

CAVE SPA

POWERED BY

CODAGE
PARIS



Kenshō Cave Spa is dedicated to your Skin, Body and Soul Wellness. Choose from a variety of facilities, including 2 treatment rooms, Hammam, Jacuzzi indoor pool, Tropical rain bed, Hair & Beauty Salon, Gym and Outdoor group classes. Following the Kensho philosophy, live an awakening experience and enter a world of rejuvenation for your senses and mood.

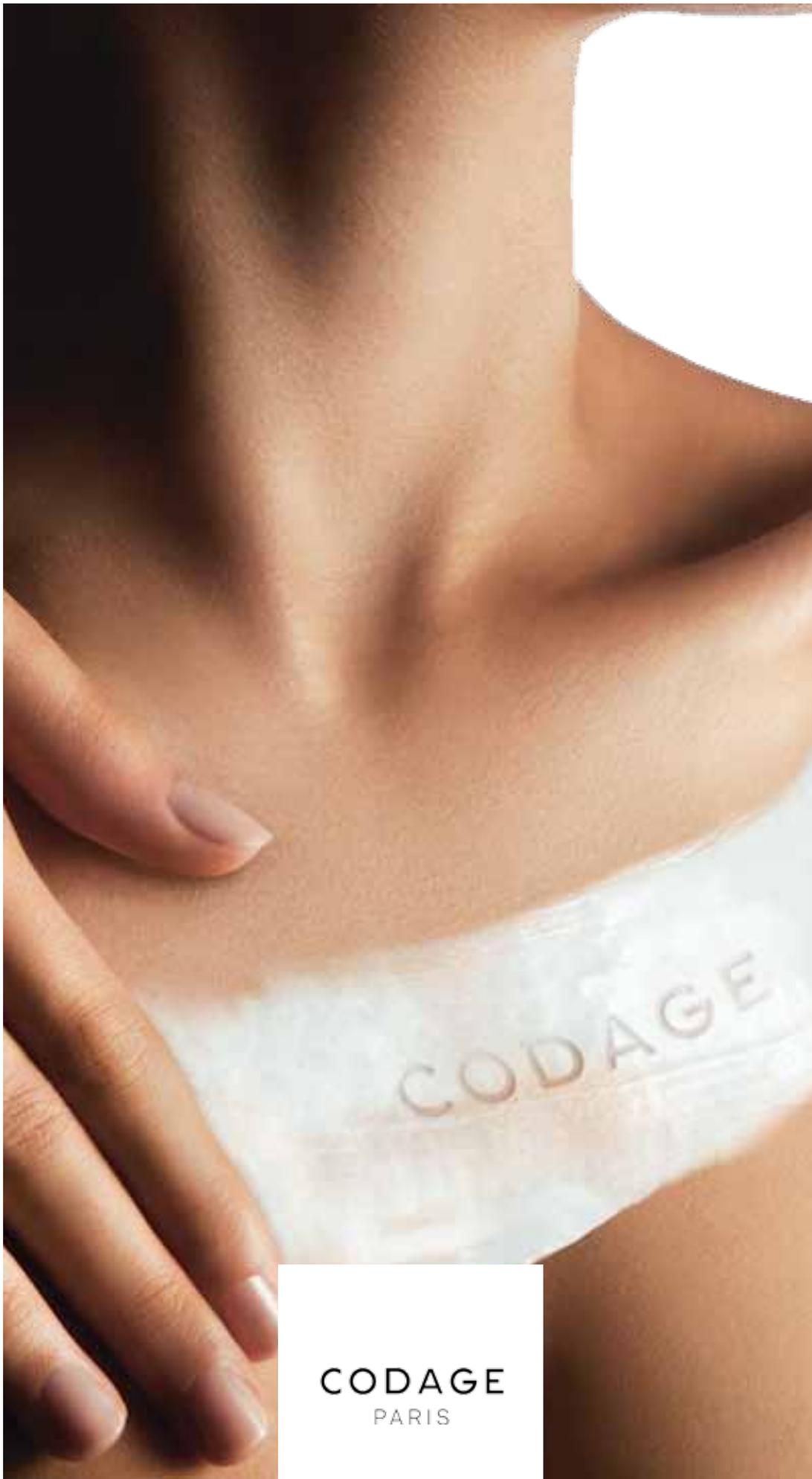
We have joined forces with CODAGE Paris, that have trained our team of Experts to offer you a unique method of custom treatments built around a program of expert Skin Nutrition and an ultra-personalised prescription of the most innovative active ingredients.

