



SCALE  
SUITES™

LUXURY RESIDENCE

## TREATMENT MENU

POWERED BY **ELEMIS**



ELEMIS – LUXURY BRITISH BRAND

ELEMIS is the #1 Luxury British Skincare Brand.

Your skin, your body and your wellness lie at the heart of ELEMIS. Every GROUND-BREAKING formula is an innovative blend of science with the chemistry of nature, carefully crafted by a dedicated team of explorers, scientists and skincare experts. Encompassing the most POWERFUL biological actives available from both 'above and below' the earth's surface, ELEMIS' meticulous attention to detail, pioneering formulas and remarkably transformative RESULTS are what truly sets our skincare apart.





## ELEMIS FACE TOUCH – ANTI-AGEING

### **LINES & WRINKLES & HYDRATION**

#### **ELEMIS Pro-Collagen Age Defy 60mins - €110.00**

This is the treatment to tackle fine lines and wrinkles and help support the cellular structure of the skin. The proven benefits of marine charged Padina Pavonica and Red Coral help plump out fine lines, whilst Indian Mulberry reduces skin-fatigue, helping relax wrinkles. Targeted lymphatic drainage massage re-energises and rejuvenates, while an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully nourishes, younger looking skin.

### **SAGGING & DOUBLE CHIN & LOSS OF ELASTICITY**

#### **ELEMIS Pro-Collagen Definition Lift and Contour 60mins - €110.00**

Powered by breakthrough technology targeting sagging jowls, cheeks and jawlines, this facial helps restore the architecture of the face. The Arjuna and Lupin-infused jowl and chin mask works on elasticity, whilst potent nutrients and stem cells found in Endelweiss and Tiger Grass help support the extra-cellular matrix. The structure of the skin is boosted through a unique, deep, muscle toning massage from the scalp to the décolleté.

The skin appears plumper and revitalised, creating profound sculpted, youthful effect.

### **UNEVEN SKIN TONE / ROUGH SKIN / ACNE-PRONE**

#### **ELEMIS Dynamic Resurfacing Precision Peel 60mins - €110.00**

This highly potent couture resurfacing treatment targets the signs of aging and dull, tired, uneven skin tone. Specifically designed to work in conjunction with your skin's unique structure, this pioneering precision layering protocol uses three layers of enzymes to nibble the dead skin away, revealing extraordinary results. This system delivers powerful exfoliation and renewal for smoother, younger looking skin, whilst a steam and extraction cleanses at a deeper level. A new start for new skin that has never looked better.



## ELEMIS FACE THERAPY – MEN

### ELEMIS High Performance Skin Energiser

60mins - €100.00

This is the hard-working facial for ageing, stressed, dehydrated skin and tired eyes. An energising treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. It maximises cell regeneration, whilst steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst targeted scalp and foot massage deeply relax. Finally the uniquely nourishing Pro-Collagen Marine Cream for Men is worked into a receptive, revitalised skin for a vibrant and energised result.



## ELEMIS FACE THERAPY – SKIN SOLUTIONS

### RADIANCE / DULL SKIN / PRE-OCCASSION

**ELEMIS Superfood Pro-Radiance** 60mins - €100.00

This is a crafted nutritional boost for stressed, dull skin. Rich in superfoods, essential minerals and trace elements; Magnesium, Potassium, Zinc, Vitamin A and E form a mineral army to jump start tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energising nutrients. Skin is left smoother, plumper and luminously radiant – stress-free and lit up with good health.

### CALMING / REDNESS / IRRITATION

**ELEMIS Sensitive Skin Soother** 60mins - €100.00

Fragile skin needs special attention. A subtle, calming massage technique is used to help reduce the appearance of redness and strengthen the top layer of a delicate skin, protecting against daily stresses. The soothing properties of Moroccan Rose, Chamomile and Apricot are combined to gently cleanse and exfoliate, whilst the deeply nourishing Neroli mask leaves skin nurtured and comforted. Texture and tone are dramatically restored. Moisture levels are boosted. Skin is left supremely calm and confident.

