



RENEW

Feel the revitalising effects of nature with grounding wellness rituals designed to relax, recharge and rebalance your body, mind and soul

One&Only

KÉA ISLAND
Greece

FEEL AT ONE

OUR SPA

Rooted in the notion of 'sophrosyne', the ancient Greek expression for balancing mind and body, One&Only Spa invites you to tune into the elemental energy of Kéa with tailored wellness journeys inspired by the earth and sea.

Immerse yourself in a haven of holistic wellbeing with signature Subtle Energies treatments, watsu water therapy, a Bastien Gonzalez Pedi:Mani:Cure Studio, rejuvenating beauty rituals inspired by time-honoured traditions, and transformative programmes designed to reset and re-energise.





SUBTLE ENERGIES

One&Only Spa proudly features global skincare brand Subtle Energies. Renowned for their sustainable and ethical skincare founded on authentic Ayurvedic principles, they harness Eastern healing wisdom and cutting-edge technology to deliver high-performance results that revitalise and rebalance your physical, mental and emotional wellbeing.

Explore a curated collection of rejuvenating facials and body treatments, along with four Subtle Energies wellness rituals crafted exclusively for One&Only Spa.

ONE&ONLY SPA TREATMENT JOURNEYS

Blending modern science and time-honoured healing traditions, our holistic wellness experiences are tailored to your individual needs, helping you achieve mind-body balance and align your soul for deeper levels of relaxation and renewal.

ONLY HERE

One&Only Kéa Island's signature healing journeys.

FOR THE FACE

Facial treatments that deliver visible results.

FOR THE BODY

Massage and body therapies for rest and rejuvenation.

FOR VITALITY

Full-body treatments to invigorate and revitalise.

WELLNESS JOURNEYS

Targeted journeys to detoxify, combat jet lag, and improve your sleep.

TRANSFORMATIVE PROGRAMMES

Immersive experiences to reset and re-energise.

BASTIEN GONZALEZ

Luxurious pampering for the hands and feet.

FITNESS STUDIO

Inspiring fitness classes amid nature.





ONLY HERE

Inspired by ancient healing rituals and the mythology of the Cyclades, these signature rituals have been crafted exclusively by Subtle Energies for One&Only Kéa Island.

APHRODITE'S ROSE (150 MIN | 180 MIN)

Honouring the goddess within, this ritual begins with a full-body exfoliation and pearl-infused rose mask to soften and renew skin, followed by a holistic massage using rose, patchouli and pomegranate oil, and a facial Marma massage to release anxiety and awaken the heart. The 3-hour journey also includes a 24k gold facial to restore a youthful glow.

REBIRTH OF ADONIS (150 MIN)

This holistic therapy for men infuses your body and mind with renewed vitality, while boosting immunity, muscle strength and skin tone. It begins with an invigorating body polish, followed by a full-body detox massage to target adrenal fatigue. To complete this journey, feel tension drift away as your skin is cleansed with a hydrating facial.

ELYSIAN RESTORATION COUPLE'S JOURNEY (120 MIN)

Crafted for couples, this nurturing treatment promotes stress relief and emotional balance. Drawing on Subtle Energies' active ingredients of mogra, ashwagandha, and 24k gold, the anti-aging facial stimulates cell renewal, collagen and elastin, and boosts natural radiance. A relaxing full-body massage uses therapeutic oils to relieve muscle tension.

ATHENA DIVINE (120 MIN)

This tailored ritual begins with a rejuvenating body exfoliation, followed by an application of rich creams or aromatic blends. Conclude your journey with our 24k gold facial, designed to boost collagen and reduce stress.

FOR THE FACE

Subtle Energies holistic facials combine the latest in skin science with potent natural ingredients and cutting-edge techniques.

ADVANCED BIOTECH FACIAL (60 MIN | 90 MIN)

Harnessing the latest in natural active ingredients, this high-performance facial fuses holistic skin science, vegan collagen and next-generation hyaluronic acid for remarkable rejuvenation and a youthful, lifted complexion.