At Kenshō Cave Spa we have revived the dialogue practised between you and the Skin Expert, leading to a made-to-measure Spa Experience.



AWARDS

Crowned Best Hotel Spa Eastern Europe at the World Spa & Wellness Awards 2020



CODAGE MODERN SPA APOTHECARY

CODAGE is a French cosmetics brand founded in 2010 by Julien and Amandine Azencott, a brother and sister who grew up within a family of doctors, pharmacists and dermatologists. When they were little, they already used to enjoy concocting magic potions in the back room of their uncle's pharmacy. Many years later and after having worked in major cosmetic groups, they went on to develop cosmetics lines for dermatologists in the United States before finally creating their own skincare & Spa brand with just one goal in mind: to offer the best in active cosmetology in a targeted and personalized way.

Convinced that each skin is unique and thereby deserves its own particular treatment, they revive the dialogue practiced by the apothecaries of yore, when anyone could walk-in and discuss their way of life, needs and desires with an expert and in return be provided with a made-to-measure formula. They make thus the science of formulation accessible to enable anyone to understand and to be co-creator of one's skincare. A vision of cosmetics based on listening, advice and service to offer targeted solutions for the needs of each individual Skin.

The skin is a living organism that needs to be properly nourished. Its needs change every day and are influenced by seasons, your environment and your life rhythm. Every day, your skin deserves a specific and adapted nutrition.

For CODAGE formulation is an art, its aim beyond the aesthetic, to embrace health and well-being. CODAGE only creates clean formulations: no use of parabens, allergens, phthalates or other petrochemicals and does not test on animals.

CODAGE celebrates the uniqueness of each and all. It goes beyond flesh, moments and lives. CODAGE plays it straight, what goes into the products is for all to see; Simplicity and Involvement. Aesthetics inspire the sensuality in the CODAGE textures and the refinement of the preparations. VOGUE PARIS claims, "CODAGE is the ambassador of the new generation of the beauty made in France", and CODAGE is today largely endorsed by many influencers, celebrities and the most well-respected beauty editors around the globe.



**THE KENSHŌ
CAVE SIGNATURE
RITUALS**

The unique and artistic design of Our Spa Cave will make you feel you are in a real one, offering you moments of relaxation and rejuvenation. Indulge on our hi-tech sun beds with colour, sound and heat therapy, giving you all the benefits for a relaxed stay. These Signature Rituals are de-signed to transport you to a place of relaxation and pure rejuvenation.

CAVE EXPERIENCE 75MINS

30' Hammam
45' Dive into the cave (pool + beds)
90€

ADVENTUROUS HIMALAYAN RAIN BODY CLEANSE 90MINS

This body exfoliation treatment is designed to offer you pure bliss. Himalayan Salt Peeling is applied to detoxify and balance your skin, improve hydration and even out your tan or prepare you for a great sun bathe. You are then immersed to a cleansing water rain on our Tropical Spa Bed before enjoying a full body Relaxing Massage powered by a unique Waterlily Body Oil, rich in Vitamin D, that has the benefits of deeply nourishing and help target dry and aged skin, improving elasticity and radiance while softening and moisturising at the highest levels.

150€

AWAKENING LEMON SUGAR & MONOI BODY CLEANSE 90MINS

A true awakening experiences for the senses through this body exfoliation powered by a Lemon Sugar Scrub infused with organic crystals that remove dead skin cells whilst soothing and smoothing the skin on your body. You are then treated to a Full Body Massage with a Massage with a Monoi Massage Oil and Cream that has anti-inflammatory benefits with a delicate, luxurious scent. Your skin will be deeply hydrated and totally soft whilst your senses will be immersed into a world of tranquillity and calmness

150€

DETOX & CONTOURING CAVE EXPERIENCE, -90MINS

Enjoy a full-body scrub, infused with Sugar, Macademia and Shea Butter, that eliminates dead skin cells, refines skin texture, revitalizes and reawakens the skin. Particularly suited for those who wish to exalt the beauty of their skin. The ritual is rounded off by the personalized application of a concentrated Slimming & Drainage body milk in a massage that has a concentrated anti-cellulite action. A toning treatment that helps eliminate cellulite and reduces the "orange-skin" effect. The drainage-stimulating massage techniques promote cellular elimination and regeneration. This treatment stimulates the microcirculation for a true sensation of comfort and lightness.

