



ORLOFF

SPA EXPERTS



ORLOFF SPA  
AT LIFE GALLERY



Welcome to Orloff spa at Life Gallery hotel & spa, surrounded by a luxuriant pine tree forest in the northern suburb of Athens.

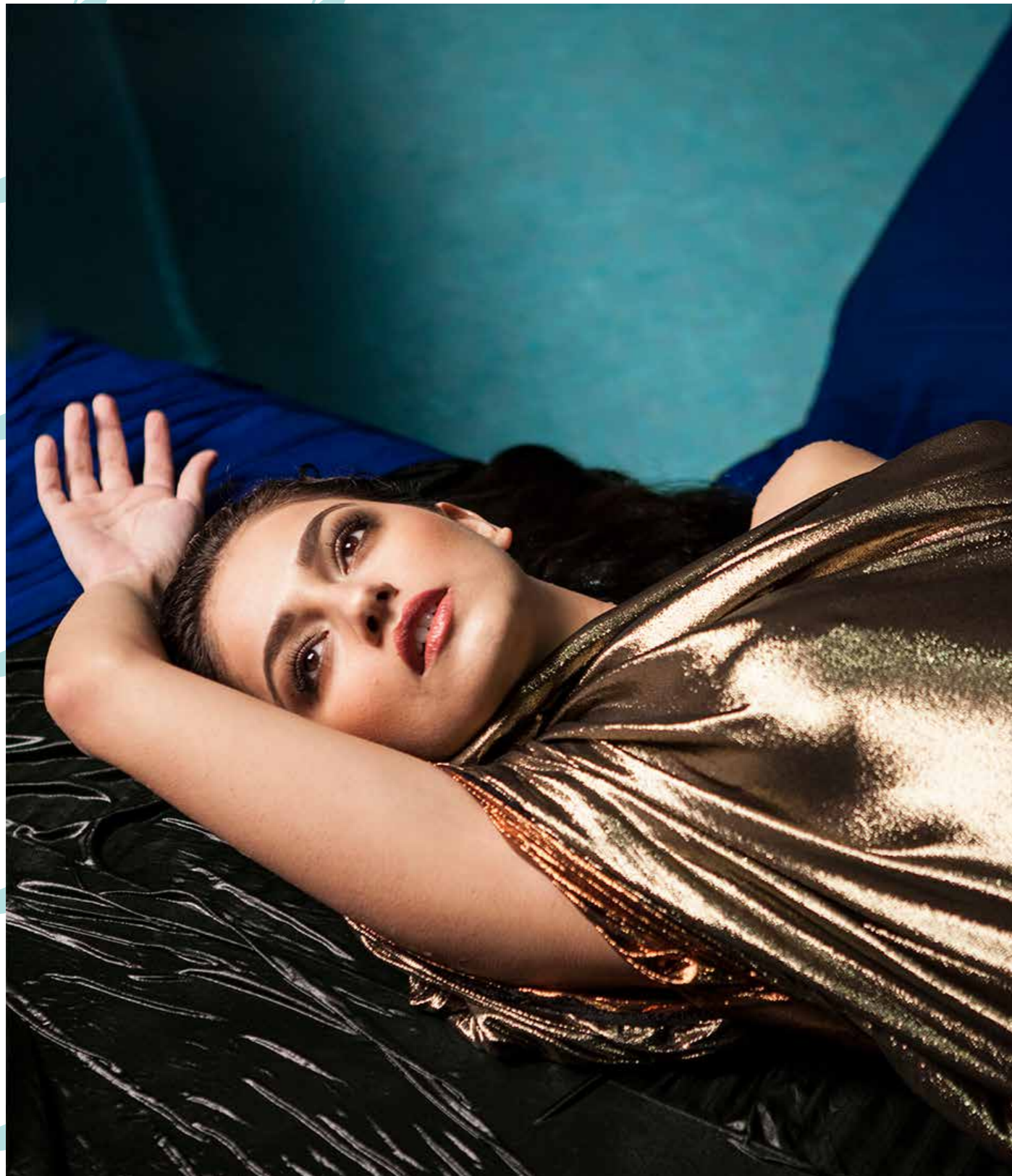
In the wet area, you will find a complete aquatic circuit with Vitality pool, hamam, sauna and shower path. The beautiful mosaic-walled and led-lighted hamam can accommodate up to six persons for an unforgettable Oriental Ritual of deep cleansing.