24K GOLD AGE-DEFYING FACIAL (60 MIN | 90 MIN*)

Combining collagen and elastin-boosting actives, this age-defying facial features 24k gold and mogra, the Queen of Jasmine, to oxygenate skin on a cellular level. It renews and regenerates skin cells for a radiant glow, targeting pigmentation, fine lines and wrinkles.

ADVANCED ANTIOXIDANT FACIAL (60 MIN | 90 MIN*)

Designed for mature, sensitive or damaged skin, this enriching facial is infused with advanced antioxidants and essential fatty acids to fight free-radical damage and protect the skin from signs of ageing. It promotes collagen, locks in moisture, and reduces redness and inflammation.

* The 90-minute facial also includes a Subtle Energies Foot Ritual.

POMEGRANATE ENZYME FACIAL (45 MIN)

Reveal brighter, fresher skin through the transformational power of polyphenols including activated pomegranate enzymes and natural AHAs. The active aromatics and botanicals nourish and boost moisture, while a gentle exfoliation delivers a smoother complexion.

WILD KASHMIR PURIFYING FACIAL (30 MIN | 60 MIN)

This powerful facial detoxifies tired and congested skin. Wild turmeric offers intense purification while kashmir lavender soothes and restores. Toxins are drawn out through a double cleanse, saffron and frankincense exfoliation, and a purification mud mask.

ESSENTIAL DAILY HYDRATION (60 MIN | 90 MIN)

This deeply nourishing facial restores natural vitality. Ideal for most skin types, it combines potent active ingredients such as gul heena, neem and carrot seed oil to firm and tone. A great option for men, it protects and revitalises the skin.





FOR THE BODY

From deep relaxation to tension relief, discover a curated collection of massages designed to promote full mind-body alignment.

ADVANCED HOLISTIC MASSAGE (60 MIN | 90 MIN)

This calming massage releases tension, rebalances your body, and soothes your mind. It uses a combination of firm, flowing movements, Marma therapy and chakra alignment to help regulate sleep and re-energise. The 90-minute massage includes a signature facial Marma massage.

DEEP RELIEF MASSAGE (60 MIN | 90 MIN)

This deep-tissue massage soothes muscle discomfort and strengthens the joints. The powerful treatment harnesses potent Ayurvedic ingredients that help to ease tension, reduce fluid retention, and eliminate toxins.

MUSCLE DE-STRESS POULTICE MASSAGE (120 MIN)

This signature journey starts with an aromatic foot soak followed by poultice therapy using dried herbs wrapped in muslin bolus bags. It targets inflammation, water retention, sports injuries, and muscular, joint and nerve pain, concluding with a tension-relieving massage.

ENERGY HEALING MASSAGE* (90 MIN)

Blending ancient practices including yoga, shiatsu, Thai massage, acupressure points, Reiki, and chakra balancing, this healing journey is designed to enhance mental health, reduce stress and tension, promote better sleep, and harmonise the body's energy centres.

* Performed by Visiting Practitioner
Nikos Ntoupis
Aquatic Bodywork Instructor
Dates
June 07-16 and 28-04/07
July 18-01/08
August 15-30
September 12-26
October 10-24

FOR VITALITY

Harness the healing powers of natural active ingredients and aromatic oils with invigorating face and body treatments.

WALNUT & CINNAMON BODY SCRUB (60 MIN)

Enriched with walnut shells and cinnamon, this light-to-medium exfoliation buffs away dead skin cells and reduces signs of cellulite, while hot compresses and uplifting aromatics of tulasi, wild turmeric and limbu invigorate the body. It concludes with a full-body hydration.

WILD JUNIPER MINERAL SALT SCRUB (60 MIN)

Using mineral-rich Himalayan crystal salts, this invigorating body polish deeply exfoliates, releases toxins, stimulates circulation, and promotes radiance. Wild juniper and hot compresses melt stress away, before finishing with a full-body hydration.

