



Porto Carras
GRAND ✦ RESORT

IDOLO
SPA MENU

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Our Philosophy

Welcome to Idolo Spa, a sanctuary of serenity and well-being shaped by our long-standing expertise in the world of wellness. With a deep understanding of the art of relaxation and rejuvenation, we have designed this spa menu as a refined collection of holistic treatments devoted to the care of body, mind, and spirit.

Each ritual is enhanced by the exceptional skincare line Germaine de Capuccini, a brand with decades of heritage in professional cosmetics, renowned for its effectiveness, innovation, and commitment to skin health. From revitalizing massages to luxurious face and body therapies, every experience at Idolo Spa is a journey crafted with precision, sensitivity, and passion, inviting you to rediscover balance, beauty, and inner peace.

Immerse yourself in a world where expertise meets elegance, and let us guide you through a timeless wellness experience.

WELLNESS WET EXPERIENCE

Immerse yourself in an atmosphere of pure tranquility, where warmth, steam, and water combine to create a deeply restorative experience. Gentle heat purifies and detoxifies, soothing the body and calming the mind, while revitalizing hydrotherapies release tension, stimulate circulation, and promote inner balance. A journey designed to renew energy, enhance well-being, and leave you in a state of complete serenity.

Explore our facilities

Daily use with reservation - 30 €

Enhance your spa experience by discovering our thoughtfully designed wellness facilities, each created to support relaxation, detoxification, and total well-being.

Heated Indoor Pool

Immerse yourself in warm, soothing waters that gently relax the muscles, ease tension, and promote circulation. Ideal before or after your treatment for complete body relaxation.

Sauna

Experience the purifying heat of our sauna, designed to stimulate detoxification, relieve muscle stiffness, and support overall wellness while promoting deep physical relaxation.

Steam Room

Allow the gentle steam to open the pores, cleanse the skin, and support respiratory comfort. The humid warmth helps soften muscles and calm the senses.

Heated Loungers

Unwind on ergonomically designed heated loungers that cradle the body in comforting warmth, encouraging deep relaxation and gradual recovery after your spa ritual.



FACIAL REJUVENATION

At Idolo Spa, facial care becomes an art, a seamless harmony of expertise and sensorial indulgence. A symphony of essential treatments where each ritual, powered by the renowned Germaine de Capuccini skincare line, blends nourishment, hydration, radiance, and age-defying renewal. Every experience is thoughtfully designed to restore balance, luminosity, and the timeless beauty of your skin.

SENSORY FACIALS

Royal Jelly

30min - 55€ / 50min - 90€

Experience the exceptional power of Royal Jelly, nature's precious elixir of vitality. This deeply nourishing treatment enhances skin resilience, restoring strength and balance while protecting against environmental stress. Your complexion is revitalized, luminous, and beautifully renewed—a true expression of radiant well-being.

* Bestseller

Detox & Balance

50min - 90€

An essential detoxifying treatment that gently removes impurities and refines skin texture while preserving its natural balance. Infused with purifying clay and a powerful enzymatic complex, it revitalizes dull, congested skin and restores fresh, radiant clarity. The result is a renewed complexion that breathes purity and balance.

Hydration Elixir

50min - 90€

Indulge your skin in deep hydration with our soft scrub, which gently exfoliates and removes impurities to reveal a smooth, radiant complexion. Followed by the nourishing Hydra System Facial Mask, your skin is replenished and revitalized, leaving it soft, supple, and glowing. Perfect for restoring moisture and achieving long-lasting hydration with the power of hyaluronic acid.

Glow Vit C+

75min - 130€

This energizing anti-ageing treatment is designed to counteract signs of fatigue and stress. Enriched with Pure Vitamin C, it brightens the complexion, evens skin tone, and provides exceptional antioxidant protection. For the first time, this treatment multiplies the effectiveness of Pure Vitamin C sixfold* through an exclusive patented HLG nanopolymer, which deeply nourishes skin cells and ensures the sustained release of active ingredients. The result is luminous, revitalized skin that feels firm, smooth, and radiantly healthy.

