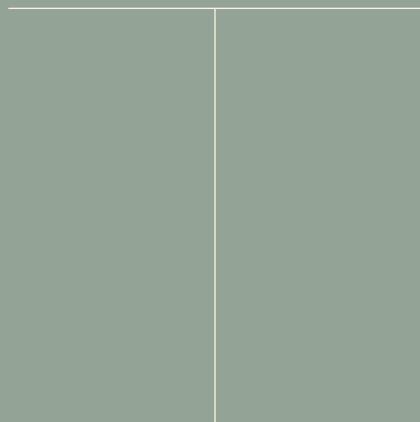


# SPA TREATMENTS





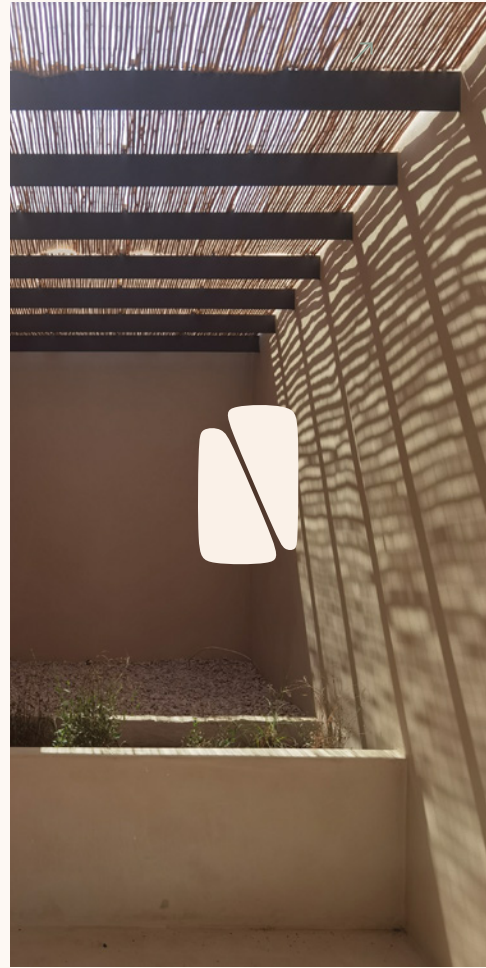
## INTRO

DESIGNED WITH INTIMACY, TRANQUILITY AND ELEGANCE IN MIND, NÓS SPA IS A PEACEFUL HIDEAWAY IMBUED WITH THE ISLAND'S VERNACULAR GRACEFULNESS AND HANDCRAFTED FINESSE WHERE GUESTS CAN RELAX IN THE HANDS OF OUR EXPERIENCED THERAPIST. FROM FACE AND BODY MASSAGES TO A CURATED SELECTION OF BEAUTY AND WELLNESS TREATMENTS BASED ON HIGH QUALITY, NATURAL PRODUCTS, THERE IS NOTHING LIKE BEING PAMPERED IN A TRANQUIL SETTING.

AWARD-WINNING SPA BRAND ARIADNE ATHENS PROPOSES BESPOKE THERAPIES ALIGNED WITH A UNIQUE DESTINATION AND INSPIRED BY ITS NATURAL ELEMENTS. THE MAIN PURPOSE: TO REBALANCE AND RENEW, FROM INSIDE OUT. GROUNDED IN HOLISTIC CARE, IMMERSSED IN A GENUINE EXPERIENCE THROUGH SIGNATURE TREATMENTS, REJUVENATING THERAPIES AND SENSORY JOURNEYS.

LOCAL INGREDIENTS ARE UTILIZED SEAMLESSLY, CONNECTING NATIVE AND ORGANIC ELEMENTS OF SIFNOS WITH THE LATEST TECHNIQUES IN COSMETOLOGY. ARIADNE ATHENS INSPIRES WELL-BEING THROUGH REVITALIZING THERAPIES AND RESULT-DRIVEN BEAUTY CARE.





