



WELLNESS MENU

”  
Healing  
is a matter  
of time,  
but it is  
sometimes  
also  
a matter of  
opportunity.  
”

SOCRATES (469-399 B.C.)



# ARIADNE ATHENS GREEK LUXURY TREATMENTS

Luxuriate yourself in a series of carefully designed rituals that carry the seal of excellence Ariadne Athens experience has to offer. Choose among a wide range of outstanding treatments which emphasize on the uniqueness of a deluxe, natural and pampering practice.

An exhilarating journey starts that travels the mind and soul to the unique, picturesque landscapes of Greece...





## PERSONALIZED WELLNESS

It is our priority and commitment to provide you personalized wellness services according to your needs and preferences. Our wellness consultants can assess your health and lifestyle and recommend a personalized program for you through our signature rituals designed for overall well-being.



## RELAXING RITUALS

### CALM & SLEEP

Total stress relief ritual

Use the opportunity to enrich your holiday experience with wellness and wellbeing practices. Assess your stress levels and choose between restorative yoga, relaxation or meditation session, followed by the ultimate serene ritual. The mesmerizing aromatic combination of precious frankincense & enticing patchouli, imbued in the jasmine & gardenia body scrub, conveys a sense of absolute calmness, preparing the way for a luxurious ylang-ylang oil, added with evening primrose extracts to soften the skin while relieving muscle aches. Next a botanical body mask works to reduce stress and improve circulation and lavender-infused oil head & neck massage helps calm and relax your body.

**Key Elements:** Yoga, Body Scrub, Body Mask, Full Body and Head Relaxing Massage.

Duration: 120' | 210€ \*Yoga Relaxation Session Included

### ROCABELLA ELEGANCE

Beauty and Relaxation

An exhilarating touch for your skin, a unique ritual for your senses, a rejuvenating journey for your soul! The outstanding power of crystals seduces every cell of your skin, as the properties of sensuous Rose Quartz, delicate Aquamarine and captivating Moonstone orchestrate the most luxurious and perfectly balanced anti-ageing treatment. Sparkling Jasmine, Gardenia and Mastiha gently exfoliate the skin, offering the most sensually soft touch, preparing the body for the exceptionally beneficial properties of firming and deeply nourishing 24K Gold and Gemstone masks. Followed by a perfectly mastered massage technique, which combines unique warm pouches and lavishly moisturizing starflower for the body and a facial massage with Rose Quartz Crystals, along with evening primrose extracts. This treatment aspires to offer your skin the most ultimate lifting properties, while guiding your senses to a sublime journey of the spirit.

**Key Elements:** Hammam, Face & Body Scrub, Face & Body Mask, Face & Body Massage with Herbal Pouches, Final Skincare.

Duration: 120' | 240€

### VINSANTO HARVEST - A RITUAL FOR SPA CONNOISSEURS

A ritual for spa connoisseurs

Inspired by the Santorini's vineyards, this exhilarating experience of relaxation and wellness, releases and calms, both, body and mind! A lush deliverance of olive kernels and rose petals indulge the skin in a soft body scrub, while proprietary antioxidants and vitamins comprised in the nutritious mask that follows. Sparkling notes of bergamot and a mask of sun-soothing yogurt and honey is applied to immerse the skin in a bath of freshness and hydration. An enveloping aromatherapy massage with a warm candle grants a total relaxation, completing this ultimate sensation. The alluring ritual ends with a refreshing glass of wine that brings a euphoric feeling, while also stimulating your senses!

**Key Elements:** Body Scrub, Body Mask, Candle Massage

Duration: 90' | 170€

## DETOXING

### BOTANICAL VOYAGE

Purifying detox ritual

This therapeutic journey starts with an Hammam session, followed by an invigorating exfoliation using black pepper and rosemary to reduce water retention, improve circulation, and firm and hydrate at the deepest level. Rejuvenate each and every part of your body with a thoroughly cleansing and detoxifying body mask, imbued with the sparkling notes of holy basil and lemongrass that purify and hydrate. Then, surrender to a stimulating face and body massage with the, rich in antioxidants and healing properties, innovative blend of pure dittany oil infused with Cretan crocus, along with the cooling sensation of ivy, green tea and grapefruit, that dance in harmony to protect and firm your skin, while offering a healthy radiance and youthful appearance.

