



KALLONI
SPA



Where luxury meets longevity

Backed by decades of Swiss medical expertise, Swissmed Health pinpoints the root causes of ageing and designs individualised treatments that boost vitality and quality of life. Pair that with the multi-award-winning Kalloni Spa and thalassotherapy centre, and you have a unique Mediterranean destination where cutting-edge medicine meets five-star comfort.



Packages

Core Energy

Suitable for males (35 - 45)

- Medical Consultation
- Posture Evaluation
- Swissmed Health Blood Panel Energy Biomarkers
- IV Infusion Therapy
- Supervised Thalassotherapy Program (75 minutes)
- Augustinus Bader The Method Body Wrap (60 minutes)
- Therapeutic Massage (70 minutes)

Rebalance & Energise

Suitable for females (35 - 45)

- Hormonal & Lifestyle Consultation
- Personalised Specialist Consultation
- Swissmed Health Blood Panel Energy Biomarkers
- IV Infusion Therapy
- Supervised Thalassotherapy Program (75 minutes)
- 111Skin The Glass Skin Facial (90 minutes)
- Kalloni Experience Massage (60 minutes)

€1030

Rediscover Your Inner Glow

Suitable for females (45 - 65)

- Hormonal & Lifestyle Consultation
- Personalised Specialist Consultation
- Swissmed Health Blood Panel Energy Biomarkers
- Autonomous Nervous System Analysis
- Acupuncture
- Nerve Recalibration Therapy
- IV Infusion Therapy
- Supervised Thalassotherapy Program (75 minutes)
- Augustinus Bader The Method Glow Facial (60 minutes)
- Reflexology (60 minutes)

€1260

€1080

Detox & Rebalance

Suitable for females (30 - 50)

- Medical Consultation
- Nutritional Consultation
- Swissmed Health Blood Panel Energy Biomarkers
- IV Infusion Therapy
- Supervised Thalassotherapy Program (75 minutes)
- Hydrofacial (70 minutes)
- 111Skin Cryo Detox Body Treatment (60 minutes)

€1160

Packages

Leaders Performance

Suitable for males (35 - 50)

- Medical Consultation
- Posture Evaluation
- Swissmed Health Blood Panel Energy Biomarkers
- Autonomous Nervous System Analysis
- Nerve Recalibration Therapy
- IV Infusion Therapy
- Supervised Thalassotherapy Program (75 minutes)
- Royal Thai Massage (75 minutes)

Revive & Rejuvenate

Suitable for females (35 - 50)

- Hormonal & Lifestyle Consultation
- Personalised Specialist Consultation
- Swissmed Health Blood Panel Energy Biomarkers
- Autonomous Nervous System Analysis
- Nerve Recalibration Therapy
- Acupuncture
- IV Infusion Therapy
- Supervised Thalassotherapy Program (75 minutes)
- 111Skin The Cryo De Puffing Facial (90 minutes)
- Kalloni Experience Massage (60 minutes)

€1115

NAD+ Advanced Longevity

Suitable for males & females (30 - 65)

- Hormonal & Lifestyle Consultation
- Swissmed Health Blood Panel Energy Biomarkers
- Autonomous Nervous System Analysis
- Nerve Recalibration Therapy
- Acupuncture
- NAD+ Infusion Therapy
- Supervised Thalassotherapy Program (75 minutes) - before NAD+
- Kalloni Experience Massage (90 minutes) - before NAD+

€1175

€1350

Packages

Vitality Reset

€1495

3-day program

Day 1 - Laying The Foundation

- Medical Consultation
- Hormonal & Lifestyle Consultation
- Swissmed Health Blood Panel Energy Biomarkers
- Autonomous Nervous System Analysis

Day 2 - The Kalloni Spa Experience

- Supervised Thalassotherapy Program (*75 minutes*)
- Full Body Exfoliation (*30 minutes*)
- Therapeutic Massage (*60 minutes*)
- Biologique Recherche Methodology Facial (*60 minutes*)

Day 3 - The Swissmed Health Journey

- Nerve Recalibration Therapy
- Acupuncture
- Ozone Therapy
- Magnetic Field Therapy
- IV Infusion Therapy



Core Energy

Swissmed Health

Medical Consultation

The first step to an individualised experience. This focused consultation helps uncover the root causes of stress, fatigue, and low energy. Gain a clear picture of your current health and leave with practical, tailored strategies to improve energy, performance, and overall well-being.

