ONCE IN MYKONOS
SOSPA!
SERVING WELL-BEING

This symbol stands for Enhancement Tip

This symbol stands for Touchless Treatment

ONCE IN MYKONOS

SoSpa!

SERVING WELL-BEING

Welcome to SoSpa! at Once Hotel in Mykonos,
a cozy and relaxing retreat designed to help you
unwind and recharge. With just three intimate
treatment cabins, we offer a personalized
experience that blends modern techniques
with traditional wellness practices.
From soothing massages to refreshing facials
and body treatments, our menu is crafted to meet
your needs in a simple yet luxurious setting.
Let the laid-back vibe of Mykonos inspire
your journey to relaxation and wellbeing.
Your wellness starts here.

DISCOVER OUR NICHE LUXURY BRANDS

Natura Bissé
Barcelona

Natura Bissé is a Spanish luxury cosmetics brand, renowned worldwide for its innovation and effectiveness in beauty treatments. Founded in Barcelona in 1979, the brand is distinguished by its commitment to scientific research and the use of high quality ingredients that guarantee visible and long-lasting results along with extraordinary sensory experiences. What makes the brand unique, is the pioneering formulas and rituals with measurable results, masterfully combined in effective and sensorial experiences that boost self-esteem and improve well-being by nearly 70%, as proven by Neuroscience.

METAWELL
BY GHARIENI

METAWELL is a cutting-edge collection of Mind and Body technologies that seamlessly integrate well-being with the principles of sound, vibration, light, touch, and water. Drawing from established ancient modalities, these technologies provide evidence-based benefits that promote holistic healing.
This unique fusion of traditional healing practices and modern technology has led to the creation of **Metawell** - a collection of beds, loungers, and equipment designed to harmoniously blend time-tested techniques with the latest innovations. This integration delivers an effortlessly effective 21st-century wellness experience.
Metawell was born out of the need to support the wellness seeker in achieving bioharmony—a concept that goes beyond biohacking, addressing the demands of modern lifestyles. It's the translation of the latest scientific advancements combined with the artful application of technology, integrating ancient healing arts into the needs of today. This fusion ensures the delivery of truly memorable and transformative experiences.

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WELNAMIS – A DEEPER DIVE

Welnamis Touchless treatment 30΄ 45€

MEDITATIVE | RESTORATIVE | CALMING

Press the pause button and sink into an immersive experience that relaxes both body and mind. With effects similar to meditation, Welnamis allows even the busiest minds to achieve profound states of relaxation. Soothing vibrations and calming binaural sounds enhance your mood and boost mental clarity and focus.

Welnamis does the work for you, without you having to worry about switching off. As you sink into the bed's soft warm curves, you are effortlessly whisked away to a sanctuary of wellbeing and calm. At the same time, the ground-breaking technology trains your brain to relax, for results that last beyond the experience.

Welnamis takes you on a journey from the stress and turbulence of everyday life to a place where you can let go and feel free. Designed for the management of stress, anxiety, low-energy and poor sleep quality, Welnamis is your gateway to Wellbeing that's been Verified by science.

Welnamis can be combined with other treatments by offering ultimate comfort and deeper relaxation.

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MLX QUARTZ

MLX Quartz touchless treatment 30´ 45€

IMMERSIVE | CALMING | THERAPEUTIC

Escape to a sanctuary of pure relaxation, that enriches your physical and mental wellbeing. The luxurious design of the MLX Quartz combines ancient remedies with state-of-the-art technology, offering an immersive experience that promotes deep relaxation and delights the senses, for the ultimate 21st century wellness experience.
Surrender to the quartz's gentle warmth as it envelops you, effortlessly dissolving tension. Its calming embrace creates a cocoon that not only nourishes your immune system but also boosts circulation and alleviates pain.

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YOUR FACE YOUR SKIN YOUR PRECIOUS

Express Radiance, 30´ 70€

GLOWING | REFRESHING | REVITALIZING
Revitalizing facial treatment that is perfect for all skin types and anyone looking to quickly restore a glowing youthful appearance. It's an ideal beauty booster before a special occasion or as an introduction to facial treatments.

O2 Infusion, 60´ 130€

PURIFYING | HYDRATING | REVITALIZING
This purifying and supremely hydrating facial infuses your skin with a radiant glow and helps minimize the appearance of imperfections. The perfect option to restore vitality to even the most asphyxiated and lackluster skins. This treatment is ideal for frequent fliers and urbanites.

Sensory Reflex 60´ 140€

HYDRATING | NOURISHING | RELAXING
Discover our take on the ancient technique of facial reflexology. We've combined such wisdom with additional maneuvers and sophisticated skincare formulas, to offer you an unforgettable experience and sublime skin.

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Essential Lift, 60´ 150€

FIRMING | LIFTING | REVITALIZING
This advanced facial combines three types of collagen with additional age-defying ingredients and effective massage maneuvers to achieve a visible lifting effect. It addresses lack of firmness, and improves skin suppleness and hydration, while helping to minimize the look of lines and wrinkles.

Antioxidant Glow, 60´ 155€

REVITALIZING | FIRMING | BRIGHTENING
Collagen-boosting vitamin C infuses vitality and radiance into your skin. Choose this facial to care for sun-damage, minimize any signs of aging, improve firmness and achieve a dazzling glow.

