



BOSTANI

bloom yourself

Treatments

menu



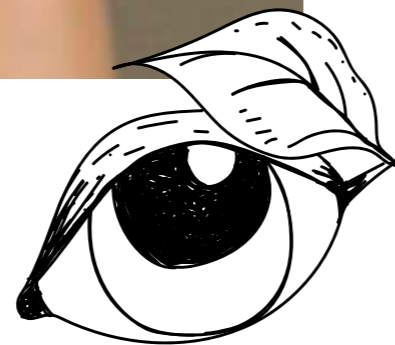
GREEKS
CALL BOSTANI A GARDEN
WITH THE BEST NATURE CAN OFFER,
AN ABUNDANCE OF GOODNESS.

At Verina Astra's Bostani garden you will find aromatic herbs and plants that have been used for centuries on the island to create remedies, and organically grown vegetables and fruit that provide a healthy source of life for our body.

Sifnos flora and the Bostani garden at Verina Astra have inspired most of our spa treatments. We've partnered up with ELEMIS, the No1 British Skincare Brand, to create an outstanding menu of treatments that will leave you feeling totally reinvigorated.

Let the aromas and the healing power of Sifnos nature embrace you
and nourish your body and soul.

Explore the Bostani therapies & treatments



BOSTANI
signature rituals

VERINA GARDEN RELAXING MASSAGE

60min/90min - €125/€150

An aromatherapy hydrating body massage inspired by our Bostani garden. Using powerful Essential Oils that have been designed to bring everything back to the potency of nature's aromatics. Your aromatherapy experience is guided through the following Essences, according to how you want to feel:

Calm | a soothing blend helps you to find your inner peace. **Clarity** | an uplifting blend helps you to invigorate your sense of self.

Fortitude | an empowering Blend makes you feel grounded and strong to the core.

Embrace | a serene blend, to ignite your senses. **Sleep** | a deeply relaxing blend, to let your mind and body restore itself.



CAROB & FRESH BOTANICALS BODY EXFOLIATION

40min - €80

Our Signature Carob Scrub is cocktailled with the purest and freshest botanicals and aromatic flowers from our Bostani garden, to help eliminate dead skin cells and kick-off the detoxification process of your body.

Texture is refined, leaving you with soft and supple skin.

We finish this luxurious body exfoliation with the application of a concentrated body milk to ensure that necessary moisture is locked into the skin. Carob takes its name from the Greek 'Keration'; Carob Trees grow mainly in the Mediterranean region and are often used as an alternative sweet indulgence to sugar.

BOSTANI FLOWERS BODY DETOX WRAP

60min - €120

This nutrient-rich detox wrap uses a deeply nourishing Rose Balm and Flower leaves to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

SKIN SUPERFOOD GLOW FACIAL

75min - €120

This is a crafted nutritional boost for stressed, dull skin. Rich in superfoods, essential minerals and trace elements; Magnesium, Potassium, Zinc, Vitamin A and E form a mineral army to jump-start tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energising nutrients. Skin is left smoother, plumper and luminously radiant – stress-free and lit up with good health.

BOSTANI
massage
& body therapy

DEEP TISSUE GREEK BOTANICAL MASSAGE

30min/60min/90min - €65/€110/€140

Tailored entirely to your needs, it leaves you feeling grounded and focused.

We will select a luxury aromatic oil according to your concerns, be they muscle pain, stress relief, pure relaxation or emotional balance.

Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation.

HOT STONE MASSAGE

60min/90min - €120/€140

Balinese stones bathed in Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension.

The result is sparkling vitality with the added bonus of intensely hydrated skin.

The massage achieves all over deep relaxation, with penetrating heat from the stones and introduces client to a new level of touch and relaxation.

HEAD & SCALP MASSAGE WITH BACK MASSAGE

60min - €100

Tension is dissolved using a combination of the ancient Chinese healing massage Tui Na and Japanese Shiatsu, while Indian and Thai kneading invigorates and clears your head.

*This treatment includes a 20min Relaxing Back Massage.

BODY CONTOURING & DRAINAGE MASSAGE

60min - €120

The toning massage helps reduce the "orange-skin" effect. The drainage-stimulating massage techniques promote cellular elimination and regeneration. This treatment stimulates the microcirculation for a true sensation of comfort and lightness.

PEACEFUL PREGNANCY MASSAGE

75min - €140

This unique pregnancy massage is profoundly nurturing and tranquil.

An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted – along with wisdom, empathy and respect.

BODY NECTAR NOURISHING AFTER-SUN WRAP

60min - €90

The velvety texture of the Monoi oil offers super-hydration, quenching a thirsty skin.

The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas.

You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. An emotionally grounding experience for skin that has never felt silkier.

