



RODOS PALLADIUM
LEISURE & WELLNESS

★★★★★

SENSATIONS
SPA





massages

Hot Stone Massage | 50'

Melt away stress as therapeutic natural hot stones glide over the skin and penetrate inner muscles to relieve pain, decrease tension and increase joint flexibility.

Full Body Massage | 50'

This gentle, relaxing full-body massage is a spa classic. Therapists adapt their technique to suit your personal needs while increasing circulation, relieving muscle tension and promoting relaxation.

Lymph Drainage Body Massage | 50'

A gentle massage designed to improve the natural circulation of lymph through the body. Lymph drainage uses a specific amount of pressure and rhythmic circular movements to stimulate lymph flow.

Prenatal Massage | 50'

This Mommy-to-be massage aims to relax tense muscles, ease sore spots, and improve circulation and mobility. Please check with your doctor before booking.

Aromaceane | 50'

Experience the deeply relaxing and uplifting experience of a custom aromatherapy journey designed to relieve stress and elevate mood levels using 100% pure therapeutic grade essential oils.

Deep Tissue Sport Massage | 50'

Alleviate soreness, stiffness and chronic tension with deep tissue healing therapies that target hidden muscle layers and connective tissues.

Reflexology Foot Treatment | 25'

This treatment stimulates reflex zones on the feet to improve full-body circulation, relieve aches and pains and promote overall relaxation and well-being.

Head/Neck & Shoulders Massage | 25'

A highly effective re-energising massage using pressure points around the head, neck and shoulders to alleviate stress in only 25 minutes.

Back Massage | 25'

Your therapist will take a tailored approach, combining massage techniques with deep tissue manipulation to help loosen and relax problematic muscles in your back, neck and shoulders.

Shirodhara Treatment | 45'

Shirodhara is a unique therapy where the guest lies down upon a massage table with their eyes covered. Then, a specially prepared warm herbal oil is poured in a thin steady stream through a spigot directly onto the forehead and sixth chakra. This blissful therapy purifies the mind, alleviates anxiety, reduces headaches and expands awareness. As the oil flows into the hair and on to the scalp, a gentle choreographed massage is performed in the head, neck and shoulders.





face treatments

Heart of the ocean

Experience true marine beauty with this signature algae facial, suitable for all skin types. Following the Discovery of the Sea welcome massage, unique brush cleanse and exfoliation, a mask of pure natural seaweed is applied to remineralise and revitalise the skin.

Spiruline Boost Smoothing Detoxifying Treatment

The marine shot for urban skin! Detoxifying treatment to refresh the features, recover a fresh complexion and smooth skin.

Silicium Marin Super Lift

This high-performance THALGO star treatment excels in correcting loss of firmness and smoothing pronounced wrinkles. At the heart of its protocol, a highly effective anti-wrinkle massage and a professional double mask firm, erase wrinkles and restore the complexion's luminosity.

Prodige Des Oceans Face Treatment

The ultimate high-regeneration beauty ritual, combining a patented cocktail of 64 marine nutrients with an anti-ageing massage inspired by Japanese techniques.

Hyalu-Procollagene Wrinkle Correcting Treatment

The first THALGO wrinkle-by-wrinkle treatment combining hyaluronic acids & marine pro-collagen using Roller Boosters, for visible effectiveness, from the 1st treatment



A woman is lying down, receiving a body treatment. Her eyes are closed, and a white flower is tucked behind her ear. A pair of hands is gently massaging her back. In the foreground, there is a wooden tray with a glass bottle of product, a bar of soap, and a lit candle.

body thalga treatments

Merveille Arctique | 70'

Discover the wonders of polar nature: immaculate white icy landscapes, hot water springs and underwater flora, to enjoy an exhilarating Spa experience. Abandon yourself to the benefits of age-old Nordic rituals, in which soothing warmth and reviving freshness alternate to relax the body and release tension.

