



SPA &  
WELLNESS  
MENU



BATH HOUSE  
THE BYZANTINE HAMMAM



## PHILOSOPHY

Welcome to Bath House Acro, a sanctuary of Cretan well-being, where ancient bathing rituals and nature's rhythm restore balance. Designed with pure natural materials - stone, wood, and earth - our space reflects the raw beauty of Crete's landscapes.

Our treatments embrace purification, renewal, and serenity. The elements that work in harmony to detoxify, restore, and awaken the senses.

Here, time slows. Let the warmth of water and the touch of stone reconnect you with wellness in its purest form.

### The Sacred Bath: A Ritual of Renewal

In ancient Crete, where nature and the divine were inseparable, there existed stone-carved bathhouses, sacred spaces dedicated to the cleansing of both body and spirit. The Minoans believed that water was a gift from the gods, a living force that purified, healed, and connected mortals to the celestial realm.

Within these sanctuaries, steam infused with wild herbs filled the air, while warm water embraced the body, dissolving tension and restoring balance. Olive oil, the "liquid gold" of the land, was gently massaged into the skin, and the fragrant essence of dittany and lavender awakened the senses. This was more than a bath; it was a ritual of renewal, a moment where time stood still, and the energy of the island worked its quiet magic.

Today, this ancient wisdom lives on. Our Bathhouse offers a modern take on timeless rituals, where our skilled therapists use ancient techniques in all our treatments to envelop you in warmth and the soothing properties of carefully selected elements, fostering deep relaxation and rejuvenation. Let yourself surrender to the ritual and emerge renewed.

### Our Offerings

In collaboration with Omorovicza, Maroc Maroc, and Dr. Barbara Sturm, we have crafted a selection of exquisite rituals that honor time-honored traditions while embracing the finest in modern skincare innovation.

From the mineral-rich formulations of Omorovicza, drawn from the healing thermal waters of Hungary, to the Moroccan heritage of Maroc Maroc, infused with the sacred oils and aromatic elixirs of the Maghreb, and the cutting-edge cellular regeneration of Dr. Barbara Sturm, our treatments weave together science and nature in perfect harmony.

Every touch, every scent, every carefully chosen element works in unison to replenish vitality and elevate your well-being to its most radiant state.

**Heremia - Grounding Massage Ritual**  
60min | 140€

A harmonious fusion of touch, where ancient healing traditions intertwine with modern refinement. This Omorovicza Bespoke Ritual combines deep, fluid movements with Omorovicza's signature massage techniques to melt away tension, restore equilibrium, and awaken inner vitality. Designed to soothe the nervous system and enhance circulation this ritual is a transformative journey leaving you revitalized, luminous, and renewed.

**Sōlise - Radiance Revive Treatment**  
50min | 100€

Surrender to the warm, golden glow of the Paillettes d'Ambre candle. Melted wax transforms into a silken elixir, cascading over the skin as hypnotic, circular movements unravel tension. The air swirls with notes of amber, guiding you into a state of pure serenity.

**Elexia - Ceremonial Massage Ritual**  
75min | 130€

A sacred dance of scent and sensation. The body is enveloped in the richness of Onguent d'Argan, a velvety balm infused with nourishing argan oil. A gentle exfoliation with Miel d'Ambre awakens the senses, preparing the skin to receive the full embrace of this indulgent, restorative ritual.

**Terra Petra - Heated Stones Ritual**  
75min | 160€

A grounding massage where smooth, heated stones, infused with Moroccan aromas, melt away tension with their comforting warmth. The pulse of the earth meets the rhythm of your body, easing muscle tightness, enhancing circulation, and inviting a profound sense of calm.

**Phéa - Purifying Massage Ritual**  
60min | 210€ , 90min | 315€

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. By concentrating on lymphatic-drainage techniques, it manipulates lymph nodes and lymphatic vessels to increase their activity and promote the flow of lymph fluid. Compared to traditional massage, the pressure applied with manual lymphatic drainage techniques is much lower in intensity, yet powerful in its effects.

