

OKU

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Noun. [U]. Inner part, interior depth, intimate and sacred. The space hidden within.

SAY HELLO TO A NEW YOU

A sanctuary for soothing your soul and restoring body and mind, the OKU Spa is a holistic retreat during your getaway – a place to drop your worldly cares at the door. Whether you're in the mood for a reviving massage or a refreshing yoga session, let us guide you to a place of balance and tranquillity.

Our treatments blend ancient and modern traditions. Combined with natural products, they embody an integrated approach to wellbeing. We also want your stay with us to have positive and lasting effects, so we'll be happy to create a personalised wellness programme.

OKU Kos has a gym free for all to use open throughout the day. Equipped with NOHRD and other equipment to ensure your workouts are as attractive as they are exhilarating.

Please drop in and meet our Spa team anytime to arrange treatments or sign up for your yoga session.

TREATMENTS

Our Spa team will happily consult with you to create an individual wellness schedule according to your needs. Please drop by anytime.

YOGA

Complimentary group yoga sessions take place Monday - Saturday at 8:00am and 9:30am. Sunset yoga takes place twice a week depending on the weather and sunset timings. Please sign up in advance at the main reception of OKU Kos to reserve your place.

Yoga mats are also provided in your room for your own use should you wish to practice.

Private Yoga Practice | 60 min

Individual: 60 | Couple: 120

MASSAGES

Deep Tissue | 50 min

Individual: 150 | Couple: 320

Tension – Release

Targets chronic tension in muscles that lie far below the body's surface. Deep muscle techniques involve slow strokes, direct pressure or friction movements that go across the muscle grain.

Hot Stone | 80 min

Individual: 160 | Couple: 340

Releases Muscle Tension – Reduces Stress

A hot stone massage is a type of massage therapy. It's used to help you relax and ease tense muscles and damaged soft tissues throughout your body.

Lymphatic-Drainage | 50 min

Individual: 150 | Couple: 320

Detoxifying – Gentle

Lymphatic-drainage massage is a form of gentle massage of lymph nodes and the movement of lymph fluids around the body for detoxification.

Mother-to-Be | 50 min

Individual: 130

Gentle – Nourishing

A calming, spa-inspired massage created to gently nurture the body during pregnancy. Soft, flowing movements promote relaxation, comfort, and a sense of deep wellbeing in a serene environment.

Melodia | 50 min

Individual: 150 | Couple: 320

Smoother & Firmer Skin – Sculpted Appearance

A sculpting massage using a combination of slimming rhythmic strokes and targeted touches supports increased blood flow, flushes out toxins and stimulates skin collagen production. This luxurious treatment leads to smoother, firmer skin and redefined body contours, creating a sculpted and toned appearance that radiates confidence and elegance.

Galini | 60 min

Individual: 140 | Couple: 280

Smoothing – Deep Moisturisation

A combination of massage, gentle pressure and long continuous movements, that relaxes the muscular system, stimulates blood circulation and helps the body to eliminate tension. This candle massage is a treatment that promises to seduce your senses! The unique oil comes in the form of a candle. The flame slowly melts the oils, offering a warm and effective massage oil, with a deeply relaxing and calming effect, thanks to the intoxicating aromas of the heated candle.

BODY TREATMENTS

Energieia | 80 min

Individual: 160 | Couple: 350

Energising Aromatherapy – Protects – Muscle Release – Boost Mood

Experience the Energieia ritual with holistic techniques designed to enhance your mood, revitalise your skin and alleviate the effects of stress. Feel the invigorating transformation of your skin, spirit and mental wellbeing through the power of our organic aromatherapy elixir, combined with ancient Greek practices. This distinctive blend features energising organic olive oil, aloe vera, active oat, thyme oils and essential oils of lemon, grapefruit, eucalyptus and peppermint.

