



WELLNESS CENTER

MENU

Life should be
lived slower





Philosophy

Welcome to our Greek O Wellness Center, a place that inspires you to follow a slower pace of living that defines Tinian Island life, as equally rejuvenating and soulful as the landscapes of Tinos. Our products are inspired by Greek minerals and crafted by local people. The interiors of the O Wellness Center are imbued by local artisanship, with geometric patterns and Tinian woodwork. We live to a Tinian rhythm. Here, there is an understanding that great things take time. In the O Wellness Center, you will find a private pool, a traditional hammam, and the Zerobody, where thanks to a unique and patented system, you are free to float on water, in a state of weightlessness, achieving through music, meditation and breathing exercises, a state of relaxation, calmness, lucidity and creativity. Our center is a place to sink into a lounger, gaze over infinite blue, and let time drift away. O Wellness Center is the best expression of everything Tinos has to offer.

Discover
our premium
cosmetic brands



GERMAINE DE CAPUCCINI

Germaine de Capuccini is an icon of the beauty industry, a revered heritage skincare range that celebrates its 60th anniversary in 2024. The family-run company stays at the top of its game by constantly striving to source the best ingredients, continually refining its formulations and combining its time-honoured traditions with the latest scientific advances. The family members have never forgotten the founding principle, to promote a holistic approach to skincare that prioritises authentic wellbeing over skin-deep beauty. Every treatment is a soulful, 360-degree treat, featuring products enriched by the Mediterranean's natural goodness.

DR. BARBARA
STURM

Dr Barbara Sturm trained as an orthopedic doctor and spent years researching anti-inflammatory techniques before realising her true calling was skincare. She switched industries and channeled her extensive medical knowledge into creating her own molecular skincare range. She launched her company in 2014, using state-of-the-art cosmeceutical methods to harness the anti-inflammatory qualities of raw ingredients to encourage the body's natural anti-aging responses which include telomerase activation and exosome activity. She's a glamorous but time-poor working mother so her skincare routines are practical as well as effective and her science-gets-sexy style has been an instant hit. Her facials are cutting-edge, results-driven and laser-focused on holding back the tell-tale signs of aging, an approach that has won her a legion of A-list fans including Hailey Bieber, Rosie Huntington-Whiteley and Emily Ratajowski.

10AM apotheke

The O Wellness Center with the help of 10AM apotheke invites you into a realm of sensory exploration, where memories intertwine with the very fabric of our being. Guided by the vision of founder Eva Papadaki, we delve into the depths of our past, rediscovering the essence of our existence. Eva's and Odera's shared profound reflection acts as a beacon, illuminating the significance of sensory experiences in shaping our lives. Through the unwavering commitment to preserving the simplicity and sustainability of our upbringing, we encourage you to embrace the beauty that surrounds us. By celebrating small, independent producers and embracing nature's rhythms, we are invited to reconnect with a way of living that honors both the past and the future. Step into this haven of nostalgia and reverence, where each moment is a testament to the stories that unite us. Welcome to O Wellness Center, where memories are not just recalled, but cherished.

O Wellness Center Signature Journey By Germaine De Capuccini

Sun Saviour

This Signature treatment begins with a full body exfoliation rich in minerals and is followed by a refreshing after-sun body mask, to moisturize the skin and provide a sense of well-being.

The treatment is completed with an after-sun facial with royal jelly and Aloe Vera, which includes skin cleansing, exfoliation, mask and specific massage strokes to rejuvenate and protect the face skin from external stress. Skin remains nourished and deeply revitalized.

90min/165€

O's Greek Scent

Using simple, natural formulations, this signature treatment guides you into a summer scenery of a Greek island.

A body scrub with a base of precious Greek olive oil combined with olive pits pulp and essential oils, leaves the skin regenerated and smooth. The wildflower facial includes cleansing, exfoliation, mask, serum and a special massage to offer a really rejuvenated, glowing skin.

During the body massage, the skin gets nourished and hydrated, as the melted candle gently drips on the body, in a scent of lavender, citrus or olive, and the warmth of the oils and the therapist's gentle, intuitive movements immerse you in optimal relaxation.

120min/235€



Holistic Facials

By Germaine De Capuccini

***Bestseller**

Healing Royal Jelly with Aloe

Royal jelly, an exceptional nourishing elixir offered to us by nature, manages to restore the “resilience of the skin”. During the treatment, the face is cleansed with the help of a peppermint scrub.

