



NÓS
HOTEL & VILLAS



CONNECT
WITH US

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OFF SEASON
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Mon-Fri: 10:00 – 18:00

RESERVATIONS EMAIL
reservations@stayatnos.com
HOTEL EMAIL
welcome@stayatnos.com

SPA MENU

NŌS HOTEL & VILLAS

WELCOME

Wellbeing at NŌS begins with air, light and stillness. Treatments are shaped by the natural rhythm of the day, shifting from morning clarity to evening release through changes in touch, scent and pace.

Rooted in Sifnos, the spa draws on raw textures, wild botanicals and crafted simplicity to create a setting that feels both grounding and intimate.



THE NÓS RITUAL

A full-body ritual shaped by the circadian rhythm of NÓS. Dry brushing awakens circulation, followed by a tailored massage using one of the signature NÓS oil blends. A grounding scalp massage releases tension, while a restorative mini-facial brings clarity and softness to the skin. Subtle shifts in touch, scent and pace create a deeply sensorial treatment that reconnects body and mind to the natural rhythm of the island.

320€ 110 minutes



MASSAGE MENU

Our signature massage oils follow the rhythm of the day. Phos awakens with citrus, thyme and rosemary, Helios balances with wild lavender, sage and geranium. Nyx settles the body into evening with verbena, evening primrose and neroli.

Aligned with the body's natural circadian rhythm, each house-made blend is chosen to suit the hour — bringing energy, balance or release as the day unfolds.

FLOW

signature relaxing massage

Slow, flowing movements soften tension and restore balance. This massage settles body and mind into a more natural rhythm and harmonious state.

150€-210€ 50-80 minutes

GROUND

deep tissue massage

Deep, targeted pressure releases tension and restores a sense of alignment. A powerful treatment that leaves the body feeling stronger, looser and more at ease.

160€-230€ 50-80 minutes

POINT

focus massage

A concentrated treatment for the back, neck, shoulders or legs, designed to release tension where it gathers most.

100€ 30 minutes



Sifnos is not a place you visit
so much as a rhythm you enter.

FACIALS

Our facials restore clarity, radiance, and softness through a combination of advanced formulas and intuitive hands-on work.

Powered by more than 30 years of pioneering stem cell research, Augustinus Bader's cosmetics pair advanced science with the skin's natural renewal processes through its award-winning TFC8® technology.

JET LAG

Augustinus Bader reset facial

A reset for skin disrupted by travel, heat or fatigue. Powered by Augustinus Bader's TFC8® technology and guided by fascia-focused massage, this treatment restores hydration, releases tension and revives luminosity. Sculpting motion leaves the complexion clearer, fresher and full of vitality.

250€ 60 minutes

LONGEVITY

Augustinus Bader ritual

A regenerative facial designed to support skin over time. Advanced Augustinus Bader formulas combine with deep fascia work, thermal contrasts and LED light to sculpt, tone and renew. Skin feels smoother, stronger and visibly refreshed.

320€ 90 minutes



ENHANCEMENTS



Personalise your treatment with one of the enhancements below. Each one takes 10 minutes and is integrated seamlessly into your chosen ritual.

DRY BRUSH **circulation boost**

Gently stimulates circulation and awakens the body.

20€



AUGUSTINUS BADER FACE MASK **radiance revival**

Replenishes hydration and restores brightness for skin that looks plumper and more luminous.

40€



LED MASK **skin renewal**

Supports clarity, smoothness and overall skin vitality.

20€



HOT STONES **deep relaxation**

Warm stones ease muscular tension and encourage a deeper sense of release.