Drosia | 40 min

Individual: 140 | Couple: 300

Deep Hydration – Anti-aging – Aftersun Skin Protection

Experience ultimate skin rejuvenation with our Drosia body wrap, designed to soothe and hydrate. Infused with refreshing flower water and nourishing aloe vera, this cooling treatment calms the skin, replenishes moisture and helps prevent signs of aging. Ideal for post-sun exposure or as a revitalising addition to any spa experience, it leaves the skin feeling nourished, restored and beautifully refreshed.

Enidatosi | 40 min

Individual: 140 | Couple: 300

Collagen Boost – Antioxidant Benefits – Enhanced Skin Hydration

Prepare your skin perfectly before sun exposure with the transformative power of this scientific innovation. It boosts skin collagen, delivers antioxidant benefits, enhances hydration and optimises skin absorption. Our expertly crafted exfoliation, featuring natural loofah and nourishing jojoba, is followed by a luxurious hydrating layer enriched with grapefruit and organic shea butter, leaving your skin visibly smoother and irresistibly soft to the touch, ready for the perfect tan glow.

OKU RITUALS

The OKU Rituals are curated wellness experiences; opening with the Kyma cleansing ritual to rebalance and revitalise. A refreshing rose water shower cleanses your energy while Greek herbs purify your surroundings. Engage in an energising briefing exercise, followed by soothing cold compresses for your face and body. Gentle rocking techniques and targeted pressure point therapy will relieve tension and stretch your muscles, leaving your body and mind completely relaxed. The Rituals close with a bespoke tea ceremony tailored to your needs and the goals of each ritual.

Hippocrates | 60 min

Individual: 130 | Couple: 280

Relaxing Aromatherapy – Hydration

Inspired by the principles of the physician Hippocrates, this therapy dates to the time of ancient Greece. A smooth, gentle treatment that relieves muscular tension, increases circulation and promotes a general sense of relaxation.

Exiléosi | 80 min

Individual: 170 | Couple: 360

Firmer Body – Contoured Silhouette – Lymphatic Massage – Hammam – Body Mask – Dry Exfoliation

Signature treatment, inspired by Aphrodite's wellness practices, delivers exceptional duallevel body firmness. Infused with a distinctive blend of organic essential oils including Rose, Myrtle, Cardamom and Neroli, and enhanced with high-tech ingredients such as Active Oat Complex, it utilizes innovative massage techniques to significantly improve blood and lymph circulation. This proven approach effectively reduces cellulite while promoting a healthier, more naturally contoured silhouette.

Kálllos | 110 min

Individual: 170 | Couple: 360

Skin Renewal & Protection – Repair – Deep Moisturisation – Hammam

This treatment provides a powerful solution for deep moisturization, repair, renewal, and protection for your skin's essential lipid barrier while activating collagen synthesis. Experience the rejuvenating power of the lily flower, a gift from Hera, the mother of Hercules, renowned for its hydrating benefits. Our head-to-toe ritual cultivates serenity and poise. It comprises body buffing, comforting warm compresses, a calming massage, and a luxurious face, neck, and scalp treatment.

Ananéosi | 70 min

Individual: 160 | Couple: 340

Exfoliation – Improve Mood and Mental Clarity – Revitalized Skin

The most ancient Greek technique of skin preparation before a massage or activity. A powder rich in herbs slightly covers the body while a full body brushing and warm compresses gently remove surface cells. This unique experience is completed with a rich, energizing oil, which provides aromatherapy benefits to enhance your mood and mental clarity, leaving your skin lightly fragranced and revitalized.

FACIALS

Charisma | 80 min

Individual: 160 | Couple: 340

Renewed Skin Texture – Glow & Radiance – Lifted Skin

A moment of total wellbeing for the skin with our ultimate radiance facial, a must try experience for incredible results! This transformative treatment features advanced exfoliation, a lifting massage, ancient beauty tools and a luxurious dual-action mask. It leaves your skin smoother, brighter and glowing like never before.

