



CALIOPE

A spa by Tropicana

PHYTOMER



Intro

In Greek Mythology the nine muses were considered the source of different elements of inspiration.
Calliope (= beautifully voiced) was the famous among the muses. She was the first inspiring Muse, who gifted mortals with inspiration. She also bestowed the gift of eloquence upon leaders, kings and princes. The muses dwelled on Mount Olympus, serving the gods!

We have created Calliope Spa as a temple for you to experience both mental and physical relaxation, allowing yourself to be inspired. From the moment you enter, you will be immersed in an atmosphere of tranquility, encouraged to let go of any stress.

Immerse yourself into a wellness experience, designed to accommodate your needs. A visit to Calliope Spa becomes an important part of your journey and helps you reunite with your spirit.

Calliope, the Muse of epic poetry, was believed to inspire great leaders and kings, embodying wisdom and nobility. Her name originates from the ancient word “Callos” (beauty).

Allow yourself to be inspired and surrender to relaxation with a selection of customized rejuvenating experiences, in collaboration with the renowned brand Phytomer.

Phytomer, with over 50 years of experience and clinical research, pioneers natural cosmetology, harnessing the power of the sea to rejuvenate and protect the skin. Using organic algae and innovative biotechnology, Phytomer creates high-quality, eco-friendly products, ensuring both sustainability and effectiveness.

PHYTOMER

Spa Rituals

Calliope Golden Ritual

COMPLETE WELLNESS
WITH THE POWER OF GOLD

Enjoy the ultimate beauty and wellness experience with our Golden Indulgence ritual. Enjoy a 24K gold-infused facial that revitalizes your skin, followed by a luxurious body treatment that hydrates and tones. Start your journey with 15 minutes in a sauna or steam room for deep detox and a further 15 minutes in a jacuzzi to relax and soothe your muscles—an all-in-one treatment that transforms both your body and mind.

Benefits: deep relaxation, hydration, metabolic boost

Duration: 120min // 155€



Tropicana Holistic Detox

DETOX, REJUVENATE & INDULGE

Immerse yourself in a luxurious treatment that combines our Marine Detox and Clear Skin Express therapies to detoxify, rejuvenate, and restore your radiance. Begin with a sauna or steam session to stimulate detoxification, followed by a soothing jacuzzi to boost circulation. Enjoy a specialized facial and body treatment that hydrates and revitalizes your skin, leaving it soft, clear, and luminous. Finish with a refreshing, vitamin-rich fruit salad for an unparalleled wellness experience.

Benefits: deep cellular detoxification

Duration: 150min // 180€





Body Treatments

Marine Scrub

EXQUISITE EXFOLIATION, SILKY FINISH

Elevate your skin's radiance with our express exfoliation treatment that combines sea crystals and nourishing oils with a rejuvenating massage! This beauty experience leaves your skin soft and silky, while offering the choice of enjoying the treatment with or without a shower. Surrender to this luxurious ritual and reveal your natural beauty!

Benefits: relaxation, hydration

Duration: 50m // 90€

Under the Sun

ULTIMATE REJUVENATION & WELLBEING FOR SENSITIVE SKIN

A luxurious treatment that soothes, hydrates, and relieves irritated skin, leaving it soft, supple, and radiant. It includes three wellness steps: Gentle cleansing with marine sponges, soothing gel mask, hydrating cream. The perfect choice for relaxation and renewal after a massage or sun exposure!

Benefits: hydration, radiance

Duration: 75min // 120€



Marine Detox Body Wrap

RENEWAL FOR BODY AND SOUL

Experience a full-body marine therapy that activates metabolism, detoxifies, and restores your skin's radiance and elasticity. This rejuvenating treatment stimulates circulation, contours your body, and promotes healthy skin. Immerse yourself in the essence of the sea, enjoying a relaxing massage for ultimate renewal and wellbeing.