## FACE

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



## LUNAR GRACE LUXURY ANTI-AGING FACIAL WITH CRYSTALS

The ultimate anti-ageing experience for your skin, empowered by precious gemstones for a totally glass skin effect. Specifically designed to target dullness, dryness, wrinkles, and sagging, this treatment promises to reduce fine lines and wrinkles, support thin, fragile skin, and increase its elasticity and firmness. Rose Quartz Crystals contribute to the specially designed facial massage, focusing on minimizing fine lines and wrinkles, as the proprietary blend of evening primrose and Ylang-Ylang repairs and rejuvenates the skin, promoting an overall youthful appearance with a visibly firmer, tighter, and lifted look.



## MELI - VITAL HYDRATION AND NUTRITION

Revel in the feeling of soft, supple skin that radiates health and vitality with a highly rejuvenating and deeply hydrating journey, infused with the richness of local flavors and aromas like sage and honey. Experience the soothing effect of rose water intertwining with the thirst-quenching aromas of lime, while your skin indulges in the unique moisturizing benefits of our precious honey mask. Harness the anti-aging benefits of the soothing apricot oil in the final skincare routine which ensures that the treatment's moisturizing benefits are long lasting.

DURATION: 60' — PRICE: 90€



# BODY MASSAGES

We have meticulously crafted a series of luxury massages tailored to meet your specific needs. The ones that challenge us every day. Choose among a wide range of specialized treatments, and spoil yourself with a mythical, sensational experience of a euphoria retreat.

## LOVE AFFAIR CHOCOLATE LOVER RITUAL

Take pleasure in a uniquely captivating experience of chocolate flavors, which combines the invigorating notes of mocha in a fine sugar crystal body scrub and an intoxicating, signature body mask with liquid chocolate extracts. Then, relax as the solid waxes of the massage candle melt into a warm, liquid oil under the gentle glow of its flame. Experience the sensation of warm, scented drops cascading over your skin, providing a velvety massage that will delight even the most discerning enthusiasts.

DURATION: 120' / 150' — PRICE: 140€ / 170€



## ONE MILLION NIGHTS LUXURY VELVET SKIN BODY TREATMENT

Velvet body feeling! A bundle of exotic flowers, in which Iris is the star, unfolds through this luxurious treatment. Let your body unwind while your senses travel in the most exotic garden on a perfect summer night. The One Million Nights body scrub gently exfoliates the skin, offering the softest feel, preparing the body for the exceptionally beneficial properties of our velvet, deeply nourishing "Serifos Precious Stones 24K Gold" Body Mask. The ritual continues with a specially designed massage technique, which combines Rose Quartz crystals on the face and a body massage using One Million Nights Precious Oil, followed by our luxurious body butter. This treatment aspires to offer your skin the most velvet feeling, with long-lasting Iris flower aromas. Key Elements: Welcome Touch, Body Scrub, Face, Head & Body Massage, Final Body Care.

DURATION: 120' / 150' — PRICE: 150€ / 180€

## STARDUST GOLD LUXURY ANTI-AGEING BODY TREATMENT

Sparkling Jasmine and Gardenia white petals gently exfoliate the skin, offering the softest feel, preparing the body for the exceptionally beneficial properties of our firming and deeply nourishing "Serifos Precious Stones 24K Gold" Body Mask. The mask's innovative formula combines 24-Carat Gold leaves with precious gemstones to lift, tone, and rejuvenate the skin, instantly revealing a more youthful look. Followed by a specially designed massage technique, which combines unique warm Rose Quartz sand and lavishly moisturizing Starflower oil, this treatment aspires to offer your skin the ultimate anti-ageing properties while guiding your senses on a sublime spiritual journey.

