



MANDARIN ORIENTAL
COSTA NAVARINO

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THE SPA
AT
MANDARIN ORIENTAL
COSTA NAVARINO





The Spa at Mandarin Oriental Costa Navarino set in serene natural surroundings, the resort is a perfect wellness destination with a world-class Spa which features an indoor 25-metre swimming pool, that traverses from indoor to outdoor providing mesmerising bay views and extensive Heat and Water facilities including Panoramic Olive and Herbal Saunas, Cold Plunge, Japanese Bath, Experience Showers, Hot Tub, Foot Bath, Mineral and Flower Steam Bath. Together with a range of bespoke treatments we deliver a holistic approach to the guest experience. Our Fitness and Wellness center offers modern strength training, and an outdoor movement studio all complete with healthy and rejuvenating Mediterranean cuisine.



ESSENCE OF COSTA NAVARINO

REVIVING ASCLEPEIA – COSTA NAVARINO

3 hours / 560 euros

Based on the pillars of Ancient Hellenic Medicine the treatment follows the healing sequence of the Asclepeia sanctuaries and the 4 Elements Philosophy. A variety of healing rituals come together to create a deeply transformational experience of physical, emotional and spiritual rebirth.

- Purification (Nipsis): Personalised water cleansing experience.
- Tonification (Tripsis): Skin brushing followed by massage with warm Olive Oil.
- Recalibration (Enkoimisis): Singing Bowl Therapy
- Revitalisation (Threpseis): Greek Mountain Tea serving

*Combine this treatment with an excursion to the Temple of Apollo Epicurios. Please consult with our Spa Concierge for further details.



SIGNATURE INTUITIVE TIME

2 hour 15 minutes / 475Euros

Inspired by nature's innate circadian rhythms and the dramatic sunrise and sunset views of Navarino Bay, our practitioners provide a bespoke reset that draws on kinesiology principles and mechanisms of movement to reveal the body's unique requirements. A therapeutic massage sequence - using essential oil blends formulated specifically for the time of day - is tailored to your individual needs and includes craniosacral holds, abdominal massage, and foot reflex zone therapy to help clear blocked energy pathways. Expect to leave feeling reconnected and balanced.

SIGNATURE THERAPIES

Our holistic signature therapies are guided by our oriental heritage drawing from Traditional Chinese Medicine.

TIME RITUAL™

2 hours / 460 euros

Time Rituals™ invites you to book time rather than a pre-defined treatment, allowing our expert therapists to intuitively tailor a sequence of therapies unique to your personal needs. This immersive experience draws on their full range of skills to deliver a deeply holistic and harmonious session, designed exclusively for you.

SLEEPFULNESS

1 hour 30 minutes / 290Euros

A simple, effective and authentic spa experience. This relaxing, hands-on body massage ritual works on the energy of the meridians' using the benefits of essential oils.

INNER BALANCE

1 hour 30 minutes / 290Euros

Inner Balance draws on principles of Traditional Chinese Medicine, blending aromatic oils, acupressure, and gentle stretching to release tension and restore equilibrium. The treatment supports emotional grounding and mental clarity, offering a calm reset for guests seeking a steadier state of body and mind.

TECH DETOX

1 hour 30 minutes / 290Euros

Using custom-blended oriental oils and movements inspired by traditional oriental therapies, this tension-busting massage treats the whole body. Focuses on the traditional stress-holding areas of the back, neck and shoulders.

INTELLIGENT MOVEMENT

1 hour 30 minutes / 310 euros

The Intelligent Movement Treatment has been designed to help guests improve their posture and mobility through trigger point release work, deep muscle manipulation, stretching and elongation of the muscles. This treatment helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body.

ORIENTAL QI

1 hour 30 minutes / 290Euros

A nurturing hands-on experience inspired by the meridian pathways of Traditional Chinese Medicine. Gentle yet purposeful, this massage works in harmony with curated essential oils and acupressure to unblock energy flow and rebalance the body's natural rhythms, and leave you feeling grounded, centered, and recharged.





