



SECRET HOTELS



HARMONIA SPA MENU



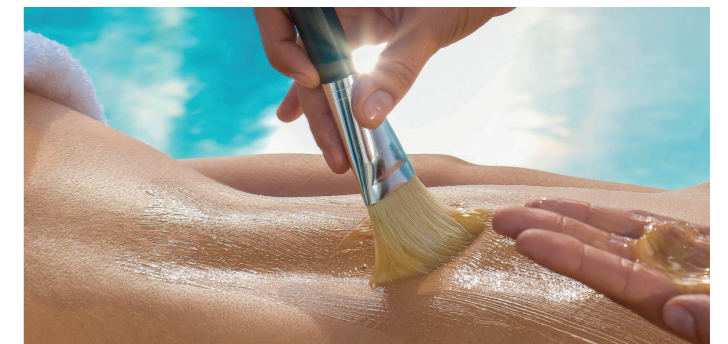
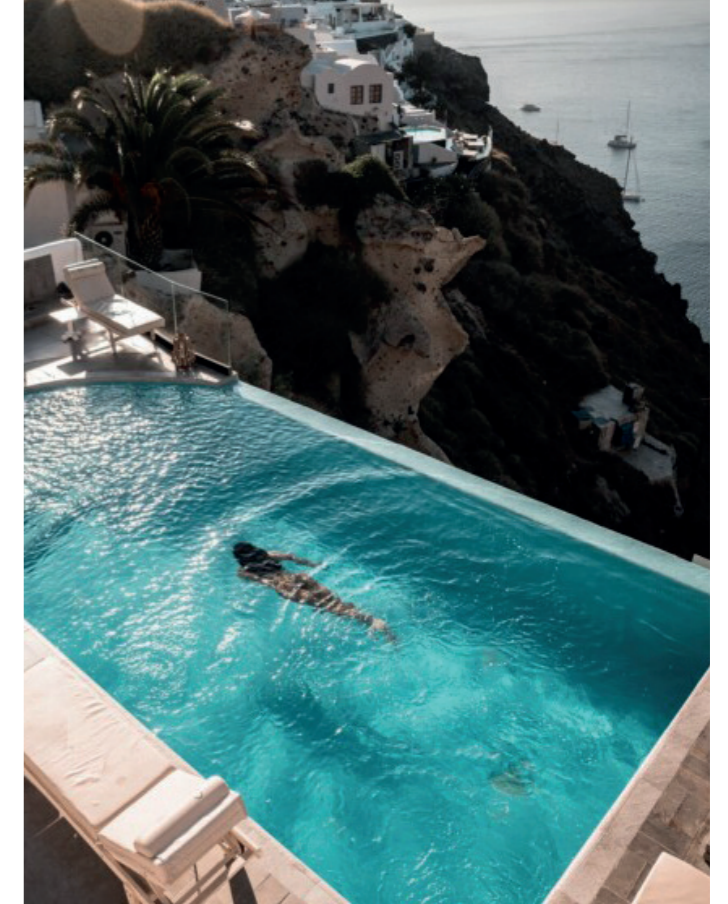
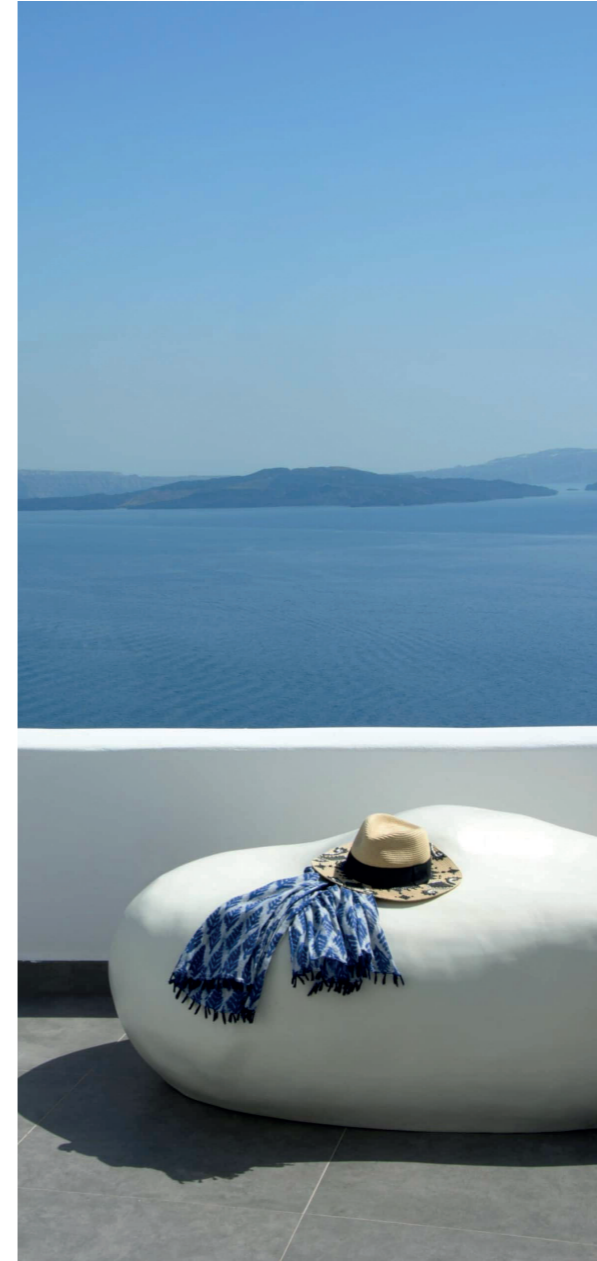
## The Ultimate Wellness Experience