### DEEPLY CLEANSING /BALANCE /MAT EFFECT

**ELEMIS Anti-Blemish Mattify and Calm** 60mins - €100.00

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation.

A deeply detoxifying treatment for clear, bright skin. Perfect for teenagers skin.

**ELEMIS Peptide<sup>4</sup> Skin Synchronizing Booster Facial** 30mins - €60.00

Recover Like Clockwork, with this Express facial treatment empowered with the ELEMIS Peptide 24/7 range. Peptide4 products work around the clock to help keep skin in sync, ensuring each vital process is carried out to optimum effect. The result? Skin that looks well-rested, radiant and beautiful, 24/7.



## ELEMIS PREGNANCY

### **ELEMIS Peaceful Pregnancy Massage 75mins - €100.00**

This unique pregnancy massage is profoundly nurturing and tranquil. Performed on a pear-shaped beanbag that moulds to every bump and supports every body, mothers-to-be are lulled and restored to optimum wellness. An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted – along with wisdom, empathy and respect.

## ELEMIS ADVANCED MASSAGE

### **ELEMIS Freestyle Deep Tissue Massage**

30mins/60mins/90mins - €50.00 / €90.00 / €110.00

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.

### **ELEMIS Garden of England Rose Restore Relaxing Massage**

60mins/90mins - €90.00/ €110.00

Take a walk in an English garden with this lavishly hydrating body massage.

The unique Life Elixirs Essences that have been designed to be used in this extremely relaxing massage, will bring everything back to the potency of modern aromatics. Each Essence has been designed for a different mood, enabling this massage to be tailored to your needs. You may choose one of the following Life Elixir Essences:

**Calm:** a soothing blend, helps you to find your inner peace.

**Clarity:** an uplifting blend, helps you to invigorate your sense of self

**Fortitude:** an empowering Blend, makes you feel grounded and strong to the core

**Embrace:** a serene blend, to ignite your senses

**Sleep:** a deeply relaxing blend, to let your mind and body restore itself

### **ELEMIS Hot Mineral Body Boost Energising Massage 60mins - €90.00**

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. The heated minerals are a catalyst to warm and deeply relax the body, perfectly prepping for the nourishing Amber balm, while the mind is whisked off to invigorating shores with the aromatic Ocean Spa. Completed by a restorative facial massage, this is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

### **ELEMIS Deeper than Deep Hot Stone Massage 60mins/90mins - €100.00/ €120.00**

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin. Achieves all over deep relaxation, with penetrating heat from the stones and introduces client to a new level of touch and relaxation.

### **ELEMIS Frangipani Head & Scalp Massage with Hair Treatment 45mins - €60.00**

This scalp massage is so blissful it should be illegal. Tension is dissolved using a combination of the ancient Chinese healing massage Tui Na and Japanese Shiatsu, while Indian and Thai kneading invigorates and clears your head. We can either make you float like a butterfly or sting like a bee. You choose. Added bonus the amazing Frangipani Monoi Hair & Scalp Mask



## ELEMIS SPORTS & EASE PAIN

### **ELEMIS Aroma Spa Ocean Wrap – Musclease** 75mins - €100.00

This seaweed treatment detoxifies and deep cleanses the body inside and out, combining the richest of sea plants and marine algae with aroma-therapeutic actives. A warm seaweed body mask is applied to the body, combined with a warming blend of Pine and Rosemary essential oils, that helps ease the pains of rheumatism, arthritis, muscular spasm and fatigue, before you are cocooned in a comforting foil wrap, whilst being treated to a deep Thai drainage facial massage and de-stress scalp treatment.

## ELEMIS EXOTIC WRAPS & SCRUBS

### **NOURISH**

#### **ELEMIS Body Nectar Nourishing Wrap – Frangipani** 60mins - €70.00

This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvety texture of the Monoi oil offers super-hydration, quenching a thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. An emotionally grounding experience for skin that has never felt silkier.

