



in association with



THE ROU ESTATE

Mission Statement

Our mission is to deliver spa experiences that are both unique and memorable. Asian Spa & Ayurvedic Retreat therapists take guests on exhilarating sensory journeys, through many forms of holistic healing and sense of well being; through options of body and beauty care, delivering them with serene and reassuring professionalism.

If you have never experienced the profound and ultimate benefits of an Ayurvedic treatment, now is the time to meet with our Qualified Ayurvedic Therapists. They will introduce you to this old Indian healing system that addresses the overall needs of your body, mind and soul.



Facials

All facials include face, neck and décolleté massage. Products used are from our exclusive range.



Re-hydrating Skin Rescue

60 min/70 €

This regenerating boost for dry, dehydrated skin uses gentle cleansing, soft exfoliation and specialised facial oils and creams to replenish and moisturise. With its soothing, healing properties it is the perfect treatment for the travel weary after that long plane journey.



Natural Balance

60 min/65 €

This cleansing facial is designed to help clear blocked pores and regulate oily skin. The treatment starts with natural foaming cleanser, after which creams that incorporate natural anti-inflammatory ingredients are gently applied to help soothe, calm, rebalance and encourage a clear complexion.



Bright and Beautiful

60min/75 €

In today's fast moving world your skin can pay the price of a hectic lifestyle. Stress and lack of sleep can leave skin looking drab and lifeless. This soothing facial, suitable for all types of skin, includes the application of a skin brightener to improve vibrancy and give you a healthy glow.




Seawater Pearls


60min/80 €

To keep the signs of aging at bay it is essential that your skin is kept hydrated and supple. Packed with active marine ingredients that form tiny pearls, this wonderful treatment will ensure your skin feels lithe and deeply moisturised. The marrying of these minute orbs, natural elements and a soothing manual massage enjoys exceptional results. Your skin will be nourished and moisturised, giving your face a luminescence that simply exudes vitality.





 **Mini facial with hot stones** **45min/50 €**
This revitalising and refreshing facial is suitable for all skin types. The hot stone treatment has powerful healing properties. It stimulates the facial muscles leaving you feeling renewed and refreshed. Perfect before a night out, it also makes an ideal gift for those well behaved teenagers!

Just for the Gentlemen

 **Adonis Facial** **60min/70 €**
This revitalising facial combines specialised double cleansing techniques and exfoliation with acupuncture facial massage and an intensive face mask. Whilst the mask is taking effect enjoy the additional benefit of a relaxing neck and shoulder massage. Designed to improve both the condition and appearance of your skin, the Adonis Facial will leave you feeling ready for anything, even an audience with the gods!

Additional services available to combine with all above facials

 **Uplifting Eyes** **30min/35 €**
A perfect accompaniment to any hydrating facial, this heavenly firming and hydrating treatment is suitable for all skin types. Employing the vitamin rich benefits of seaweed extract, this treatment helps reduce the appearance of fine lines and puffiness around the eyes. It is also a wonderful rejuvenator if you suffer eye strain or computer related headaches.

 **Hot stone facial massage** **20min/25 €**
Enjoy the benefits of a 20 minute hot stone facial massage at a very special rate as part of your treatment when you book any European facial.

Ayurvedic Facials

A head, shoulder and neck massage is also included in the treatment time.



Golden Thejas

90min/130 €

For mature skin.

This shimmering facial has pure gold at its heart. Especially suitable for mature skin, it incorporates a very special massage using a gel, followed by a beautifying mask that are both enriched with 24 carat gold. The use of gold in this treatment helps aid lymphatic drainage, improves cell renewal, circulation and skin elasticity, leaving the skin firmer and detoxified. There is no doubt that it will truly bring out the goddess in you.



Mukha Lepam

60min/85 €

Suitable for all skin types.

A traditional beauty treatment in which the therapist gently stimulates the facial muscles, concentrating on the marma (vital energy points). Mukhalepam is ideal for removing wrinkles and discolouration, leaving the skin soft and smooth. An herbal mask, made freshly for each treatment from 15 herbal powders, will leave your skin glowing and rejuvenated.