The spa experience is enhanced by the cozy atmosphere pervading treatment rooms with their heated mattresses, scented candles and original spa music.

After a treatment, you can unwind in the meditation room with view on tranquil pool waters and pine trees or discover our skin care and perfume collection to continue the spa experience at home.

We invite you to discover our genuine protocols from famous internationally-acclaimed brands, the Swiss expert of Cellular Rejuvenation Valmont and French spa leader Cinq Mondes.





# FACE TREATMENTS

## VALMONT MAJESTIC ELIXIR DES GLACIERS TREATMENT

This facial represents the ultimate refinement in skin care. It is an intensely nourishing, sculpting and rejuvenating care based on core Valmont ingredients allied to the quintessence of the beehive products. It includes a lifting and anti-wrinkle massage, the Japanese Ko-Bi-Do.

🕒  
100mn

€  
250€

## VITALITY OF THE GLACIERS (COLLAGEN MASK TREATMENT) BY VALMONT

A biological lift and deep moisturizing facial treatment with spectacular results based on the Swiss tradition of cellular rejuvenation. A patent, pure and domestic collagen mask that is used along with a special massage technique for the face, that smooths the fine lines while restoring the color, shine and softness of the skin.

1h30mn

135€

## INITIATION TO VALMONT SKIN-CARE PROGRAM

The session starts with a professional diagnosis of your skin leading to the choice of the most adapted treatment whether Hydrating, Purifying, Regenerating or Firming. Let yourself unwind in the hands of our beauticians who will initiate you to the magical world of Valmont facials.

1h

80€

## BRIGHTNESS OF ICE FACIAL BY VALMONT

For a skin as clear and pure as ice. Based on the Expert of light range, this facial works to clarify the complexion and improve the skin texture while providing overall anti-aging action.

1h

80€

## VALMONT EYE COLLAGEN TREATMENT

This facial renews and refreshes the skin thanks to the anti-stress mask Prime Renewing Pack combined with the application of a collagen mask on eye area to eliminate dark circles and puffiness.

1h

90€

## VALMONT BEAUTY FLASH

Initiation to the Valmont skin care method, this short facial allows you to discover the magical powers of the Prime Renewing Pack, the anti-stress mask.

40mn

60€

# BODY MASSAGE RITUALS BY Cinq Mondes



## RELAXING TRADITIONAL ORIENTAL MASSAGE

A totally relaxing massage based on traditional movements from North Africa with a variety of soothing and refreshing floral body sprays and the Huile de l'Orient Somptueuse ®.

🕒 €  
30mn/lh 60€/75€

## TONIFYING AYURVEDA MASSAGE

A rejuvenating and muscle stimulation massage following a thousand year old Indian ritual. This massage is performed with a special, warm Ayurveda oil, a mixture of Hindi oils, sesame oil, Boswelia oil and Neem Oil.

1h/80mn 80€/100€

## REVITALIZING & LIFTING INDIAN LEG MASSAGE

A tension relief leg massage given to improve circulation according to the Indian tradition of Ayurveda, it rejuvenates and soothes the tired feet.

30mn 60€

## BALINESE FULL BODY MASSAGE

Immerse in a world of tranquility performed with a traditional Tropical Nuts Melting balm according to an ancestral Ritual massage from Bali. This escape includes gentle Thai pulling and traditional stretching movements. Pleasant surprising head massage in a towel.

1h 90€

## SPECIAL POLYNESIAN SUBLIME MASSAGE

From a traditional formula from Tahiti with 100% organic ingredients and movements inspired by the Lomi-lomi massage, this treatment is the perfect treatment for the summer.