Joyaux Atlantique | 70'

This energising massage is inspired by the benefits of lithotherapy and ancestral African techniques to intensely stimulate and invigorate the body. Rhythmic, enveloping and invigorating manoeuvres are combined with precious energising stones to recharge and re-energise the body. This Atlantic jewelry Ritual Thalga includes Gentle Exfoliation with pink sand mixed with white quartz crystals & energising African-inspired rock crystal massage

Îles Pacifique | 70'

For the space of a ritual, escape to the paradise islands of the Pacific and discover the inestimable riches of Polynesia from one stopover to the next: Exceptional wild atolls with idyllic landscapes, age-old rituals, protected marine fauna. Exotic Island Body Scrub with warm sand pouches inspired by the rocking movement of the waves for deep relaxation.

Indocéane | 80'

Using a selection of products from the complementary Thalga Indoceane range, the Indoceane Spa Ritual is an indulgent body treatment that's been designed to relax and unwind as well as leave skin healthy and glowing. A head-to-toe pampering experience, it combines classic massage techniques with exfoliation and a full body wrap to promote calmness as well as improved overall wellbeing.

Marine Prelude Scrub | 40'

Natural marine Dead Sea mud and sea salts, for detoxifying exfoliation paired with an intensely relaxing effect.

Integrative Slimming | 50'

Offering concentrated performance and effectiveness, this made-to-measure, zone-to-zone, professional slimming treatment combines Thalga cosmetic expertise with patented Body Palp technology (exclusive instrumental rolling method). A highly active hot/cold-effect double body wrap are combined with Body Palp to visibly resculpt your figure, smooth cellulite and firm and tone your skin.

Chrono Slimming | 50'

The "Thalassotherapy" body wrap by excellence, this 100% pure and natural, patented algae cream, rich in minerals, vitamins and trace elements, helps achieve a fit body and general revitalising.

The body is prepared for a slimming treatment or ready to face everyday stress.

WATER EXPERIENCES

RASUL
(2 PERSONS) – MUD THERAPY

RASUL
(1 PERSON) – MUD THERAPY

SPA DAY USE
(INDOOR SWIMMING POOL & JACUZZI & 60' STEAMBATH & 60' SAUNA)

STEAMBATH
(60 min for 1 PERSON)

SAUNA
(60 min for 1 PERSON)



MANICURE-PEDICURE FOOT TREATMENT

BASIC MANICURE

BASIC PEDICURE

SPA MANICURE

SPA PEDICURE

PERMANENT GEL COLOUR

NAIL POLISH

GEL REMOVE HANDS OR FEET

WAXING

FULL LEGS

THIGHS

HALF LEGS

BIKINI

CHEST

BACK

UNDER ARMS

UPPER LIP

EYE BROW

ARMS





PACKAGES-OFFERS

PACKAGES FOR TWO (25 + 25MIN)

2 X BACK MESSAGES

BACK MASSAGE & HEAD/NECK/SHOULDERS

MINI FACIAL & HEAD/NECK/ SHOULDER MESSAGES

MASSAGE PACKAGE

3 FULL BODY MASSAGE (50MIN) + 1 MASSAGE FREE

JET LAG RECOVERY PACKAGE (90MIN)

BODY PEELING • FULL BODY MASSAGE (50MIN) • THALGO MINI FACIAL • FOOT REFLEXOLOGY

COUPLE PACKAGE

COUPLE FULL BODY MASSAGE • RASUL (2 PERSONS)

THALGO SLIMMING PACKAGE

CHRONO SLIMMING • LYMPHATIC MASSAGE • INTEGRATIVE SLIMMING

FOR WOMEN

THALGO MINI FACIAL • SPA MANICURE • SPA PEDICURE

ENERGIZING PACKAGE

FULL BODY (50MIN) • HOT STONE MASSAGE (50MIN) • SPORT MASSAGE (50MIN)

OUR TEAM IS AT YOUR DISPOSAL TO CREATE YOUR OWN CUSTOM MADE PACKAGE ACCORDING TO YOUR NEEDS.
POLICY FOR MODIFICATIONS OR CANCELLATIONS OF APPOINTMENTS:
Appointments may be modified or cancelled free of charge no later than 24 hours before the booked date and time.
In any other case, 50% of the cost of the booked therapies will be charged to your room.
In case of no show, 100% of the cost of the booked therapies will be charged to your room.

YOU WILL FIND US NEXT TO THE INDOOR SWIMMING POOL

Open: MON - SUN 09:00h-19:00h

For reservations please dial 6579



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A MEMBER OF



HARMONY RESORTS