**Váthos - A ritual of depth and release**  
30min | 80€, 60min | 160€

Rooted in therapeutic mastery, this powerful massage targets deep-seated tension, unlocking energy pathways and restoring flow. Using trigger-point therapy, it soothes inflammation, reawakens circulation, and breathes new life into weary muscles. Ideal after an intense workout or whenever the body calls for deep renewal.





## FACIAL TREATMENTS

### The Gold Hydra - Lifting Skin Ritual 60min | 210€

A deeply restorative ritual, this replenishing facial is the ultimate remedy for dry or depleted skin, addressing concerns of firmness and elasticity. The Gold Hydralifting Facial harnesses the fortifying power of colloidal gold, a potent anti-inflammatory that strengthens and repairs the skin's barrier, unveiling a firmer, more youthful complexion. Featuring Omorovicza's signature Hungarian Facial Massage, this treatment stimulates cell renewal and boosts collagen production, delivering an instant lifting and firming effect. Emerge with rejuvenated skin, exuding a luminous, radiant glow.

### The Blue Diamond Skin Ritual 60min | 200€

Infused with the cell-energizing power of diamond peptides, this revitalizing facial is the ultimate remedy for dull, sensitive, and fatigued skin. Designed to restore the skin's vitality, it reawakens its youthful function, enhancing radiance and firmness. The treatment features Omorovicza's signature Hungarian Facial Massage, stimulating cell renewal and collagen production for an instantly lifted and sculpted effect. Emerge with renewed, luminous skin, exuding a youthful brilliance.

### Avéna Ritual 30min | 100€

A swift yet transformative ritual, designed for those who move with the rhythm of life yet seek moments of renewal. This facial awakens the skin through an invigorating variation of our Omorovicza Facial Massage, where sculpting strokes lift, contour, and encourage a natural flow of radiance. Infused with the clinically proven and patented Healing Concentrate™, this elixir of regeneration nourishes at the deepest level, firming, soothing, and unveiling a complexion that glows with effortless vitality.

### Anessia Ritual 75min | 120€

A ceremonial ode to timeless beauty, this rejuvenating ritual begins with a deep facial cleanse, preparing the skin for renewal. From the soothing embrace of a foot bath to a full-body and cranial massage, every touch is designed to harmonize and restore. A signature experience that transcends the ordinary, leaving body and spirit utterly replenished.

### Orphéa Ritual 60min | 100€

A gentle embrace of warmth begins with smooth, heated stones, melting away tension before a sumptuous Grains de Lumière scrub polishes the skin to perfection. This exquisite prelude readies the body for the deeply purifying Terre du Désert rhassoul mask, drawing out impurities and restoring balance. As a final indulgence, the skin is enveloped in the nourishing touch of Richesse d'Arganier, leaving it hydrated, silky, and radiant.

## High-Tech Facials By Dr. Barbara Sturm

### STURMGLOW™ by Dr Barbara Sturm 60min | 225€

This radiance-boosting facial deeply cleanses, nourishes, and revitalizes the skin, restoring its natural luminosity. Infused with light-reflecting pigments, GLOW DROPS enhance the skin's brilliance, promoting a youthful glow while evening out the complexion for a flawless, illuminated finish.

### Anti-Pigmentation by Dr Barbara Sturm 60min | 225€

A luminous awakening for the skin, this targeted facial works to brighten, balance, and restore. Designed to reduce the appearance of hyperpigmentation and refine skin tone, it combats oxidative stress—the hidden force behind premature aging and dark spots. Infused with potent hydrating and rejuvenating ingredients, this treatment deeply nourishes, enhances skin vitality, and unveils a radiant, even, and illuminated complexion.