**Key Elements:** Hammam, Body Scrub, Body Mask, Face and Body Lymphatic Massage, Final Body Gel.

Duration: 120' | 190€

### SANTORINI LAVA WAVES

Body shaping treatment

Supercharged body treatment based on the supreme power of Santorini's volcanic lava clay which fights cellulite and excess fat, while stimulating blood flow to increase metabolism. Combining a plethora of active ingredients such as algae, basil and cinnamon, this treatment helps activate the lymphatic system and decongest the body, efficiently removing toxins. The wrapping technique applied in the end helps firm and tone the body, while providing evident inch loss and a visibly smoother appearance, while a mastered reflexology session using pressure points, helps your body eliminate toxins more effectively. The 120 minute ritual is further enhanced with an elevated facial massage which provides an effective way to sculpt your jawline, remove puffiness from under the eyes, and support the health of your skin. to further complement the skin care treatment resulting in the ultimate age-defying facial.

**Key Elements:** Hammam, Body Scrub, Body Mask, Face (optional) and Body Shaping Massage, Final Body Gel.

Duration: 90' | 160€ | 120' | 190€



## REBOOST & REHAB

### EARTH GROUNDING

Jet Lag rescue treatment

Escape travel exhaustion and jet-lag with the 90-minute invigorating treatment that aims to revive and re-energize the body's natural biorhythms. This luxurious treatment begins with a tantalising hot mitt foot cleanse to start releasing all the tension, preparing the body for a delicate scrub to slough off any rough skin, while subtly scenting your extremities. Following, indulge your skin in the lush, earthy citrus aromas of bergamot, orange and kumquat comprised in the uplifting body mask, and feel your skin acquire a silky touch. This treatment ends with a rhythmic massage with lavish coconut oil scented with spearmint essential oil, offering you a more relaxed state of mind.

**Key Elements:** Body Scrub, Body Mask, Full Body Relaxing Massage, Final Body Gel.

Duration: 90' | 140€

### SUN-DRENCHED SEA

After-sun rescue treatment

The ultimate after-sun care for your skin! This treatment embodies the ideal refreshing properties of drops of sea water and the calming benefits of yogurt, skillfully combined to help restore skin's moisture. This fully restorative and rejuvenating face and body treatment helps to deeply hydrate sun exposed skin and eliminate irritation. The application of a fresh cooling mask with sun drenched pomegranates and pure aloe vera extracts replenishes the skin's lipids and provides high moisture and smoothness. Inflammation and skin-irritation is minimized, offering a unique sense of relief after sun exposure.

**Key Elements:** Face & Body Mask, Full Body Massage while Masked, Final Skincare.

Duration: 60' | 100€

### REFLEXOLOGY

A valuable therapeutic technique

An art and a science together. Reflexology is a valuable therapeutic technique which enhances the self healing ability of the human body and has profound results that last. It is a form of massage with mostly firm pressure in specific points at the soles of feet, hands and ears. These points through the nervous system, are corresponding directly and in detail with organs, areas and body systems. It can be highly effective for many ailments, such as: myoskeletal pains, sport injuries or as athlete's booster, arthritis, digestive problems, migraines, anxiety, depression, insomnia, immune boosting, menstrual problems, respiratory and practically everything.

Duration: 60' | 90€



## COUPLES EXPERIENCES



There are certain experiences which cultivate memories and emotions that last forever. There are certain rituals, designed with respect to the human body and soul, performed with love and affection, to provide the utmost sense of indulgement.



### GRECIAN PRINCE & PRINCESS

Nourishing face & body treatment with herbal pouches

Give your precious self the ticket for a journey in the richness of Greek flavors and aromas, such as sage, mountain tea and other local herbs. An exceptional combination of olive kernels and rose petals offer the first touch of a naturally healthy glow on your skin, followed by the application of a rich body mask, prepared by the therapist for you on the spot, containing a refreshing cocktail rich in organic honey which contribute dramatically to the renewal, regeneration and tightening of the skin. The mask's lavish benefits are complemented by an elaborate massage with dittany oil infused with red saffron, and warm herbal pouches full of hand-picked herbs, that leave the skin silky and smooth. The alluring ritual ends with the application of a refreshing gel containing red grape extracts that leaves the body's skin deeply hydrated, while also stimulating your senses!

