



KNOSSOS BEACH

BUNGALOWS SUITES RESORT & SPA  
CRETE

---

71 500 Kokkini Hani, Crete, Greece

T | +30 2810 761000 F | +30 2810 761610 | [kbspa@knossosbeach.gr](mailto:kbspa@knossosbeach.gr)

KB·SPA

## KB Spa Facilities

Reception area

Gym

Indoor heated swimming pool including:

Relax area

Showers

Shaped relax area inside the pool

Hydrotherapy with water cannons and waterfalls

Counter current swimming with adjustable water flow speed

Fully equipped dressing rooms for women, men and disabled

Hydrotherapy area including BioSauna and Tropical Rain zone

Boutique

Doctor's Office

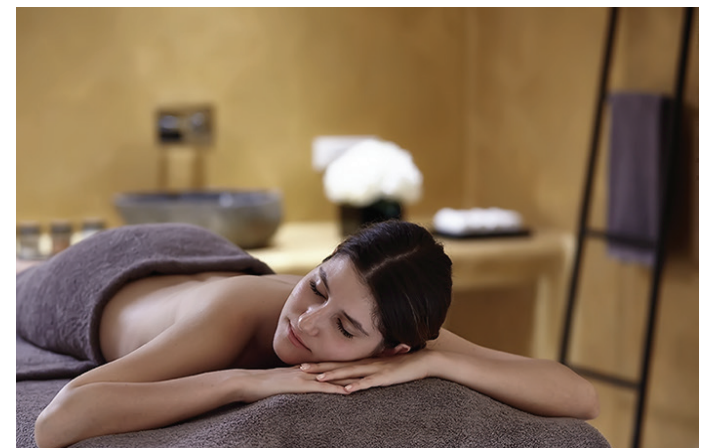
Relaxation area, in which hot and cold beverages are offered

**Hermes** | two-person therapy suite for facial, body and massage treatments, with private dressing room and showers

**Helios** | therapy suite for Thai massage

**Aigli** | therapy suite for facial, body and massage treatments, with private dressing room and shower

**Aithra** | therapy suite for facial, body, massage and hydrotherapy treatments, with private dressing room and shower.



## Hydrotherapy

---

### **Underwater mystery**

Duration: 20' – 28.00 €

Spring bouquet - Aromatherapy

Summer flavor - Color therapy

Autumn breeze - Hydromassage

Winder mist - Aeromassage

## Hydromassage

---

Water cannons

Duration: 10' – 15.00 €

Waterfalls

Duration: 10' – 15.00 €

Counter Current Swimming

Duration: 20' – 20.00 €

Swimming pool

Sauna & BioSauna

Duration: 20' – 25.00 €

Dry Sauna | Soft Sauna

---

---

---

All prices include VAT





**Massage with hot stones**

Duration: 50' – 85.00 €

Special massage with volcanic basalt stones.  
It offers harmony to mind, body and soul.

**Massage back-shoulders-neck- Scalp** Duration: 25'/45' – 45.00 € / € 70.00 €

Relaxing massage with herbal products and  
Cretan essential oils, particularly beneficial for the nervous system.

**Relax massage**

Duration: 50' – 80.00 €

Unique experience of relaxation and wellness.  
The combination of relaxing massage and essential oils works  
beneficially not only in the body but also in the soul.

**Deep Tissue Massage**

Duration: 50' – 95.00 €

He focuses his philosophy on the connection of bodily pain with soul  
and spirit. It aims at removing tension from the body.

**Shirodhara, Indian head massage, neck and shoulder** Duration: 50' – 95.00 €

Feel the relaxation, through the injection of warm  
essential oils into the energy points of your body.

**Aromatherapy Massage**

Duration: 50' – 80.00 €

An aromatic gift for body and spirit that combines the properties  
of Cretan essential oils with relaxing massage techniques.

