



SPA MENU

KOUROS

MYKONOS



KOUROS HOTEL & SUITES
MYKONOS · 5 STARS



ZOH / LIFE
FEEL ALIVE

A RITUAL FOR EVERY SENSE

There is a moment just after the sun touches the Aegean and the light turns gold when time seems to pause above the cliffs of Mykonos. It is here, perched above the marina and the windmills, that Kouros has held this pause for over three decades. A place where luxury is not announced, but felt. Where every detail the Cycladic whitewash, the panoramic stillness, the unhurried service conspires to return you to yourself.

Zoe is the Greek word for life. And this is exactly what we offer — not an escape from it, but a deeper return to it.

At Zoe Spa, we believe that true wellness is the meeting point of two worlds: the precision of science and the wisdom of the earth. For your face, we draw on the pioneering biotechnology of Korean skincare rituals engineered to the cellular level, where innovation and skin intelligence work as one. For your body, we turn to what Greece has always known: the purity of the Aegean herbs, the cold press of the olive, the warmth of the Mediterranean soil. Ancient ingredients, contemporary hands.

Together, these two philosophies form a single promise that you leave Zoe not simply relaxed, but renewed. Not just treated, but transformed.





FOR THE FACE

KOREAN PRECISION

Layering rituals, peptide complexes, PDRN technology, and fermentation actives designed to deeply hydrate, regenerate, and reveal luminous, glass-like skin.



FOR THE BODY

GREEK PURITY

Organic, land-to-skin formulations rooted in the Aegean tradition—olive, herbs, sea mineral, and warmth.



THE SETTING

MYKONOS, ELEVATED

Hammam, chromatherapy rain shower, aromatherapy hot tub—wellness architecture designed for deep release.



THE APPROACH

BESPOKE BY NATURE

Every journey is curated to you—your skin, your body, your rhythm. No two rituals are ever the same.

ZOE SPA AT KOUROS

WHERE GREEK SOUL MEETS THE ART OF WELLBEING

SIGNATURE RITUALS BY ZOE

AEGEAN DETOX RITUAL

Purify. Release. Rebalance.

Immerse yourself in a complete cleansing experience inspired by the purity of the Aegean and the power of Greek botanicals.

Begin with a steam and jacuzzi ritual to stimulate detoxification and prepare the body, followed by the Herbal Radiance body treatment to deeply hydrate, tone, and revive the skin.

A full-body massage with botanical oils enhances circulation and releases tension, while a warm herbal infusion concludes the journey, leaving you feeling light, refreshed, and fully rebalanced.

Benefits: Detox • Circulation Boost • Deep Relaxation

Duration & Price: 100' | € 160

ZOE CONNECTION RITUAL

Journey for two.

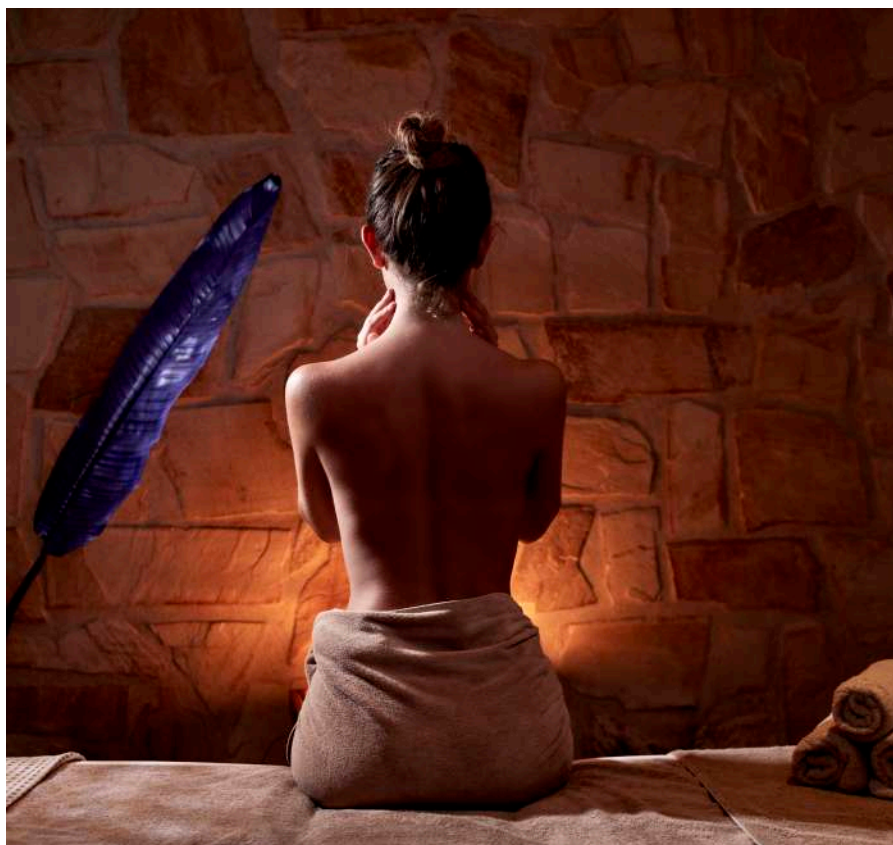
A shared wellness experience designed to create meaningful moments of relaxation and connection.