DURATION: 120' / 150' — PRICE: 160€ / 190€

## SIFNOS WAVE - BODY SCULPTING TREATMENT

This powerful body therapy celebrates the deep-rooted pottery heritage of Sifnos, which flourished thanks to the island's clay-rich earth and plentiful sunlight. Utilizing clay's exceptional properties, this sculpting therapy targets cellulite and fat reduction, while improving blood flow to kickstart metabolism. Enhanced with active components such as algae, basil, and cinnamon, it activates the lymphatic system and aids in the elimination of bodily congestion, ensuring efficient detoxification. A concluding wrap method tones and firms, achieving significant reduction in body measurements and a notably smoother skin texture.

DURATION: 90' — PRICE: 130€

## RELAXING (SWEDISH) FULL BODY MASSAGE

Indulge in a serene escape with this custom aromatherapy treatment. Employing gentle to moderate pressure and an exquisite blend of essential oils, this massage is designed to dissolve stress and tension. It offers a tranquil journey towards wellbeing, harmoniously aligning health, emotional equilibrium, and a state of deep relaxation and calm.

DURATION: 60' / 90' — PRICE: 100€ / 150€

## APOLLO REBIRTH

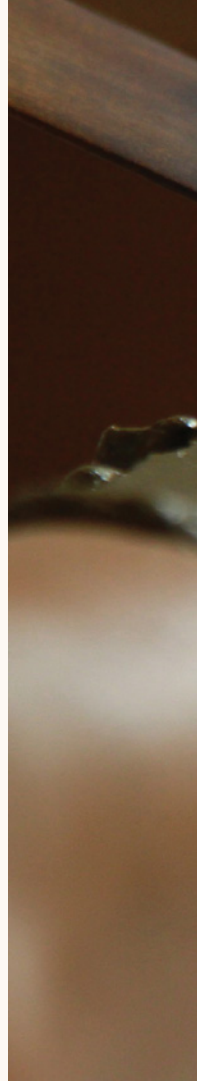
Honoring Apollo, the Greek God of healing, music, light, and truth, this ritual is designed to rejuvenate both body and spirit, reinstating inner harmony. This comprehensive treatment encompasses reflexology, along with massages for the body, face, and head, and culminates in a luxurious hair mask for complete revitalization from head to toe.

DURATION: 150' — PRICE: 200€

## FAROS

Illuminate your path to revitalization with a tailored massage that caters to your unique needs, concentrating on areas of the body that harbor the most tension—be it the back, legs, arms, or a personalized combination of your choosing. Perfect for those who prefer targeted relief over a full-body massage.

DURATION: 30' / 60' — PRICE: 60€ / 110€







## MASSAGE RITUALS

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, that provide the utmost sense of indulgement. Luxuriate yourself in a series of carefully designed rituals that carry the seal of excellence Ariadne Athens experience has to offer.



## DEEP TISSUE

The deep massage is meticulously tailored to address specific areas of muscle tension and discomfort. Utilizing a series of advanced techniques, this treatment is designed to enhance circulation, facilitate the release of accumulated toxins, and promote healing and equilibrium within the body and nervous system. Experience the release of all tension from your muscles as luxurious, naturally scented oils caress your skin and invigorate your senses.