Mohini

50min/78 €

For dry skin.

In this ancient ritual lies the secret of traditional Indian beauty. This complete facial treatment uses pure Ayurvedic products to suit specific body types. It deeply cleanses and removes toxins, restoring the balance and elasticity of the skin. Your skin will be left supple and radiant.



Sundari

50min/80 €

For mature skin.

This treatment will help reduce the signs of aging with the use of natural products, based on your personal needs. Ayurvedic facial products are known for their far-reaching rejuvenating qualities.



Relax Massage

Pampering

50min/70 € - 80min/100 €

A full body massage designed to achieve one of several goals. Chose from a selection of 3 aromatic essential oils that will uplift, relax or cleanse, and then succumb to a massage whose strokes vary from frictional to languid and relaxing. Whichever your choice, you will feel completely pampered and renewed after this luxurious treat.

Lomi Lomi

50min/75 € - 80min/105 €

The therapist uses their hands and forearms in a combination of long strokes and large circular movements to massage and introduce aromatic oils to the skin. This stimulates blood flow, oxygen and chi (energy) around your body, this sumptuous treatment is ideal for achieving spiritual renewal and complete relaxation.



Healing Massage

Royal Rou

50min/75 € - 80min/105 €

This holistic treatment is designed to gently restore your body's natural balance. It begins with an energising Thai massage, stretching taut muscles and opening the joints, followed by a relaxing massage with warm oils giving you the unrivalled feeling of complete well being and renewal.



Healing Hot Stones

80min/90 €

Differing sized basalt stones, are heated in water and placed on key points of the body before enjoying a restorative, full body massage. The long sweeping strokes used in the massage are the key to this healing treatment. It helps enhance awareness and will bring you in touch with your inner self.



Chakra Massage

50min/80 €

This full body massage is designed to stimulate the body's 7 chakras, helping to achieve both physical and spiritual calm and serenity. We use special massage strokes and a blend of sandalwood and five other essential oils, providing an immense feeling of peace and well being.



Cellulite Reduction

40min/50 €

Using essential oils that are rich in minerals and trace elements, this body shaping massage will help sculpt your curves and smooth cellulite away.



Deep Tissue Massage

Warrior Massage

50min/75 € - 80min/100 €

Particularly useful in helping relieve persistently tense and constricted areas such as stiff necks, lower back tightness and sore shoulders. This treatment is designed to address the deep tissue structures of the muscle and fascia.



Traditional Thai Massage

80min/100 €

Thai massage is deeply rooted in spiritual traditions. It is used to heal the whole person, not only physically, but emotionally and spiritually as well. Using hands, knees, legs and feet the therapist will move you in a series of yoga-like stretches. This massage carried out without oils and will both relax and energise.



Scrubs



Greek Paradise

50min/60 €

Made from only the best fresh Greek products. Honey, orange and yoghurt are the principle ingredients of this scrumptious treatment that will leave your skin sparkling. It is the perfect treatment to enjoy before you start working on that tan, as it helps to achieve long lasting results.



Javanese Lulur

50min/60 €

Lulur is a Javanese word that means 'coating the skin'. Traditionally a ritual received daily by Javanese brides for 40 days prior to their wedding day, it leaves the skin feeling soft, shining and supple. A treat at any time, and something special if you're preparing for your own wedding day!



Fabulous and Fruity

50min/60 €

Moisturise your skin instantly! This hydrating scrub has luscious apricot and wonderful Kalamatian olive oil as its base. They combine together to offer the ultimate regeneration of dry or dehydrated skin, leaving it feeling soft and looking shiny.



Sugar Sheen

50min/60 €

Using wonderful Kalamatian olive oil and unrefined sugar as the key ingredients in this body scrub is a successful recipe for exfoliating and hydrating the skin, leaving it shining and healthy.



Coffee Scrub

50min/60 €

Aromatic and detoxifying, coffee is packed full of wonderful anti-oxidants that help speed up cell metabolism and assist in the breakdown of fats. It is an excellent treatment for dehydrated and tired-looking skin.