MAKROZOI DETOX BODY WRAP (75 MIN)

This purifying therapy begins with an exfoliation of essential oils, cinnamon and walnut shells. Relax as mineral-rich clay infused with ginger lily, spirulina and green tea is applied to aid in detoxification. To finish, experience full-body hydration with a choice of aromatic body butters and oil blends.

POSEIDON REMINERALISING BODY MASK (90 MIN)

This exceptional treatment uses crushed pearls to deliver multisensory results. Following a skin-softening exfoliation, enjoy a mineral-rich body mask infused with pearl and conch shell extracts to stimulate and regenerate skin cells, and a Subtle Energies signature facial Marma massage.

ALOE & ROSE AFTERSUN BODY RESCUE (75 MIN | 90 MIN)

Ideal for sun-exposed or damaged skin, this face and body therapy includes a soothing, antioxidant-rich aloe vera mask to reduce redness and fight free radical damage, an antioxidant facial with intensive serums, and body butter application to restore skin cells.

SHIRODHARA WITH FACIAL MARMA MASSAGE (60 MIN)

Shirodhara is a meditative therapy designed to help you de-stress and connect with your inner self. Following a facial Marma massage, warm therapeutic oils are poured over your third eye, forehead and temples to calm the nervous system and enhance emotional balance.

AQUATIC BODY & MIND FLOWING* (60 MIN)

This transformative experience combines stretching, massage, meditation, breathing exercises, acupressure, and energy healing, all performed in a soothing warm water environment, leaving you feeling re-energised, refreshed, and refocused.

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Nikos Ntoupis
Aquatic Bodywork Instructor
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WELLNESS JOURNEYS

Tune into the elements with Subtle Energies' transformative wellness journeys, specially developed to detoxify, combat jet lag, and improve your sleep.

DETOX AND RESET RITUAL (120 MIN)

This purifying journey uses potent ingredients including tulasi and wild turmeric to stimulate cells, increase circulation, support lymphatic flow and target adrenal fatigue. It includes a full-body exfoliation, detoxification wrap, and a Subtle Energies signature massage.

THE RECOVERING TRAVELLER (100 MIN)

The perfect antidote to jet lag, this journey includes a Blissful Marma massage and facial, and bronze kansa bowls to draw out excess heat. It can be tailored to awaken the mind and body or help bring about a restful sleep, while reducing fluid retention and strengthening your immune system.

SUBTLE ENERGIES SLEEP SUPPORT THERAPY WITH SHIRODHARA (135 MIN)

Based on clinical research and ancient practices, this therapy includes guided meditation and yogic pranayamas to improve vital energy, a full-body Blissful Marma and Facial Marma massage to release tension, powerful active ingredients stimulate the pineal gland, a Nasya (nasal oil application) and stress-releasing Shirodhara treatment.

TRANSFORMATIVE PROGRAMMES

Designed to restore the body physically, mentally and emotionally, the ReEnergise and ReSet programmes are immersive journeys lasting three or five days.

REENERGEISE WELLNESS PROGRAMME

(3 DAYS | 5 DAYS)

Targeting detoxification, strength, fatigue, and supporting the immune system, the ReEnergise programme delivers effective and immediate results. Subtle Energies' powerful techniques combine ancient and modern therapies with invigorating fitness sessions. Your Subtle Energies prescription kit allows you to continue your wellness journey at home.

RESET WELLNESS PROGRAMME

(3 DAYS | 5 DAYS)

Reset your mind, body, and emotions with this targeted programme, focused on restoring balance, easing anxiety, and resetting your circadian rhythms. Specialised breathwork and meditation draws you out of tension and into a place of rest, relaxation and repair. The programme includes a Subtle Energies prescription kit to continue the treatment at home.