“Santorini Secret Suites & Spa and Ariadne Athens have set their standards high and are off to launch your senses to a new found level of delight.”

**Ariadne Athens** proposes bespoke therapies aligned with a unique destination and inspired by its natural elements. The main purpose is to rebalance and renew, from inside out. Local ingredients are utilized seamlessly, connecting each destination’s native and organic elements with the latest techniques in cosmetology.

Merging unique bio-actives with natural and rare, organic Greek & Mediterranean ingredients, award-winning Spa Brand **Ariadne Athens** aspires to provide the ultimate skin care experience, with products which promise to give the skin a soft and delicate texture, embellishing its inner beauty.

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





## Signature Experiences

Use the opportunity to enrich your holiday experience with wellness and wellbeing practices. Assess your stress levels and choose from our wide range of outstanding serene rituals which we offer. **Ariadne Athens** inspires well-being through revitalizing therapies and result driven beauty care.



### SANTORINI LAVA TOUCH

#### Body slimming treatment

A 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, helps firm and tone the body, while providing evident inch loss and a visibly smoother skin appearance.

**Duration: 1h 15m / 180 €**

**Key Elements:** Welcome Touch, Body Scrub, Face, Body Mask Detoxing Massage, Final Body Gel.

### CALM & SLEEP RITUAL

#### Total stress relief ritual

Feel this ritual release all the tension, through a series of relishing and refreshing techniques. The mesmerizing aromatic combination of frankincense and patchouli, imbued in the jasmine and gardenia body scrub, conveys a sense of absolute calmness, preparing the way for a luxurious mask with lavender oil to reduce stress and improve circulation. A relaxing massage with rhythmical movements adding evening primrose extracts to soften the skin, while relieving muscle aches and helping calm your body, improving your sleep and overall well-being.

**Duration: 1h 45m / 200 €**

**Key Elements:** Sauna or Hammam, Body Scrub, Body Mask, Full Body & Head Relaxing Massage.



## JET LAG RECOVERY

### Post travel recovery ritual

Escape travel exhaustion and jet lag with the 80-minute invigorating treatment that aims to revive and re-energize the body's natural biorhythms. Grounding and restoring natural flow when all feels out of sync, this energizing ritual relieves imbalances and revitalizes the nervous system. Delicate mocha scrub leaves your skin silky soft, ready to receive the complementary benefits of the rejuvenating massage that follows. Sensational citrus fruits aromas invigorate the mind, while the perfectly orchestrated massage movements support the body against stress and fatigue. Finally, refreshing notes of spearmint mingle with the cooling sensation of grapefruit to slowly stimulate the blood flow and offer ultimate comfort.