MASSAGE

DIAMOND OF NAVARINO

1 hour 30 minutes / 300 euros

Opulent and indulgent, this powerful body treatment delivers dramatic results to shape, smooth and saturate the skin with nourishment. Through signature massage techniques and potent surgically inspired formulas, this treatment encourages lymphatic drainage to tone and firm the skin. Expect a smoother, sculpted figure with age-defying results.

WILDSMITH NEW LIFE

1 hour 30 minutes / 290 Euros

An indulgent yet efficacious treatment designed for expectant parents, from the second trimester onwards. Delivered in a relaxed seated posture optimum for pregnancy, deeply restorative massage movements to help ease muscular aches and pains are combined with our nourishing essential oil-free body oil, to help maintain skin tone and promote elasticity.

WILDSMITH CERAMIDE BALM MASSAGE

1 hour 30 minutes / 290 Euros

A sensory massage to relax the body and spirit in the soothing heat of the Paillettes d'Ambre Candie. The circular movements will release tensions of the whole body lulled by the magical melted candle and the incredible scent of amber.

HOT STONE

1 hour 30 minutes / 290 euros

This restorative massage uses heated stones combined with the grounding effects of our signature elemental wood oil Awaken to regenerate energy and create a sense of balance. It also helps relieve deep-seated muscle tension.

BODY TREATMENTS

WILDMSITH SKIN RENEWAL

1 hour 30 minutes / 280Euros

A full body exfoliation treatment, paired with our Restorative or Purifying body wrap. Designed to help regenerate skin, boost circulation, and encourage lymphatic drainage - featuring dedicated essential oil blends to purify and ease fluid retention, or hydrate and soothe muscle fatigue. Emerge with skin feeling soft, smooth and supple.

MIEL D'AMBRE SENSATIONS

30 minutes / 120 Euros

An ultra-purifying scrub with the exfoliating paste Miel d'Ambre. The skin is cleansed of its impurities, toxins, deeply nourished and hydrated with beneficial ingredients that the skin radiates with obvious pleasure.

*Booked in combination with any 90-minute treatment subject to availability.

HYDRATION WRAP ROSES DE SUCRE

30 minutes / 120 Euros

A body wrap with Roses de Sucre, a rose-based cream that leaves an incomparable rich feeling on the skin. Nourished and hydrated, the body is wrapped in absolute comfort and softness. A cocooning and serenity promise.

*Booked in combination with any 90-minute treatment subject to availability.





HAMMAM

SIGNATURE HAMMAM

2 hours / 400 Euros

An opportunity to experience the subtle sensations of the very best Maroc Maroc treatments, combined with traditional manual movements. Experience the sensation of being yourself and being sublime. With this complete Hammam ritual encompassing Miel d'Ambre, Infusion d'Orange and Grains de Lumière, your skin will glow, and your mind regenerated.

- Massage techniques derived directly from authentic Teksal movements practiced in Moroccan hammams.
- Enhanced exfoliation with the kessa glove and Miel d'Ambre purifies and softens the skin.
- A mixture of original techniques - both vigorous and gentle - with a very special procedure. You will feel pampered, refreshed, soothed, and regenerated.

INDULGENT HAMMAM

1 hour 30 mins / 270 Euros

This indulgent hammam works from the ends of your hair to the tips of your toes and Grains de Lumière, Roses de Sucre and Miel d'Ambre work together to soothe, lighten, and regenerate the body and mind.

Including:

- Massage techniques derived directly from authentic Teksal movements practiced in Moroccan hammams.
- Enhanced exfoliation with the kessa glove and Miel d'Ambre purifies and softens the skin. Using a mixture of original techniques - both vigorous and gentle with a very special procedure. You will feel pampered refreshed, soothed, and regenerated.



ESCAPE HAMMAM

1 hour / 220 Euros

The body and mind delight in this ritual where Infusion d'Orange comes into play through gentle cleansing. Its partner, the kessa glove, in addition to the delectable Miel d'Ambre exfoliating paste, works its magic with an ultra-purifying scrub. Followed by the soothing scents of orange blossom. Delight in the extreme joy and relaxation of a satisfied body and mind. Including:

- Massage techniques derived directly from authentic Teksal movements practiced in Moroccan hammams.
- Gentle and vigorous movements for intense relaxation.
- Perfect exfoliation with the kessa glove and Miel d'Ambre purifies and softens the skin for a velvety sensation.