Benefits: metabolic activation, detoxification
Duration: 75min // 130€

Golden Spa

GOLDEN REBIRTH FOR TIMELESS BEAUTY

Indulge in a unique body treatment that rejuvenates your skin and relaxes your body and mind. Enjoy an enzyme peel and mask with passion flower, Artemisia, and 24-karat gold pearls, hydrating, smoothing, and toning your skin. Completed with a soothing massage, this ritual imparts radiance, youthfulness, and beauty, celebrating the timeless art of skincare.
(Body peeling without a shower)

Benefits: holistic wellness, hydration
Duration: 75min // 125€

Happy Feet

WELLNESS AT YOUR FEET

Experience the ultimate complement to any body treatment. Let the therapeutic properties of warm marine mud envelop your feet, boosting lymphatic circulation and easing fatigue and aches. Indulge in this revitalizing treatment that promotes deep relaxation, leaving you with a profound sense of wellbeing and tranquility.

Benefits: enhanced lymphatic circulation, pain relief
Duration: 15min // 35€



Facial Treatments

Clear Skin Express

SKIN CLEANING TREATMENT

Reveal fresh, clear, and radiant skin with the Clear Skin Express treatment! A deep, personalized cleansing tailored to your skin's unique needs, effectively removes impurities and excess oil for an instantly refreshed and healthy-looking complexion. Give yourself the ultimate feeling of purity and glow - Let your skin breathe and glow!

Benefits: freshness, clarity
Duration: 40m // 75€

Glow Up

LUMINOUSLY RADIANT LOOK

Hydrate, rejuvenate, and detoxify your skin with a luxurious treatment that delivers instant softness and a radiant glow! A unique blend of flowers and goji berries, rich in vitamins and antioxidants, creates a gentle yet powerful skincare experience suitable for all skin types. Reveal your natural beauty with a nourishing ritual your skin will love!

Benefits: rejuvenation, détoxification
Duration: 60min // 90€

Expert Youth

WRINKLE CORRECTION TREATMENT

Restore your youthful glow with the ultimate anti-aging facial, infused with marine macromolecules and regenerative ingredients. It boosts collagen and elastin production, smoothing wrinkles and lifting facial contours. Your complexion becomes firmer, refreshed, and visibly younger, revealing the timeless rejuvenation of the sea.

Benefits: anti-aging, regeneration
Duration: 60m // 105€

Golden Collagen Booster

GOLDEN GLOW FOR TIMELESS BEAUTY

Discover luxury with the Golden Collagen Booster treatment, enriched with gold, hyaluronic acid, and precious actives. It reduces signs of aging, softens fine lines, and provides an instant glow. A unique skincare experience that enhances the beauty and elegance of your skin.

Benefits: radiance, revival
Duration: 60m // 100€

Men's Facial

BREATH NEW LIFE INTO YOUR SKIN

Revitalize your skin with our Detox & Oxygenation Treatment that transforms your daily skincare routine into a rejuvenating experience! This unique treatment smooths away signs of facial fatigue, providing deep hydration and soothing care for irritated skin. Perfect for men's skin, it leaves a silky finish and a burst of freshness that radiates your authentic energy.

Benefits: oxygenation, detoxification
Duration: 50m // 85€



Eye Perfection

RADIANCE SMOOTHING EYE TREATMENT

Elevate your gaze with our exclusive eye treatment! This complete, effective, and relaxing care reveals eyes that radiate youth and beauty, providing deep hydration and rejuvenation to delicate areas. Perfectly complementing any facial treatment, it enhances your natural glow and vibrancy.

Benefits: rejuvenation, hydration
Duration: 20m // 50€



Signature Massage

Oligomer Spa REVITALIZING MASSAGE

Experience the ultimate full-body signature massage by PHYTOMER, designed to recharge and restore your energy. Begin with an invigorating body scrub, followed by a relaxing massage that melts away tension. Powered by OLIGOMER®, this treatment replenishes minerals and strengthens the skin, leaving it smooth, refreshed, and revitalized for an unparalleled sense of relaxation.(Exfoliation without shower.)

