

An architectural rendering of a modern wellness center at dusk. The building is a multi-level white structure with large open-air spaces. The upper level features a gym with treadmills and a lounge area with lounge chairs and umbrellas. The lower level is a large hall with a striped canopy and people working out. The building is set against a backdrop of a rocky hillside and a small town under a twilight sky.

Cali

WELLNESS

2025



THE ESSENCE OF WELLNESS

A Journey of Rejuvenation and Tranquility

At Cali, we offer a tranquil escape from the fast-paced lifestyle of Mykonos, allowing our guests to reset and recharge. Our holistic approach emphasizes mindfulness, presence, and the detachment of thoughts and mobile devices to foster self-care.

We collaborate with renowned wellness spa brands from Greece and beyond to provide high-end and results-oriented therapies tailored to meet the diverse needs of our guests.

Our menu showcases the Luxury Greek brand [Ariadne Athens](#), which utilizes premium Greek ingredients, the aesthetic and cosmetic brand [QMS](#) founded by Dr. Schulte, which addresses the root causes rather than symptoms, and [Wildsmith](#), a radical botanical brand that harnesses the power of science-backed plant extracts for skin health and well-being.



CONTACT OUR
SPA TEAM



SIGNATURE MASSAGE TREATMENTS

CALI SIGNATURE MASSAGE

85€ / 30min 155€ / 60min 185€ / 90min

A reviving full body massage applying firm pressure to release chronic muscle tension. Followed by pressure points and compression techniques to enhance flexibility and energy flow.

A complete massage that re-awakens the senses and induces a deep state of calm.

HEAD MASSAGE

85€ / 30min 155€ / 60min 185€ / 90min

A wide range of techniques focusing on the head, neck, and shoulders to help reduce stress and release tension in the upper body.

A deeply relaxing and soothing massage that stimulate nerves and blood vessels around the area.

DETOX MASSAGE

85€ / 30min 155€ / 60min 185€ / 90min

This treatment is designed to stimulate the lymphatic system. Using gentle rhythmic strokes to encourage the movement of the lymphatic fluid helping removing waste, toxins, and excess fluids from the body promoting detoxification and overall wellbeing.

It mainly focuses on the upper legs, glutes, hips, lower back and the abdomen with dry brushing techniques.

LYMPHATIC DRAINAGE MASSAGE

155€ / 60min 185€ / 90min

This massage encourages the drainage of lymph vessels, helping to move fluid away from a congested area towards healthy lymph nodes where it can be drained more effectively.

Removing waste and toxins from body tissues, offering reduction in swelling, bloat and puffiness. Feeling lighter and more energized after your treatment.

REFLEXOLOGY FOOT MASSAGE

125€ / 45min

Foot Reflexology involves applying pressure to specific points on the feet. It links to particular body parts and has multiple benefits, including reducing stress, aiding digestion, and promoting sound sleep.



BOOK YOUR
MESSAGE



CALI RITUALS

ONE MILLION NIGHTS

by Ariadne Athens

185€ / 1h 45min

An opulent body ritual infused with rare florals and precious elements, designed to soften, nourish, and envelop you in sensual luminosity from head to toe.

Treatment Steps:

- Gentle full-body exfoliation with One Million body scrub to smooth and refine the skin
- Deeply hydrating body mask for skin nourishment and glow
- Rose Quartz facial massage to relieve facial tension and promote inner calm
- Full-body massage using One Million Nights precious oil
- Finishing touch with our luxurious body butter for long-lasting softness and floral scent

Benefits: Intensely hydrates, improves skin texture, enhances radiance, and promotes deep emotional relaxation.

Ideal for: Dry or depleted skin, lack of glow, dullness, emotional fatigue, guests craving a luxurious and sensory-rich experience.

UNDER THE SUN

by Ariadne Athens

125€ / 45min

A soothing post-sun ritual that cools, hydrates, and restores sun-exposed skin while calming the body and replenishing its natural moisture barrier.