Posture Evaluation

Evaluating your posture to identify weakened areas that may be affecting your circulation, nervous system, and overall energy. Walk away with a deepened understanding of your body and targeted advice to support long-term well-being.

Swissmed Health Blood Panel Energy Biomarkers

A specialised blood panel designed to provide insights into vital biomarkers like your Hormones, Metabolic & nutrient Markers, Thyroid Function and more.

IV Infusion Therapy

Energy Boost Infusion

Infusing the body with a specially formulated combination of electrolytes, fluids, bioactive compounds and antioxidants designed to boost vitality and reduce fatigue. Stimulates brain function, reduces stress and improves energy levels.

IV Infusion Therapy

Immunity Boost Infusion

With a focus on boosting and supporting the immune system, providing antioxidants and vitamins that in return energise the body.

You can choose between the "Energy Boost Infusion" or "Immunity Boost Infusion"

Kalloni Spa

Supervised Thalassotherapy Program

75 minutes

Experience a unique wellness journey through mineral-rich seawater pools of varying temperatures and salinity.

Augustinus Bader The Method Body Wrap

60 minutes

A rejuvenating ritual that combines Therabody Air Jet Boots, TFC8-enriched body care and a Theraface LED mask to boost circulation, reduce inflammation and leave skin firmer.

Therapeutic Massage

70 minutes

This targeted or full-body massage relieves muscle tightness and discomfort, promoting deep relaxation and restoring balance to body and mind.

Medium - Firm Pressure



Rebalance & Energise

Swissmed Health

Hormonal & Lifestyle Consultation

Take a deep dive into your hormonal world and lifestyle. This medical consultation explores how your hormones, lifestyle, and stress levels influence your energy, mood, and well-being. Gain a clearer understanding of your hormonal landscape with bespoke advice to restore balance and enhance your wellbeing.

Personalised Specialist Consultation

A personalised specialist consultation tailored to your needs. Options include aesthetic, nutritional, dental, or homeopathic consultations. Your specialist session will be confirmed during booking to best suit your wellness goals, subject to availability.

Swissmed Health Blood Panel Energy Biomarkers

Provides detailed insights into key hormones, metabolic and nutrient markers, thyroid function, and more; created specifically for women in their mid-30s to mid-40s to support balanced health and vitality.

IV Infusion Therapy

Beauty Glow Infusion

A revitalising infusion of antioxidants and vital organ supporting agents to brighten your complexion, promote radiant skin, and support a healthy, youthful glow.

IV Infusion Therapy

Detox Infusion

A nourishing blend of vitamins, minerals, and detox-supporting agents designed to gently enhance your liver, kidney and lymphatic system functions, helping your body naturally cleanse and renew from within.

You can choose between the "Beauty Glow Infusion" or "Detox Infusion"

Rebalance & Energise

Kalloni Spa

Supervised Thalassotherapy Program

75 minutes

Experience a unique wellness journey through mineral-rich seawater pools of varying temperatures and salinity.

111Skin The Glass Skin Facial

90 minutes

This advanced facial uses cutting-edge technology and actives to exfoliate, hydrate, and brighten revealing a smooth, plump, and radiant 'glass skin' complexion.

Kalloni Experience Massage

60 minutes

Unwind with this signature candle massage, where warm, aromatic oils from your chosen candle melt tension away, leaving your skin soft and your senses deeply soothed.

Light Pressure

Rediscover Your Inner Glow

Swissmed Health

Hormonal & Lifestyle Consultation

Navigate the changes of a woman's most pivotal stage in life, with a comprehensive review of your hormonal health and lifestyle. This personalised consultation helps identify how shifting hormones and daily stressors affect your energy, mood, and vitality. Receive tailored guidance designed to support hormonal balance, ease menopausal transitions, and promote graceful, healthy ageing.

Personalised Specialist Consultation

A personalised specialist consultation tailored to your needs. Options include aesthetic, nutritional, dental, or homeopathic consultations. Your specialist session will be confirmed during booking to best suit your wellness goals, subject to availability.

Swissmed Health Blood Panel Energy Biomarkers

Tailored to reveal key markers affecting energy, mood, and fatigue—like hormones, metabolism, and thyroid health — it helps identify imbalances impacting your daily life.

Autonomous Nervous System Analysis

Discover how your body balances stress and recovery through heart rate variability, measuring the activity of your Sympathetic and Parasympathetic Nervous Systems.

Acupuncture

By stimulating specific points on the body, acupuncture helps balance energy flow, promote healing, reduce fatigue, and enhance overall well-being, supporting your body's natural restorative processes.