Wraps & Masks



Cooling Cucumber

50min/60 €

An ideal treatment for sunburnt skin! This mix of cucumber, natural yoghurt and essential oils will help draw the redness from skin that has seen a little too much sunshine.



Supreme Marine

50min/60 €

Wrapped in a fresh seaweed mask, rich in vitamin and minerals, is a wonderfully rejuvenating experience. A powdered blend of sea algae, clay, sea salts and brewers yeast will detoxify your body, leaving your skin cleansed and moisturised.



Glorious Mud

50min/60 €

The essential oils in this sea mud based mixture will reduce water retention throughout the whole body. An effective way of reducing unwanted toxins that are stored in body tissue, it also improves tone and circulation and helps to reduce the bumpy appearance of cellulite.



Royal Asiatic Mask

50min/70 €

This sumptuous mask is, as the name suggests, fit for an Indian Maharani. Made at the spa, we use the food of the gods. Fresh dates, full of protein and excellent for nourishing the skin; milk, which is as beneficial to us on the outside as it is inside; and honey, a great moisturiser which helps make the skin shine with health.



Rose Petal Mask

50min/60 €

This wonderfully rejuvenating mask is infused with crushed rose petals that will simply melt into the skin. Blessed with anti aging properties, it is a natural hydrator it is a wonderfully effective way of nourishing and moisturising the body, leaving it deeply cleansed and feeling silky smooth.



 **Volcanic Mask****50 min/60 €**


There is no quick fix when trying to eliminate cellulite. However, if applied repeatedly this cellular treatment can have very positive results in the battle against the orange peel look. This invigorating mask uses ingredients originating from the volcanic island of Bali.

Combination Treatments

 **Body and Soul Trio****110mins/140 €**

This heavenly package is designed to enable total relaxation. Starting with a back massage using warmed balsalt stones and fragrant oils to release muscle tension and begin the process of completely unwinding. This is followed by a fabulous facial and scalp massage in which the stones are again used, leaving you feeling completely re-balanced and revived.

- Hot stone facial
- Hot stone back massage
- Hot stone head massage

Classic Blend**180min/200 €**

A sumptuous package of treatments that will leave you feeling refreshed and raring to go! It combines a full hour of relaxing massage with warmed oils, followed by an exfoliating body scrub and rejuvenating facial. You could make a loved one very happy by giving them the Classic Blend as a gift, but then again you may be tempted to keep it just for yourself.

- Royal Rou massage
- Sugar Sheen body scrub
- Choice of any facial* with the addition of both “uplifting eyes” and “hot stone facial massage”

* Ayurvedic facials are not included.

Natural Beauties

160min/245 €

Enjoy the fusion of these wonderful treatments that will purify, moisturise and help fight the signs of aging. Start with a hydrating body scrub and then succumb to the absolute luxury of an Ayurvedic facial and Pizichil body treatment that will send your spirits soaring.

- Fabulous and Fruity body scrub
- Pizichil Ayurvedic body treatment
- Choice of Ayurvedic facial*



*Chose from Mukha Lepam, Mohini or Sundari Ayurvedic facials.

Rou Signature

105min/125 €

From the relaxing benefits of a massage to the renewing and revitalising properties that are the very essence of a body scrub and mask, this package brings together the perfect combination of treatments to get you looking, and feeling, like a million dollars!

- Full back massage (includes back of the legs)
- Sugar Sheen body scrub
- Volcanic body mask
- Mini facial



Pampering Heaven

95min/100 €

Don't be shy, give it a try. Enjoy our menu of treatments carefully selected to polish, buff, relax, relieve stress and perfectly groom. We will tailor-make your treatment to suit your requirements. Give us 95 minutes of your time and we will mix you a cocktail from all or a selection of the following:

- facial,
- tension relief head, neck and shoulder massage,



Luxury Waxing

Prior to all waxing treatments the skin is prepared using skin exfoliation techniques. Afterwards the treatment is concluded with an application of a light, moisturising balm to soothe the skin. The result is luxuriously smooth and soft skin.