An aloe mask is then applied to soothe the skin, followed by a massage protocol to deeply nourish the skin and protect the skin from external stress. This treatment is perfect for those who are facing jet lag and wish to regain shortly the hydration the skin needs.

50min - 100€

Wild Flowers Extracts

A rehydration therapy for all skin types that will nourish your face using the ingredients of wildflower extracts. Thanks to the red flower mask used during the treatment, the skin is transformed: oxygenated, hydrated, strengthened and regenerated.

50min/100€

Global Anti-age On

An exquisite anti-aging face treatment. Its stunning composition fills the wrinkles, rejuvenates, moisturizes the skin, and activates the defense and cellular regeneration mechanisms.

The ritual includes a toning massage with a special spoon, placed on ice and a unique metallic icy mask.

* Winner of the prestigious Highest Award at the 20th IFSCC (International Federation of Cosmetic Chemists), considered the Nobel Prize of Cosmetics.

75min/165€



Body Solutions
By Germaine De Capuccini

Bestseller
Olive Seed Scrub

A real rejuvenation treatment thanks to the beneficial ingredients, the aromas and textures of olive seeds, argan oil, grape seeds, and orange blossom water. The skin is left free of dead cells and extremely soft, through the intense massage movements during the treatment. There is an option of using the shower after the body scrub if you wish.

25min/45€

Marine Scrub

A refreshing body exfoliation with vitamins and algae extracts that nourish and soften the skin. Enriched with seaweed, marine elements, and metal salts that transfer you directly to the endless blue of the ocean. Ideal for dry and thirsty skin.

