Traditional Soap making workshop with Cretan Olive Oil & Local Herbs

Workshop units at Kapsaliana Village Hotel:

- Brief History & Basic Chemistry of soap
- Necessary materials, ingredients & equipment
- Coloring soap naturally with herbs & spices
- Preparation of your moulds & moulding options
- Insulating, cutting, curing and storing your finished soap

Decide the scent, appearance & properties of your natural soap!

* No previous experience needed.
* You can either watch or participate
* Time: (Please contact reception) 2 Hours at 40 €
* Min 2 People
Wellness
Holistic Therapies:

Signature Massage Treatments:

- Relaxing Massage – 1hr (70€)
- Therapeutic Massage – 1hr (70€)
- Deep Tissue Massage – 1hr (90€)
- Sports Massage – 1hr (90€)
- Thai Massage – 1.5hrs (90€)
- Myofascial Trigger Point Release Massage – 1hr (80€)

Yoga Mental & Spiritual Practice:

1hr (30€) -- Min 2 People)
Holistic Therapies - Massage

1. Kings Minoas Ritual Massage:
A holistic approach with therapeutic effects that takes you on a journey to ancient Crete.
A combination of dynamic pressure with wild herbs used by the Minoas for muscle recovery & spiritual well – being.

2. Swedish:
With its roots in China, the Swedish massage is adapted to the needs of today. Perfect for relaxation, as it gets rid of body & mind stress & everyday tension.

3. Relaxation:
Ideal for skin tightening, glow & alleviation of stress symptoms

4. Sports:
Deep, intense & vigorous massage for a strong and agile body. Relieves from chronic muscle pain, aids performance and protects from injuries.

5. Deep Tissue:
A combination of Swedish massage techniques and shiatsu massage. Ideal for rigid muscles. Relieves chronic stress and unblocks deeper layers of muscle mass and fascia.
Holistic Therapies - Massage

6. Therapeutic:
Eliminates muscle pain, improved agility and general well-being.
Improves quality of sleep and alleviates headaches or migraines. Perfect for speeding up recovery after injuries.

Duration & Price:  
60’ (70€)  
90’ (100€)

7. Anti-Cellulite:
Specialized techniques for gluteus muscles and thighs. Characterized by intense and deep sequences of movements for reduction of fat, removal of toxins and water retention. Leaves you with rejuvenated skin, feeling young and fresh.

Duration & Price:  
60’ (80€)

8. Couple Massage:
For you and your partner. Enjoy a massage of your choice

Duration & Price:  
60’ (120€)

9. Candle Massage:
Melted by heat, warm wax will allow the healing of all ingredients to enter deep into your skin. Highly hydrating & nutritional, the ingredients of beeswax and the essential oils will highly benegit your skin. Decongests and relaxes the muscles, stimulates the blood and alleviates tension & stress

Duration & Price:  
60’ (90€)  
90’ (115€)

10. Herbal Packs:
Exotic. Ancient technique originating in Southeast Asia. The herbs and essential oils are ideal for relaxation and toning the muscles of the body.

Duration & Price:  
60’ (115€)  
90’ (150€)
Holistic Body Treatments

1. **Detox and Scrub with carob & Cretan herbs:**
   Deep body peeling with carob seeds to smoothen, rejuvenate and hydrate your skin.
   Body Massage for relaxation with essential oils from sedge, arnica, oregano, mint and other Cretan herbs

   70’ (105€)

2. **Revitalization and rejuvenation with clay and bergamot:**
   Body peeling with a clary to remove dead tissue, toxins and improve blood circulation
   Skin rejuvenation and maintenance of its natural moisture
   Body massage with natural bergamot oils to stimulate endocrine system, release stress and promote mental health.

   80’ (110€)

3. **Deep Hydration with an elixir of herbs, virgin olive oil and beeswax:**
   Massage with Cretan herbs and flowers such as labdanum, jasmine & Rosa Damascena (rose).
   A soft and smooth layer of olive oil and beeswax rich in Vit A and E
   Deep skin scrub and peeling with basil

   90’ (125€)
Holistic Body Treatments

4. Skin Restoration & Body treatment after direct exposure to the sun with aloe vera:
Moderate creamy skin scrub and deep hydration with aloe vera to heal and restore the damaged skin, rich in anti-inflammatory properties to hydrate and nourish you.
Soft and smooth massage with Organic Shea Butter, lavender, coconut palm oil

5. Skin tightening and anti-aging body therapy with essentials oils, honey & Cretan dark chocolate:
Multi functional therapy with carob treatment and honey to free you of radicals and regulate body hydration
Specialised massage therapy with essential oils from tangerine and incense for an intense anti aging treatment and restoration of a robust and revitalized skin.