Nerve Recalibration Therapy

Uses pulsed electro-magnetic frequencies to target cellular and organ systems, restoring balance, promoting healing and alleviating stress.

IV Infusion Therapy

Female Awakening Infusion

A deeply nurturing blend of micronutrients and minerals designed to support hormonal balance and enhance overall feminine vitality, gently toning the body and awakening inner wellness.

Optimal Ageing Infusion

A targeted blend of essential compounds that supports collagen production, enhances skin health, and promotes a radiant, glowing appearance from within.

You can choose between the "Female Awakening Infusion" or "Optimal Ageing Infusion"

Rediscover Your Inner Glow

Kalloni Spa

Supervised Thalassotherapy Program

75 minutes

Experience a unique wellness journey through mineral-rich seawater pools of varying temperatures and salinity.

Augustinus Bader The Method (Glow) Facial

60 minutes

A revolutionary treatment that boosts the body's natural healing, improving hydration, firmness, and texture while preventing moisture loss through advanced formulas and expert techniques.

Reflexology

60 minutes

Reflexology, an ancient healing method, uses acupressure on specific foot points to relieve pain and restore balance between body and mind.

Medium - Firm Pressure (Feet Only)



Detox & Rebalance

Swissmed Health

Medical Consultation

The starting point for a tailored detoxification journey. This focused consultation explores the underlying causes of fatigue, sluggishness, and toxic load. Gain a clearer understanding of your current health and receive actionable advice to support detoxification, boost energy, and enhance overall well-being.

Nutritional Consultation

A personalised session designed to uncover how your nutrition and lifestyle may be contributing to fatigue, inflammation, or toxic overload. Walk away with nutritional advice to help long-term detoxification and nourishment.

Swissmed Health Blood Panel Detox Biomarkers

Created for women looking to restore balance and vitality. It provides insights into key markers such as body-supporting compounds, and other indicators essential to supporting detoxification and sustained energy.

IV Infusion Therapy

Detox Infusion

A nourishing blend of detox-supporting agents, vitamins and minerals, designed to gently enhance your liver, kidney and lymphatic system functions, helping your body naturally cleanse and renew from within.

IV Infusion Therapy

Metabolic Optimisation Infusion

A revitalising blend of essential compounds formulated to support your metabolism, enhance cellular energy production, and optimise how your body processes and utilises nutritional components.

You can choose between the "Detox Infusion" or "Metabolic Optimisation Infusion"

Kalloni Spa

Supervised Thalassotherapy Program

75 minutes

Experience a unique wellness journey through mineral-rich seawater pools of varying temperatures and salinity.

Hydrofacial

70 minutes

Hydrofacial is a gentle, non-irritating hydro microdermabrasion that resurfaces skin using high-pressure water and extraction, improving tone, acne, pores, and fine lines - for all skin types.

111Skin Cryo Detox Body Treatment

60 minutes

Boosts microcirculation and lymphatic flow to detoxify, refresh, and ease tired legs and muscles while contouring the body. Using Cryo technology, Pro Cellulite Gel, and a de-puffing facial mask, it detoxifies, firms and uplifts skin.

Leaders Performance

Swissmed Health

Medical Consultation

This consultation uncovers the root causes of stress, low energy, and performance dips, providing a clear picture of your current health, along with actionable steps on how to boost stamina, focus, and long-term vitality.

Posture Evaluation

Designed for men with desk-based or high-stress lifestyles, this evaluation identifies postural imbalances that may be compromising circulation, nervous system function, and physical performance. Gain insight into your structural alignment and receive targeted recommendations to improve your stamina.

Swissmed Health Blood Panel Energy Biomarkers

Designed to give deeper insight into key markers that influence energy, endurance, and overall performance, including hormone levels, metabolic function and more. Ideal for identifying imbalances that may be holding you back physically or mentally.

Autonomous Nervous System Analysis

Understand how your body responds to stress and recovery by measuring the balance between the Sympathetic and Parasympathetic nervous systems. This analysis reveals the impact of daily demands on your resilience, guiding tactics to sharpen focus, improve sleep, and support peak performance.

Nerve Recalibration Therapy

Utilises pulsed electro-magnetic frequencies to target cellular and organ systems, restoring balance, enhancing recovery, and reducing stress to help you perform at your best.

IV Infusion Therapy

Performance Infusion

Boost mental clarity and stamina with a curated blend designed to sharpen focus and sustain high energy throughout your day.