DURATION: 90' / 120' — PRICE: 150€ / 190€

# LUXURY COLLECTIVE RITUALS

## ARTEMIS YOUTH ELIXIR

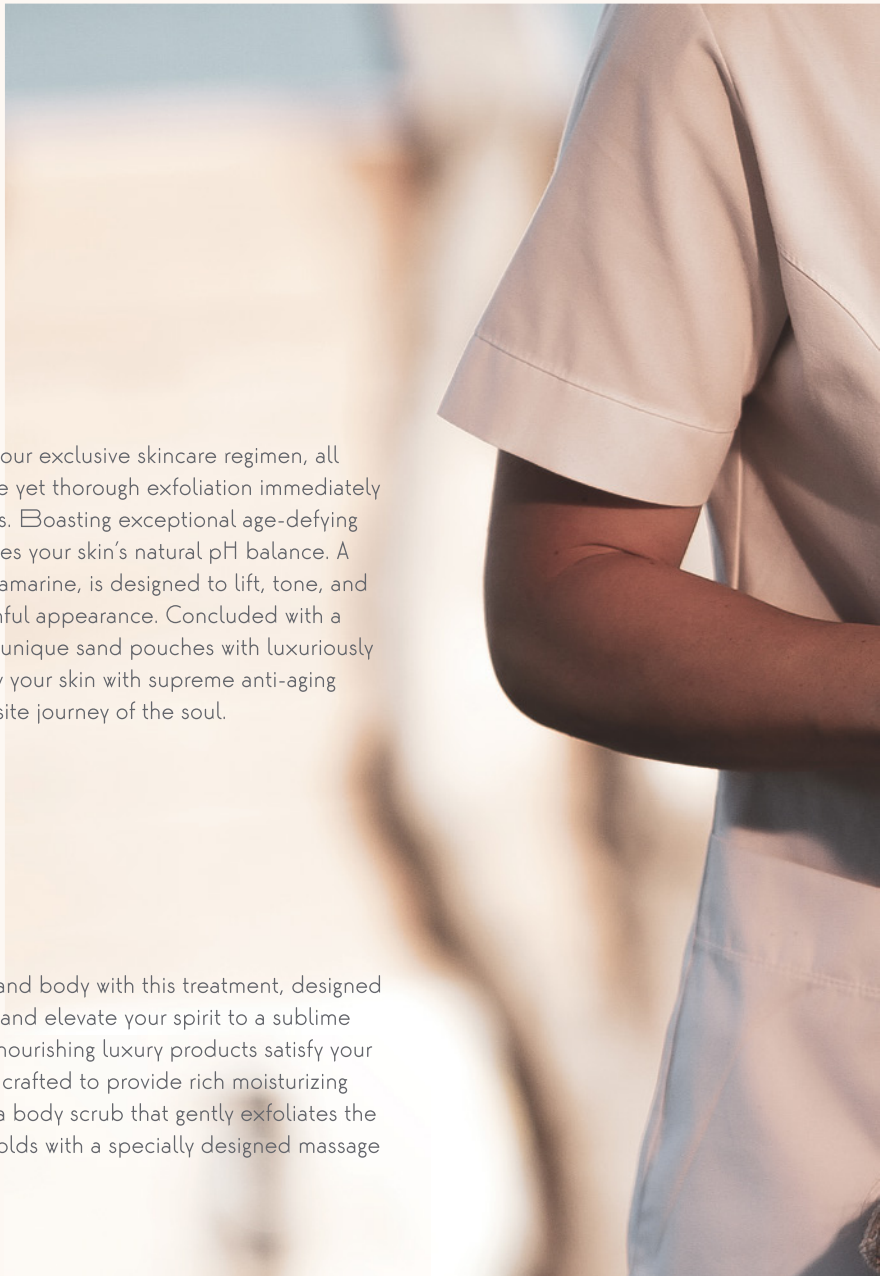
Allow us to unveil your most defined silhouette with our exclusive skincare regimen, all encompassed in this beneficial treatment. The gentle yet thorough exfoliation immediately illuminates the skin and eradicates any imperfections. Boasting exceptional age-defying and skin-soothing properties, it meticulously preserves your skin's natural pH balance. A soothing and nourishing body mask infused with aquamarine, is designed to lift, tone, and rejuvenate the skin, instantly bestowing a more youthful appearance. Concluded with a flawlessly executed massage technique that merges unique sand pouches with luxuriously hydrating starflower oil, this treatment aims to endow your skin with supreme anti-aging benefits, while transporting your senses on an exquisite journey of the soul.

DURATION: 180' — PRICE: 280€

## NŌS DREAM CATCHER

Experience the ultimate revitalization for both face and body with this treatment, designed to indulge your senses, meet your skin's needs fully, and elevate your spirit to a sublime state of wellness. Let our attentive care and deeply nourishing luxury products satisfy your entire being on every level. This facial experience is crafted to provide rich moisturizing benefits through a nurturing mask, accompanied by a body scrub that gently exfoliates the skin, leaving it exceptionally soft. The ritual then unfolds with a specially designed massage technique for both the face and body.