Neon | 40 min

Individual: 120 | Couple: 260

Face, Neck & Decollete Care – Restorative – Firming

Experience the rejuvenating power of the firming Neon high-tech complex, meticulously formulated to counteract the toll of daily skin stressors. Infused with powerful antioxidants, it promises rapid repair, renewal and protection of the skin's lipid barrier. It offers dual protection by warning off the damaging effects of air-conditioned environments and urban pollution, while actively promoting a longevity process for youthful and luminous skin vitality.

Idor Skin | 50 min

Individual: 120 | Couple: 260

Deep Hydration – Refreshing – Renewing

This revitalizing facial is crafted to awaken your skin and restore its natural hydration balance. As it renews tone, clarity, and resilience, it harmonizes the complexion with deep penetrating moisture. Infused with soothing chamomile and nourishing aloe, therapeutic botanicals bring refreshing vitality and hydration. These powerful ingredients calm, moisturize, and rejuvenate, leaving a luminous, healthy glow on even the most fatigued complexions. A perfect blend of renewal and replenishment for ultimate skin rejuvenation.

ADD-ON TREATMENTS

Enhance your spa journey with our exclusive add-on treatments. Designed to elevate your relaxation and rejuvenation, these options can be seamlessly incorporated into any of our core treatments for a truly customised and luxurious experience.

Omma | 30 min

60

Eye Lift – Reduced Puffiness – Refreshed Look

Revitalise and brighten your eyes with this quick yet effective add-on. Smoothing massage techniques, combined with cooling tools, work to reduce puffiness, while a radiance enhancing mask rejuvenates and refreshes the delicate eye area. This treatment is the perfect complement to any spa experience, leaving you with a refreshed and vibrant look.

Stochos | 30 min

60

Restored Balance – Improved Circulation – Tension Relief

This focused massage targets one area of the body, using a personalised blend of oils to address your specific needs. Ideal as an add-on to any treatment, it eases tension, boosts circulation and restores balance for a refreshed, revitalised feeling.

Scalp Revitalisation | 15 min

35

Scalp Nourishment – Stress Relief – Improved Circulation

Indulge in our scalp revitalisation massage add-on. This luxurious treatment focuses on stimulating circulation, nourishing the scalp and promoting overall relaxation. Using expertly crafted techniques and enriched oils, it soothes tension, enhances hair vitality and nurtures the scalp for a refreshed and balanced state.

SPA ETIQUETTE

Opening hours

Spa: Daily, 9am - 9pm

Gym: Daily, 24hr

Hamam & Sauna

Use of Hamam and sauna is charged at €25 per person for 1 hour for use of both amenities. Reserve your place at the spa.

Spa Reservations

For spa enquiries or reservations, please contact the spa reception directly.

Valuables

We have lockers in the spa, but recommend that you leave all jewellery and valuables in your room before visiting us for a treatment.

Prior to arrival

When booking, please advise us of any health conditions and medication you are taking. Before your treatment, our therapists will ask you to complete a health questionnaire to ensure we provide the very best service and safeguard your wellbeing. Please note that for certain medical conditions we will require written permission from your doctor to proceed. If you require any further information, our spa team will be happy to help.

Arrival

Please arrive 15 minutes prior to your appointment in order to register.

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

If you wish to change or cancel an appointment, we kindly request 24 hours notice. Kindly note that the full cost of your treatment will be charged, if we receive a cancellation later than this.

During your stay

While we want you to feel at home, we request that you refrain from using your mobile phone and smoking in the spa, in line with the hotel's non-smoking policy.

After your treatment

We recommend that you do not sunbathe after any massage or body treatment for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the spa retail store.

Payment

Spa treatments can be charged to your room and will appear on your account at check out from the hotel.

Age

We offer treatments to guests aged 16 and over.

Accessibility

We are currently trying to improve access to all our sites and services, so everyone can enjoy them. While improvements are being made, we apologise for any inconvenience caused. If you have any questions about access, please come and visit the spa team, or email any suggestions and comments to spa.kos@okuhotels.com

Prices

All prices listed are in Euros and include VAT.