



sunrise
BOUTIQUE SPA



Discover a magical world of rejuvenation and healing located in the heart of Sunrise Spa & Turkish Bath, one step next to the beautiful Aegean Sea. Sunrise Spa & Turkish Bath is an award-winning wellness center that combines multiple treatments and the ancient art of Turkish Hammam. A wonderful life experience, aimed at satisfying your personal needs.

Turkish Hammam





The distinctive traditional oriental baths in Rhodes.

A place where time does not matter, the stress of everyday life is released, the relaxation of the body and the well-being of mind play a leading role.

Oriental baths, ideal for spiritual rejuvenation and relaxation of the body.

The beneficial soap foam-massage, removes body toxins from the body, renewing you immediately. An experience directly from the depths of the East, reaches our space through the experienced hands of our therapists.



Sunrise Turkish Bath Experience

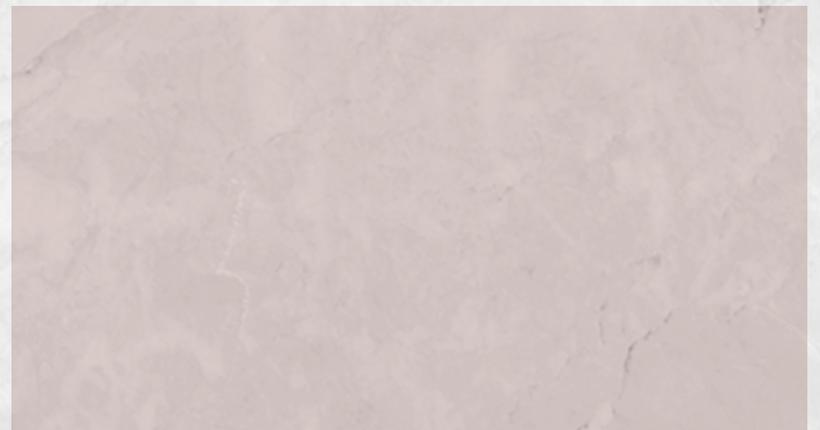
You enter the Hammam area and you begin by pouring warm water on to your body for 10 minutes. This procedure helps to soften the skin and open the body's pores. Then our therapists start your exfoliation with the special KESE glove. Followed by a cloud of soap foam for a unique soapification coordinated with a light massage and reflexology. Closing with a pleasant head massage and plenty of water flowing from the warm marble slabs. Finally we offer you traditional antitoxic Turkish tea





Sultan Hammam Experience

Choose the traditional version of our Turkish hammam by combining everything that can be attained in the Sunrise Turkish Bath enjoying our extra services such as an eye mask with Jade stones, a body scrub of your choice, fragrant traditional Turkish tea with fruit and baklava for an unforgettable experience from the depths of the East which stimulates your senses.





Antitoxic Hammam Experience

Take advantage of the beneficial properties of our hot-steam hammam, by spreading natural clay on your face, body and hair after exfoliation by your therapist, this miraculous powder is very beneficial for the skin of your face and body. Exceptionally rich in metals and with deep cleaning action guarantees you an unforgettable experience with spectacular results.



Special Massage & Body Treatments



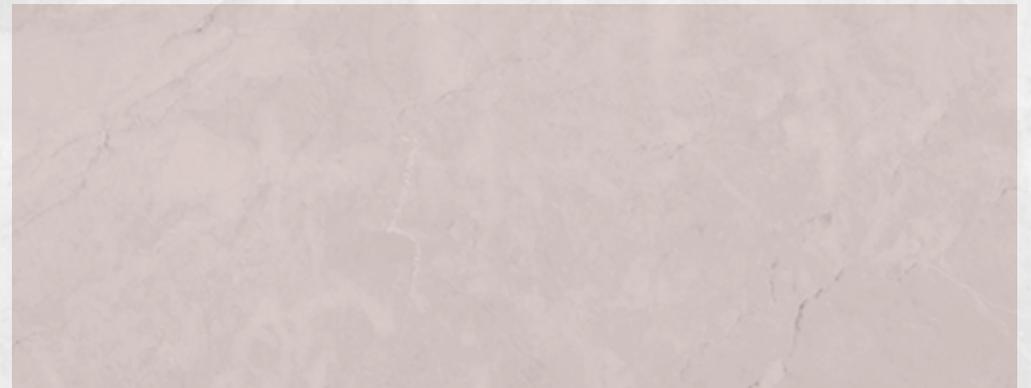


Ancient Greek Massage

The authentic ancient Greek massage of the Gods of Olympus. A ritual based on the philosophy of ancient Greece. This massage releases tension and gives you a feeling of deep relaxation. The massage includes olive oil, warm lavets and stretching movements.

