relieve headaches and tension of the day.

- Hand & Foot Massage **20' | 30€**

Foot and hand massage for complete relief from muscular pains.





Facial Treatments

PHOS

Luminously Radiant Skin

Inspired by the effortless glamour and sunlit beauty of the Greek islands, this glow-enhancing facial brings light back to your skin. Designed to reveal a brighter, firmer, and more youthful complexion, the treatment blends nature's finest flower extracts with clinically proven brightening agents—such as vitamin C and freshly squeezed bergamot—to target signs of aging, improve tone and texture, and stimulate collagen production. Experience luminous skin, renewed vitality, and a radiant glow that mirrors the brilliance of the Aegean sun.

Key elements: Cleanse, Exfoliation, Face Mask, Face & Neck Massage, Hand & Arm Massage

60' | 90€

MELI

Vital Hydration & Nutrition

A deeply rejuvenating ritual inspired by the rich aromas and healing treasures of Crete—honey, sage, rosewater, and cistus—designed to restore balance and replenish moisture in even the most dehydrated skin. This intensive treatment envelops the complexion in nature's most nourishing elements, leaving it irresistibly soft, supple, and radiant. Feel the soothing touch of rosewater blending with the refreshing essence of Cretan mountain tea, as a precious mask rich in pure thyme honey delivers deep hydration and lasting comfort. Apricot oil, known for its anti-aging benefits, enhances elasticity and natural glow. The ritual concludes with a curated skincare finish to lock in moisture and prolong your skin's luminous vitality.

Key elements: Cleanse, Exfoliation, Face Mask, Face & Neck Massage, Hand & Arm Massage

60' | 90€

RHODON

Pro-Aging Glass Skin Facial

A celestial ritual for radiant, youthful skin. This luxurious treatment blends gemstones, roses, and powerful botanicals to target dullness, fine lines, and loss of firmness—restoring luminosity and elasticity to even the most delicate complexions. A velvet mask with aquamarine and moonstone extracts from Serifos lifts and revitalizes, followed by a second mask rich in flavonoids and vitamin C to boost microcirculation and defend against oxidative stress. A sculpting massage with rose quartz crystals smooths fine lines, while evening primrose extract deeply nourishes and firms.

Key elements: Cleanse, Exfoliation, Dual Face Mask, Face, Neck & Décolletage Massage, Rose Quarz Massage, Hand & Arm Massage

75' | 110€

ANAPLASIS

Billion-Level Regenerating Facial

Experience the high-performance power of our cutting-edge Anaplasia Facial, featuring the revolutionary Skin Rebirth line, meticulously crafted to repair and regenerate your skin at a cellular level. Infused with billion-level exosomes and the extraordinary healing properties of Alkanna Tinctoria root, this luxurious treatment soothes, restores, and accelerates skin renewal. Watch fine lines fade, elasticity improve, and hydration deeply replenish as your complexion is enveloped in radiant vitality. Your skin is recharged. Your skin is reformed. Your skin is reborn.

Key elements: Cleanse, Exfoliation, Peel-Off Mask, Face, Neck & Décolletage Massage, Hand & Arm Massage

60' | 100€



Full Body Experiences

SOFT SENSATION SCRUB

An invigorating, full body exfoliation and body care treatment, lush in captivating aromas of jasmine, gardenia and coconut. Delicate white sugar crystals softly remove dead skin cells, while promoting circulation throughout the body. Completing the rejuvenation with a moisturizing body butter, the skin regains its elasticity and smoothness while obtaining a velvet touch with a fresh, radiant, healthy look!

Key elements: Choice of Full Body Exfoliation and Skin Nourishing Body Lotion.

40' | 70€

JET LAG RECOVERY

Escape travel fatigue and restore your inner balance with this 80-minute invigorating ritual, designed to revive the body's natural biorhythms. Perfectly suited for combating jet lag and exhaustion, this energizing experience grounds you and restores your sense of harmony when everything feels out of sync. A delicate mocha scrub leaves the skin silky smooth, preparing it to fully absorb the benefits of the rejuvenating massage that follows. Uplifting citrus aromas awaken the senses, while expertly choreographed massage techniques ease stress and tension. A refreshing blend of spearmint and grapefruit delivers a cooling sensation, gently stimulating circulation and offering deep comfort.

Key elements: Welcome Touch, Face & Body Scrub, Face, Head & Body Massage, Final Skincare.

