

# 40 RITUALS OF WELLNESS

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## A CYCLADIC RITUAL OF RENEWAL

Scrub & Massage 90 min / 350,00€

Wrap & Massage 90 min / 350,00€

Scrub & Wrap & Massage 120 min / 450,00€

This is a true “must-have” experience during your stay in Mykonos – a holistic ritual inspired by the sacred energy of Delos and the healing elements of the Aegean landscape. Using pure ingredients from the Cycladic land and Mediterranean nature, this ritual is designed to rejuvenate, energize, and regenerate tired skin while restoring inner balance.

The ritual begins with a natural body scrub made from Cycladic sea salt and pure Mykonian olive oil, delicately scented with lavender essential oil, to gently exfoliate and awaken the skin. It continues with a nourishing body wrap inspired by traditional Greek beauty rituals, blending fresh Cycladic yogurt and thyme honey to deeply hydrate, firm, and revitalize.

The experience concludes with a holistic full-body massage, performed with slow, flowing movements using warm Mykonian olive oil infused with dried orange and thyme essential oil – promoting circulation, relaxation, and radiant skin. A celebration of light, nature, and 40 years of authentic hospitality.

## CYCLADIC HERBAL COMPRESS RITUAL

50 minutes / 260,00 €

Inspired by traditional Greek herbal remedies and the timeless energy of Delos, this restorative ritual combines warm botanical compresses with deeply soothing massage techniques. Handcrafted cotton bundles filled with wild thyme, sage and oregano are gently steam-heated to release their natural aromatic oils. The warmth penetrates deeply into the muscles through slow, rhythmic pressure movements, easing tension and stimulating circulation. The ritual is completed with a flowing massage using warm Mykonian olive oil, leaving the body relaxed, detoxified and harmoniously balanced.

## KUNDALINI AWAKENING RITUAL

50 minutes / 270,00€

A deeply energising and restorative massage inspired by the ancient philosophy of Kundalini – the life force energy believed to reside at the base of the spine. Through slow, flowing movements, breath-synchronised touch and focused work along the back, spine and energy centres, this ritual helps release stored tension, awaken vitality and restore energetic balance. A transformative experience designed to reconnect body, breath and inner awareness.

## HOLISTIC ACUPRESSURE FACIAL

50 minutes / 280,00€

A deeply relaxing facial ritual inspired by traditional Eastern acupressure techniques and holistic wellness principles. Warm coconut oil prepares the skin before precise pressure movements are applied to key points on the face, neck and ears. Heated herbal compresses enhance circulation and encourage natural lymphatic drainage, helping to release facial tension and restore energetic balance. The treatment leaves the complexion visibly refreshed, features softened and the mind deeply calm

## LAUREL CROWN MASSAGE

30 minutes / 130,00€

A focused head and scalp ritual using warm laurel oil, inspired by the ancient Greek symbol of wisdom and longevity. Targeted movements across the head, temples and neck ease accumulated tension, quiet mental chatter and restore clarity. A grounding experience designed to rebalance the nervous system and invite lightness of mind.



## SCULPT BY GINKGO SPA EMS TRAINING

20 minutes / 150,00€

SCULPT by Ginkgo Spa introduces EMS training to Santa Marina Mykonos – a revolutionary full-body workout delivering visible, measurable results in just 20 minutes. Wearing a specialized suit, you perform a guided workout while gentle electrical impulses activate over 90% of your muscles simultaneously – far beyond what traditional exercise can achieve.

These low-frequency impulses mimic the body's natural signals, creating deep, effective muscle contractions that build strength, improve tone, and accelerate recovery. The result: a complete, high-performance session in the time it takes to have breakfast.

SCULPT is low-impact and joint-friendly, making it ideal for fitness, body sculpting, and rehabilitation. Each session is guided by a certified trainer and tailored to your goals. Available in 20-minute sessions at the Ginkgo Spa gym, your villa, or your yacht.

Feel the difference in 20 minutes.



## TENNIS EXPERIENCE AT SANTA MARINA

Elevate your wellness journey at Ginkgo Spa with a unique blend of fitness, nature, and luxury. Perfectly complement your spa experience with an energizing and refined tennis session. Nestled within the serene surroundings of Santa Marina, our exclusive tennis court offers a premium sporting experience for guests of all ages.

### OUR TENNIS SERVICES INCLUDE

- Private Tennis Coaching (All Levels)
- Premium Tennis Equipment Available
- Friendly Matches & Court Booking
- Junior & Family Tennis Sessions

Sessions are led by experienced tennis professionals, ensuring a tailored and high-quality experience for every guest.

### JUNIOR & FAMILY EXPERIENCE

Our junior sessions are thoughtfully designed for young guests, introducing the game in a fun, engaging, and safe environment. Family sessions offer a unique opportunity to share an active and memorable experience together.

### PRICING

Private Coaching: 60 minutes – €150 90 minutes – €220  
Additional pax (per person): €60 (60 min) / €85 (90 min)

Private Court Experience (without instructor): 60 minutes – €80 90 minutes – €120  
Including premium equipment

Junior sessions available (same rates apply)