Benefits

The ideal massage for injury intake, increased muscle flexibility, improving fitness performance, maintenance and restoration of physical activity throughout the body.



Thai Spirit Massage

The Thai massage is a mixture of Chinese and Indian medicine (Ayurveda) and not only works the body, but is a holistic treatment. With pressure points, stretching and muscle relaxants- reflexology techniques among other things. It provides total relaxation and achieves the release of stress, which restores our body and spirit to harmony and that's what makes this kind of massage so effective and unique in its kind.

Benefits

Relaxation, stress reduction, clarity of spirit, "cleaning" and emptying of our minds

Mobility to all the muscles in our bodies

More specifically gives the body the ability to release from the energetic blocking and the stability in the places most overworked due to a sedentary life, such as waist, back, neck, hip, scapula, hands





Four Hands Massage

The massage of four (4) hands is a revelation for the senses!

Simultaneous care by 2 therapists massaging seamlessly in harmony , blending their positive energy and experience. Using synchronized moves they massage rhythmically and harmoniously throughout the body, from neck to toes.

Benefits

With the four-hand massage we achieve total relaxation in our body, reducing feelings of stress and anxiety and obtain muscle relief. It's a massage that you need to gift yourself as a special treat because it is the ultimate experience that achieves the top-most feeling of relaxation and well-being.



Prenatal Massage

Gentle massage during the period of pregnancy. Relieves and relaxes the future mother to be.

Benefits

Significantly improves the mood of the pregnant woman and the fetus as it relieves stress and allows her to give herself a few moments of relaxation and calmness.

* During the first trimester of pregnancy the massage is avoided as the fetus has not yet completely stabilized.





Fire Cupping Massage

This original cupping therapy is a traditional method with multiple benefits for your body. It is aimed at those who want a different massage that relaxes the muscles in depth, as it gives well-being and detoxification.

Benefits

It helps to remove toxins from the body, blood circulation, but also to combat chronic pains.





**Full Body
Massages**

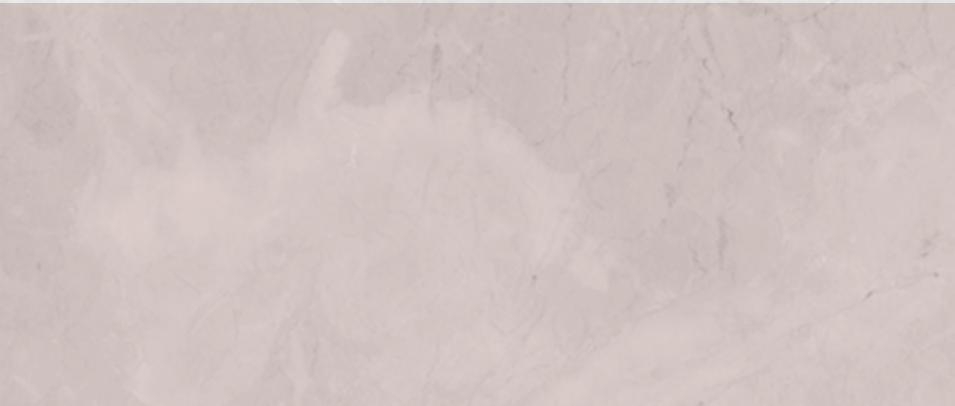


Swedish Classic Massage

A massage aimed at all those who want relaxation, tranquility and stimulation. It combines a set of special movements applied to muscles of the body.

Benefits

The ultimate goal of a Swedish massage is to relax the whole body while increasing blood circulation and oxygen, while reducing muscle toxins or tension.



