

MYTHICAL
COAST
WELLNESS RETREAT



Dive into the Secret of Mythical Coast Wellness Retreat Spa

We invite you to explore Mythical Coast Wellness Retreat, leading wellbeing destination spa hotel. Step away from your normal life and discover an unparalleled health and fitness retreat where the food, treatments, activities and facilities combine to create one of the world's ultimate healthy holidays.

A Signature Experience

YOUR WELLBEING
A JOURNEY TO HARMONIZE
MIND, BODY AND SPIRIT



Come to discover a healing philosophy which aims to both energize and balance you. Explore our spa and delve into our wellness programs to discover which treatments or program will suit you best.

Massages

Relaxing

Release the muscle aches and stress of the day with a relaxing massage of gentle pressure and slow movements.

Deep tissue

Strong pressure massage to relax the deeper layers of the body. Recommend to athletes and people familiar with vigorous kneading.

Aromatherapy

Through a range of premium essential oils we create a special experience that combines massage and aromatherapy.



Scrubs

Anti-toxin

Refreshing and moisturizing body scrub with pleasant aromas.

Signature

Using ingredients from the land of Lesbos such as olive oil, coarse salt and herbs we have created the ultimate recipe for deep cleansing and skin hydration.

Masks

Deep hydration

Nourishing fruity body butter for deep hydration and soft skin

Prevent age

The ideal choice for skin toning. Through a combination of mastic oil, honey and citrus fruits we achieve complete hydration and tightening of the skin.



Experiences

Mythical

Include in your vacation a mythical experience that includes a sauna, body scrub, relaxing massage with essential oils and a glass of wine from the vineyards of Lesvos.

Aegean

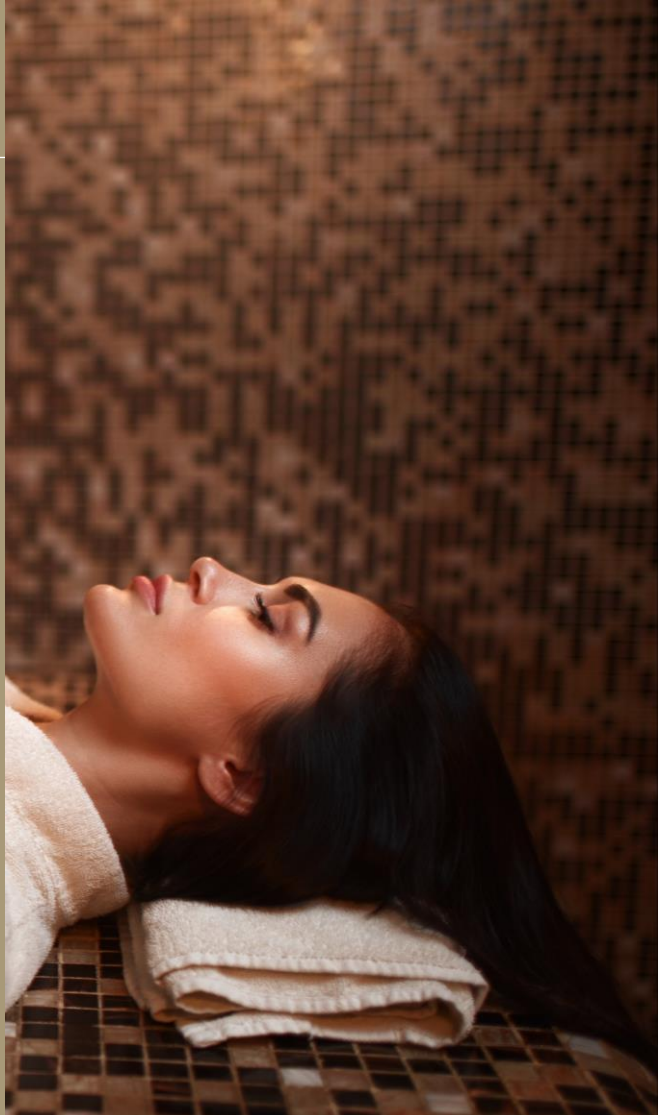
The Aegean experience begins with a hydrotherapy program in our specially designed pool, followed by a hammam with aromatherapy and ends with a relaxing massage. Then an anti toxin tea will be waiting for you in the hotel lounge.

Luxury

A half day experience that will be unforgettable! Sauna, relaxing massage, body mask and a full meal at our hotel restaurant will relax you both physically and mentally!

Hammam

The mythical coast spa has a state-of-the-art steam room with the possibility of aromatherapy. Allow the steam to draw toxins away from your body and infuse and hydrate it. You can also combine with our other services such as the massage, the scrub or the body mask.



Sauna

Exposure to controlled high heat will help increase blood flow throughout the body while relaxing tense muscles. Our staff will show you the correct use of the sauna by alternating between hot and cold.



Hydrotherapy

Specialized staff perform daily hydrotherapy programs in our specially designed pools. Include some water exercise in your vacation and it will give you a sense of health and well-being.