Duration & Price:
85’ (115€)
100’ (130€)
Hair, Nails & Make Up

**Hairstyling & Haircuts:**

Kids: (20 €)

Men’s: (30 €)

Women’s: (40 €)

**Manicure & Pedicure:**

Spa Manicure – Scrub, mask & hand massage: 50’ (45 €)

Spa Pedicure – Scrub, mask & feet massage: 60’ (55 €)

Manicure & Pedicure – Polish and design of your choice: 90’ (60 €)

Semi – permanent manicure & pedicure – longer lasting polish and design of your choice: 120’ (85 €)

Pedicure for men – scrub, mask for tired feet with calluses and cuticles: 50’ (45 €)

**Make Up:**

Natural Make Up – earth tone make up to accentuate natural characteristics: 55 €

Night Make Up – with emphasis on your eyes or lips for perfect night out: 65 €

Bridal: TBC

**Wedding Packages:**

TBC
Nature
**Tour of the village estate:**

A tour in every hidden corner of Kapsaliana Village Hotel estate that allows our guests gather and explore historical evidence of the 1600’s remainants. Stroll around the little paths, gardens, reconstructed homes while finish up the tour in our museum. Inside the old olive mill is where the actual story in documentaries is revealed. Interviews of Arkadi Monastery Abbot, of the last village residents and of course of the architect of the entire village, Myron Toupyannis are shown.

See first-hand the differences of past and present while appreciate how the desolate, almost forgotten village is yet to become a resort; advocating an environmentally sound, albeit luxurious and exciting lifestyle.

- Hike & Run through our private jogging routes & orchards
- Hiking
- Mountain Trek
- Canyon Hike
- Sea kayaking
- Tailor Made
Hiking – On green trails and paths of Amari:

An unforgettable hiking experience, recommended during spring, through the flowery nature of Amari, a real eco-touristic paradise in the heart of Crete. A rare opportunity to explore dramatic landscapes, pretty villages perched in the mountains, high snowcapped peaks until late spring, wild and deep gorges, lush green valleys, old stone bridges, typical water mills, beautiful Byzantine chapels.

Mountain Trek – Along Platania gorge:

Discover Cretan mountains by trekking along the steep sides of the stunning Platania gorge, on the western slopes of Mount Psiloritis. Overlooking the entire valley of Amari the path winds along high breathtaking cliffs. With hundreds of meters of deep wooded areas, the gorge of Platania constitutes an impressive geological phenomenon as one of the most interesting, but least frequented, gorges of Crete. Among the highlights of the hike: a large colony of Griffon Vultures, nested on the perpendicular walls of the gorge and the discovery of the cavernous church of St. Anthony.

Canyon Hike – Walking adventure through Patsos Gorge:

Experience the true adventure of crossing the magnificent gorge of Patsos: a gigantic eroded crack through lime-stone, which claims the title of one of the most attractive gorges of Crete. A challenging walk open to everyone, combining hiking on marked trails, walking through water, and lightly climbing (easy and enjoyable) up steeper passages using fixed ropes and wooden ladders. Towering, lush, wet, and wild, the Patsos gorge fascinates hikers with its narrow, rocky and steep relief. Because of the abundant water flowing through the gorge in springtime, a good part of the hike involves walking through water.
Cretan Sea
**Sea Kayaking** – Experience Crete’s coastal beauty

While paddling in sea kayaks along some of the most beautiful coves and beaches of the south coast of Rethymnon. Enjoy the action and fun, a chance to swim and relax, and end with an excellent lunch by the sea. The trip takes place along the less-known coastal region between Pyrgos, Agia Fotini, Lyngres and Triopetra.

**Tailor Made:**

Experience Amari’s unique natural beauty while trekking, cycling or paddling on sea-kayaks. Starting from “Kapsaliana Village Hotel” under the auspices of specialized nature escorts you will discover rugged gorges, high mountain peaks, small plateaus, wonderful coastal areas, caves and wet-lands.