Herball Balls Massage

The herball ball massage has been practiced since antiquity and its roots come from Indonesia. The benefits of this massage is the relaxation and stimulation of your muscular system while at the same time offering a feeling of calmness and tranquility due to the herbs contained in the pouches and the essential oils that are selected. The pouches are made of linen fabric and their contents are crushed herbs and salts. The treatment can be applied all over the body from head to toe.

Benefits

With the application of thermal pouches we take full advantage of all the benefits of thermotherapy in the muscular and nervous system, such as local hyperemia, increase in metabolism, better oxygenation and better treatment of nerve impulses and up to some point helps to increase muscle elasticity.





Deep Tissue Massage

A deep and intense massage in which stretching movements are used in order to relieve chronic pain and relax soft tissues.

Benefits

Intense pressures facilitate perspiration, while the strong connection with the pressure points acts deep inside the muscles and relaxes them.

The session ends with a short period of immobility that helps to have the best results of the massage.



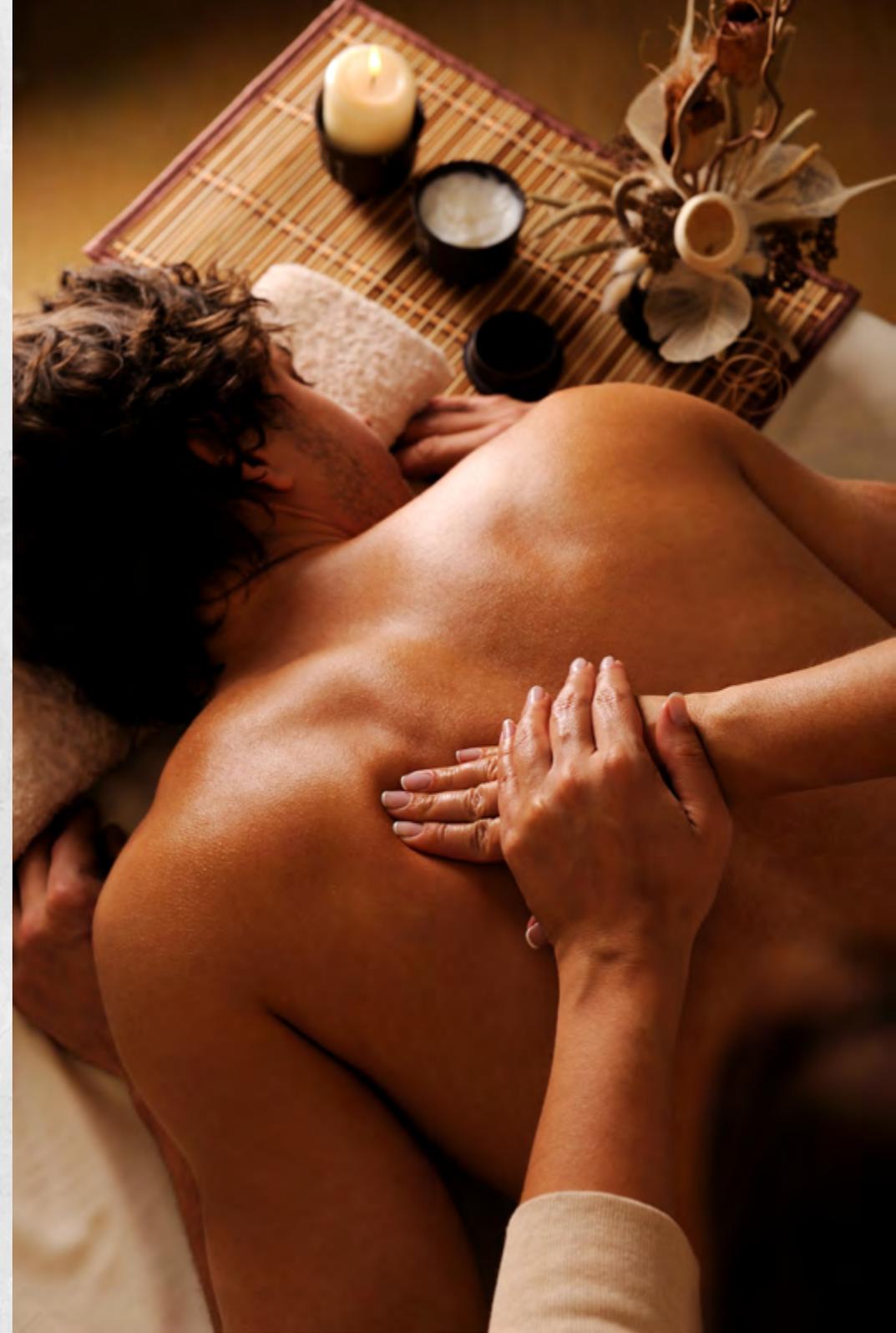
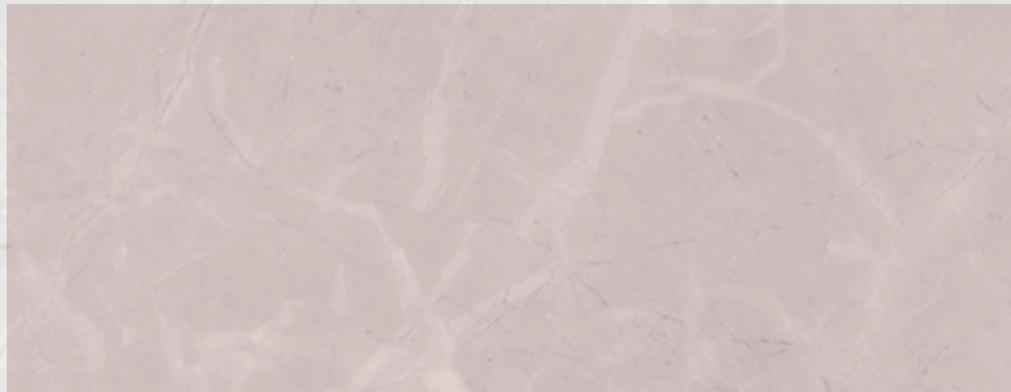