TURKISH HAMMAM RITUAL

1 hour / 220 Euros

This Turkish Hammam experience begins with an invigorating 'Kese' body scrub, followed by a traditional full body foam massage which relieves stress, relaxes muscles and purifies the mind and body. A hydrating body lotion is then applied to enrich the body to finish.

- Invigorating Body Scrub
- Foam Massage and Hair Treatment
- Hydrating Body Moisturise

*You can combine your Traditional Hammam treatment with one of our massages or skin care treatments. Please consult with our Spa Concierge for further details.



FACIALS

BLACK DIAMOND NON-SURGICAL TREATMENT

1 hour 30 minutes / 315 euros

A luxurious experience that harnesses the power of 111SKIN's most potent collection - the Intensive Collection - to promote a youthful, sculpted appearance. This treatment includes a Deep Cleansing and Lifting EMS Device, a unique facial peel and uses products enriched with Retinol, Fine Diamond Particles, and our patented NAC Y²™ formula. With a combination of Wrinkle Minimising Wand movements and signature massage techniques, this facial ensures skin is fresh and taut, sculpting along the natural contours of the face for a truly lifted and youthful appearance.

WILDSMITH RADICAL BOTANY FACIAL

1 hour / 240Euros

1 hour 30 minutes / 295Euros

A clinically proven, all-encompassing approach to skin health and wellbeing. It delivers immediate results including toned, smoother, plump and more radiance skin. The facial incorporates advances myofascial release, acupressure, craniosacral holds and breathwork. A perfect balance, our facial helps to root, centre and energise the mind and deliver cleaner, healthier, radiant-looking skin.

*Enhance your facial experience by incorporating our Dermalux LED Therapy. Please consult with our Spa Concierge for further details.

REPARATIVE FACIAL

1 hour / 260 euros

A high-performance facial to deeply nourish and hydrate. Suitable for all skin types, its formulation is especially effective to calm and soothe damaged, inflamed, and irritated skin. Originally created by Dr Yannis Alexandrides to accelerate the post-surgery healing processes; this facial epitomises the best of 111SKIN's famed surgically inspired skincare. Harnessing the power of our exclusive NAC Y²™ complex to strengthen the epidermal barrier and prevent further inflammation, this facial magnifies the restorative effects of our Reparative Collection to enhance your skin.

ADVANCED FACE & BODY

PLATINUM HYDRAFACIAL

1 hour 30 minutes / 330Euros

This transformative facial starts with lymphatic drainage to reduce puffiness and begin the detoxification process. Followed by a Vortex Fusion deep cleanse, exfoliation and extraction and LED light therapy to restore the skin. To complete the treatment, personalized boosters infuse the skin with antioxidants to leave a flawless glow.

DELUXE HYDRAFACIAL

1 hour / 280 Euros

This luxury facial uses Vortex Fusion technology to deeply cleanses, exfoliates and extracts imperfections. Tailoring your specific skin concerns, a booster is applied with the aid of LED light therapy to calm the skin and minimize signs of ageing. To conclude, the skin is bathed with active ingredients and moisturizing serums to nourish and hydrate the skin.

PERK EYE ENHANCEMENT

15 minutes / 60 Euros

Infused with powerful ingredients to brighten dark circles, deeply hydrate and rejuvenate the eyes.

HYDRABODY

1 hour/ 270 Euros

1 hour 30 minutes/320 Euros

This targeted treatment consists of curated boosters to accelerate skin surface renewal, sculpt and soften fine lines, and hydrate the skin. Focus on specific concern areas or choose full body lymphatic drainage to reduce fluid retention and puffiness, revealing optimal skin rejuvenation.

PERK LIP ENHANCEMENT

15 minutes / 60 Euros

Exfoliate and hydrate to reveal visibly smoother and lightly plumped lips.



SPECIALIST TREATMENTS

HOLISTIC THERAPEUTIC FACE & BODY RITUAL

2 hour / 395 Euros

Beginning with a deeply grounding full-body massage, working with the meridian system, to support the natural flow of energy throughout the body, release muscular tension and calm the nervous system. Harmonized with an energizing facial, combined with quartz Gua Sha tools, this treatment supports lymphatic drainage, dissolves facial tension, and enhances muscle tone while stimulating circulation. This holistic facial focuses not only on aesthetics but on deep facial release, energy activation, and lymphatic flow. The intention goes beyond relaxation – focusing on inner balance, vitality and radiance, and a profound sense of wellbeing that remains beyond the treatment itself.