Treatment Steps:

- Application of seawater drops and acorn flour blend to calm and relieve inflammation
- Skin restoration with Greek yogurt to soothe and repair
- Healing treatment with water lily and aloe to enhance hydration and improve skin appearance
- Final nourishment to rebuild the skin's natural defenses and comfort

Benefits: Soothes irritation, replenishes hydration, and strengthens the skin after sun exposure.

Ideal for: Sunburned or heat-exposed skin, redness, inflammation, post-sun fatigue, and anyone needing gentle skin recovery.



BOOK YOUR
TREATMENT



JET LAG RECOVERY

by Ariadne Athens

165€ / 1h 20min

A revitalizing ritual designed to reset your body's natural rhythm, awaken the senses, and release post-travel fatigue through grounding touch, aromatic therapy, and skin-renewing care.

Treatment Steps:

- Invigorating mocha body scrub to exfoliate and smooth the skin
- Rejuvenating full-body massage to relieve tension and restore flow
- Targeted stretching techniques to release stiffness and fatigue
- Aromatherapy with citrus, spearmint, and grapefruit to uplift and stimulate circulation

Benefit: Revives energy levels, soothes travel fatigue, and restores natural body balance.

Ideal for: Jet lag, stress, muscle tension, disrupted sleep patterns, low energy after travel.

DELOS PEARLS

by Ariadne Athens

195€ / 1h 30min

A radiant head-to-toe ritual inspired by ancient Greek beauty, this indulgent treatment combines exfoliation, massage, and scalp therapy to restore serenity, awaken the senses, and leave the body glowing with goddess-like allure.

Treatment Steps:

- Traditional dry-brush exfoliation using a natural horsehair brush to smooth skin and stimulate circulation
- Restorative full-body anti-stress massage with fragrant Délos Oil
- Scalp massage with natural resin comb to deepen relaxation and ease mental tension
- Gentle hair brushing to enhance the sensory journey

Benefit: Softens and revitalizes the skin, releases deep physical tension, and induces full-body calm and radiance.

Ideal for: Stress and emotional fatigue, poor circulation, dull skin, mental overload, anyone craving deep restoration and feminine reconnection.



BOOK YOUR
TREATMENT



CERAMIDE SKIN REPAIR

by Wildsmith

195€ / 1h 30min

Perfect for dry, sensitive, or irritated skin, this treatment begins with a gentle full-body exfoliation to prepare the skin. Our Ceramide Repair Body Balm, enriched with Bioactive Ceramide Complex and Vitamin E, soothes and comforts with its balm-to-oil formula, restoring moisture and enhancing skin hydration.

Benefit: Restores moisture, enhances skin hydration, soothes dry, sensitive, or irritated skin.

Ideal for: Those seeking intensive hydration and relief for dry, sensitive, or irritated skin conditions.



NEW LIFE

by Wildsmith

155€ / 60min 185€ / 90min

A deeply restorative treatment tailored for expectant parents from the second trimester onwards. Expert massage techniques alleviate muscular pains while our nourishing essential oil-free body oil maintains skin hydration and promotes elasticity.

Benefit: Eases muscular pains, maintains skin hydration, promotes elasticity for expectant parents.

Ideal for: Expectant parents from the second trimester onwards seeking relaxation and relief from muscular discomfort.



BOOK YOUR
TREATMENT



SCRUBS AND WRAPS

by Ariadne Athens

WHITE ROSE PETALS BODY SCRUB

85€ / 30min

Allow the fine crystals of the body scrub to slough off any rough skin, while subtly scenting your extremities with the delicate aromas of warm and sophisticated roses. Following, indulge your skin in the lush, earthy aromas of jasmine and gardenia comprised in the nourishing body butter and feel your skin acquire a silky touch.

BRIGHT AND POLISHED

85€ / 30min

A full body exfoliation treatment, fast and invigorating, with the luxuriant captivating aromas of jasmine and gardenia. Delicate white sugar crystals softly remove dead skin cells, while promoting body circulation. As a result, the body's skin regains its elasticity and smoothness while obtaining a velvet touch with a fresh, radiant, healthy look. At the end, the delicate scented jasmine and gardenia body butter seals in all the moisture and nourishment.