INTENSELY CLEANSING SEA SALT SCRUB

40min - €80

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment.

The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, easy to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.

Choose between Frangipani or Lime & Ginger.

BOSTANI
face therapy powered
by Elemis



ELEMIS PRO-GLOW FACIAL

50min - €110

A signature triple-cleanse facial that provides hyper-focused resurfacing and moisture-boosting results to unlock a healthy, lit-from-within glow. In just one treatment, skin looks visibly refreshed, renewed and radiant.

ELEMIS PRO-GLOW RESURFACE FACIAL

50min - €120

Transform the skin's texture whilst minimising the look of uneven skin tone, enlarged pores and congestion for a renewed, stunningly smooth complexion.

ELEMIS PRO-GLOW SMOOTH FACIAL

50min - €120

This powerful anti-ageing facial smooths the look of fine lines and wrinkles, fills out expression lines and plumps skin with optimal hydration to reveal a youthful appearance.

ELEMIS PRO-GLOW BRILLIANCE FACIAL

50mins - €120

Awaken dull, lacklustre-looking skin with this radiance-boosting facial for a visibly brighter, glowing complexion.

ELEMIS PRO-GLOW GENIUS FACIAL

75min - €150

Featuring ELEMIS ULTRA SMART Pro-Collagen formulas, this ultimate high performance facial restores bounce and resilience whilst smoothing, firming and illuminating the skin for maximum, multi-faceted rejuvenation in just one treatment.

ADD-ONS :

Eye Refreshing Treatment 15min - €35

The Tech Neck Treatment 15min - €35

BOSTANI
spa & wellness
rituals

THE HONEYMOONERS BOSTANI EXPERIENCE

2 hours €460 (for both)

Deep Tissue Greek Botanical Massage - 60min
Skin Superfood Booster Facial - 30min
Carob & Fresh Botanicals Body Exfoliation - 30min
Bostani Dry Flowers Fresh Tea Experience

BOSTANI SLEEP RECOVERY

3 hours - €270

Verina Garden Relaxing Massage - 90min
Superfood Skin Glow Facial - 75min

BOSTANI TOP TO TOE SKIN & BODY REJUVENATION

2 hours 30min - €280

Choice of Massage - 60min
Choice of Facial - 60min
Head & Scalp Massage - 30min

POST YOGA MINDFUL EXPERIENCE

90min – €195

Verina Garden Relaxing Massage - 60min
Pro-Glow After Sun Booster Facial - 30min



BOSTANI DETOX ESCAPE

3 Days - €490

day 1

Choice of Body Exfoliation - 40min
Detox & Contouring Massage - 60min

day 2

Bostani Flowers Detox Wrap - 60min
Skin Superfood Glow Facial - 75min

day 3

Lower Legs & Foot Massage - 30min
Detox & Contouring Massage - 60min

BOSTANI DETOX ESCAPE

3 Days - €600

day 1

Pro-Glow Resurface Facial - 50min
Anti-Spot Hand Treatment - 30min

day 2

Bostani Flowers Body Detox Wrap - 60min
Contouring & Drainage Massage - 60min

day 3

Pro-Glow Genius Facial - 75min
The 'Tech' Neck Therapy - 15min

BOSTANI ULTIMATE STATE OF CALMNESS

5 Days - €850

day 1

Verina Garden Relaxing Massage - 90min
Relaxing Foot Exfoliation & Massage - 30min

day 2

Intensely Cleansing Salt Scrub - 40min
Deep Tissue Greek Botanical Massage - 60min

day 3

Head & Scalp Massage - 40min
Eye Treatment - 15min

day 4

Pro-Glow Brilliance Facial - 60min
Contouring & Drainage Massage - 60min

day 5

Hot Stone Full Body Massage - 60min
Relaxing Foot Exfoliation & Massage - 30min

BRIDE'S NATURAL SKIN & BODY REBIRTH

€340

Carob and Fresh Botanicals Body Exfoliation - 40min
Verina Garden Relaxing Massage - 60min
Pro-Glow Genius Facial - 75min

GROOM'S NATURAL SKIN & BODY REBIRTH

€330

Carob and Fresh Botanicals Body Exfoliation - 40min
Deep Tissue Greek Botanical Massage - 60min
Pro-Glow Genius Facial - 75min

Bostani Spa is a strictly no smoking area.

We do not allow mobile phones in our treatment room areas please switch them off.

Please leave all items of value in your room or place in our safe box.

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

Please ensure you drink plenty of fluid to rehydrate after use of our heat treatments and that alcohol and coffee consumption is kept to a minimum.

All guests will be required to complete and sign a Health & Lifestyle Questionnaire upon arrival, prior to entrance to the facilities.

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

All facilities are subject to availability.