## ADD-ON TO ANY FACIAL

### Luminous Eye Ritual 15min | 25€

Cooling Dermglobes gently soothe and refresh the delicate eye contour, reducing puffiness and reviving radiance for a brighter, more awakened gaze.

### Sacred Scalp Ritual 30min | 40€

A blissful enhancement designed to melt away stress and awaken the senses. This ritual begins with acupressure techniques, easing tension from the neck and head while infusing the hair with essential minerals and nourishing oils. A cooling menthol and moor mud mask deeply purifies the scalp, followed by a soothing neck and shoulder massage, leaving you refreshed, balanced, and completely restored.

### PureLift™ Pro 10min | 20€

Elevate your facial experience with this non-invasive technology, expertly designed to revitalize fatigued facial muscles, boost collagen production, and enhance skin tone and firmness for a more sculpted, youthful appearance.



## OUR CURATED COLLECTION

A collection of immersive spa ceremonies designed to awaken, restore, and transform. Each ritual is a harmonious fusion of ancestral wisdom, sensorial indulgence, and high-performance actives, delivering profound relaxation and visible renewal. Inspired by sacred traditions from around the world, these treatments invite you to surrender to the art of rejuvenation, nourishment, and pure well-being. Indulge in a journey where therapeutic touch, precious ingredients, and time-honored techniques come together to create an experience that lingers far beyond the treatment room.

### Ouséa - The Essence of Renewal 80min | 220€

A moment of pure indulgence, where time slows and the senses awaken. This luxurious ceremony envelops the body in sumptuous textures and exquisite aromas, while powerful nourishing and reparative actives work to restore radiance and revitalize the skin, unveiling a youthful glow and deep serenity.

### Opulence - The Moor Mud Immersion 120min | 220€

A transformative journey for both face and body, this detoxifying ritual harnesses the legendary power of Hungary's postbiotic Moor Mud, sourced from the mineral-rich Lake Hévíz. Rich in fulvic and humic acids, this ancient remedy works in harmony with the skin's microbiome, purifying, refining texture, and deeply hydrating while delivering an unparalleled sensory experience.

### Tekmida – Energy flow Ritual 60min | 100€

Rooted in Moroccan heritage, this deeply restorative treatment draws inspiration from the authentic Tekmida ritual, performed with warm towels to release tension and restore energy flow. The journey begins with a revitalizing exfoliation using Grains de Lumière and Miel d'Ambre, followed by a lavish infusion of nourishment with Onguent d'Argan, leaving the skin silken, replenished, and deeply renewed.

### Acro - Signature Ritual 90min | 160€

A head-to-toe revitalization, seamlessly blending Omorovicza's Signature full-body massage with the sculpting techniques of maderotherapy. This ritual is completed with the iconic Avéna Ritual, offering a profound sense of renewal and balance, invigorating the body, mind, and spirit.

## THE BATH HOUSE SACRED JOURNEYS

Since antiquity, Bathhouses have been sanctuaries of cleansing, renewal, and connection. Inspired by the grand thermae of ancient Greece, these rituals harness the purifying power of water, steam, and mineral-rich treatments to restore both body and spirit.

Our rituals offer a journey of exfoliation, deep nourishment, and relaxation, honoring the timeless art of bathing in a modern, indulgent way. Step into a realm where purification meets tranquility, and emerge renewed.

### Nous – The Essence of Clarity 60min | 130€

A journey into the heart of Moroccan tradition, this purifying ritual begins with the Kessa glove and Miel d'Ambre exfoliating body balm, delivering an intense yet indulgent scrub. The experience is completed with a full-body cleansing using Infusion d'Orange, infused with orange blossom extract, leaving the skin silky-smooth and the senses enveloped in warmth.

### Sōma - The Essence of Body and Beyond 90min | 160€

An extended Hammam experience, layered with nourishment and indulgence. Building upon the Escape Hammam, this ritual concludes with deep hydration, where the body is enveloped in the luxurious Roses de Sucre body cream, restoring moisture and radiance to the skin for an utterly decadent finish.