1h/80mn 90€/105€

## INDIAN HEAD MASSAGE Revitalizing & Lifting leg massage (BACK, NECK, ARMS, SCALP & FACE)

Inspired by the Ayurveda tradition, this massage relieves headaches and tension from the upper part of the body.

40mn 65€



**SCRUB COLLECTION BY CINQ MONDES**

With 20% discount when added to another treatment.

🕒 €  
30mn 50€

**PEAKS OF SLIMNESS - FULL BODY MASSAGE BY VALMONT**

A sculpting and detoxifying 60 minute body massage against cellulite and the orange peel effect, with anti-wrinkle and firming action due to a combination of gentle movements with respect to mature skin and the special, original palper-rouler movements ...

1h 95€

**MOMENTS OF RELAXATION SPECIALLY DESIGNED FOR MEN!**

Enjoy a back massage and a short facial cleansing treatment suitable for the needs of men's skin.

1h/ 80€

**DEEP TISSUE FULL BODY MASSAGE**

Deep muscular massage aimed at relieving tensions and releasing toxins to promote a better circulation and well-being.

75mn 100€

**ANCIENT - GREEK FULL BODY MASSAGE**

A genuine massage inspired by the healing tradition of Hippocrates. Exercising deep pressure, the Ancient-Greek Full Body Massage will replenish your entire body with energy and euphoria. This massage is also suitable for the preparation of athletes before a game.

70mn/90mn 95€/115€



**SPECIAL HONEYMOONERS PACKAGE FOR TWO**

150 minute Royal "Lulur" Ritual from the Kingdom of Siam. Based on a ritual for the wedding preparation of the princes and princesses of the Kingdom of Siam (Laos and Thailand), using tropical fruit & flower acids that reveal the glow of the skin.

- Use of hamam and sauna, vitality pool/ Jacuzzi - 30 minutes
- 30 minutes Scrub "Purée de Papaye"
- Enveloping Balinese full body massage - 60 minutes
- 30 minutes "Fleurs de Bali" ritual for the face

🕒  
2h30mn

€  
300€

**AYURVEDA RITUAL - JOURNEY TO INDIA**

• Use of hamam and sauna, vitality pool/ Jacuzzi - 30 minutes

- Aromatic scrub with spices 30 minutes
- Tonifying Ayurveda full body massage 1 hour

2h

125€

**ORIENTAL SPA RITUAL**

- Use of hamam and sauna, vitality pool/ Jacuzzi - 30 minutes
- Soaping with traditional black soap "Beldi" 30 minutes
- Relaxing Oriental full body massage 1 hour

2h

125€

**JAPANESE CEREMONY**

Combines a Back, neck and shoulders massage with the original firming and lifting Ko Bi Do massage treatment of the face by Cinq Mondes.

1h

95€

**SUMMER HOLISTIC RITUAL**

It combines a 30min Oriental full body massage with a 30 min Fleurs de Bali® facial ritual.

1h

95€

**INDIAN COUPLE PACKAGE FOR TWO**

The 40min Indian scalp massage takes place simultaneously on two people in one cabin.

40mn

98€

**DETOX & ANTI-JETLAG DAY PACKAGE**

- Use of sauna, hamam & vitality pool/ Jacuzzi -30 minutes
- 30 min Oriental body massage or 30 minute Indian foot massage

1h

70€



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## RESERVATIONS & SPA ETIQUETTE

For Orloff Spa at Life Gallery please call us at 211 1067456  
or email us at [lifegallery@orloffspa.gr](mailto:lifegallery@orloffspa.gr),  
or visit us at Life Gallery Hotel & Spa, Thiseos 103, Ekali, 14578 Athens, Greece.  
[www.orloffdayspa.gr](http://www.orloffdayspa.gr)

We gently recommend you to come 10mn in advance of your treatment. For your comfort, it is preferable not to wear jewelry and close your mobile phone on the spa premises. Reservations made through the telephone or email entitle us to ask for a 50% deposit in advance in order to confirm bookings.