Global Anti-aging (On)

75min - 140€

An essential reinforcement for the face, this multi-sensory treatment delivers a comprehensive anti-ageing effect inspired by epigenetic science. Tailored to each skin's unique story, it targets the key factors responsible for ageing while enhancing firmness, radiance, and hydration. The ritual features a revitalizing massage performed with chilled spoons, followed by the application of an exclusive icy metallic mask, stimulating cellular renewal and leaving the skin visibly rejuvenated, smooth, and luminous.



A JOURNEY TO YOUR SENSES

Discover the art of relaxation with our exclusive massage therapies and special techniques. Each session is designed to release tension, improve circulation, and restore balance to both body and mind. Our expert therapists tailor every massage to your needs. Indulge in a journey of tranquility and leave feeling refreshed, rejuvenated, and completely renewed.

PREMIUM MESSAGES

Exclusive massages where every movement is adapted and personalized, guiding you toward mindful disconnection and transporting you to a state of pure calm.

Candle Light Ritual

50min - 90€ / 75min - 125€

An unforgettable full-body massage that nourishes and protects the skin with the natural benefits of olive, citrus, or lavender essences. The warm candle wax melts into a silky, aromatic oil, deeply hydrating and softening the skin. With medium to firm pressure and soothing, rhythmic strokes, this treatment melts away tension, awakens the senses, and transports you into a world of pure relaxation.

* Bestseller

Energizing Massage

50min - 90€/ 75min - 125€

A deep-pressure massage using specific techniques focused on trigger points to relieve muscle tension and stress, targeting the deeper layers of the muscles' connective tissue. Firm pressure applied with elbows and forearms loosens stiff muscles and joints, improving circulation. Perfect for those seeking relief from stress, fatigue, or physical exertion.

Body Restore

50min - 85€/ 75min - 115€

A unique sensory, medium- to firm-pressure Swedish massage based on almond oil. Through rhythmic and toning techniques, this treatment revitalizes muscles, enhances energy flow, and restores overall balance. The massage focuses on specific body areas where tension accumulates, according to your needs and preferences, such as the head, shoulders, back, and legs.



GERMAINIE DE CAPUCCINI
SPERIENCE

Zen Sensation

50min - 80€ / 75min - 105€

Experience deep relaxation with a light-pressure massage designed to quiet your inner voice. Special essential oils are blended using Actimood, a patented system that creates unique aromas to influence your mood. Scientifically validated through neuroscience, this treatment restores calm, balance, and a sense of well-being.

Volcanic Stones Serenity

75min - 140€

A deeply relaxing therapy that combines the healing power of heat with the art of touch. Smooth, warm volcanic stones are gently glided over the body to release muscle tension, stimulate circulation, and restore inner balance. The soothing warmth penetrates deep into the muscles, melting away stress and leaving you in a state of profound tranquility and well-being.



FLOW MESSAGES

Brief moments of well-being, tailored to your rhythm. Massages crafted to release tension or instantly recharge your energy.

Back, Neck & Shoulders

25min - 50€ / 45min - 80€

A focused treatment designed to ease built-up tension and melt away stress from the areas that need it most. Using gentle to deep pressure, this massage releases muscle tightness, improves circulation, and restores comfort and mobility, leaving you feeling light, relaxed, and renewed.

Heavenly Feet

25min - 55€

A soothing treatment that relaxes tired feet and revitalizes the body. Using gentle to medium pressure, this massage eases tension, stimulates circulation, and promotes overall relaxation. Infused with a specially formulated cream, it deeply nourishes, hydrates, and revitalizes the skin, leaving your feet feeling luxuriously soft, refreshed, and rejuvenated.

Scalp Ceremony

25min - 55€

A soothing head massage enriched with a blend of rich, original essential oils, designed to revitalize sensitive and irritated skin while alleviating headaches and migraines. This treatment promotes deep relaxation, provides comforting relief, and supports restful, restorative sleep.