**Legs & Feet Massage**

Duration: 25' – 45.00 €

Enjoy the application of therapeutic pressure on specific areas of the legs  
and feet, which correspond to the internal organs of the body,  
for a relaxing and curative effect

## Massage

---

**Lymphatic Massage** Duration: 25'/50' – 55.00 € / 80.00 €  
Decongesting and relieving the lymphatic system.  
Being applied to the whole body revitalizing it.

**Candles Massage** Duration: 50' – 85.00 €  
A unique relaxing experience with essential oils,  
which penetrating into the body through inhalation and massaging.

**Herbal Pouch Massage** Duration: 50' – 95.00 €  
The whole power of Cretan land in a linen pouch.  
All the healing properties of Cretan herbs activated through the essential oils.

**Thai Massage** Duration: 50'/80' – 95.00 € / 125.00 €  
The ancient art of Far East. Extensions and pressure  
aiming at elasticity, stimulation and relaxation of the body.

**Ayurvedic Massage** Duration: 80' – 125.00 €  
Ayurveda's medical science comes through the  
depths of the ages to harmonize body, mind and spirit.

## Massage for two

---

Enjoy a relaxing massage, or a massage of your choice,  
in the specially designed therapy suite for two people.  
Massage in your room  
Feel peaceful and relaxed in your personal space.  
Enjoy a therapy, a massage of your choice or a massage with  
Hydrotherapy. (Hydrotherapy takes place at hotel's Spa Suites).

## Facial Therapies

---

**Velvet Touch** Duration : 50' – 70.00 €  
Hydrate deeply your skin with the  
wild roses of the rocks.

**Olive Treasure** Duration : 50' – 75.00 €  
Complete anti-aging therapy, based on  
olive oil and dictumo.

**Phaedra** Duration : 50' – 70.00 €  
Detoxification and rejuvenation therapy  
with Cretan Spirulina and Aloe.

**Dictamo Grace** Duration : 50' – 70.00 €  
Nourishing and hydration from rare Cretan varieties.

**Penthesilea** Duration : 50' – 70.00 €  
Holistic therapy for brightness and luminosity.

**Rhea** Duration : 50' – 70.00 €  
A complete therapy for brighter and  
well-rested eyes.

**Erontas** Duration : 50' – 70.00 €  
The therapeutic touch of Erontas for oily skin.

**Cassiopeia** Duration : 50' – 70.00 €  
Dynamic rehabilitation therapy full of  
antioxidants, against free radicals.

**Dia Blue** Duration: 30' – 45.00 €  
Sun protection therapy for elastin and  
collagen maintenance.

**Iris** Duration: 50' – 75.00 €  
Deep skin cleansing therapy for  
natural glowing face.

## Body Therapies

---

### **Cretan Herbs Sense**

Exfoliating therapy with holistic products and Cretan herbs.

Duration: 30' – 50.00 €

### **Nymphs**

Therapeutic mask with Amanitis, Schinos and Blue clay.

Duration: 85' - 120.00 €

### **Ariadne Secret**

Holistic therapy for anti-aging and deep hydration.

Duration: 85' – 90.00 €

### **Sarandavotano - Ancient Spa**

The force of forty therapeutic wild Cretan herbs.

Duration: 110' - 130.00 €

### **Aretousa**

Effective firming therapy with carob.

Duration: 60' – 85.00 €

### **Clepsydra Body Sculpture**

Anti-cellulite therapy with Sage, Spirulina and Pomegranate.

Duration: 60' – 85.00 €

### **Creta Blossom**

Moisturizing therapy with oils from Cretan gardens.

Duration: 60' – 85.00 €

### **Chrysi Blue**

Hydration and regeneration with peach and organic aloe gel.

Duration: 50' – 85.00 €



## Children's Therapies

---

### **Karavaki**

Healing hydration for after sun exposure with organic Cretan Aloe.

Duration: 35' – 40.00 €

### **Cookie**

Relaxing therapy with organic carob syrup

Duration: 30' – 40.00 €