Duration: 120' | 160€ per person

### LOVE AFFAIR

Honeymooners' experience

Get flirty! Get cozy! Get playful! And stay in the mood for love! This treatment is a tribute to loved couples who enjoy every little moment together, who are playful and like to indulge in their partner's surprises. This treatment is dedicated to that love which makes you feel free, that love which inspires you, that love which makes you want to try new things. Choose to delight your partner with a series of totally custom-made options of body scrub and massage oils, infused with a personalized combination, chosen among various elegant spicy, fruity, earthy aromas and flavors that promise to revitalize all your senses. Delicious, warm chocolate, fresh, cooling yoghurt, sweet, aromatic Greek honey, mouthwatering, juicy fruits, sensual ylang-ylang, enticing frankincense, spicy black pepper, captivating cinnamon, sparkling citruses, tempting vanilla, delicate flowers, blend divinely creating a perfect sense of well-being through a full body relaxing massage that follows.

Duration: 90' | 200€ per therapy



## FACIALS



Inspired by the sumptuously relaxed atmosphere the majestic Mediterranean blue sea has to offer, these lavish facial rituals promise to indulge your skin with their velvety textures and sensual aromas, while revealing a firmer, more hydrated, supple, radiant look. Allow yourself to enjoy the ritual that complements your individual needs best, from one of the following choices:



### GLOWING JEWEL OF CYCLADES - LUMINOUSLY RADIANT LOOK

Inspired by the undeniable charm, glamour and lifestyle of the Greek islands, this glowing therapy promises a brighter, firmer and noticeably younger-looking skin. This facial, thanks to its valuable ingredients such as wheat proteins, clinically-proven enlightening extract of rapeseed and vitamin C, targets signs of aging, evens skin tone and texture, and stimulates collagen production for a healthy, glowing complexion!

Duration: 60' | 90€

### MELI - VITAL HYDRATION & NUTRITION

A Facial experience designed to offer rich moisturizing benefits through a nurturing and nourishing mask, rich in thirst-quenching elements that instantly restore skin's hydration levels. Fine lines and wrinkles are visibly minimized, dry skin feels supple and soft, overall comfort is recovered and elasticity is dramatically increased. Your skin feels and looks revitalized from within, as a natural healthy glow appears.

Duration: 60' | 90€

### SUPREME HYDRATING MEN'S FACIAL

A highly rejuvenating and ultimately hydrating experience. Allow yourself to experience the soothing effect of sea water intertwining with the thirst-quenching aromas of lime, while your skin's vital moisture levels are instantly replenished endowing your appearance with a healthy glow. Illuminating orange oil envelops skin with anti-ageing benefits, while the final skincare routine ensures the moisturizing aspects are maintained thereafter.

Duration: 60' | 90€

### ULTIMATE LIFT & FIRM EXPERIENCE

The ultimate firming experience for your skin, empowered by the precious benefits of acorn flour! Allow us to reveal your most sculpted contour with our unique skincare regime, all included in this beneficial treatment. The gentle but thorough enzymatic peel, instantly brightens the skin, while the facial massage with evening primrose oil replenishes lost moisture and minimizes fine lines and wrinkles, while firming & smoothing mask offers a "lifting" sensation that instantly defines the contour and evens out the skin tone.

Duration: 60' | 100€

### SKIN REBIRTH - MIRACLE SKIN RENEWAL (FACE / NECK / DÉCOLLETÉ)

A high-performance, all-in-one, personalized treatment, that promises to diminish the look of fine lines and wrinkles, deeply moisturize and regenerate the skin, soothe redness and irritation, heal scars, reinforce natural cellular turnover and improve overall appearance. Your face, décolletage, hands and arms are immersed in a shower of wellness through a series of fully custom-made products and exclusive techniques that address their individual concerns, ultimately presenting an entirely renewed look. Your skin is recharged. Your skin is reformed. Your skin is reborn!

Duration: 60' | 100€

### PERFECT BALANCE & SKIN DETOX EXPERIENCE

This effective, deep cleansing facial results in radiant skin, while restoring the correct moisture levels and pH balance. Gentle facial cleanser creates a dense foam texture that whisks off any impurities. The anti-irritant properties of soothing mask rich in lavender and acorn flour, prepare the skin for the antibacterial and antiseptic properties of oregano and propolis, which create a silk-effect barrier that seals in moisture, while maintaining a healthy matt finish.