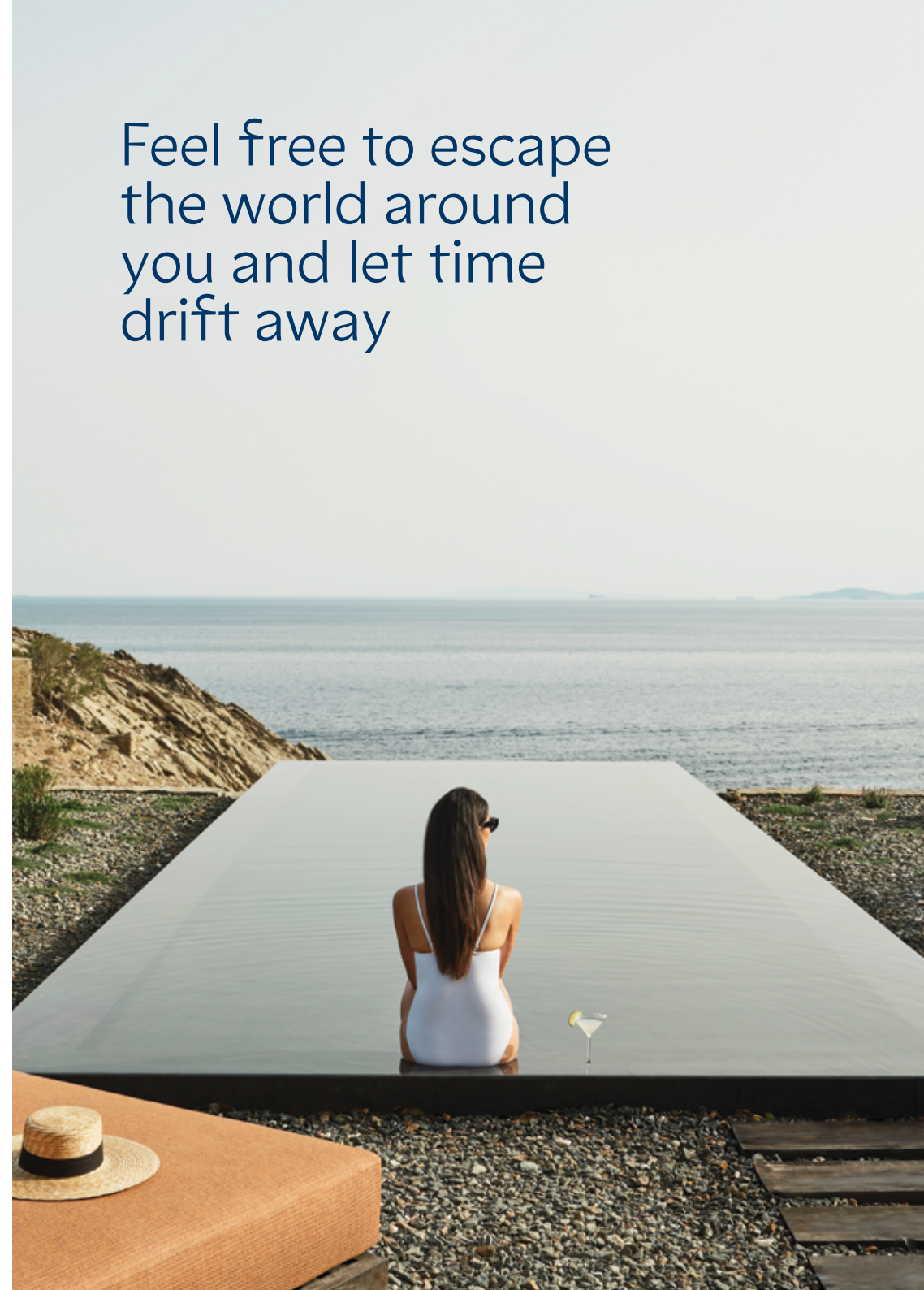
25min/45€

Mediterranean Wrap

A miraculously refreshing and hydrating treatment based on Aloe Vera and Mint for deep nourishment and relaxation. Offering immediate comfort and a unique sense of coolness, this body wrap renews sensitive and irritated skin. It is ideal to be combined with one of our body exfoliations.

25min/45€

Feel free to escape
the world around
you and let time
drift away



Optimum Relaxation

By Germaine De Capuccini

Sleep Enhancer

A massage inspired by an ancient Greek technique that provides relaxation and achieves well-being through the harmony between the mind and the spirit.

A relaxing massage based on slow movements, that reduces stress levels and helps to restore sleep.

50min/100€

Light

Bestseller

Candlelight with olive, citrus, or lavender

An unforgettable massage that nourishes and protects the skin thanks to the natural benefits of olive, citrus or lavender. The treatment, through the gentle application of the melted candle, makes your skin silkier than ever, bringing out its 100% natural beauty.

50min/75min - 110€/165€

Medium to firm



Deep Tissue

Deep pressure massage with specific techniques that focus on the trigger points that relieve muscle tension and stress, targeting the deeper layers of the muscles' connective tissue. Firm pressure from elbows and forearms loosens stiff muscles and joints for improved circulation.

50min/75min - 110€/165€

Firm to deep

Hot Healing Stones

The massage techniques are combined with the properties of the volcanic stones and the essential oils. The heated stones are placed on key points of the body, releasing the accumulated energy from the chakras, while inducing a feeling of total harmony, well-being, and profound muscular relaxation.