PEDI-MANI-CURE STUDIO BY BASTIEN GONZALEZ

Bastien Gonzalez is internationally renowned for his medical expertise, offering exclusive treatments for the feet, nails and hands that fuse beauty and wellbeing.

BASTIEN'S DUO (75 MIN)

This synchronised four-hands treatment focuses on your feet, legs, hands and arms. The ultimate in manicure and pedicure luxury, it promises total relaxation.

BASTIEN'S PEDICURE (60 MIN)

This pampering experience includes a nail treatment with gentle buffing, elimination of hard and dry skin, and a lower-leg massage from the toes to the knees to relieve muscle tension and heaviness.

BASTIEN'S MANICURE (45 MIN)

An exceptional manicure in three steps: a cuticle and nail treatment including a natural finish without nail polish, and a massage of the forearms, wrists, hands and fingers.

NAIL ENLIGHTENMENT (45 MIN)

This foot treatment focuses on the cuticles and a light smoothing of dry skin. Nails are reshaped and buffed with chamois leather and a pearly buffing cream to restore natural beauty and shine. Includes a relaxing foot massage.

FOOT 'REFOUNDATION' MASSAGE (35 MIN)

Ideal for relieving heavy legs after long flights, this toes-to-knees massage focuses on muscle tension, joint mobility, blood circulation, skin elasticity and swollen soles. A Black Diamond Scrub exfoliation enhances the absorption of the rich cream.

GLOBAL 'REFOUNDATION' MASSAGE (35 MIN)

Performed by two therapists, this synchronised foot and hand massage creates a sensation of lightness, relieving any muscle tension or heaviness, and improving skin elasticity.

PARAFFIN TOUCH (20 MIN)

Intensify any Bastien Gonzalez treatment by adding the paraffin touch. The warmth of this silky wax aids the absorption of moisturisers for deeper hydration, enhanced relaxation and tension release.

BLACK DIAMOND SCRUB TOUCH (10 MIN)

Elevate any Bastien Gonzalez treatment with the Black Diamond Scrub Touch. Infused with thyme and sage essential oils, this mineral foaming scrub provides a vigorous natural exfoliation, removing dead skin cells and leaving skin smooth, silky and elegant.

COLOUR TOUCH (20-30 MIN)

To complete your Bastien Gonzalez manicure or pedicure experience, select your preferred colour from our range of polishes.

FITNESS CLASSES

We offer a range of fitness classes including complimentary activities, chargeable group classes and private one-on-one training. For the class schedule or to book a session, please contact your host or our Spa team.

GROUP CLASSES

SPINNING

Boost your cardiovascular health, tone your muscles and improve your posture as you pedal your way to improved fitness with a high-energy, low-impact spin class in our Fitness Studio.

SUNSET YOGA

As the sun sets over the Aegean, practise your asanas with a signature yoga class in our sea-view pavilion. This distinctive style of yoga is designed to enhance your flexibility and cultivate a deep mental focus.

OUTDOOR HIIT

Elevate your fitness with an exhilarating SideaCross workout at the Sidea Outrace Tower. This high-intensity interval training features a variety of exercises, including weights, functional movements, cardio, and core stability.