Begin with a private steam and jacuzzi ritual to unwind side by side, followed by a synchronized full-body massage that releases tension and restores balance.

The journey continues with a glow-enhancing facial, inspired by advanced Korean skincare, and concludes with a glass of sparkling wine—celebrating presence, connection, and the beauty of shared time.

Benefits: Relaxation • Connection • Radiance

Duration & Price: 100' | € 170



BODY TREATMENTS BY ZOE

HERBAL RADIANCE BODY RITUAL

Inspired by Greek healing traditions.

Rooted in the richness of Greek plant life, this multi-action ritual blends Mediterranean herbs, citrus oils, and mastiha to restore balance and vitality to the skin.

Deeply hydrating and toning, it enhances elasticity and natural radiance while awakening the senses.

More than recovery, it is a return to your body's natural glow and inner harmony.

Benefits: Hydration • Detox • Radiance

Duration & Price: 60' | € 110

MIDAS TOUCH BODY RITUAL

Our most indulgent body experience.

Inspired by the legend of gold, this luxurious ritual infuses the skin with 24K gold, ginger root, and silk proteins.

Advanced firming actives work to tone, smooth, and restore elasticity, leaving the skin luminous and refined.

An experience that goes beyond beauty—awakening confidence, presence, and a sense of elevated self.

Benefits: Firming • Glow • Skin Smoothing

Duration & Price: 60' | € 120

UNDER THE SUN BODY THERAPY

A must after a day under the Mykonian sun.

Designed for skin exposed to sun and heat, this calming ritual restores comfort and hydration when the body needs it most.

Infused with aloe and botanical extracts, it soothes sensitivity, replenishes moisture, and leaves the skin soft, refreshed, and rebalanced.

A gentle reset that allows you to fully return to the moment.

Benefits: Soothing • Repair • Deep Hydration

Duration & Price: 60' | € 105

AEGEAN FOAM RITUAL

Perfect for a quick refresh.

Inspired by the purity of the Aegean and the tradition of natural sea sponges, this refreshing body ritual offers a delicate yet effective cleansing experience.

Combined with the Vichy color therapy shower, soft foam and gentle exfoliation purify, hydrate, and awaken the skin.

A light body finish restores softness and glow, leaving you feeling refreshed, balanced, and effortlessly renewed.

Benefits: Hydration • Refreshing • Skin Glow

Duration & Price: 45' | € 80

KOREAN FACIAL TECHNOLOGY BY ZOE

ZOE EXPRESS GLOW FACIAL

Instant Radiance. Visible Freshness.

Powered by Korean skincare essentials, this express facial combines Hyssop extract, triple collagen, and rice-derived actives to instantly purify, hydrate, and revive the skin.

Perfect before a night out or under the Mykonian sun, it restores freshness, glow, and confidence in just 30 minutes.

Benefits: Glow Boost • Hydration • Skin Revival

Duration & Price: 30' | € 75

AEGEAN LIGHT

Luminous. Smooth. Flawless.

Inspired by the clarity of Cycladic light, this advanced facial blends rice water, Alpha-Arbutin, peptides, and hyaluronic acid to deeply hydrate and refine skin texture.

Enhanced with collagen and antioxidant-rich botanicals, it reveals a radiant, even-toned complexion and a luminous sense of self.

Benefits: Deep Hydration • Radiance • Skin Perfection

Duration & Price: 60' | € 95

CHRONOS FACIAL

Science that honors your journey through time.

From the ancient Greek word "Chronos", meaning time, this advanced facial embraces aging as a journey to be refined, not reversed. This advanced treatment combines NAD+, PDRN, multi-peptide complexes, and glutathione to stimulate cellular renewal and collagen production. It restores elasticity, improves density, and reveals a stronger, more confident expression of your skin at its most vital.