PHYSIOTHERAPY

1 hour 30 minutes / 365 Euros

Designed to alleviate pain, enhance mobility and promote healing. By combining massage therapy with physiotherapy techniques such as soft tissue manipulation, our physiotherapists will tailor your treatment to reduce muscle tension, restore function and optimise circulation.

SPORTS MASSAGE

1 hour 30 minutes / 365 Euros

A powerful, precision-focused treatment performed by our specialist therapists, designed to melt muscular tension, elevate performance, and restore the body to peak condition. Crafted with expert assessment and tailored techniques, this advanced massage uses deep, targeted work to release strain, enhance circulation, and reawaken effortless mobility—delivering refined recovery and a renewed sense of physical ease.

LYMPHATIC MASSAGE

1 hour / 320 Euros

A refined, rhythmic treatment that supports natural lymphatic flow, eases fluid buildup, and enhances a sense of lightness throughout the body. Gentle, purposeful movements help to sculpt contours, soothe heaviness, and promote a calm, rebalanced state from within.





TOUCHLESS WELLBEING

A curated series of immersive, touchless wellbeing experiences - rooted in nature, guided by rhythm, and delivered with intention.

MESSINIA SAUNA EXPERIENCE

1 hour / 180 Euros

The journey begins with gentle breathwork, helping you settle into stillness as the warmth gradually builds. The air is infused with essential oils of wild herbs native to the region—such as bay leaf, rosemary, and mountain sage— evoking the surrounding olive groves and coastal hills. As the heat deepens, our sauna practitioners guide you through a sequence of aromatic infusions, natural exfoliation with herbal steam, and the traditional technique of leaf whisking, using olive or oak branches to stimulate circulation and awaken the senses. This experience is both energising and meditative—a moment where time slows, the body softens, and the mind clears, leaving you deeply refreshed and rebalanced.

AROMATIC STEAM AND COLD IMMERSION CEREMONY

1 hour / 180 Euros

A herbal steam immersion, where the aromatic essence of wild mountain tea, bay leaf, and oregano invites deep breathing and inner stillness. As warmth envelops the body, tension dissolves and awareness gently expands. A revitalising olive oil and sea salt exfoliation follows, using ingredients once revered in ancient healing practices. This tactile, grounding experience clears the skin and reawakens the body's natural vitality. Next, a cool water immersion offers a moment of clarity and renewal— an awakening of the senses and a symbolic return to self. The contrast of temperatures stimulates circulation and invites a deeper connection to the present moment.

ONE TO ONE NATURE IMMERSION

1 hour / 140 Euros

A guided walk along the beachfront, inviting a deep connection with the earth. Moving slowly and mindfully, you'll tune into the textures beneath your feet, the scent of the coastal air, and the rhythm of your breath, awakening the senses and grounding the body.

TREATMENT ADDITIONS

LED LIGHT THERAPY

15 minutes / 50 Euros

30 minutes / 100 Euros

Enhance your facial or body treatment with this medically certified LED phototherapy designed to stimulate collagen, reduce hyperpigmentation and promote healing through cell regeneration and muscle and joint pain relief. Using red, blue or near-infrared light wavelengths, this treatment offers a variety of benefits to target specific skin concerns.

IN ROOM SLEEP RITUAL KIT

75 Euros

An invitation to reconnect with the intelligence of trees and the wisdom of the forest through Wildsmith TREESCAPE, before enjoying a restful evening sleep awakening with a sense of wellbeing and restoration. Includes soundscape, pillow mist, illuminating eye masks, and pre-sleep beverage.

SPA TREATMENT ENRICHMENTS

LUXURY HAND RITUAL

40 Euros

The hands are often a neglected area and yet they hold increased tension due to the constant use of digital devices. A luxurious massage to release tension whilst helping the skin look and feel younger.

REJUVENATING FOOT RETREAT

40 Euros

Our feet are the sole support for the rest of our body; therefore, we must treat them with care and attention. A nourishing massage which accelerates skin repair leaving you gliding along.