MULTI-VITAMIN BODY WRAP

85€ / 30min

The invigorating multi vitamin Corfu mask offers the skin antioxidants, vitamins and protection while nourishing the skin in depth. The coconut body butter that completes the treatment enhances the mask's effect leaving the skin soft and supple.

SOOTHE MY SOUL BODY WRAP

85€ / 30min

Lavender together with multi beneficial yoghurt and Waterlily Gel, lush in the aroma of freshly cut watermelon, combined to soothe the body and soul. These relaxing aromas will travel your soul and senses to your childhood summer memories, while yoghurt mixed with aloe vera will soothe and relieve the skin offering the pampering it needs.



BOOK YOUR
TREATMENT



FACIAL TREATMENTS

by QMS

QMS
MEDICOSMETICS

COLLAGEN RESET FACIAL

185€ / 60min

Transform your skin with a reset facial that seamlessly integrates the core steps of QMS with targeted treatments. It addresses the root causes of skin imbalances, activates the skin with a hydrating cascade or provides deep nourishment for delicate skin.

Inspired by Dr Schulte's unique approach, the 4 prescription facials you can choose from focus on the 4 pillars of skin health: oxygen flow, collagen production, hydration, and cell turnover.

Benefits: Resets skin function while restoring hydration, clarity, and balance.

Ideal for: Dehydrated skin, lack of glow, first signs of aging, all skin types.

COLLAGEN REVIVE FACIAL

225€ / 90min

Designed to stimulate and regulate your skin's condition with a similar efficacy as a blood flow stimulation, all without invasive measures. The outcome is visibly brighter skin, showcasing a silky, soft texture that reinstates your natural healthy glow. It also goes further by addressing facial tensions, a potential source of fine lines and wrinkles. Facial muscle tension is released through a signature massage, boosting oxygen flow and overall skin vitality.

Benefits: Improves skin brightness, circulation, and texture for a visibly refreshed appearance.

Ideal for: Dullness, blemish-prone or depleted skin, early aging, dehydration.

COLLAGEN RESTORE FACIAL

285€ / 90min

This luxurious facial features an intensive collagen mask and sculpting massage to firm, hydrate, and redefine the skin. Feel the rejuvenating effects of our sculpt & define massage, meticulously crafted to elevate facial contours, and unveil a more youthful appearance.

Optional intra-oral massage adds a deeper layer of facial contouring and jaw release for complete rejuvenation.

Benefits: Delivers deep hydration and firming while redefining facial contours.

Ideal for: Loss of collagen, sagging, wrinkles, deep dehydration, reduced skin elasticity.

EYE REVIVER

55€ / 15min

Perfect for reviving tired and puffy eyes, this soothing treatment offers comprehensive rejuvenation for the delicate eye area. Combining massage techniques, it delivers profound hydration and it leaves the eye area nourished, refreshed, and remarkably smooth.



**BOOK YOUR
TREATMENT**



FACIAL TREATMENTS

by Ariadne Athens

PHOS FACIAL

165€ / 60min

Inspired by the golden glow of the Greek islands, this illuminating facial brightens, firms, and smooths the skin. A blend of wheat proteins, vitamin C, and botanical actives delivers radiant, youthful results.

Benefits: Evens skin tone, boosts collagen, and enhances natural luminosity.

Ideal for: Dull skin, uneven texture, early signs of aging, loss of firmness.

NEMA FACIAL

165€ / 60min

This revolutionary facial sculpts, lifts, and plumps the skin with patented Nema Sculpt Complex™, mimicking the effects of microcurrent technology. It delivers instant firming, deep hydration, and visible contour refinement for a naturally lifted look.

Benefits: Firms and redefines facial contours while deeply hydrating and smoothing wrinkles.

Ideal for: Sagging, fine lines, loss of elasticity, volume depletion, fatigued skin.

IRIDA EYE TREATMENT

85€ / 30min

A targeted eye ritual combining enzymatic peeling, crystal massage, and botanical formulas to brighten and restore. It smooths fine lines, reduces puffiness, and awakens the eye contour with hydration and glow.

Benefits: Revives and brightens the eye area with lifting and anti-fatigue effects.

