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Women



# HAVEN ON EARTH

With a design that brings outside and indoors seamlessly together, and treatments to revive body and spirit, the spa at Elounda Beach is a rare retreat

The first thing on the minds of the architects behind the beautifully streamlined new spa at Elounda Beach hotel was light – lots of it. Yards of reflective glass and translucent panels on walls and ceilings blur the distinction between outside and in, so that the colour and light of Crete's incredible seascape form part of the spa's luxurious penthouse location.

Among such serene surroundings, the Espa therapies on offer are equally as progressive. They take place in 12 white-cube private-treatment rooms – plus the Spa

Suite, which caters for couples who wish to be treated together. Signature treatments include the Olive Oil, Thyme and Sea Salt Scrub, which imparts a holiday glow to skin, and the fragrant Essential Cretan Experience, which utilises lemon and peppermint essences to relax and de-stress the body and mind. To restore and revive, the Stress Recovery programme is almost three hours of chakra balancing (the Espa treatments are a blend of Eastern and Western methods), hot-stone technique, full-body exfoliation and

massage, and an intensive, brightening facial.

Indoor and outdoor pools lead harmoniously to the purpose-designed relaxation areas; the view from the 1,400-square-metre spa is a panoramic affair, and it's more than integral to the calming, reviving environment. The overall effect is that the entire space seems to float above the landscape – which is more or less what you'll be doing after an Espa treatment or two...

*For more information, ring +30 28410 63000, or visit [www.eloundabeach.gr](http://www.eloundabeach.gr).*