170€



FACE COLLECTION

CODAGE FACIAL DESIGNER TREATMENT 55MINS

The Designer facial treatment responds to a precise skin type and need, regarding the selection of high performance CODAGE serums that we choose according to your skin needs.

During the treatment, each serum is applied with a specific protocol, which has been designed to reinforce the serum's action to guarantee maximum effectiveness. This treatment for the face, neck, décolleté and hands is the ultimate anti-aging experience. At once your complexion looks radiant, your skin visibly smoother, relaxed and regenerated.

The Designer Facial is customised between:

- Anti-Ageing • Lifting • Intense Moisturising • Anti-Shine
- Radiance • Anti-Dark Spots • Anti-Redness.

150€

CODAGE LIGHTENING PEELING FACIAL 45MINS

This treatment is specially dedicated for skin with dark spots and pigmentation needs.

A true highly exfoliating professional peel to smooth out skin texture, lighten the complexion and visibly fade dark spots for an even and radiant complexion.

- This Treatment is recommended to be done after 5pm to avoid immediate access to the sun.

130€

CODAGE BRIGHT EYES 15MINS

This eye-contour treatment targets all signs of skin ageing and erases traces of fatigue around the eye area. Dark circles are faded, puffiness is reduced and you will have brighter and visibly younger eyes.

55€

MEN

CODAGE RADIANCE FACIAL FOR MEN 45MINS

This treatment is specially dedicated to male skin that is dull and lacking radiance due to external environmental factors or every day shaving. An elixir of youth, bringing back energy to your skin cells, to help erase the signs of tiredness and give you vitality and lustre for your complexion.

100€

FACE THERAPY ADD-ONS

LED Mask - Light Therapy 60€

Bear Conditioning Treatment 40€

Mineral Make-Up Flawless Finish Look 30€



**EXPRESS
FACIAL STATION**

CODAGE CELLULAR WORKOUT FACIAL 30MINS

With Advanced Anti-Ageing techniques, this express lifting facial is designed to lift and contour your facial muscles. Using a Turbo Anti-Ageing cocktail of CODAGE Serums, we stimulate circulation and perform a lymphatic drainage massage for an express glow. This is an intense hydration workout for your face, that will bring back radiance and will leave you with plumped and healthy looking complexion in an instant.

80€

TURBO CHARGED EXPRESS LED ANTI-AGEING FACIAL 40MINS

Using the 'A'-list and Celebrity loved Déesse PRO LED Mask, in combination with a deeply hydrating mask we ensure that you get an instant glow on your face. A cocktail of Shea Butter, Baobab oil, Jojoba wax and Hyaluronic Acid is applied through the advanced CODAGE Moisturizing mask to intensely nourish and regenerate your skin. Then, the Red LED Light helps enhance the cell renewal cycle for an immediate boost of radiance and glow.

85€

PRE-BEACH GLOW 15MINS

This 15 minute facial protocol involves double-cleansing, and a deeply moisturising mask to get your skin ready to face the sun. We let you indulge in a speedy head massage whilst the Hyaluronic Acid Mask plumps your skin and we finish off with application of high Sun Protection to get you ready for the Beach. Your skin feels fresh, clean and super protected and you are ready to take on your Mykonos Beach Adventures.

55€

MASSAGE & BODY COLLECTION

CODAGE RELAXING MASSAGE 55MINS

A true source of stress-relief, this deep and enveloping massage soothes and relaxes for a moment of pure well-being. Tension is released and the skin is left nourished, deeply moisturized and incredibly soft. Using the CODAGE Relaxing Body Oil, that contains 100% pure plant extracts that help relieve stress and fatigue and leave body skin soft and satinsmooth. Aromatic essences of Macademia, Sweet Almond, Sesame and Apricot oil, in a blend of Geranium, Lavender, Amyris, Chamomile and Neroli Essential Oils deliver an overall feeling of wellbeing.