20€



AUGUSTINUS BADER – THE EYE PATCHES **restorative comfort**

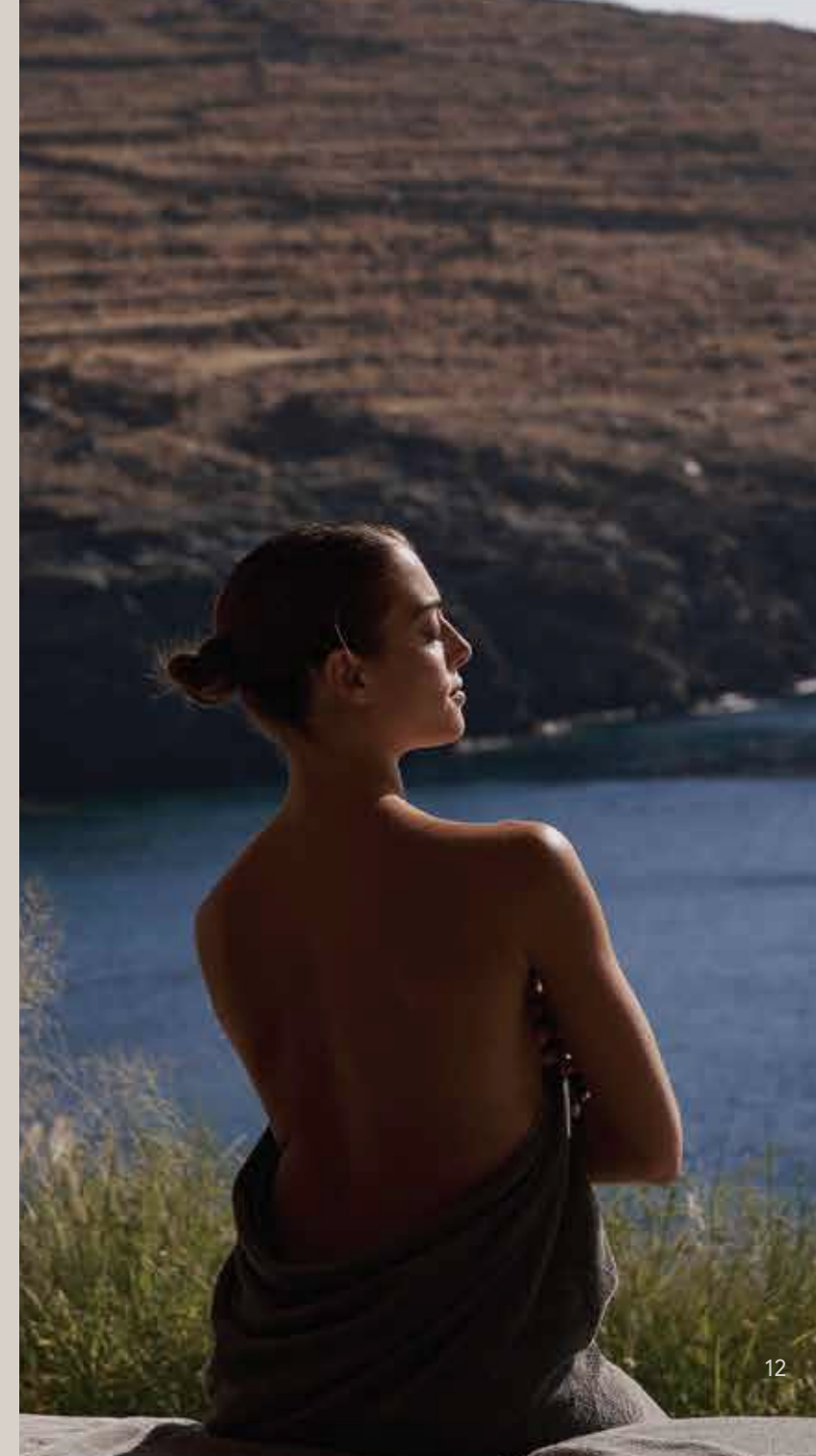
Refreshes and restores the delicate eye area.

20€



Icons suggest the ideal time of day for each treatment, though all enhancements may be added at any time.

Morning Afternoon Evening



SPA ETIQUETTE

ARRIVAL

Please arrive 10 minutes before your appointment. Treatments will end at the scheduled time.

PHONES & RECORDING

The spa is a phone-free space. Please keep devices on silent and use them discreetly. Photography, video and social-media recording of other guests are not permitted.

MEDICAL

Please let us know about any health conditions, allergies, injuries or special requirements at the time of booking. Some treatments may not be suitable during pregnancy; spa services are available during the second and third trimesters only. The consumption of alcohol is not recommended before, during or immediately after treatment.

HOURS

May
10.00-19.00

June-July-Aug / Mid Sep
11.00-20.00

Mid Sep / Mid Oct
10.00-19.00

