Olive Harvest
During the harvesting season, the day starts early in the morning and lasts until late afternoon. At the end of the day, the full sacks are taken to the oil mills for processing.

Olive Oil Production
At the oil mill, the fruit is processed into a paste, which is then pressed to extract the oil.

Cheese Making
In traditional Cretan farmsteads, cheese-making is a common practice. The milk, after being processed, is heated and then cooled, allowing the rennet to coagulate the milk proteins. The resulting curds are then pressed to remove excess moisture before being formed into cheese shapes.

Distillation of Raki
Raki is a traditional Greek alcoholic drink that is distilled from grape marc or other plant materials. The process involves boiling the marc with water and condensing the resulting steam to collect the distillate.

Cretan Honey
If you decide to visit the beekeepers, you will see the process of honey production, from the bees gathering nectar to the beeswax being turned into honey.

Botanic Walks
Walking among the island’s rich flora, visitors can experience a sensory journey through nature's bounty of fragrances, colors, and tastes.

Rheumatology - Rehabilitation
In cooperation with a well-known private clinic in Heraklion and a team of doctors we offer medical treatments for the following:

- Rheumatoid arthritis
- Ankylosing spondylitis
- Psoriatic arthritis
- Extra articular rheumatism
- Osteoarthritis
- Osteoporosis
- Fibromyalgia

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