### Anima – The Essence of Vital Energy 120min | 190€

The pinnacle of Hammam rituals, this experience blends MarocMaroc's most treasured techniques and products for complete well-being and relaxation. After a purifying Hammam, the journey continues with a ceremonial massage, melting away tension and leaving the skin luminous, the body weightless, and the spirit fully restored.

### Ethos – The Essence of Well - Being 90min | 160€

Inspired by the legendary healing waters of Lake Hévíz, this ritual harnesses the curative power of Hungarian Moor Mud, rich in essential minerals and bioactive elements. The body is enveloped in this detoxifying and remineralizing mud wrap, allowing its transformative properties to restore balance, draw out impurities, and deeply nourish the skin.



## BODY SOLUTIONS

Rooted in the wisdom of ancient traditions and enhanced by modern techniques, our body treatments are crafted to restore balance, rejuvenate the senses, and nurture overall well-being. Guided by the expertise of our skilled therapists, each experience is thoughtfully tailored, blending time-honored rituals with contemporary healing methodologies drawn from diverse cultures across the world.

### Opis – A Detoxifying Polish 20min | 60€

A deeply purifying and revitalizing scrub, this treatment features the exfoliating power of Miel d'Ambre, cleansing the skin of impurities and toxins while infusing it with nourishing and hydrating ingredients. Silky-soft, radiant skin, glowing with renewed vitality.

### Rhea - A Delicate Hydration Ceremony 40min | 80€

A lavish hydration ritual, this wrap indulges the skin with Roses de Sucre, a rich rose-infused cream that deeply nourishes and soothes. The result is beautifully hydrated, velvety-soft skin cocooned in lasting comfort.

### Sao - Illuminate and Renew 60min | 140€

A luxurious full-body ritual, this treatment combines gold extracts and sugar crystals to gently exfoliate, heal, and rejuvenate the skin. The experience is elevated with the soothing energy of rose quartz stones, while specialized gripping massage techniques enhance circulation. A final touch of ylang-ylang-infused oil enriched with gold particles leaves the body illuminated, nourished, and enveloped in radiance.



## HOLISTIC WELLNESS

### The Art of Healing

Holistic therapies focus on the connection between the body, mind, and spirit, aiming to restore balance and enhance overall well-being. Rooted in ancient traditions, these treatments harness the power of touch, energy work, and natural elements to promote deep relaxation, detoxification, and renewal. Each therapy is carefully designed to revitalize the body, calm the mind, and restore inner harmony, offering a transformative wellness experience.

### Ayurvedic Massage 60min | 180€

A traditional Indian healing therapy that utilizes warm medicinal oils such as sesame, coconut, almond, or olive to promote detoxification. This restorative treatment deeply nourishes the skin, enhances circulation, strengthens muscles, and soothes the mind. Offered as a full-body experience or targeted treatments focusing on the back, legs, head, feet, stomach, chest, arms, or hands.

### Shiro Abhyanga (Ayurvedic Head Massage) 30min | 100€

A deeply restorative head massage designed to invigorate the scalp, promote hair growth, and induce a sense of calm.

Using nourishing medicinal oils, this therapy enhances circulation and relaxation. For optimal absorption, it is recommended to wait at least an hour before washing the hair. Not suitable for individuals with hypertension or cardiovascular conditions.

### Thai Massage 60min | 120€ , 90min | 160€

A dynamic fusion of deep pressure, assisted stretching, and energy work, traditionally performed on a futon (passive yoga) or adapted to a massage table with or without oil. This therapeutic practice enhances flexibility, stimulates circulation, and promotes emotional release. Not recommended for individuals with heart conditions, arthritis, osteoporosis, or recent fractures.

### Thai Foot Massage 30min | 90€

A treatment focusing on pressure points in the feet to improve circulation, release tension, and restore energy flow.