75min/150€

Light to firm

High-Tech Age-Defying Facials By Dr. Barbara Sturm

Signature Sturm Glow

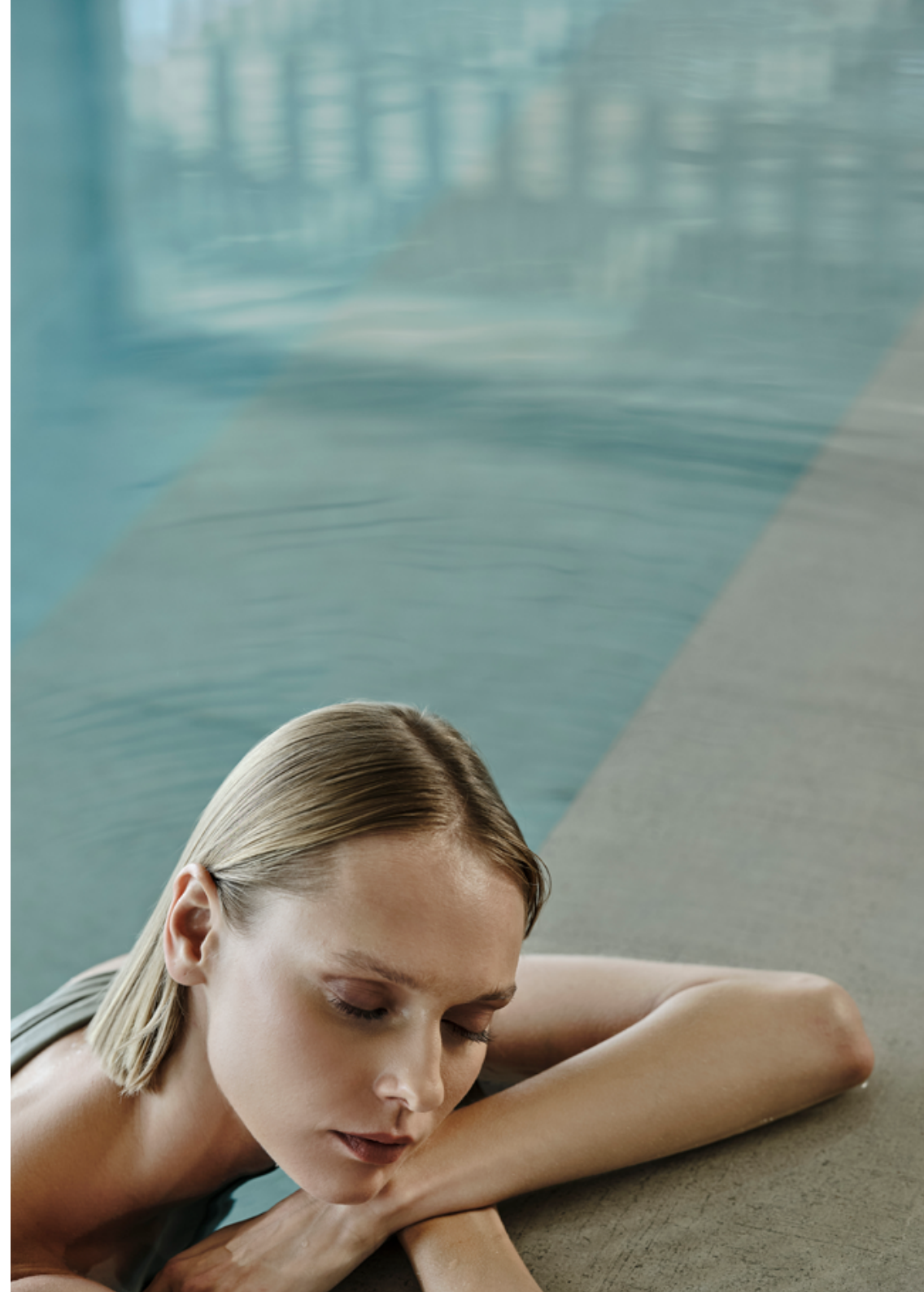
This revitalizing facial will cleanse, nourish, and awaken the skin, and help restore the complexion's natural glow. The light extraction of sebum in the nose area is the highlight of this treatment along with the products used such as the light-reflecting pigments in GLOW DROPS that leave the skin with a visible, youthful radiance and even out the appearance of any irregularities on the complexion. The treatment nourishes the skin and helps to restore a natural and healthy-looking glow.

60min / 225€

Super Anti-aging

The Super Anti-Aging Facial replenishes moisture reservoirs resulting in a smoother and more youthful complexion while promoting the skin's natural barrier function and reducing the appearance of fine lines and wrinkles. Super Anti-Aging Treatment helps to contour the facial muscles for firmer, tighter skin through the uplift massage protocol. This facial visibly lifts the skin, supports the regeneration of collagen, and helps reduce fine lines and wrinkles for a youthful-looking complexion.

75min / 300€



Rediscover the luxuries
of a world still made
by hand



Slow Spa Seductions By 10am Apotheke

Tinian Tranquility

Savor the exquisite blend of nature's tranquility with our Malotira & Sage full body Massage. Immerse yourself in the aromatic allure of these Mediterranean herbs as skilled hands artfully infuse their essence into your skin. The harmonious fusion of Malotira and Sage essential oils creates a sensory journey that not only relaxes muscles but also rejuvenates your spirit.

50min/75min - 100€/145€

Light to medium

Time out on Tinos Couples Ritual

Experience the purifying embrace of the Salt Exfoliation with natural sea salt from the mineral-rich lagoon of Messolonghi, that gently buffs away dull skin, leaving your body renewed with a luminous glow. Then, indulge in the therapeutic touch of our Malotira & Sage massage, a serene escape into the mountainous landscapes of Greece that soothes both body and mind. The journey continues with a nourishing facial, including a clay mask for deep cleansing, followed by the massage with mountain tea herb oil to hydrate the skin. The skincare ritual is completed with the application of natural beeswax balm on the lips to provide comfort and hydration.