125€

CODAGE MUSCULAR RELIEF MASSAGE 55MINS

This massage deeply addresses all body's tensions. Relaxing, it instantly relieves and soothes muscle pains. Ideal for muscular recovery before or after sports, it activates blood circulation for a true sensation of comfort and well-being. Reveal a relaxed body and the best feeling of lightness you have ever felt.

135€

CODAGE HOT STONE MASSAGE TREATMENT 55MINS

The power of hot stones will help release any tension trapped in the muscles whilst reducing stress and anxiety. Our Hot Stones Massage promotes a healthier sleep and a boost on the immunity. Placing the stones on key points, the heat from the stones is deeply relaxing and helps warm up tight muscles allowing our therapist to apply a deeper pressure to those areas needed without causing discomfort.

150€

CODAGE SLIMMING & DRAINAGE MASSAGE 55MINS

This treatment provides a concentrated anti-cellulite action. The toning massage helps eliminate cellulite and reduces the "orange-skin" effect. The drainage-stimulating massage techniques promote cellular elimination and regeneration. This treatment stimulates the microcirculation for a true sensation of comfort and lightness. Using CODAGE Contouring Body oil that contains 100% Natural plant extracts that help eliminate toxins and stimulate skin to prevent sponginess in an exhilarating experience for tired muscles. A blend of Clary Sage, Ginger, Carrot Seeds, Cedar and Gaiac Essential Oils lock in moisture and convince your body surrender its toxins completely.

140€

CODAGE PREGNANCY MASSAGE 75MINS

A healthy way of reducing stress and promoting overall wellness. Our Pregnancy Massage relieves discomforts experienced during pregnancy such as backaches, leg cramps, headaches or swelling. This is a therapeutic workout that focuses on the special needs of mothers-to-be as the whole body goes through the dramatic changes of pregnancy. We enhance on the function of muscles and joints, improving circulation and general body tone, relieving any mental and physical fatigue.

Gentle but effective and performed with respect and care.

150€

CODAGE ANTI-STRESS BACK MASSAGE TREATMENT 25MINS

Focusing on the Back, Neck and Shoulders, this is a quick fix for tired muscles where you need it most, using relaxing blends of Essential oils we regulate the pressure applied and reveal a better version of you in 30 minutes.

75€

CODAGE HEAD & SCALP MASSAGE WITH HAIR OIL TREATMENT 25MINS

Our Head and Scalp Massage helps improve circulation of blood to the head and face and is designed to relax the mind as an effective stress reducer. Warm oil is massaged throughout the scalp working to relax tight muscles in the temple and neck regions. This treatment promotes a therapeutic action to the hair using an oil blend from Coconut, Sweet Almond, Baobab, Macademia, Apricot, Hazelnut, Grape Seed and Pomegranate. We recommend that you keep the hair oil on your head for at least one-hour post treatment, before you wash off, to ensure a deep therapeutic action.

80€

SPORTS MASSAGE 60MINS

Our Sports Massage isn't just for top athletes; We combine deep tissue massage techniques in a sequence of healing techniques for those that want to decrease muscle soreness, improve their flexibility and increase range of motion in their movement. Your body and mind will be prepared for optimal performance.

145€

CODAGE LUXURY SUGAR, MACADEMIA & SHEA BUTTER BODY SCRUB TREATMENT 45MINS

This full-body scrub, infused with Sugar, Macademia and Shea Butter, eliminates dead skin cells, refines skin texture, revitalizes and reawakens the skin. Particularly suited for those who wish to exalt the beauty of their skin. The treatment is rounded off by the personalized application of concentrated body milk that gives vitality to the skin. Reveal skin that is smoother and incredibly soft.