Metabolic Optimisation Infusion

Enhance your metabolism and elevate energy levels with nutrients that support efficient fuel use and overall vitality.

You can choose between the "Performance Infusion" or "Metabolic Optimisation Infusion"

Leaders Performance

Kalloni Spa

Supervised Thalassotherapy Program

75 minutes

Experience a unique wellness journey through mineral-rich seawater pools of varying temperatures and salinity.

Royal Thai Massage

75 minutes

This massage combines stretching, pressure points, and acupuncture with warm essential oils and traditional Thai massage techniques to relieve pain, boost energy, and promote deep muscular and mental relaxation.

Strong Pressure

Revive & Rejuvenate

Swissmed Health

Hormonal & Lifestyle Consultation

Explore your hormonal world and lifestyle. This medical consultation explores how your hormones, lifestyle, and stress levels influence your energy, mood, and overall well-being. Gain a clearer understanding of your hormonal landscape along with personalised advice to restore balance and enhance your wellbeing.

Personalised Specialist Consultation

A personalised specialist consultation tailored to your needs. Options include aesthetic, nutritional, dental, or homeopathic consultations. Your specialist session will be confirmed during booking to best suit your wellness goals, subject to availability.

Swissmed Health Blood Panel Energy Biomarkers

Customised blood panel designed for women looking to restore balance and vitality. It provides insights into key markers such as hormone levels, metabolic and nutrient status, thyroid function, and other indicators essential to supporting detoxification and sustained energy.

Autonomous Nervous System Analysis

Discover how well your body balances alertness and relaxation by measuring your heart rate variability. This analysis reveals how effectively you manage stress and recovery, helping you restore harmony and enhance overall well-being.

Nerve Recalibration Therapy

Uses pulsed electro-magnetic frequencies to target cellular and organ systems, restoring balance, promoting healing and alleviating stress.

Acupuncture

By targeting specific points on the body, acupuncture supports balanced energy flow, promotes healing, reduces fatigue, and nurtures your body's natural ability to restore and rejuvenate.

IV Infusion Therapy

Beauty Glow Infusion

A revitalising infusion of antioxidants, vitamins, and hydrating compounds to brighten your complexion, promote radiant skin, and support a healthy, youthful glow.

Detox Infusion

A nourishing blend of detox and organ supporting agents and vitamins designed to gently enhance your liver, kidneys, skin, lungs, and lymphatic system, helping your body naturally cleanse and renew from within.

You can choose between the "Beauty Glow Infusion" or "Detox Infusion"

Revive & Rejuvenate

Kalloni Spa

Supervised Thalassotherapy Program

75 minutes

Experience a unique wellness journey through mineral-rich seawater pools of varying temperatures and salinity.

111Skin The Cryo De Puffing Facial

90 minutes

Cryotherapy uses cooled, purified air to boost microcirculation, reduce puffiness, and detoxify the skin, leaving it firmer and more radiant, ideal for night owls and jet-lagged travelers.

Regenerate, Oxygenate, Energise

Kalloni Experience Massage

60 minutes

Unwind with this signature candle massage, where warm, aromatic oils from your chosen candle melt tension away, leaving your skin soft and your senses deeply soothed.

Light Pressure

NAD+ Advanced Longevity

Swissmed Health

Hormonal & Lifestyle Consultation

Explore how your lifestyle and cellular health influence your energy, vitality, and ageing process. This personalised consultation provides insights into optimising habits and supports your body's natural ability to rejuvenate at the cellular level. Receive tailored guidance to enhance wellness, boost resilience and promote graceful, healthy ageing.

Swissmed Health Blood Panel Energy Biomarkers

A targeted blood test designed to reveal key indicators of hormonal balance, minerals and nutrients. Gain essential insights into your body's stability and vitality to support bespoke actions for optimal health and graceful ageing.

Autonomous Nervous System Analysis

Assess how your body balances states of alertness and relaxation through heart rate variability measurement. This analysis uncovers your ability to manage stress and recovery, supporting cellular harmony and overall vitality.

Nerve Recalibration Therapy

Using pulsed electro-magnetic frequencies, this therapy targets cellular and organ systems to restore balance, stimulate healing, and reduce stress, enhancing your body's natural capacity for renewal.

Acupuncture

By stimulating specific points, acupuncture promotes balanced energy flow, supports healing, reduces fatigue, and encourages your body's inherent cellular restoration and rejuvenation.