Lymphatic Drainage Massage

Lymphatic massage is a massage technique that aims in the natural stimulation of the lymphatic system. Its main purpose is to stimulate the lymph nodes, in order to facilitate the circulation of lymph fluid.

Benefits

It helps in the quick and effective detoxification of our organisms, improves blood circulation, skin rejuvenation, cellulite reduction, it also stimulates weight loss.





Anti- Cellulite massage

A slimming massage against cellulite, this massage is a very important treatment against cellulite because it directly affects the very surface of the skin and stimulates circulation. This will help your skin become tighter, restore collagen that affects the skin's firmness and elasticity, decreasing stretch marks which is a problem for many women and men, while increasing the oxygenation of the tissues.

Benefits

Thanks to the enhancement of microcirculation, it manages to remove fluid retention. At the same time, it contributes in the growth of new and healthy cells but also enhances the production of collagen and elastin.





Extra Service you can add

Seaweed

Mud Mask Body & Face

Clay Mask Body & Face

Body Masks

Body Peelings

Ask our therapists for any clarification.
Creating a package according to your
own preferences and needs is possible.



Our Team

The members of our team have been carefully selected, highlighting the passion, the their inspiration and creativity. With love and devotion the therapists take care of your daily care and beauty needs.



Appointments for information and reservations call we recommend that treatments are reserved in advance in order to ensure that the service is available at the time that suits you. Cancellation policy we understand that sometimes schedule adjustments are necessary and we will do our best to satisfy your needs. As the treatment time is specifically reserved for you, we respectfully request at least a 4 hour notice for a single treatment and a 24 hour notice for package treatments, for cancellations or rescheduling of appointments. For cancellations made within the above hours there is no cancellation charge



sunrise

BOUTIQUE SPA



*And the beauty
OF A WOMAN
with growing grace
ONLY GROWS!*

Welcome to the magical world of the Sunrise
Boutique Spa.
A wonderful life experience,
which aims in satisfying your personal needs.