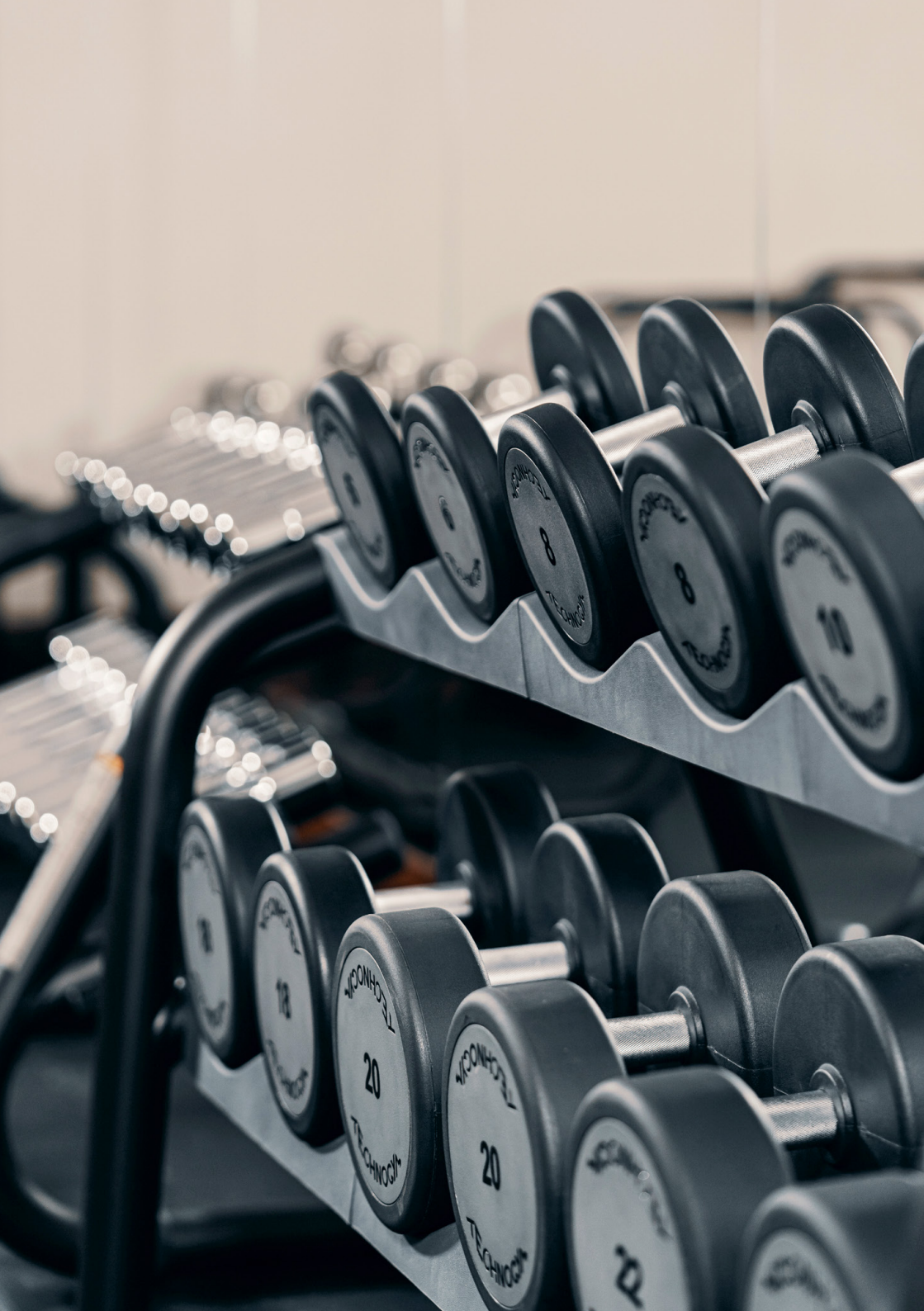
VINYASA YOGA

Held in the serene surrounds of our alfresco yoga pavilion, feel the flow of our rejuvenating Vinyasa class as you follow a series of power poses that combine flexibility, stability, strength and endurance.

PILATES PROPS

Improve core stability, flexibility, posture and muscle tone with a group Pilates class. Utilising a range of props and specialised movements developed by Joseph Pilates, this targeted class offers a full-body experience.





FITNESS CLASSES

PRIVATE SESSIONS

MOBILITY AND STRETCHING

Enhance your overall flexibility and mobility as our expert instructors assist you in performing movements that promote a greater range of motion.

BOXING

Improve your technique and coordination with a one-on-one boxing session with our dedicated fitness expert. Great for building muscle, boosting cardiovascular health and enhancing blood circulation.