Benefits: full body renewal, skin strengthening
Duration: 90min // 135€

Candle Melt Massage A WARM EMBRACE OF RELAXATION & INDULGENCE

In a serene, aromatic setting, warm candle wax melt onto your skin, combined with expert massage techniques to release muscle tension and ease stress. This indulgent ritual deeply soothes the senses, leaving your skin silky-soft, nourished, and glowing. A truly unforgettable experience of warmth and relaxation.

Benefits: tension relief, silky soft skin
Duration: 60min // 100€

Lava shells

THE WARM EMBRACE OF THE OCEAN FOR
ULTIMATE RELAXATION

Indulge in a tropical massage with real Pacific Ocean shells, designed to release muscle tension, calm your nervous system, and enhance circulation. The soothing warmth, rhythmic flow, and delicate aroma create a deeply relaxing and sensory-rich experience, leaving balanced, refreshed, and renewed.

Benefits: stress relief, muscle tension

Duration: 60min // 110 €

Aroma Massage

AROMATIC RELAXATION

A full-body and facial massage with pure apricot oil and aromatic herbal extracts, designed to relieve headaches, boost energy, and trigger endorphins—the hormones of happiness. A deeply soothing ritual that balances body and mind, leaving you refreshed and revitalized.

Benefits: headache relief, energy boost

Duration: 75m // 115€



Massage

Relaxing massage

SWEDISH TECHNIQUE

A classic full-body massage designed to relieve tension, improve circulation, and promote deep relaxation. Through long, flowing strokes and gentle kneading, it eases muscle stiffness and restores balance, leaving you refreshed, relaxed, and re-energized.

Benefits: improved circulation, relieve tension

Duration: 30m // 65€ - 60m // 95€ - 75m // 110€

Deep Tissue massage

MUSCLE RELEASE & RECOVERY

A powerful massage that releases deep-seated tension, relieves stiffness, and improves mobility. Using slow, firm pressure, it breaks down muscle knots, enhances circulation, and restores balance, leaving you strong, relaxed, and rejuvenated.

Benefits: improves mobility, relieves stiffness

Duration: 30m // 85€ - 60m // 110€ - 75m // 125€

Nails // Hair Salon

Upon - request

Classic manicure

Classic pedicure

Long lasting manicure

Long lasting pedicure

Cut down & Shape

Long lasting removal

Long lasting French

Classic French

Ladies' haircut

Mens' haircut

Head massage & Blowdry

Hair styling

Hair dye

Waxing

Upon - request

Eyebrow shaping

Upper lip

Bikini // Underarms

Full leg // Half leg

Arms // Back (men)

Spa Facilities

Relaxing in the Calliope Spa Calliope Spa

45,00 € per person

80,00 € per couple

Personal Training

Upon - request

Spa Etiquette

SPA ARRIVAL

We kindly ask that you arrive 15 minutes before your appointment to allow time to relax and complete a health questionnaire. This will help us personalize your spa experience and ensure the best possible service for all our guests.

If you arrive late, your treatment time may be shortened to avoid delays for the next guest.

ADVANCED BOOKINGS

To schedule the perfect treatment, please speak with our specialist spa reception team, who will guide you in making the best choice. To ensure availability of your preferred time and treatment, we highly recommend booking in advance.

Our therapists are highly trained to ensure your comfort and modesty at all times.

HEALTH CONDITIONS

Please inform us of any health conditions, allergies, or injuries that may affect your spa experience when making your reservation.

Please note that heat and water facilities are not recommended for pregnant women.

CANCELLATION POLICY

Cancellations made less than 4 hours before the appointment will incur a charge of 50% of the treatment value.

SPA ETIQUETTE

Our spa environment is designed for relaxation and tranquility. We kindly ask all guests to respect the privacy and serenity of others.

To maintain a peaceful atmosphere, the spa is a smoke-free and mobile phone-free zone. Please set your device to silent mode during your visit.

LOSS OR DAMAGE

We kindly ask you to store all valuables in your locker, as the spa cannot be held responsible for any lost, stolen, or damaged personal belongings.



TROPICANA

Hotel Suites & Villas

www.tropicanahotelmykonos.com