### **BODY EXFOLIATION**

#### **ELEMIS Intensely Cleansing Salt Scrub – Lime and Ginger or Frangipani**

40mins - €65.00

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

## ELEMIS DETOX & RE-SHAPE

### **BODY DETOX**

#### **ELEMIS Thousand Flower Detox Wrap** 60mins - €90.00

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

#### **ELEMIS Aroma Spa Ocean Wrap – Cellutox** 75mins - €100.00

This seaweed treatment detoxifies and deep cleanses the body inside and out, combining the richest of sea plants and marine algae with aroma-therapeutic actives. Excellent for improving the dimpled appearance of cellulite and reducing fluid retention. A warm seaweed body mask combined with a detoxifying blend of Juniper and Lemon essential oils is applied to the body, before you are cocooned in a comforting foil wrap, whilst being treated to a deep Thai drainage facial massage and de-stress scalp treatment.

### **BODY TIGHTEN & RE-SHAPE**

#### **ELEMIS Targeted Toning Tightener** 30mins / 90mins - €55.00 / €120.00

Tightening and toning are the pillars of this treatment. A powerful blend of salts, minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen and backs of arms. Nigari salt deeply cleanses, followed by a targeted sculpting massage to kick-start the micro-circulation, promoting a smoother silhouette and invigorating the entire body. A cooling rubberised mask, rich in super-detoxing caffeine and green clay is applied to problem areas, whilst clinically proven Red Algae redefines areas prone to sagging. The result is a targeted body airbrush and skin that looks and feels intensely toned and refreshed.

Choose a localised treatment: Arms, Hips & Thighs, or Abdomen



## ELEMIS HANDS & FEET

### **Garden of England Rose Restore Hand Treatment 30mins €30.00 or 60mins €55.00 included manicure**

Hand massages are alarmingly relaxing. And this is the last word in conditioning, restorative, anti-ageing hand treatments. Targeting age spots and dryness, you'll waft out with the softest little paws and a blissed-out smile on your face.

### **Best Foot Forward 30mins €30.00 or 60mins €65.00 included pedicure**

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Hot wax softens and smoothes to leave feet as supple and fragrant as a Rose.

## FINISHING TOUCHES

### **NAILS**

Manicure	€25.00
Pedicure	€35.00
Soak Off Gel Manicure	€35.00
Soak Off Gel Pedicure	€45.00
Soak Off Gel Removal	€10.00

### **WAXING**

Back	€30.00
Chest Man	€30.00
Eyebrow correction	€15.00
Full leg (Including Bikini line)	€35.00
Half Leg	€20.00
Bikini line	€20.00
Full Bikini	€30.00
Under Arms	€20.00
Upper Lip	€15.00



## ELEMIS SPA PACKAGES

### **ADVANCED MEDI-AESHETIC VACATION €400.00**

- 3 Anti-ageing facials
- 2 Firming Body Treatments
- 1 Anti-aging Hand Treatment

### **TOTAL RELAX €300.00**

- 3 Full body massages
- 1 Head massage
- 1 Foot treatment

### **UNDER THE SKY SPA €120.00**

- 1 Jacuzzi session
- 1 Full body massage
- 1 Fresh juice smoothie
- \* Performed on our refurbished deck, under the Athenian Sky

Bespoke Packages Available

## ELEMIS - ADD-ON

### **Feast Your Eyes add-on Treatment 15mins - €30.00**

Give puffy eyes their marching orders with this instantly reviving eye treatment. A warm Rosewood compress, and intensive eye mask rehydrate, soothe and lift, while you zone out with a de-stressing hand & arm massage. See the world through new eyes.



# SCALE SUITES



Eptanissou 7, Alimos  
Athens, Greece 17455  
Tel: +30 21 0984 5423