YOGA

Deepen your yoga practice with a one-on-one session. Held in our open-air yoga pavilion, this targeted class can be curated for your goals and experience levels, improving your poses and heightening your mind-body connection.

PERSONAL TRAINING

Explore personalised one-on-one sessions tailored to your needs. Our experienced instructors are dedicated to providing motivation and interactive feedback, ensuring you achieve exceptional results during your stay.

MAT PILATES

Embark on a journey of controlled movements and conscious breathing with our private Mat Pilates sessions. Based on the method developed by Joseph Pilates, the practice improves flexibility, builds strength, and enhances control and endurance.

FITNESS CLASSES

COMPLIMENTARY ACTIVITIES

MAT PILATES

Discover the benefits of Pilates or build on your expertise with a complimentary Mat Pilates group class. Based on Joseph Pilates's renowned method, this mindful practice improves flexibility, builds strength, and enhances your posture from top to toe.

CORE STABILITY

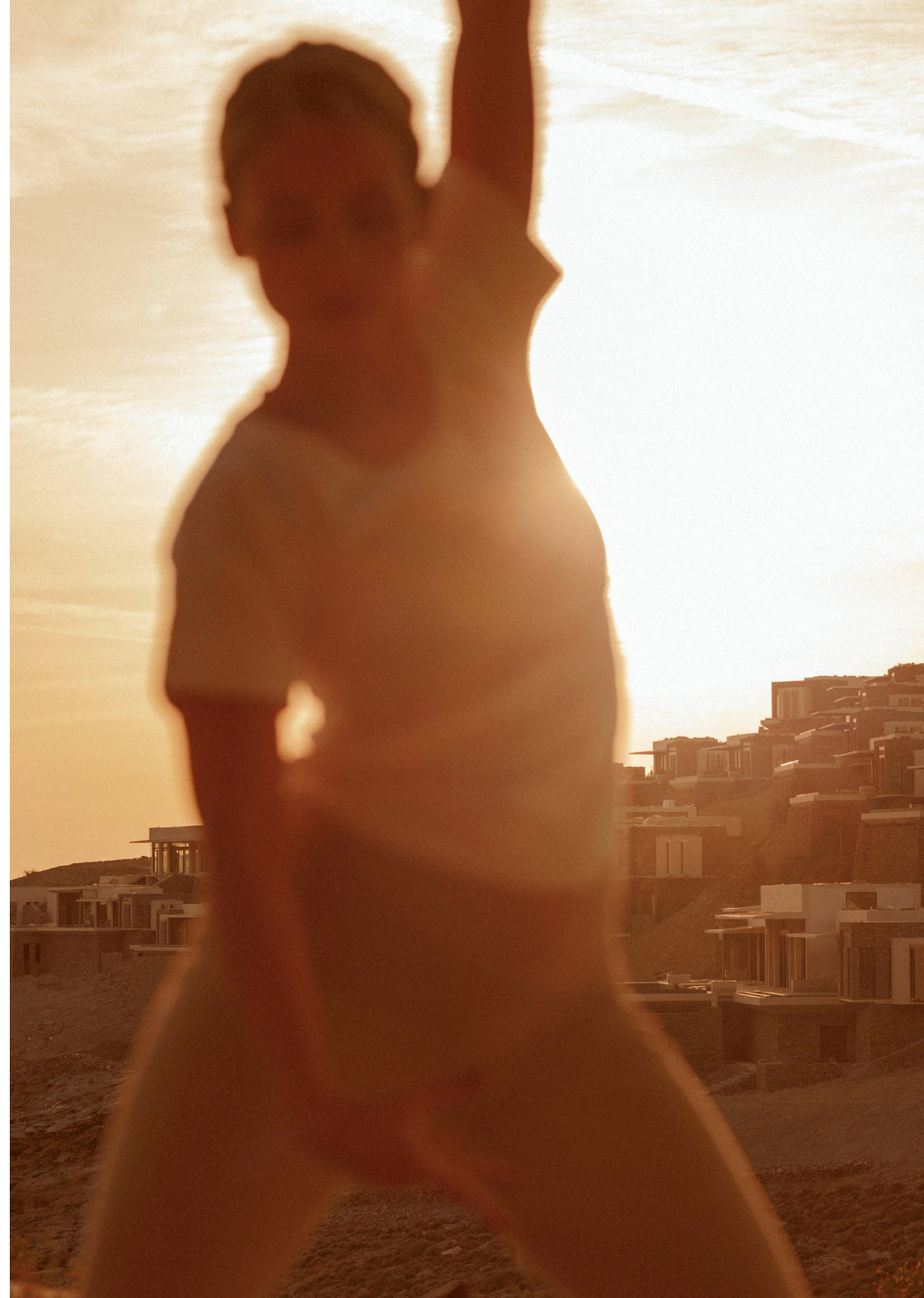
Join an inspiring Core Stability class designed to improve your posture, strength and muscle tone. Led by our experienced fitness instructor, this dedicated class targets the deep core via a series of tailored abdominal exercises and movements.