75€



SPA PAKCAGES

THE SLEEP RECOVERY 2HOURS

30' Hammam

30' Scrub

60' Relaxing Massage

Cave Experience with Hi-Tech Beds

250€

THE LOVERS SPA EXPERIENCE 2HOURS

30' Hammam

30' Radiance Facial

60' Full Body Massage of your choice

Cave Experience with Hi-Tech Beds

450€ (both)

DÉESSE PRO LED PHOTOTHERAPY MASK

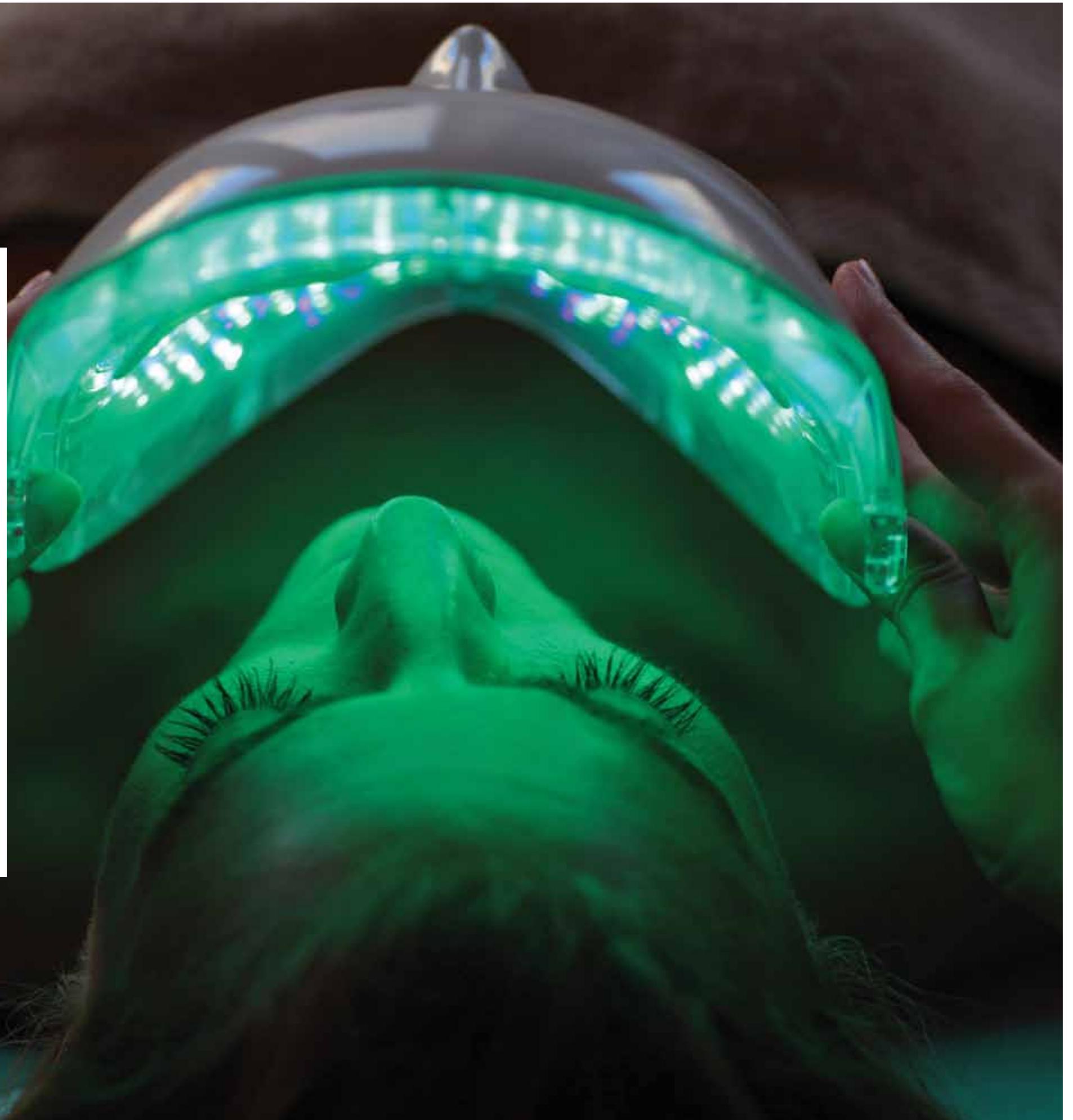
This is the market leader in LED Mask Design. The highest strength Mask LED Output that features a total of 770 LED lights. Using 5 variations to expose the skin to five clinically proven wavelengths of light, it stimulates natural cellular responses that lead to skin-rejuvenation, and the improvement of common problematic skin conditions. This is the original LED Mask that Hollywood Stars choose for their red carpet facials.