Ideal for: Dark circles, puffiness, dehydration, fine lines, tired-looking eyes.



BOOK YOUR
TREATMENT



THE MESSAGES

MELTING SENSATION CANDLE MASSAGE

by Ariadne Athens

85€ / 30min 155€ / 60min 185€ / 90min

A sensual and soothing ritual where aromatic candle wax melts into warm, silky oil, enveloping the body in nourishing moisture and blissful calm. Perfect for letting go of tension and connecting with your senses.

Benefits: Deeply relaxes the body while softening and moisturizing the skin.

Ideal for: Emotional stress, nervous tension, dry or dull skin, sensory overload.

REBALANCING MASSAGE

by Wildsmith

85€ / 30min 155€ / 60min 185€ / 90min

A bespoke therapeutic massage using essential oil blends aligned to specific times of day. Drawing on slow, relaxing massage techniques to restore balance and harmony to the body whilst improving circulation, reducing muscular tension, alleviating stress and enhancing overall wellbeing.

Benefits: Enhances circulation and releases tension while harmonizing energy levels.

Ideal for: Fatigue, hormonal imbalance, anxiety, disrupted sleep, low mood.

CIRCADIAN RHYTHM MASSAGE

by Wildsmith

85€ / 30min 155€ / 60min 185€ / 90min

Aligned to the time of day, this specialized massage enhances the benefits of essential oil blends. Working around the body in a clockwise rotation, a flowing and comprehensive full body massage is expertly adapted tailoring pressure to your needs - bringing harmony and restoration to mind and body.

Benefits: Realigns natural biorhythms and promotes deep physical and emotional restoration.

Ideal for: Jet lag, sleep disturbances, fatigue.

MUSCLE RECOVERY MASSAGE

by Wildsmith

85€ / 30min 155€ / 60min 185€ / 90min

An unscripted form of bodywork targeting deeper layers of muscles and connective tissues. Incorporating deliberate strokes, focused pressure and stretching techniques to dissolve tension, ease muscle fatigue and stimulate circulation, creating a sense of relief to the physical body.

Benefits: Alleviates muscle soreness and enhances post-exertion recovery.

Ideal for: Sore muscles, physical tension, post-workout fatigue, stiffness.



BOOK YOUR
MESSAGE



ADD-ONS

RADIANT FACE

85€ / 30min

A deeply hydrating and glow-boosting facial that gently exfoliates and nourishes the skin with Wild Rose oil for instant luminosity.

Benefits: Smooths and brightens the skin while delivering essential hydration and anti-aging nourishment..

Ideal for: Dull or dehydrated skin, early signs of aging, uneven texture, lack of glow.

LIGHT LEGS RELIEF MASSAGE

85€ / 30min

An invigorating leg ritual combining cooling scrubs, antioxidant-rich mask, and hydrating massage to revive and refresh tired legs.

Benefits: Stimulates circulation, reduces puffiness, and deeply hydrates while leaving legs smooth and revitalized.

Ideal for: Heavy legs, water retention, poor circulation, post-travel fatigue, dry or flaky skin.



CONTACT OUR
SPA TEAM



SPA RESERVATIONS

For spa enquiries or reservations, please contact the spa reception directly. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We advise storing all jewelry and valuables in your room safe before visiting the spa. Please note, the spa team cannot be held responsible for any loss of valuables or jewelry on spa premises.

ARRIVAL

Please arrive 15 minutes prior to your scheduled treatment to complete a brief health assessment form.

CONSULTATION

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

CANCELLATIONS

Kindly provide at least five hours' notice for individual treatments to avoid a 50% charge. Failure to attend your appointment will result in a full treatment charge.

DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa.

CHILDREN

Young guests, 12 to 18 years old, are welcome to enjoy a selection of treatments under the supervision of a guardian. Children younger than 12 years old are not permitted in the spa.



HOURS OF OPERATION:

10am to 7pm

Last appointment at 6pm

TO BOOK:

WHATSAPP [+30 6974 787 901](https://wa.me/306974787901)

EMAIL spa@calimykonos.com