Duration: 60' | 85€



## MASSAGES

We have carefully designed for you a series of luxury massages, that target specific needs; The ones that challenge us every day. Choose among a wide range of specialized practices, and spoil yourself with a mythical, sensational experience of a euphoria retreat.

### COCOON & REVITALIZE YOUR SENSES EXPERIENCE

Tailored to your individual needs, this holistic massage will draw upon a variety of techniques and modalities to help you relax and to address any specific areas of concern. Meticulously designed, from beginning to end, to gradually relax each and every part of your body and completely quiet the mind, ultimately offering the most lavish, cocooning experience for all your senses. The perfectly orchestrated massage movements of this treatment will offer a unique sense of relaxation that will essentially revitalize your body.

Duration: 60' | 100€

### DEEP TISSUE MASSAGE

The deep tissue massage is tailor-made to target specific areas of muscle tension and soreness. A series of intensive techniques is used to increase circulation, release built-up toxins, and heal and restore balance to the body and nervous system.

Duration: 50' | 90€

### MELTING SENSATION - CANDLE MASSAGE

(SEDUCTIVE / ENERGIZING / DETOXING / RELAXING)

Indulge your senses in a mystifying massage ritual that will entice your mind, body and soul. Lay back and unwind while the heated solid waxes slowly turn into liquid oil, as the mesmerizing flame gently burns the candle. Now, feel the delicately scented warm drops touch your skin, and envelop your whole body in a velvet textured massage that will satisfy even the most sophisticated massage recipient. An outstanding, divine experience of aromatherapy, relaxation & rejuvenation that promotes bliss, balance and well-being!

Duration: 60' | 110€

### PRENATAL BLOSSOM

This head to toe, prenatal treatment is designed for expectant mothers from second trimester. The treatment begins with gentle cleanse and exfoliation, followed by a facial massage with wild rose oil. Using nourishing organic karite butter, this treatment helps to alleviate muscle tension and fatigue while assisting to ease any discomfort during and after pregnancy. In addition, the luxurious gardenia body butter leaves the skin soft and supple whilst the relaxing fragrances help calm the mind.

Duration: 60' | 100€

### MESMERISING & MYSTIFYING HEAD & HAND MASSAGE

A sensational voyage that combines the ancient wisdom of ayurvedic rituals with the lavish aromatic herbal zests of Greece. An invigorating, yet totally relaxing head massage, lush in the aromas of calming Lavender, bright Rosemary, soothing Tea tree wonderfully blended with delicately scented, healing Laurel oil, initiates the intoxicating journey. Complemented by the sensuous blend of Orange, Patchouli and Ylang-Ylang, a pampering hand massage delivers the utmost calming effect for, both, your mind and body. Silk-like body butter, rich in the exotic notes of pure Coconut, completes this perfectly balanced, de-stressing experience.

Duration: 50' | 80€



## MINI RITUALS



Choose to delight yourself in one of the short-timed rituals that promise to satisfy your senses and indulge your skin, while allowing you to meet your busy schedule. Instantly revitalize and obtain a luminous touch, reveal a healthy-glowing look, set yourself free from any kind of tension, ward off a stressful day or entice everyone with the most sparkling and radiant eye look.



### FATIGUED LEGS RELIEF MASSAGE

Refreshing notes of spearmint mingle with the velvet texture of chocolate sugar crystals to slowly stimulate the blood flow and offer a cooling sensation, as the body scrub smooths away dry, flaky skin. Potent red grape blends with Cretan raki in a, rich in antioxidants, gel mask that nourishes and renews the skin, as a pampering massage experience, lush in moisturizing properties of coconut oil, deeply hydrates. Finally, calming yoghurt powder mixed with the gel mask offers ultimate comfort for tired legs.

Duration: 30' | 60€

### RADIANT FACE

Luminous, radiant skin with an instant infusion of intense hydration and multiple anti-ageing benefits. Thoroughly cleansing enzymatic peel gently removes dead skin cells from the surface, gradually revealing a silky-smooth appearance. Soft and delicate, naturally-scented Wild Rose oil replenishes the skin through a deeply nourishing facial massage, delivering essential elements that promote skin's vitality and youthfulness, offering a vividly radiant look.