Sculpt Silhouette

25min - 55€ / 40min - 85€

A targeted massage designed to tone, firm, and reshape the body. Specialized techniques stimulate circulation and support the reduction of stubborn fat deposits. Enhanced with an algae-based cream, it leaves the skin smoother, revitalized, and visibly more sculpted.

Mother's Bliss

40min - 80€

A gentle, nurturing massage for moms-to-be, using flowing techniques to ease tension in the back, neck, and shoulders. It enhances circulation, relieves discomfort, and promotes deep relaxation, leaving you feeling serene, balanced, and cared for throughout your pregnancy.

BODY BALANCE

Awaken your skin and restore body–mind harmony with our luxurious scrub and wrap therapies. Gentle exfoliation renews the skin's texture, while soothing massages and nourishing wraps deeply hydrate and comfort the body. Choose your favorite essence for a personalized experience that leaves your skin silky smooth and your body fully rejuvenated.

SCRUBS

Everlasting & Olive

25min - 50€

Inspired by the rhythmic movements of the Mediterranean Sea and the purifying rituals of Turkish hammams, this ancestral exfoliation and massage treatment, enriched with olive and everlasting flower, deeply cleanses, renews, and envelops you in a sense of total well-being.

* Bestseller

Baobab & Cacao

25min - 55€

Embark on a journey to the island of Madagascar with this gentle exfoliation that envelops the body in a nourishing embrace. Enriched with organic baobab oil and cocoa butter, it deeply hydrates and leaves the skin irresistibly silky and smooth — a sensory escape that pampers both body and mind.

Matcha Tea & Rice

25min - 45€

Purify your skin with this iconic, time-honored Asian-inspired treatment. Combining exfoliation and massage with ground rice, matcha tea, soy, and sesame, it delivers antioxidant-rich care that is as effective as it is indulgently pleasurable.

WRAPS

Mediterranean Olive Wrap

25min - 50€

Immerse yourself in a moisturizing and calming embrace inspired by the serenity of the Mediterranean Sea. The nourishing properties of olive oil and everlasting flower are combined with long, flowing massage movements that mirror the gentle rhythm of the waves. This luxurious body wrap leaves the skin soft, hydrated, and radiant.

*Ideal after sun exposure



OUR KIDS SPA EXPERIENCE

Our Kids and Parents Spa Experiences are designed to offer families a fun and relaxing way to enjoy special spa moments together. Children can safely experience gentle treatments alongside their parents, such as a soothing full-body massage or a soft facial treatment, turning wellness into a joyful and memorable family experience.

Joy for Children

25min - 40€

Our Children's Massage is a soothing and gentle experience tailored to your child's needs. Using age-appropriate techniques, our trained therapists create a calming environment where your little one can unwind and relax.

Mini Me Facial Treatment

25min - 40€

Our Kids' Facial is a gentle and enjoyable introduction to skincare, leaving the skin refreshed and nourished. Perfect for children aged 5–12, this quick treatment is designed to cleanse and soothe without overwhelming delicate skin.

Mommy/Daddy & Me Massage

25min - 85€

Unwind together with our Family Massage Experience. Whether you wish to relax after a busy day or simply enjoy quality pampering time, this tailored treatment is designed to soothe both parents and children in a calm and comforting environment.

*Massage with mum or dad, or for children together.



THE ART OF RITUALS

Our signature spa treatments represent the epitome of luxury and exclusivity in the world of wellness. These unique offerings define our spa's identity, blending local influences, holistic approaches, and innovative techniques to create an unparalleled experience. Each ritual goes beyond the ordinary, promising a journey of relaxation, rejuvenation, and holistic well-being.

Mediterranean Sunset Ritual

90min - 155€

Surrender to the magic of a Mediterranean sunset with this deeply soothing ritual. Inspired by ancestral techniques, this exfoliation and massage treatment, enriched with olive and everlasting flower, purifies, renews, and restores a profound sense of well-being. A gentle full-body massage melts away tension beneath the warm glow of aromatic candles, enveloping the senses in serenity.