120min/245€

*Ideal ritual treatment for couples.

Expert proposals:

Upon completion of any treatment from the menu, you can purchase the Lip Balm with 100% beeswax to use daily at home. Don't forget to purchase the soap with virgin olive oil to use at home on your face, body and hair. Also, get the tea blend with dittany and various Greek herbs to enjoy calm moments every day.



O Wellness Center Deep Regeneration

Wet Area

Enjoy our Traditional Hammam for a ritual of relaxation, detoxification and deep cleansing, taking place in an inviting environment surrounded by steam, with high humidity and a temperature range from 45 to 55°C. Taking a cool shower right after the hammam will make your visit more refreshing and improve blood circulation in your body. Then you can rest in the relaxation pool and on the comfortable loungers, gazing the amazing sea view.

Daily Use/25€

Zerobody Dry Float

Feel the unique experience of dry floatation on a mattress filled with 400 litres of warm water in Starpool's innovative, patented floating therapy bed and let yourself go into a complete sense of serenity that regenerates body and mind. Zerobody Dry Float offers the benefits of reducing gravity and external stimuli, having a positive impact on psycho-physical well-being. The results are: stress reduction, a deep relaxation feeling, pain and tensions relief, increased blood flow, better sleep quality, focus and clarity, enhanced imagination.

20min/40€

O WELLNESS CENTER ETIQUETTE

Reservations

Please contact the O Wellness Center reception to book an appointment. We recommend making a reservation to guarantee your preferred treatment and time.

Cancellation policy

We understand that plans can change, and we will do our best to accommodate your needs. However, as all O Wellness Center time is under reservation, should you need to cancel or change your booking kindly inform our team 24 hours before your time slot with no charge. Otherwise, cancellations made between 12-4 hours before the treatment(s) time will result in you being charged 50% of the treatment(s) cost, and cancellations made between 4 hours -the non-show will result in you being charged 100%.

Before your arrival

As many O Wellness Center treatments serve to improve blood circulation through the application of special body pressure techniques, we advise against eating a heavy meal before your treatment. However, a light snack is appropriate. Alcohol is forbidden before any O Wellness Center treatment. We recommend that you do not bring your valuables into the treatment room. The O Wellness Center bears no responsibility for the loss of any personal belongings. Please wear a bathing suit for treatments including water.

Upon your arrival

Kindly arrive at least 15 minutes before your appointment. Delayed arrival will reduce the available time for your treatment. It will therefore reduce its effectiveness and your pleasure. This is your moment, and we want you to enjoy the experience to the fullest. Please let us know about any preferences you have regarding room temperature, pressure, and music. Your care is our highest priority.

During your stay

The O Wellness Center is dedicated to maintaining an environment of peace and tranquility. Help us by respecting our atmosphere of privacy and quiet by putting your mobile phone on flight mode during your stay. Smoking, alcohol, and eating are prohibited.

Pregnancy

In our catalog, you will find specially formulated treatments for women during pregnancy and for those who are nursing.

Please allow the team to guide you, helping you choose which treatment is the most suitable during this special time.

Gift cards

Gift vouchers are available for any treatment, combination of treatments, or home care products and are an ideal gift for someone you love and want to show some care for.

Gift vouchers are non-refundable and must be presented during treatment or purchase.

Health questions

Please inform us at the time of booking of any medical condition or special needs. This will allow the team to guide you in selecting the right treatments. Before any treatment, our staff will ask you to fill in a consultation form. We fully comply with the EU's general data protection regulation.

Payment

Payment is completed before your treatment at the O Wellness Center reception and all credit cards are accepted.

Age requirements

The O Wellness Center is suitable for guests over 16 years of age. Children under the age of 16 must be accompanied by a parent.

Idolo Group

O Wellness Center is managed by Idolo Group, a leading wellness company, designing, developing and operating unique and award-winning wellness centers in luxury hotel complexes and residences.

Check The Availability
And Make Your Online Reservation





WELLNESS CENTER



ODERA
TINOS

AUTOGRAPH COLLECTION
HOTELS

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