DURATION: 180' — PRICE: 250€







SPA TREATMENTS





**anache**  
ATHENS  
**WILD ROSE**  
REGENERATING FACE OIL  
50ml / 1.69fl.oz





## RETAIL PRODUCTS

PERFECT BALANCE HYDRATOR, 50ML	50.00€
HYDRO ELASTICITY SHIELD, 50ML	50.00€
MEDITERRANEAN BLUE SUNSCREEN SPF30 (BODY), 150ML	49.00€
MEDITERRANEAN BLUE SUNSCREEN SPF50 (FACE), 50ML	52.00€
NATURAL LIFTING POTION, 15ML	50.00€
SUN DRENCHED BODY TANNING OIL, 100ML	40.00€
STARFLOWER SHIMMERING BODY OIL, 100ML	36.00€
JASMINE & GARDENIA WHITE PETALS BODY BUTTER, 200ML	35.00€
CHOCOLATE BODY BUTTER, 200ML	35.00€
ONE MILLION NIGHTS BODY BUTTER, 200ML	35.00€
SKIN REBIRTH, 100ML	54.00€
PERPETUAL YOUTH ELIXIR, 30ML	62.00€
BROWN SUGAR MOCHA SCRUB, 200ML	38.00€
SPA ISLANDS MASK - NYMPH OF CORFU, 50ML	43.00€
SPA ISLANDS MASK - CRETAN HONEY MASK, 50ML	43.00€
SPA ISLANDS MASK - KEA SEA BREEZE FEEL, 50ML	43.00€
SPA ISLANDS MASK - SERIFOS FACE PRECIOUS STONES, 50ML	54.00€
SPA ISLANDS MASK - ABSOLUTE PURITY OF CHIOS, 50ML	49.00€
HAND WASH MANGOLIA, 300ML	22.00€

## SPA RULES & ETIQUETTE

- ✎ All guests will be required to complete and sign a Health & Lifestyle Questionnaire upon arrival, prior to entrance to the facilities.
- ✎ We do not allow mobile phones in our treatment areas please switch them off.
- ✎ Please leave all items of value in your room or place them in your safe box. The Spa is not responsible for loss or damage to a guest's personal belongings.
- ✎ Please ensure you drink plenty of fluids to rehydrate after use of our heat treatments and that alcohol and coffee consumption are kept to a minimum.
- ✎ Please arrive in good time to enjoy your treatment. Time lost due to late arrival will result in a shortened or amended treatment being offered without refund.
- ✎ Underwear or appropriate swimwear should be worn when entering the treatment room and during treatments. For certain treatments, your therapist will provide disposable undergarments, and appropriate towel draping will be maintained 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 any specific injuries or physical conditions, please inform the therapist. They can recommend suitable modifications to the treatment to ensure your comfort and improve your experience.





- ↳ 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 18 years old.
- ↳ All facilities are subject to availability.
- ↳ An additional €50 charge will be added to the cost of your treatment if you wish to have it in your room (the massage bed can be accommodated either inside the room or on the room's terrace, depending on the room type/size - not available in rooms 302 & 303). Please note that we are unable to offer the complete menu in our rooms.
- ↳ If you wish to have a treatment outside our standard opening hours, please notify us at least 48 hours in advance. Treatments performed outside our standard operating times are subject to an additional charge depending on the duration [+50€ for treatments up to 60 minutes and +100€ for treatments longer than 60 minutes].

→ MAY:

09:00 – 15:00 & 16:00 – 19:00

→ JUNE / JULY / AUG / MID SEP:

10:00 – 15:00 & 16:00 – 20:00

→ MID SEP / OCT:

09:00 – 15:00 & 16:00 – 19:00



CONTACT

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