Zen Ceremony

90min - 150€

Awaken your senses with woody and creamy notes that inspire balance and well-being. A body scrub gel enriched with matcha and exfoliating rice particles gently nourishes and renews the skin, leaving it soft, radiant, and infused with antioxidants. The experience continues with a prolonged full-body massage using a rich milk infused with soy, sesame, and rice, inspired by Asian beauty rituals. Its sumptuous texture allows for smooth, flowing movements, creating harmony for both body and mind.

Exotic Paradise

120min - 190€

Embark on an immersive journey inspired by the vibrant essence of the Amazon rainforest. This comprehensive full-body ritual combines exfoliation, therapeutic massage, and facial care in a harmonious treatment enriched with papaya, tagua, and passion fruit, blended with nourishing pataua and avocado oils. The result is deeply renewed, revitalized skin and a profound sense of balance and reconnection with the body's natural vitality and energy.*Massage with mum or dad, or for children together.



HOW TO SPA WITH US

Our spa experts are here for you for personalized recommendations or guidance on selecting the most suitable treatments, our Spa Experts are at your service. They will be pleased to provide any additional information regarding our rituals, as well as the professional products used in our treatments. All of these exclusive products are also available for purchase in our retail corner, allowing you to extend your spa experience at home.

Hours of Operation

Spa Facilities: 10:00 a.m. – 20:00 p.m.

Fitness Center: 8:00 a.m. – 10:00 p.m.

Reservations

Please contact the spa reception to book an appointment. We recommend making your reservation in advance to guarantee your preferred treatment and time.

Cancellation Policy

We understand that plans may change, and we will do our best to accommodate your needs. However, as all spa appointments are reserved in advance, we kindly ask that you inform us at least 24 hours prior to your scheduled time in case of cancellation or modification, free of charge.

Cancellations made 12–4 hours before the treatment time will incur a 50% charge of the treatment cost. Cancellations made within 4 hours of the appointment or in case of a no-show will incur a 100% charge of the treatment cost.

Before Your Arrival

As many spa treatments aim to improve blood circulation through specialized body-pressure techniques, we advise against consuming a heavy meal prior to your appointment; however, a light snack is acceptable. Alcohol consumption before any spa treatment is strictly prohibited.

We recommend that you do not bring valuables into the treatment room. The spa bears no responsibility for the loss of personal belongings. Please wear a bathing suit for treatments that include water elements.

Upon Your Arrival

Kindly arrive at least 15 minutes prior to your appointment. Late arrival will reduce the available time for your treatment and may affect its effectiveness and your overall experience.

This is your moment, and we want you to enjoy it to the fullest. Please inform us of any preferences regarding room temperature, pressure, or music. Your comfort and care are our highest priority.

During Your Stay

The spa is dedicated to maintaining an atmosphere of peace and tranquility. We kindly ask that you respect our environment of privacy and quiet by placing your mobile phone on flight mode during your visit. Smoking, alcohol consumption, and eating within the spa area are prohibited.

Pregnancy

Our catalog includes specially formulated treatments for women during pregnancy and for those who are nursing. Please allow our spa team to guide you in selecting the most suitable treatment during this special time.

Gift Cards

Gift vouchers are available for individual treatments, combinations of treatments, or home care products. They make an ideal gift to show care and appreciation to someone special. Gift vouchers are non-refundable and must be presented at the time of treatment or purchase.

Health Questions

Please inform us at the time of booking of any medical conditions or special requirements. This will allow our spa team to guide you in selecting the most appropriate treatments.

Before any treatment, you will be asked to complete a consultation form. We fully comply with the EU General Data Protection Regulation (GDPR).

Payment

Payment is completed prior to your treatment at the spa reception. All major credit cards are accepted.

Age Requirements

The spa is suitable for guests over 18 years of age. Children under the age of 16 must be accompanied by a parent or legal guardian.



Scan and Make
Your Online Reservation





idolospa.com