Benefits: Firming • Collagen Booster • Contour Definition

Duration & Price: 60' | € 105

KOUROS MAN

Rebalance. Restore. Energize.

Named after the ancient Greek ideal of masculine form, this ritual tailored specifically for men's skin, targets stress, fatigue, and environmental damage. The combination of Hyssop extract, ginseng, niacinamide, and PDRN technology to deeply cleanse, energize, and restore balance. It reduces signs of fatigue and leaving the skin refreshed, clear, and visibly revitalized with renewed confidence.

Benefits: Deep Cleanse • Hydration • Skin Recovery

Duration & Price: 60' | € 100

MASSAGE COLLECTION BY ZOE

AEGEAN CALM MASSAGE

Slow down. Surrender. Let go.

Inspired by the gentle rhythm of the Aegean, this deeply relaxing massage invites the body to release and the mind to quiet.

Slow, flowing movements ease tension and restore a sense of inner balance, creating a state of deep calm and emotional reset.

A moment to reconnect with stillness, presence, and effortless wellbeing.

Benefits: Relaxation • Stress Relief • Inner Balance

Duration & Price: 30' | € 75 • 60' | € 120 • 75' | € 150

DEEP RELIEF MASSAGE

Release tension. Restore strength.

Designed to target deep muscular stress, this intensive massage works beyond the surface to relieve tension and restore physical ease.

Focused techniques and pressure release accumulated fatigue, improve mobility, and support the body's natural recovery.

Ideal for those seeking not just relaxation, but true physical restoration and renewed strength.

Benefits: Muscle Relief • Recovery • Tension Release

Duration & Price: 30' | € 85 • 60' | € 130 • 75' | € 160

AROMA FLOW MASSAGE

Breathe. Feel. Reconnect.

A sensory ritual where touch and aroma work in harmony to restore emotional and physical balance.

Personalized essential oil blends combined with flowing movements relax the body, uplift the mood, and awaken the senses.

An immersive experience that reconnects you with yourself through scent, touch, and presence.

Benefits: Relaxation • Mood Balance • Sensory Wellbeing

Duration & Price: 75' | € 155

CANDLE FLOW MASSAGE

Warmth. Release. Deep comfort.

In a softly lit, aromatic setting, warm candle oils melt onto the skin, creating a deeply soothing and enveloping experience.

Combined with slow, flowing massage movements, this ritual releases tension while nourishing the skin with rich, hydrating ingredients.

A moment of pure comfort that restores calm, softness, and a lasting sense of wellbeing.

Benefits: Deep Relaxation • Tension Relief • Silky Skin

Duration & Price: 60' | € 135



WET AREA

Steam Room

Jacuzzi Indoor Pool

Vichy Color Therapy Shower

Duration & Price: 30' | € 45 per person

€ 80 per couple

TERMS & CONDITIONS

OPENING HOURS

10:00 to 20:00 hours. Last treatment appointment at 19:00 hours.

HEALTH

Please make sure you let us know of any health concerns, allergies, injuries or recent operations. Please note that heat and water facilities are not recommended for pregnant women.

THE EXPERIENCE

The spa will provide luxurious towels, robes and slippers and any amenities required for use during your spa visit.

SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact our Spa Specialists who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend to book in advance.

ARRIVAL TIME

Please allow sufficient time before your treatment to complete a Spa Consultation Form. We recommend you arrive up to 20 min in advance of your treatment so that you can change, relax and enjoy the spa facilities. Late arrival will result in your treatment being shortened to accommodate the next guest.

LATENESS & CANCELLATION POLICY

Your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We ask for a minimum of 4 hours' notice for cancellations. With fewer than 4 hours' notice you will be charged the 50% of the treatment value.

AGE

The minimum age for Spa usage is 16. For any treatments booked for ages under 18, we will need a Parent's approval and Signature.

SPA ETIQUETTE

Our spa environment is designed for relaxation and tranquility. We kindly ask all guests to respect the privacy and serenity of others. To maintain a peaceful atmosphere, the spa is a smoke-free and mobile phone-free zone. Please set your device to silent mode during your visit.

SAFETY & HYGIENE

We would like to reassure you that all protocols are being taken to ensure that your treatment is delivered to the highest standard of hygiene and safety.

LOSS OR DAMAGE

We kindly ask you to store all valuables in your locker, as the spa cannot be held responsible for any lost, stolen, or damaged personal belongings.

GIFT CERTIFICATES

We offer Gift Certificates that make a wonderful gift for a special occasion. Please enquire with our Spa Reception for details.