NAD+ Infusion Therapy

Experience one of the most sought-after therapies in cutting-edge wellness and longevity. Backed by extensive scientific research, NAD+ (Nicotinamide Adenine Dinucleotide) plays a crucial role in cellular energy production, DNA repair, and overall cellular health. This infusion supports mental clarity, reduces brain fog, and boosts energy by revitalising your cells at their core. Ideal for anyone looking to enhance cognitive function, combat fatigue, and promote healthy ageing from the inside out.

NAD+ Advanced Longevity

Kalloni Spa

Supervised Thalassotherapy Program

75 minutes (Before NAD+)

Experience a unique wellness journey through mineral-rich seawater pools of varying temperatures and salinity.

Kalloni Experience Massage

90 minutes (Before NAD+)

Unwind with this signature candle massage, where warm, aromatic oils from your chosen candle melt tension away, leaving your skin soft and your senses deeply soothed.

Light Pressure



The Vitality Reset (3-day program)

Extend Your Kalloni Spa – Swissmed Health Experience to a 3-Day Wellness Journey

Designed for both men and women, this 3-day experience is fully customised based on your individual consultations, goals, and diagnostics. Reset your body at the core and gain vital insights into your health, wellness, and longevity for lasting vitality.

Swissmed Health

Day 1 - Laying The Foundation

Medical Consultation

Begin your personalised wellness journey with a comprehensive consultation focused on your unique health concerns, whether it's fatigue, low energy, or chronic conditions. Gain a deeper understanding of your overall well-being and receive customised strategies designed to support and enhance your health and vitality.

Hormonal & Lifestyle Consultation

Explore the complex relationship between hormones, lifestyle, and stress in this comprehensive medical consultation. Understand how these factors impact your energy, mood, and overall well-being, and receive personalised guidance to help restore balance and improve your quality of life.

Swissmed Health Blood Panel Energy Biomarkers

A tailored blood panel designed to provide insights into key biomarkers such as hormone levels, metabolic and nutrient status, thyroid function, and other vital indicators. Ideal for those seeking to restore balance, support detoxification, and sustain energy and vitality.

Autonomous Nervous System Analysis

Discover how well your body balances alertness and relaxation by measuring heart rate variability. This analysis reveals how effectively you manage stress and recovery, helping you restore harmony and enhance overall well-being.

The Vitality Reset (3-day program)

Extend Your Kalloni Spa – Swissmed Health Experience to a 3-Day Wellness Journey

Based on the insights gathered from your consultations & diagnostics, your therapists will tailor a series of treatments specifically designed for your body and mind to deliver optimal results

Swissmed Health

Day 2 - The Kalloni Spa Experience

Supervised Thalassotherapy Program

75 minutes

Experience a unique wellness journey through mineral-rich seawater pools of varying temperatures and salinity.

Full Body Exfoliation

30 minutes

Indulge in our luxurious body scrubs, designed to exfoliate, nourish, and renew your skin with rich natural ingredients and captivating scents—leaving it smooth, radiant, and refreshed.

Therapeutic Massage

70 minutes

This targeted or full-body massage relieves muscle tightness and discomfort, promoting deep relaxation and restoring balance to body and mind.

Medium - Firm Pressure

Biologique Recherche Methodology Facial

60 minutes

Our expert therapists tailor a personalized treatment plan using a unique 3-step method, with optional modules added based on your selected duration.

The Vitality Reset (3-day program)

Extend Your Kalloni Spa – Swissmed Health Experience to a 3-Day Wellness Journey

Building on the insights from your Day 1 Consultation and Diagnostics, the Medical Team will customise a focused treatment plan targeting key areas to maximise results.

Swissmed Health

Day 3 - The Swissmed Health Journey

Nerve Recalibration Therapy

Utilises pulsed electro-magnetic frequencies to restore balance at the cellular and organ level, promoting healing and reducing stress. The programs and frequencies will be specifically tailored to your profile.

Acupuncture

Targeting specific points, based on your focus areas, to enhance energy flow, support natural healing, reduce fatigue, and encourage cellular rejuvenation.

Ozone Therapy

Accelerates detoxification, stimulates metabolism, boosts immune function, and restores cellular health by increasing oxygen levels in the body.

Magnetic Field Therapy

Delivers pulsed electromagnetic fields to reduce inflammation, stimulate cell repair, and support overall cellular function.

IV Infusion Therapy

A client-specific blend of minerals and antioxidants tailored to your unique needs to support recovery and vitality.



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Swissmed
HEALTH