Full leg	40 €
Half leg	25 €
Full arm	35 €
Half arm	20 €
Bikini line	18 €
Brazilian	35 €
Lip or chin	15 €
Eyebrow shape and wax	15 €

The above treatments are for ladies only. Waxing is available for gentlemen, please ask at reception for further details and prices.

Private Class

Yoga	90 min/90 €
Tai Chi	90 min/90 €

Ayurveda

The Management of Asian Spa & Ayurvedic Retreat has worked closely with experts from Kerala, India, to ensure this ancient science of life has been successfully transported to Corfu. These experienced Keralite therapists are highly trained professionals in Ayurveda, their knowledge and skills extending to diet, body type, guest approach and the practice of yoga and meditation. The Rou Retreat has an Ayurvedic treatment room, designed to take guests on a journey and experience part of the Ayurvedic system. Furnished with a wooden Ayurvedic table, shower, steam room, where guests are treated to physical and spiritual rejuvenation.

To many guests, Ayurveda may be an unknown concept. We will try and explain in a few lines what it is all about.

Ayurveda is a holistic system of medicine that originated in India thousands of years ago.

The word Ayurveda is made from two Sanskrit roots 'Ayur' which means life and 'Veda' meaning knowledge or science. Therefore, the term Ayurveda means the knowledge or science of life.

Ayurveda believes in detecting and removing or predicting and preventing imbalances. It can be regarded as the most comprehensive and complete approach to healthy living, since it incorporates physical, social, psychological, spiritual and philosophical facets of life in its ambit.

Ayurveda addresses ill health at any stage, resulting from various causes including poor diet and lifestyle. Ayurveda believes that lifespan and quality of life are greatly affected by lifestyle. Ayurveda focuses on measures to promote good health, preventing and when necessary treating ill health. This is

achieved by developing and utilising individualised treatments and offering lifestyle recommendations.

Included in treatment prices is the determination of your body type or 'Dosha', in order to use oils that will suit you best. Using the finest Ayurvedic oils and herbs imported from India, the therapies are prescribed to refresh the mind, detoxify the body and restore the natural balance of the energies within, leaving you completely rejuvenated.

For all Ayurvedic appointments, please arrive 15 minutes in advance on your first visit.

If you would like further information on Ayurveda please contact The Asian Spa & Ayurvedic Retreat at Gouvia or visit our website, www.ayuverdicretreat.gr.

Ayurvedic Treatments

Body Treatments

Vernal Vata

80min/130 €

A warming, skin nourishing massage.

The Vata-type person often experiences dry skin, anxiety and suffers discomfort in cold weather. Vata-type people need warmth, nourishment, hydration, comfort and healing. This treatment helps to succour the skin and balance the mind, using ancient Indian herbal oils such as Dhanwantharam and Ksheerabala.

Pitta Perfection

80min/130 €

A relaxing massage.

The Pitta-type person has a tendency toward sensitive skin, they can be easily agitated and are often adversely affected by hot weather. Their mind and body tend to be over-active but they will feel calmer if cool and relaxed. This treatment will help soothe the skin and relax both mind and soul, using neelabringadhi Ayurvedic oil for the head and balaswagandhadhi thailam for the body.

Kapha Invigorator

80min/130 €

A rejuvenating massage.

The kapha-type person may suffer with dull, possibly oily skin, has a tendency to put on weight easily and may be negatively affected by cold damp weather. Kapha-type people need purification and stimulation to improve the circulation of the body. This treatment incorporates detoxifying Ayurvedic herbs such as bhringamalakadhi thailam for the head and kottamchukkadhi thailam for the body.

Navarakkizhi

80min/140 €

“Navara” is a special kind of rice and ‘kizhis’ are linen bags. Navara rice has long been used in Ayurvedic therapies because of its nutritional significance. First cooked in milk and an herbal extract, the rice is then rolled into balls and tied up in linen bags. The treatment begins with a body massage using herbal oils appropriate to the individual's skin, followed by application of the warm rice poultices. This treatment is especially good for strengthening muscles, nervous disorders, rheumatism and sciatica problems.