The sunrise boutique spa is a modern beauty institute, spa & wellness center located in nea marina, rhodes town. A pleasant and modern haven providing the most advanced technologies, ideal for facials & body treatments based on the latest developments of cosmetology, combining medical aesthetics with wellness. In a time where our lives are so fast paced, our techniques are designed on restoring body & mind to a natural state of relaxation & harmony. At the sunrise boutique spa, you will find a wide range of effective treatments that we will adapt to your own needs, in order for you to have immediate and impressive results. Our knowledge, our experience and our love for the object of aesthetics will give immediate solutions to whatever concerns you.



Facial Treatments

Deep Cleansing with Steam

Deep Facial Cleansing is the basic skincare treatment for all skin types and all ages. With deep cleansing we aim to remove debris inside pores, dead cells and excess sebum from the skin.

* It is recommended to apply this treatment, before any other facial treatment.

Session duration: 55 '

Vitacride Treatment

This specific treatment has bleaching agents that decrease hyperpigmentation and promote even skin tone . In addition, it improves the texture, elasticity, hydration and restores the radiance and brightness of your skin complexion.

Session duration: 55"

Key-Words: Whitening, Hydration, Radiance, Reconstruction

Aminoacid Treatment

Complete treatment of 15 amino acids.

Deeply hydrates skin, increases its elasticity, and accelerates the regeneration of its cells. The amino acids offer an immediate and prolonged glow, maintains the skin's hydration and is a complete proposal against signs of skin aging.

Session duration: 55 '

Key Words:

Hydration, Regeneration, Radiance, Anti-aging



Triactive Mesotherapy Treatment

Non-injectable complete facial mesotherapy. The Triactive Mesotherapy is designed to meet the needs of even the most demanding complexions. The materials used are mainly based on hyaluronics, multivitamins, firming substances, growth factors and amino acids. The results are skin hydration, cell regeneration and a radiant & fresh look. Session duration: 55 '

Key Words: Anti-aging, Hydrating, Tightening, Regenerating



Hy- Cell Filler Treatment

A facial treatment with new generation ingredients that achieve skin tightening and visible reduction of wrinkles.

Hyalufiller is an active complex of peptides and polysaccharide intended for a rapid reduction of expression wrinkles giving an immediate "botox effect" . Its enhanced formula helps reduce fine lines on the forehead, in the glabella area (space between the eyebrows and the nose),as well as around the lip area.

Duration of treatment: 55 '

Key-words: Tightening, Smoothing, Anti-aging





Caviar Treatment

A treatment thanks to the combination of its active ingredients, nourishes and tones the skin, while maintaining skin moisture and eliminating the signs of aging.

Session duration: 55 '

Key Words: Anti-Aging

Eye Resistance Treatment

Eye area treatments aim to reduce dark circles and under eye bags. As well as contribute in the prevention and smoothing of expression wrinkles.

Session duration: 30 '

Key words: Anti-aging, Treatment

Body Treatments

TRIPLE WAVELENGTH HAIR REMOVAL LASER

The most effective and efficient wavelength for laser hair removal treatments.

Triple wavelength combination: The most effective and efficient wavelength for laser hair removal treatments. Guarantees better results in lesser time.

The power of three is greater and better than the power of one. The triple wavelength combination is a relatively new, revolutionary innovation in the field of laser treatments. It is the safest and most complete hair removal treatment available today. Its powerful and continuous cooling technology makes the process almost painless. All the advantages of the individual lasers are combined in one small handle.



Mesotherapy Dermaroller Body Treatment

This is a painless non-injectable treatment with impressive results, ideal for all skin types. It can be used in cases such as weight loss, skin rejuvenation from scars, as well as significantly contributes to the reduction of cellulite and firmness.

Cryothermage Body Treatment

Cryo-thermal body treatment with immediate results, ideal for slimming and tightening. This treatment includes products rich and active in herbal extracts and biotechnological.





After Sun Body Treatment

A treatment in which the necessary techniques are used during the summer. Fixes problems and prevents any signs of photoaging.



MAGSHAPE

This technically advanced medical machine can be used to fully activate any muscle group.

In contrast with physical exercise where only up to 70% muscle is active, with MAGSHAPE we achieve 100% muscle activation !!

Specifically, with each session we perform more than 22.000 contractions.

Ideal for:

- Body shaping and buttock volume
- Reduction of fat and increasing muscle density
- Arm rectification, thigh rectification





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