YOGA

Harnessing time-honoured asanas and rejuvenating breathwork, our group yoga classes are open to all levels. Soak up the spectacular views from our alfresco yoga pavilion as you're guided through a series of traditional poses.

ABS AND HIPS

Focus your efforts on two of the key body zones with this targeted workout. This dynamic group session is designed to improve the mobility, strength and muscle tone in your abs and hips.





SPA ETIQUETTE

APPOINTMENTS

Please contact our Spa team to schedule an appointment by dialing extension 760 or 761 on your telephone from within the resort. From outside the resort please call +30 2288 440 030 or email spa@oneandonlykeaisland.com. We recommend booking in advance to ensure your preferred time is available. Our Spa team is happy to talk through the options and find the best treatment for you.

CANCELLATIONS AND RESCHEDULING

If you need to cancel, reschedule or shorten your appointment, please provide at least 24 hours' notice. Cancellations within 12 hours will incur a 100% charge. Any no-shows will also be charged at the full treatment price. Any late arrivals may result in a shorter treatment in order to respect all guest schedules.

ARRIVING AT ONE&ONLY SPA

To make the most of your Spa experience and enjoy the full benefits of your treatment, we recommend you arrive 15 to 30 minutes prior to your scheduled appointment. We invite you to utilise our Fitness Studio, sauna, steam room, indoor-outdoor pool, and cold plunge pool facilities before or after your Spa experience.

HEALTH CONDITIONS

We will complete a detailed consultation prior to your Spa treatment. Please advise us of any health conditions, allergies or injuries that could affect your Spa experience.

WHAT TO EXPECT

For your convenience, we will provide towels, slippers and all amenities required for use during your visit. Throughout your treatment, you will be properly covered to ensure your privacy.

AMBIENCE

The One&Only Spa environment is one of tranquillity and relaxation. We kindly ask that you refrain from using your mobile phone or tablet while enjoying the facilities. Smoking is prohibited throughout the Spa. We recommend that alcohol not be consumed prior to using the Spa. One&Only Spa reserves the right to refuse guests who are under the influence of alcohol.

PREGNANCY

Please allow us to assist you in selecting suitable services for this special time. We recommend that you check with your physician prior to beginning any treatments with us. We're unable to offer treatments to expectant mothers in their first or third trimester.

VALUABLES

As we cannot guarantee the safety of your valuables, we recommend you leave these in your villa. One&Only Spa does not assume liability for any lost valuables.

AGE REQUIREMENTS

Guests aged 16 and above are welcome for all treatments and use of the Spa and fitness facilities. Guests below the age of 16 can enjoy our manicure and pedicure services in the company of a parent or guardian.

OPENING HOURS

One&Only Spa is open daily from 9am to 8pm. Treatments are available from 10am to 8pm. The Fitness Studio is open 24 hours a day, with supervision provided from 7am to 8pm.