1h 20' | 100€

UNDER THE SUN

The ultimate care ritual for sun-exposed skin. This refreshing treatment captures the soothing essence of sea water and the calming benefits of yogurt, expertly blended to restore moisture and comfort. Designed to deeply hydrate and rejuvenate the face and body, it helps reduce irritation and replenish the skin's natural balance. A cooling mask enriched with sun-drenched pomegranate and pure aloe vera extracts restores lipids, delivering intense hydration and silky smoothness. Inflammation is eased, leaving the skin calm, nourished, and revitalized.

Key elements: Welcome Touch, Face & Body Mask, Mist Drops, Final Skincare

55' | 100€

Massage Journeys

PHYSIS AROMATHERAPY

Inspired by the healing power of Greek nature, this bespoke massage features a personalized blend of herbal oils—rich in vitamins, antioxidants, and soothing properties. Let us guide you in choosing the ideal blend to match your needs and drift into the essence of a sunlit Greek landscape. Using light to moderate pressure, this deeply calming treatment melts away tension, restores emotional balance, and leaves you feeling harmonized and renewed.

Key elements: Full-body Relaxation Massage, with a choice of native aromatic oils.

40' - 60' - 90' / 70€ - 90€ - 130€

GREEK TOUCH DEEP TISSUE

A profound, tailor-made massage designed to release muscle tension, enhance circulation, and restore balance to both body and mind. Expert hands work deep into areas of soreness, using intensive techniques to eliminate built-up toxins and promote lasting relief. Elevating this experience, a bespoke blend of herbs and essential oils is crafted according to your needs. Inspired by ancient healing wisdom, rosemary, sage, cedar, and olive oil work in harmony to ease muscular fatigue, reduce inflammation, and encourage deep tissue recovery.

Key elements: Full-body Sport Massage

60' - 90' / 110€ - 150€

MELTING SENSATION CANDLE MASSAGE

De-stress | Relaxing | Empowering | Recharging

Indulge in a captivating massage ritual that awakens the senses and soothes the soul. As the solid wax gently melts into warm, aromatic oil, intoxicating scents fill the air. Delicately scented drops glide onto the skin, enveloping the body in a luxurious, velvet-textured massage that delights even the most discerning guest. Let the warmth of the oil melt away tension, as its nourishing properties sink deep into the skin and its sensuous aroma calms the mind.

A harmonious fusion of aromatherapy, deep relaxation, and rejuvenation—designed to restore balance, inner peace, and a radiant sense of well-being.

Key elements: Full-body Massage with warm, Natural Candle Wax.

60' | 100€

HEAD & BACK MASSAGE

A sensorial ritual inspired by the aromatic richness of Greek herbs. Focusing on the head, shoulders, and back, this deeply relaxing massage features organic oils infused with lavender, rosemary, tea tree, and laurel. It concludes with the application of a silk-textured body butter, leaving the skin nourished and the senses harmonized—a perfect blend of grounding and renewal.

Key elements: Back, Shoulder & Head Massage with Organic Oils and Pure Essential Oils

45' / 80€



SPA ETIQUETTE

- The Spa and its environs are strictly NO SMOKING area.
- Please conduct all conversations at levels consistent with a relaxing environment.
- The Spa is open to persons over the age of 16.
- Please leave all items of value in your locker. The Spa is not responsible for loss of or damage to a guest's personal belongings.
- All guests will be required to complete and sign a health & lifestyle questionnaire upon arrival and prior to treatments.
- To ensure the appointment time you prefer, we highly recommend advance reservations.
- Please note that a 24 hour cancellation notice is required for all bookings and services as a courtesy to our other guests.
- Please arrive in time to enjoy the facilities and ensure that you are ready to be collected by your therapist at the allotted time. Out of consideration for all Spa guests, late arrivals will not be given an extension of scheduled treatment times and the full cost of the treatment will be charged.
- Guests are advised to arrive at least 20 minutes prior to their first appointment to allow themselves ample time to check in and shower, as it is essential before any treatment. The beneficial oils used in our treatments are best absorbed through clean skin.
- 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 is our greatest concern and priority.
- If you have a particular injury or physical condition, please explain it to the therapist. They may suggest appropriate adjustments to the treatment for your comfort and enhancement.

Opening hours 11:00-19:00



Book your appointment today!



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