Duration: 30' | 60€

### SPARKLING EYES

A visibly revived look! Reveal your most radiant and luminous eyes with this exclusively designed eye treatment. A mild enzymatic peel with unique Chios mastic, brightens dull and dehydrated skin, while the revitalizing massage with nourishing, precious evening primrose oil and jade stone Gua Sha, offers a natural, healthy glow. The eyes ritual, comprised of an innovative, highly-concentrated eye gel complemented by a proprietary blackcurrant peel-off mask, brightens dark circles, reduces puffiness and minimizes fine lines and wrinkles. Eye area is visibly hydrated, brightened, renewed and recharged. Your most youthful-looking skin is revealed!

Duration: 40' | 60€

### CONFETTI RAINFALL SHOWER EXPRESS BODY POLISH

A fast and invigorating, full body exfoliation treatment lush in captivating aromas of jasmine, gardenia and coconut. Delicate white sugar crystals softly remove dead skin cells, while promoting circulation throughout the body. As a result, the body's skin regains its elasticity and smoothness while obtaining a velvet touch with a fresh, radiant, healthy look!

Duration: 30' | 55€

## KIDS TREATMENTS MENU

### JUICY DEWDROPS DELIGHT - COOLING AFTER-SUN BODY TREATMENT

Refreshing after sun body treatment with yogurt and coconut!  
Rich in delicious aromas of fresh watermelon, this cocooning ritual is the perfect choice for overexposed and irritated skin.

Duration: 30' | 40€

### DELICIOUS CHOCOLATE TEMPTATION - NOURISHING BODY TREATMENT

Indulge in a burst of chocolate aromas that trigger the state of euphoria and happiness. Take pleasure in a uniquely captivating experience of chocolate flavors, which combines the invigorating notes of mocha in a fine signature body massage with edible, liquid chocolate extract oil.

Duration: 30' | 40€

### SWEET BUTTERFLY BLISS - GENTLE FACE TREATMENT

Just like mom. Treat your cute little one to her own facial. This 20 minute facial starts with a gentle cleanse, followed by a soothing honey and chamomile massage. The facemask prepared by the therapist for her or him on the spot, made from natural extracts, will leave the skin nourished and sun-protected.

Duration: 20' | 35€

## PACKAGES

### DETOX SPA PACKAGE

3 DAYS 280€ / 5 DAYS 480€

HAMMAM | 15 min

FULL BODY SCRUB | 30 min

BOTANICAL VOYAGE RITUAL | 120 min

SANTORINI LAVA WAVES - BODY SHAPING TREATMENT | 90 min

MELTING SENSATION - CANDLE MASSAGE | 60 min

PERFECT BALANCE & SKIN DETOX EXPERIENCE | 60 min

### FACIAL REJUVENATION SPA PACKAGE

3 DAYS 180€

MESMERISING & MYSTIFYING HEAD & HAND MASSAGE | 45 min

PERSONALIZED FACIAL TREATMENT | 60 min

SPARKLING EYES | 35 min

## SPA ETIQUETTE

### SPA ARRIVAL

We ask that you arrive 30 minutes before your appointment time to allow yourself time to relax and to complete a health questionnaire which will help us personalize your spa visit. To ensure we give the best possible experience to all our spa guests. If you are running late your treatment time will be shortened to ensure the next guest is not delayed.

### ADVANCED BOOKINGS

To schedule an appointment for the perfect treatment, please speak with our specialist Spa reception team who will guide you to the right choice. To ensure your preferred time and treatment is available, we do advise booking in advance. Our therapists are highly trained to be sensitive to your comfort and modesty at all times.

### HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries that could affect your experience when making your spa reservation.

Heat & water facilities are not recommended for pregnant women.

### CANCELLATION POLICY

Any treatment cancelled without a minimum of 4 hour notice will incur a charge equal to 50% of the value of the treatment(s).

### RESTRICTION OF THE USE

Our Spa environment is one of relaxation and tranquility. Please respect all Spa guests' right to privacy and serenity. Considering this, the Spa is a smoke-free and mobile phone free zone (please enable silent mode on your device).

### LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all your valuables locked in your locker during your visit.