After a thorough skin consultation, we choose between the following modes:

- Anti-Ageing -
- Acne -
- Detoxifying -
- Pigmentation -
- Recovery -
- Rosacea -
- Inflammatory Acne -
- Congested Acne -

60€

(CAN BE ADDED TO ALL SPA THERAPIES)



HANDS & FEET

SPA MANICURE 45mins / 55€

With long lasting Weekly Nail polish: (additional charge 10€)

With Soak Off Gel: (additional charge 25€)

Removal of Soak-Off Gel Hands or Feet: 15€

SPA PEDICURE 75mins / 65€

With long lasting Weekly Nail polish: (additional charge 10€)

With Soak Off Gel: (additional charge 25€)

MAKE-UP

Beach Time Look with 100% Mineral Make-Up 50€

Mykonos Chic Night Diva 50€

Bridal Make-Up (with one rehearsal) 200€

HAIR

Hair Appointments upon Request

WAXING

Arm 40€

Bikini 50€

Bikini Line 30€

Underarm 25€

Upper lip 20€

Eyebrow Shaping 20€

Full leg 60€

Lower Leg 30€

Upper Leg 30€

Chest (men) 50€

Back 45€

FITNESS

Personal Training Session 60mins 120€

Personal Training Session with Spa Package

60 mins Personal Training

30 mins Muscle Release Back Massage

200€

YOGA & WELLNESS COACHING SESSIONS UPON REQUEST

HOW TO SPA

ONCE IN THE SPA

Please respect the privacy of other guests. Refrain from smoking or using mobile phone and cameras. We recommend you leave all valuables in your room. The Spa does not assume liability for any valuables.

HEALTH

Please make sure you let us know of any health concerns, allergies, injuries or recent operations.

THE EXPERIENCE

The Spa will provide towels, slippers and all amenities that are needed for your Spa visit.

RESERVATIONS

We recommend advanced booking to ensure your preferred times are available. The spa provides walk-in bookings based on availability. Plan to arrive at least 15 minute before your treatments to allow enough time for consultation. To make a spa reservation, please call the Spa Reception from your guest room.

GIFT CERTIFICATES

We offer Gift Certificates that make a wonderful gift for a special occasion. Please enquire with our Spa Reception for details.

AGE

The minimum age for Spa usage is 16. For any treatments booked for ages under 18, we will need a Parent's approval and Signature.

LATENESS & CANCELLATION POLICY

Your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We ask for a minimum of 6 hours' notice for cancellations. With fewer than 6 hours' notice you will be charged the full price.

IN-ROOM TREATMENTS

Many of our treatments can be performed in the comfort of your room. Please enquire at Spa Reception for details. There is an extra charge of 50€ for any Spa In-Room appointment.

POOL TREATMENTS

We offer a beautiful selection of mini treatments that can be enjoyed from the comfort of your Pool Bed. Please enquire at Spa Reception for details and bookings. There is a dedicated menu for these services.

SPA FOOD MENU

We have a carefully curated menu of anti-oxidant drinks and bites that can be consumed only in our Spa Reception or our Spa Cave (subject to availability), either before or after your treatment. These come at an extra cost and there is a dedicated menu at our Spa Reception.

SPA BOUTIQUE

A full selection of CODAGE products and Suncare products is available to purchase at the Spa Reception. Please ask for a complete Skin and Lifestyle Consultation to ensure you take with you the best at-home experience.

SAFETY & HYGIENE

We would like to reassure you that all protocols are being taken to ensure that your treatment is delivered to the highest standard of hygiene and safety.

WORKING HOURS

Opening hours: 10:00-20:00

Last treatment appointment: 19:00

**AT KENSHŌ CAVE SPA WE HAVE REVIVED THE
DIALOGUE PRACTISED BETWEEN YOU AND THE
SKIN EXPERT, LEADING TO A
MADE-TO-MEASURE SPA EXPERIENCE.**



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