BRIGHTENING FACE GLOW

40 Euros

Instantly revitalize your skin with the 111SKIN Face Mask, designed to tighten and firm and soothe inflammation, leaving a radiant glow.

CALMING SCALP RITUAL

40 Euros

Beginning with a warm mask pouring experience, pressure points and massage are performed to relieve tension and increase mobility.

ILLUMINATING EYE INDULGENCE

35 Euros

In a world where we are always on the go, a 111SKIN Eye Mask is applied to make the eye area look brighter, less puffy and feel more hydrated.

RESTORATIVE MINDFULNESS RETREAT

30 Euros

This sensory experience begins with Singing Bowl vibrations along the Chakras and bear walking down the body to relax the mind and body.



DAY RETREATS

SELENE SANCTUARY RETREAT

450 Euros

1. Inner Balance Signature Massage 1 hour & Wildsmith Radical Botany Facial 1 hour
2. One-Course Wellness Lunch & Juice at Ormos Beach Club
3. Use of Spa & Fitness Centre Facilities

HELIOS GLOW RETREAT

250 Euros

- Wildsmith Radical Botany Facial 1 hour
- One-Course Wellness Lunch & Juice at Ormos Beach Club
- Use of Spa & Fitness Centre Facilities

ETHER REJUVENATION RETREAT

240 Euros

- Inner Balance Signature Massage 1 hour
- One-Course Wellness Lunch & Juice at Ormos Beach Club
- Use of Spa & Fitness Centre Facilities

WELLNESS DAY PASS

150 Euros

Access to our world-class Spa which features an indoor to outdoor 25-metre swimming pool and extensive Heat and Water facilities including Panoramic Olive and Herbal Saunas, Cold Plunge, Experience Showers, Hydrotherapy Tub, Japanese Foot Baths, Mineral and Flower Steam Bath. Our Fitness and Wellness center offers modern strength training, and an outdoor movement studio.





PACKAGES

REVIVE & RECHARGE

2640 Euros

3 x Mobility and Body Composition Analysis

12 x 1:1 Personal Training/Yoga/Pilates 1 hour

4 x Intelligent Movement Massage 1 hour 30 minutes

2 x Deluxe HydraFacial 1 hour

Access to spa & fitness facilities with services

20% discount on additional spa treatments or fitness sessions and retail purchases.

Valid for 6 months

PURE INDULGENCE

1925 Euros

5 x Inner Balance Massage 1 hour 30 minutes

5 x 111SKIN Reparative Facial 1 hour

Access to spa & fitness facilities with services

20% discount on additional spa treatments or fitness sessions and retail purchases.

Valid for 6 months

MOMENTUM RESET

1710 Euros

3 x Mobility and Body Composition Analysis

12 x 1:1 Personal Training 1 hour

6 x Compression Therapy 30 minutes

Access to spa & fitness facilities with services

20% discount on additional spa treatments or fitness sessions and retail purchases.

Valid for 6 months

MINI MO

We understand the importance of showing our guests how health & wellness can benefit us from an early age, this is why we invite you to visit us for Spa treatments, creating special moments together.

MINI FACIAL

Ages 5 – 9 | 30 minutes / 100 Euros

Ages 10-13 | 45 minutes / 135 Euros

Ages 14-17 | 1 hour / 185 Euros

MINI MASSAGE

Ages 10 - 13 | 45 minutes / 125 Euros

Ages 14 - 17 | 1 hour / 180 Euros

FAMILY TIME

Create unforgettable memories with our exclusive family packages. Spend quality time together while enjoying a range of activities, all complemented with access to our stunning indoor 25-metre swimming pool with mesmerizing bay views. Each package can be tailored to meet your family's needs.

MOM AND DAUGHTER SPA RETREAT

90 minutes / 420 Euros

- 30-minute Yoga
- 30-minute Massage
- 30-minute Facial

FATHER AND SON SPA RETREAT

90 minutes / 420 Euros

- 30-minute Boxing
- 30-minute Massage
- 30-minute Facial

*All children under 18 years of age must be in the company of a parent or guardian for the whole duration of their Spa experience. Use of Heat & Water facilities is not permitted for children under 14 years of age.