Add Ons
Your Skin Boosters +15€

HYDRATION | LED MASK | LEGS
Give your skin extra care
by choosing enhanced hydration,
soothing or oxygenation.
LED mask application
for facial rejuvenation.
Relieve tension in your legs
with an additional localized
10-minute massage.

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BODY TREATMENTS YOUR PRECIOUS BODY'S BOOST

Once After Sun, 30´ 75€

SOOTHING | COOLING | HYDRATING
Pamper your sun-kissed skin to prolong your tan and unwind. This refreshing treatment deeply hydrates and calms the skin, helping to reduce redness and restore its natural glow. Perfect after a day in the sun, it leaves your skin feeling nourished, smooth, and revitalized.

Citrus Scrub 30´ 75€

EXFOLIATES | REVITALIZES | SMOOTHES
A sensory, skin-polishing ritual with highly effective exfoliating agents. Our powerful citrus treatment eliminates dead skin cells for extraordinarily radiant and soft skin.

Back Ritual, 50´ 130€

PURIFYING | RELAXING | INVIGORATING
A purifying and relaxing back treatment that starts with a back exfoliation followed by a deeply relaxing back massage to finish with an active-heating marine mud. Muscles and achy joints are relieved, leaving you super- invigorated.

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Citrus Drench 60´ 145€

REVITALIZES | HYDRATES | FIRMS

A total citrus experience, which infuses the body with a concentrated dose of vitamin C, which firms and awakens the senses. Perfect for times of greater sun exposure, but also to enjoy at any time. The result is silkier, smoother and brighter skin.

Marine Body Detox 90´ 175€

REPLENISHING | DETOXIFYING | NOURISHING

Delightful exfoliation followed by a full algae body wrap and a soothing scalp massage to leave your skin ultra-smooth and ultra-relaxed. Perfect for pampering your skin, utter relaxation and reconnecting with your inner self.

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MASSAGES

Relaxing Aromatherapy 50´ 120€

Therapist's hands travel rhythmically throughout your body. Relaxing, long, effleurage strokes encourage an improved blood and lymph flow urging your mind and spirit to unwind. Your body chooses in between a calming, an uplifting, a balancing or a purifying blend after a smell test.

Back massage 25´ 65€

A popular massage aiming to release muscle tension on our "restless" back area. Gentler than deep tissue massage though it does loosen up efficiently tightness caused by our daily activities or wrong posture. Be ready to feel relaxed and revived straight after a session.

Feet & Legs 25´ 65€

Relish this treatment and feel this incomparable pleasure of lightness. Relieves fatigue, combats water retention, improves bloods flow. Foot massage stimulates a huge set of reflex points, which are responsible for the state of the body as a whole.

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Deep tissue 25´/50´ 75€/130€

Slow and firm techniques are targeting muscles, tendons and fascia, our dense connective tissue. Best suited for athletes, runners or people that enjoy deep pressure. Facilitates healing by releasing contracted areas of muscle and tissue. Your body is energized & your mind relaxed.

QuiroGolf 60´ 130€

This deep massage is the perfect way to relieve muscle tension, joint pain, and stiffness. Our exclusive golf-inspired technique, using golf balls, targets trigger points and soothes sore muscles—promoting relaxation and restoring overall comfort.

Warm ceramics massage 50´ 130€

Experience deep relaxation as smooth, warm ceramic tools glide effortlessly over your body in rhythmic, flowing movements. Long, soothing effleurage strokes enhance circulation, promoting a sense of calm and balance while supporting improved blood and lymph flow. Surrender to this harmonious experience and let tension melt away, leaving you feeling completely restored and renewed

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SO SPA
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ETIQUETTE

Opening Hours are from 11:00 to 19:00*.

In the interests of the comfort, safety and relaxation of all our guests we ask that the following guidelines are followed at all times please:

General

• All guests will be required to complete and sign a health & lifestyle questionnaire upon arrival prior to receive a treatment.

• So Spa and its environs are strictly NO SMOKING areas.

• We do not allow mobile phones in the spa areas, please leave them switched off in your locker.

This is the time for your body and mind to release the worries and stresses of the day.

• So Spa & its facilities are open to persons aged 16 and over.

• Please do not take spa's linen outside. Place all used linen in the indicated areas.

• So Spa is not responsible for loss of or damage to a guest's personal belongings.

• Please do not leave toiletries in showers or wet vanity areas.

• Shaving is permitted in the male changing rooms. However, please ensure that wet vanity areas are left clean.

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• Please ensure you drink plenty of fluid to re-hydrate after your treatments.

• Food & drink should not be brought into the spa for consumption during your visit.

• Refreshments are available upon request.

• If you have a gift voucher, please remember to bring this with you on the day to hand to the Spa Reception.

• All facilities and services are subject to availability and prior booking is required.

• Charges cannot be transferred in your room

• In room treatments have an extra charge of 100€ per treatment including VAT.

When Taking a Treatment

• Please arrive 15min before the scheduled time of your appointment in order to have a shower and be prepared for your treatment. Time lost through late arrival will result in a shortened or amended treatment being offered without refund.

• Underwear or suitable swimwear should be worn into the treatment room and during treatments. For some treatments you will be provided with disposable underwear by your therapist, and suitable towel draping will be used at all times.

* Please note new hours may be amended

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