### Thai Facial Massage 30min | 90€

Targeting facial muscles, jaw tension and neck stiffness while promoting relaxation and mental clarity.



## BESPOKE RETREATS

### Elixir Retreat - 1 Day Retreat 240€

Reconnect with nature's restorative power in this indulgent 1-day wellness experience. Begin your journey with the Nous Bath House Ritual (90'), where the soothing warmth of steam and aromatic essences deeply relax your muscles, preparing your skin for ultimate rejuvenation. The ritual is followed by the Anessia Ritual (75'), a luxurious body therapy that uses the nourishing properties of cactus extracts to hydrate, nourish, and renew your skin, leaving you glowing and deeply nourished.

### Amara Retreat - 2 Day Retreat 380€

This two-day experience is perfect for couples seeking relaxation and connection. **1st Day:** Begin with the Anima – The Essence of Vital Energy Ritual (120'), a soothing journey that incorporates traditional techniques to cleanse and rejuvenate the body, preparing you for total relaxation.

**2nd Day:** Treat yourself and your partner to a Sōlise - Radiance Revive Massage (60') that uses warm, aromatic oils to melt away tension and promote deep relaxation. Follow this with Avéna Ritual (30'), a quick but effective facial that refreshes and rejuvenates your skin.

### Dysis Renewal - 3 Day Retreat 650€

A deeply restorative 3-day detox program designed to refresh and renew your body and mind.

**1st Day:** Start with the Acro Signature Ritual (90'), a full-body treatment designed to invigorate and restore balance. This energizing ritual combines exfoliation, soothing oils, and therapeutic techniques to revive your senses and promote healthy circulation.

**2nd Day:** Indulge in a Phéa Purifying Massage Ritual (90'), designed to detoxify, sculpt, and tone the body. This deep tissue massage focuses on improving lymphatic flow, reducing bloating, and promoting overall vitality.

**3rd Day:** Wrap up your detox journey with the Opulence Moor Mud Immersion (90'), a detoxifying treatment that uses a mineral-rich mud wrap to draw out impurities, leaving your skin nourished and revitalized.



### Mneme Mindful Escape - 5 Day Retreat 750€

This comprehensive 5-day package is designed to rejuvenate and balance the body, mind, and spirit, leaving you with radiant skin and a sense of well-being.

**1st Day:** Begin with the Sao - Illuminate and Renew (60'), a luxurious experience that uses rich oils and exfoliating techniques to deeply hydrate and nourish your skin, leaving it silky smooth and glowing.

**2nd Day:** Relax with the Heremia - Grounding Massage Ritual (60'), a therapeutic massage that incorporates the healing properties of Omorovicza products to restore balance and enhance circulation.

**3rd Day:** Experience the Anima – The Essence of Vital Energy (120') to deeply relax and purify your body, with traditional cleansing techniques designed to leave you feeling completely rejuvenated.

**4th Day:** Indulge in a Spa Manicure and Pedicure, designed to pamper and refresh your hands and feet with luxurious treatments, including exfoliation, hydration, and polish.

**5th Day:** Complete your transformation with the Anti-Pigmentation by Dr. Barbara Sturm (60'), a targeted facial treatment designed to reduce pigmentation and brighten the complexion, leaving your skin flawless and radiant.

#### Additional Amenities:

Enjoy full access to the Jacuzzi, Sauna, and Sea View Outdoor Relaxation Pool throughout the day. After your treatments, unwind in the serene relaxation area with a refreshing glass of Prosecco and savor artisanal Cretan treats, completing your day of tranquility and indulgence.



## FINISHING TOUCHES

Seaside A Lifestyle Resort, our sister property, features a chic Hair and Nail Salon located next to Acro Suites, offering professional hairstyling and grooming services.

