

40
RITUALS
OF WELLNESS



GINKGOSPA

40

RITUALS OF WELLNESS

A CYCLADIC RITUAL OF RENEWAL

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

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

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

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

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.

RESERVATIONS & INFORMATION

Spa Reception

spamykonos@santa-marina.gr

Advance booking is recommended.

Cancellations must be made at least 12 hours in advance to avoid full charge.

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