Please arrive in good time to enjoy 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 going into the treatment room and during treatments. For some treatments you will be provided with disposable undergarments by your therapist, and suitable towel draping will be used at all times.

During treatments, please let your therapist know if you are comfortable or uncomfortable, too warm or too cold, or if their pressure is too light or too firm. Your comfort and care is our greatest concern and priority.

If you have a particular injury or physical condition, please explain it to the therapist. They can suggest appropriate adjustments to the treatment for your comfort and enhancement.

There is no pressure to talk during a treatment. It is entirely up to you.

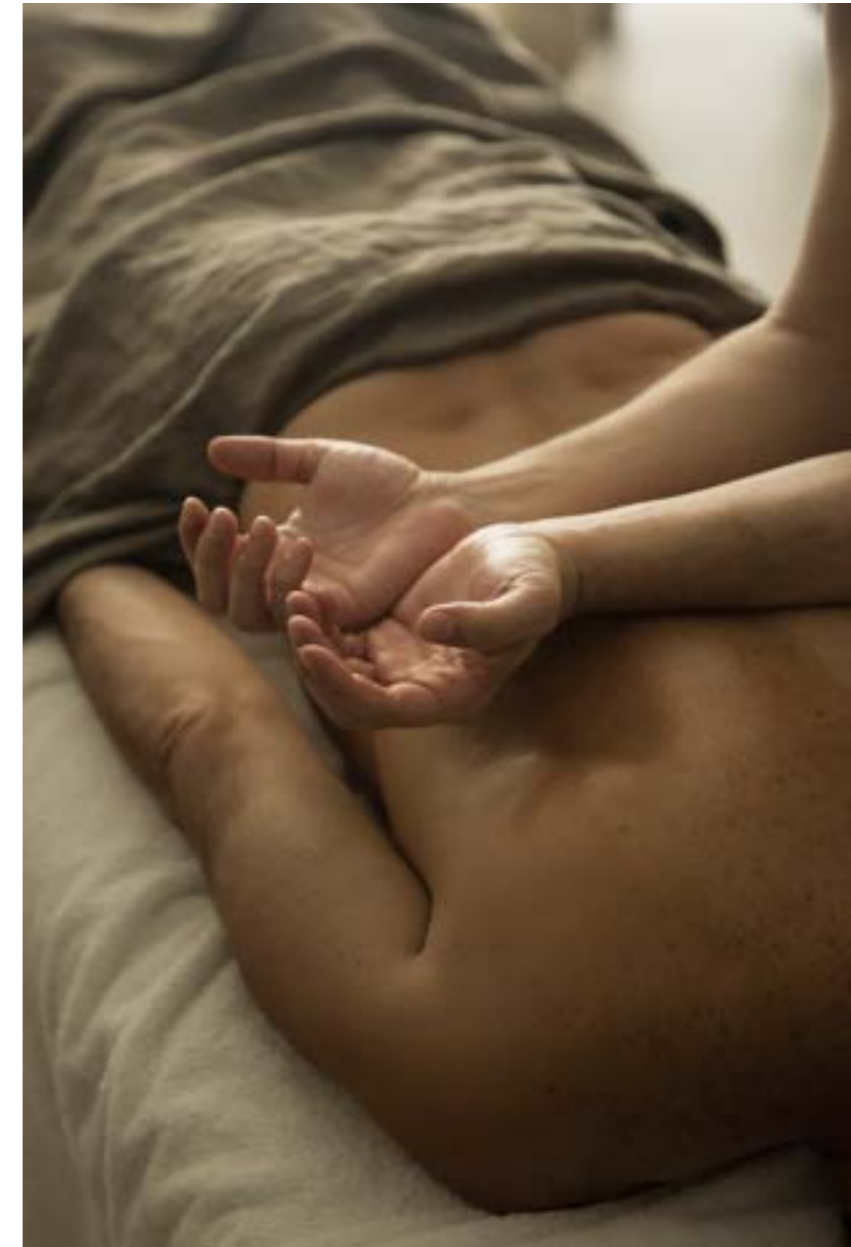
If you have any questions or would like to talk, certainly do so.

The therapist will take their cues from you. If you are quiet they will be too.

Entry to our spa areas is permitted to anyone above 16 years old. For any client aged 16-18 years old who wishes to undergo a treatment, a parent's written consent will be required.

An additional 50€ charge will be added to your treatment cost if you wish to have your treatment in your room or suite. Please note that we are unable to offer the complete menu in our rooms or suites.

If you wish to have a treatment at any hours outside our standard opening hours please notify us at least 24 hours before; any treatments performed outside our standard opening times are subject to an extra 50€ charge per treatment.



BOSTANI
sifnos



OPENING HOURS

Monday – Sunday | 10.00am – 07.00pm