Podikkizhi

80min/140 €

Podikkizhi is a method of therapeutic body sweating. This treatment begins with the application of a Dosha specific massage oil to the entire body. The body is then fomented thoroughly with linen bags containing medicated powder. This relieves neurological disorders, rheumatism, arthritis and sports injuries.

Pizhichil

65min/140 € - 100min/190 €

Pizhichil literally means squeezing; it could be described as the most luxurious of all Ayurvedic treatments offered. Luke warm herbal oils are applied all over the body in a special rhythmic movement. The massage is very slow and light without exerting much pressure. Pizhichil is considered as the most natural way to purify different body systems. This massage protects the body from illnesses and builds up immunity for a healthy life. It is very useful for rheumatic diseases, sexual weakness, blood pressure, nervous weakness and it also helps to combat the signs of aging.

Kativasti

40min/75 €

The waist area of the body is called ‘Kati’, and ‘vasti’ in this case implies a container. Kativasti is an effective treatment for katisula, the term used for lower backache, stiffness or pain felt down the back. Warm herbal oil is applied and then retained on

the lower back by a traditional technique using black gram dough. This is followed by a back massage that eases accumulated stress and strengthens the muscles.



Udwarthana

60min/80 €

Udwarthana means to elevate or to promote. The name of this treatment could be attributed to its ability to improve the body condition. It is a deep, dry massage using herbal powders to stimulate hair follicles and tissue in order to break down the subcutaneous, stored fat. The dry powder massage reduces blood cholesterol, obesity, skin problems, imparts mobility to the joints, strengthens muscles and refreshes the body. It is particularly effective in promoting a slimmer body.



Sirodhara

65min/125 € - 90min/170 €

'Sira' means head and 'dhara' means continuous flow of a liquid. During this treatment medicated oil is poured in a steady stream on the forehead, stimulating the third eye, while receiving a gentle massage on the forehead. Sirodhara rejuvenates and revitalizes the body and mind. This therapy relieves stress and strain related problems, slows the ageing process, improves memory and is known to have a curative effect for paralysis and other neurological malfunctions. Sirodhara ultimately strengthens the physical constitution of the individual.



Kseeradhara

80min/130 €

This relaxing treatment is similar to Sirodhara but instead of herbal oil, herbal milk is poured on the forehead during a gentle scalp massage. The treatment often induces a mental state similar to a meditative trance, resulting in deep relaxation of the mind and body. It also revitalizes the central nervous system. This treatment can only be performed in the summer season.



 **Champi****35min/55 €**

Champi is a very popular type of head massage that has been practiced in India for centuries. Its deep penetrating technique releases muscular tension from the head, neck and shoulders. Head massage is said to promote hair growth, and maintain the gloss and shine of hair.



TERMS & CONDITIONS

Although we hate making rules, and try to avoid any musts during your visit to the Spa, we have to inform you of the following:

- Please ensure that mobile phones are switched off during your visit at the Spa.
- Smoking is not permitted at our premises.
- Our Spa environment is one of tranquillity and relaxation. Please respect all Spa guests to their right to privacy and serenity.
- If it's your first time at the spa, arrive at least 20 minutes early to complete the necessary forms. Otherwise, arrive 10 minutes early so you can have a few minutes to rest, enjoy our home made fresh tea, and start the treatment. If you are late to arrive, the time of your delay will be taken off your treatment time.
- If it's your first Ayurvedic appointment please arrive at least 20 minutes early to complete the questionnaire and discuss with a therapist to determine your Dosha.
- You will be charged 50% of the treatment(s) cost if the appointment is cancelled less than 6 hours before treatment(s) start time.
- We are delighted to offer gift certificates for you to treat a special guest to the Asian Spa & Ayurvedic Retreat experience. Gift certificates are valid for 6 months from the date of purchase and may be purchased for spa packages, treatments or monetary value. Our reception team will be pleased to advise you.
- We accept payment by credit card or cash.