<b>Men's Haircut</b>   Hairwash, Haircut, Styling	30€
<b>Beard Treatment</b>   Neck Trim, Beard Trim	15€
<b>Women's Haircut</b>   Hairwash, Haircut, Styling, Straight	50€
<b>Hairstyling</b>   Short, Mid, Long	30€ - 70€
<b>Wash N' Dry</b>	20€
<b>Braids</b>   French, Dutch (Inverted French)	25€ - 50€
<b>Haircolor</b>   All over solid tone from root to tip	50€ - 80€
<b>Color Retouch</b>   Color application only on the hair's regrowth	45€
<b>Root Bleach</b>	60€
<b>Highlights</b>	60€ - 80€
<b>Balayage</b>   Short, Mid, Long	100€ - 160€
<b>Toner</b>	30€ - 40€
<b>Hair Mask</b>	15€
<b>Hair Treatment</b>	25€ - 35€
BRAZILIAN - POWER SHOCK - HAIR BOTOX	
For deep moisturizing & smoothing. Gives strength & nutrition to your hair, leaving them silky & shiny	

## MANI-PEDI

<b>Spa Manicure / Pedicure</b>	30€ - 35€
<b>Long Lasting Manicure / Pedicure</b>	40€ - 45€
<b>Polish Only / Remove Long Lasting</b>	15€

## WAXING

<b>Eyebrow Shaping</b>	15€
<b>Upper lip</b>	10€
<b>Bikini / Underarms</b>	20€
<b>Full Legs / Half Legs</b>	40€ - 25€
<b>Arms / Back (Men)</b>	25€ - 30€
<b>Brow lamination</b>	35€
<b>Lash Lift</b>	40€

## OPENING TIMES

10:00 am to 6:00 pm

## WELLNESS SERVICES OVERVIEW

The Bath House offers transformative experiences through specialized therapies and expert treatments. Spanning 600 square meters, it features a variety of wellness areas designed for ultimate relaxation and rejuvenation:

- Authentic Hammam with a double treatment room
- Outdoor Terrace with a refreshing swimming pool
- Indoor Plunge Pool and relaxation area
- Two Holistic Treatment Rooms for personalized therapies
- Fitness Studio equipped with a Pilates Reformer
- Eco-Friendly Yoga and Movement Shala
- Hair and Nail Salon for beauty and grooming services
- Changing and Locker Rooms for your convenience
- Sauna for deep relaxation and detoxification

Each area has been carefully crafted to provide a peaceful sanctuary where body and mind can experience true balance.

## BATH HOUSE REMINDERS

**HOURS OF OPERATION:** Open daily from 10:00 to 18:00

**ARRIVAL INFORMATION:** Please arrive 15 minutes before your appointment to complete a Wellness questionnaire.

**PEACEFUL ENVIRONMENT:** To ensure the comfort and privacy of all guests, the use of mobile phones, photography, and filming is prohibited in and around the Bath House

**SPECIAL CONSIDERATIONS :** Many treatments can be adapted to accommodate pregnancy or injury. Please contact the Bath House with any queries and inform staff of any medical or health concerns.

## CANCELLATION POLICY

Cancellations must be made at least 4 hours in advance. If the cancellation is made within 4 hours of your appointment, the full treatment fee will apply. For further details or to book an appointment, please call the Bath House at 3506.



## GENERAL RULES

- The Bath House is a non-smoking area.
- For your security, we recommend leaving valuables in the safe in your room. The hotel is not responsible for lost personal items.
- A locker will be provided for your clothes and mobile phone. Inside your locker, you'll find a bathrobe, towels, slippers, and disposable underwear.
- Please shower before using the pool, sauna, or hammam.
- Bathrobes and slippers must be worn in all spa areas.
- Swimwear is required in the hammam, sauna, jacuzzi, and pool areas.
- Always place a towel between your body and the sauna or hammam benches.
- For the gym and fitness areas, comfortable sportswear and appropriate footwear are recommended.

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BUDAPEST

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DR. BARBARA  
STURM