HEAT AND WATER EXPERIENCES

For our Spa treatment booking, guests are encouraged to use these co-ed facilities a minimum of forty-five minutes prior to the scheduled treatments. The many benefits of heat and water experiences include:

- Assists in relieving stress and tension.
- Relaxes and relieves muscle tension.
- Increases the lymphatic and blood circulation.
- Stimulates the immune system.
- Promotes a feeling of well-being.
- Allows deeper penetration of both oils and creams in treatments.

To gain the most from your heat and water journey, please ensure that before you commence your experience you are adequately hydrated.

START YOUR JOURNEY IN


1. flower steam bath / 8 minutes

Warms the body slowly and continuously, reaching the inner body whilst the aromatic flowers aid in relaxation and are known to release tension and relax the mind. Each day a variety of essential oils are used.

2. experience showers / 5 minutes

The Hydrotherapy Shower encompasses various water features including steam, cold, and water all of which are designed to relieve stress, pain, and reduce tension in the muscles and is highly beneficial for the rehabilitation after injury.

*Rehydrate with one of our infused waters.

 Rehydrate with one of our infused waters.

3. mineral steam bath / 8 minutes

Energise your senses as you breathe in the mineral-infused air and gently move into a state of relaxation as the mineral salts, lemongrass essence open and cleanse your pores. The mineral steam is an excellent way to clear congestion, improve joint stiffness and ideal for a workout recovery.

4. Japanese Foot Bath / 5 minutes

To sooth tired and aching feet

5. Hydrotherapy Tub / 10 minutes

Immerse to relax muscle, relief pain and reduce swelling and inflammation. Thanks to the relaxation and leisure, our Hydrotherapy Tub enhance mental state and stress relief.





6. Herbal Sauna / 8 minutes

To relax both your body and mind, step into the sauna with aromatic herbs, handpicked from our Spa Garden, infused within.

 Rehydrate with one of our infused waters.

7. Panoramic Olive Sauna / 8 minutes

Saunas have been known throughout history to promote well-being and encourage the body's natural way to cleanse itself through perspiration. Designed to alleviate sore muscles, improve the health of the skin, and reduce stress.

 Rehydrate with one of our infused waters.

8. Cold Plunge / 1- 3 minutes

Dip into the cold plunge for 1 minute and then gradually increase this to three minutes. The most important thing is to listen to your body. The benefit of a cold plunge is to help reduce inflammation and swelling. At the same time reduce stress and boost injury recovery.

 Rehydrate with one of our infused waters.

TERMS & CONDITIONS

Opening Hours

Spa	09:00am – 21:00pm
Monday – Sunday	
Indoor Pool	09:00am – 20:00pm
Monday – Sunday	
Spa Treatments	10:00am – 20:00pm
Monday – Sunday	
Heat & Water Experiences	09:00am – 21:00pm
Monday – Sunday	

Cancellation policy

Please allow 24 hours' notice of cancellation to avoid charges. Cancellations within 24 hours will incur 100% charge. A credit card number is required at the time of booking.

Digital disconnection

Our spa environment is one of tranquillity and we would appreciate it if you can turn off your mobile devices and secure them in your locker to respect all spa guests' right to privacy and serenity.

Spa Arrival

We recommend that you check in at Spa Reception at least 45 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and gives you ample time to visit the Spa's oasis of Heat and Water. Please understand that late arrivals will not receive an extension of scheduled treatments.

Age Requirement

All children under the age of 18 are welcome to use our 25-metre swimming pool when accompanied by a parent or guardian. The minimum age requirement for access to the spa and fitness centre is 14 when accompanied by a parent or guardian. For more information on our children's fitness and spa services please contact the spa via mocna-spa@mohg.com

Advanced Bookings

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available. Please provide The Spa Concierge with valid credit card information and contact details to secure the reservation. To book your appointment please call +30 27230 99000 or email at mocna-spa@mohg.com

Homecare

To continue your spa regimen at home, all spa products used in the treatments are available in our spa boutique, including lifestyle items and souvenirs..

Gift Cards

Our Gift Cards are an ideal gift and are available online at <http://www.mandarinoriental.com/gift-cards>