**Duration: 1h 20m / 150 €**

**Key Elements:** Welcome Touch, Face & Body Scrub, Face, Head & Body Massage, Final Skincare.

## UNDER THE SUN

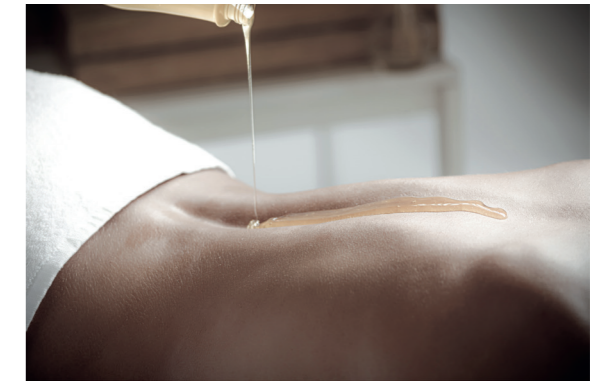
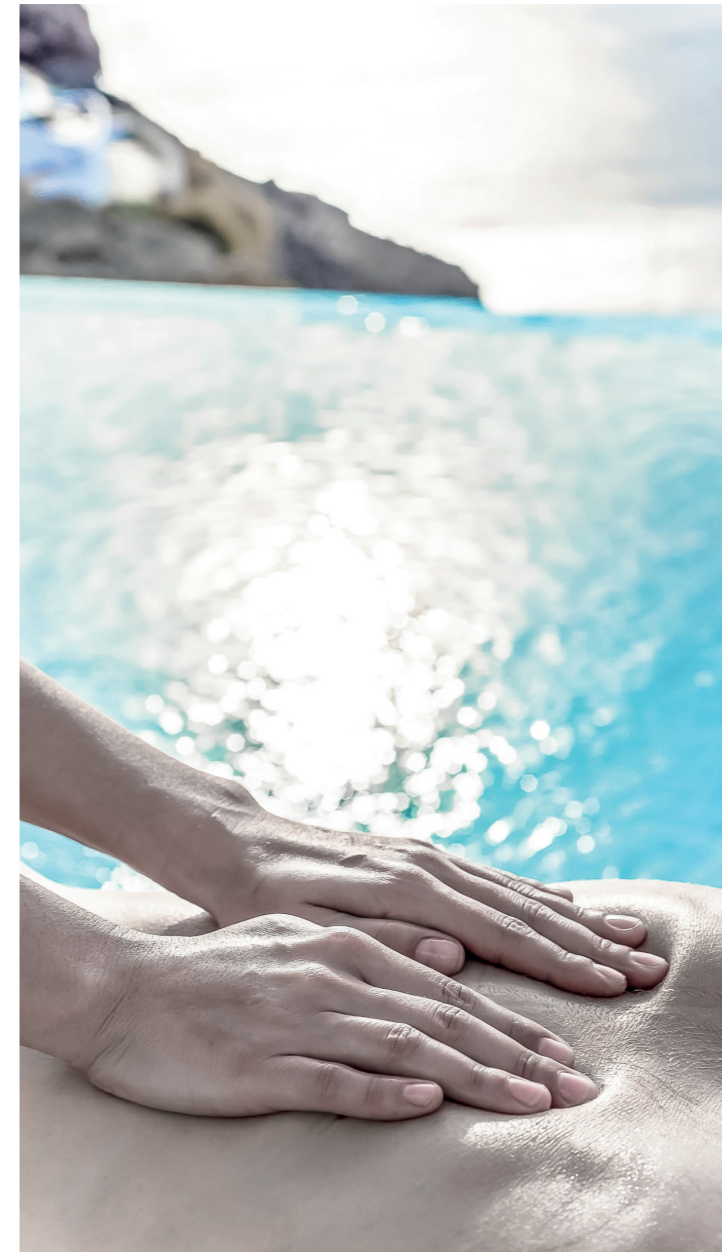
### After sun face & body treatment

The ultimate after-sun care for your skin. This treatment embodies the refreshing properties of sea water drops and the calming benefits of acorn flour, combined to help restore skin's moisture. Inflammation and skin-irritation are minimized, offering a unique sense of relief after sun exposure.

On one hand, Greek yogurt offers a healing and regenerating action and on the other, water lily combined with aloe helps improve overall skin's appearance. Gradually, your skin regains its own strength to fight external stressors, while the skin's natural moisture barrier becomes more resilient to maintaining its natural hydration levels. Feel your skin calm, soothed and moisturized with a naturally healthy appearance.

**Duration: 45m / 90 €**

**Key Elements:** Welcome Touch, Face & Body Mask, Final Skincare





## Therapeutic & Wellness Massages

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



### HARMONIA SIGNATURE MASSAGE

#### Relaxing aromatherapy ritual

Unwind and de-stress with this aromatic bespoke treatment. This soothing massage technique uses light to moderate pressure and a blend of essential oils to melt away tension. This harmonizing experience is a simple and effective way to let go of tensions, improve health, balance emotions, increase calmness and relaxation.

**Duration: 60m / 140 € | 90m / 180 €**

### DEEP TISSUE MASSAGE

#### Muscle release 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, heal and restore balance to the body and nervous system. Feel your muscles release all the tension, while the luxurious naturally scented oils envelope your skin and exhilarate your mind.

**Duration: 60m / 160 € | 90m / 200 €**

### CALDERA HOT STONE MASSAGE

An indulgent massage combination using hot volcanic stones and plant-derived oils enriched with essential oils. A classic, unique experience which offers ultimate relaxation and energy rebalancing. The targeted movements with hot stones, relax the muscles while massaging and the use of oils hydrate and deeply condition the skin.

**Duration: 60m / 130 €**

### PRENATAL BLOSSOM

This head to toe, prenatal treatment is designed for expectant mothers from the second trimester. This treatment begins with a 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: 60m / 120 €**

### COCOON & REVITALIZE YOUR SENSES EXPERIENCE

#### Polish and relax

Offer yourself a relaxing body experience while your skin is deeply nourished. The mesmerizing aromatic combination of Frankincense and Patchouli, imbued in the coconut body scrub will prepare your skin for the relaxing massage that follows. Karite butter, ideally used in the massage, moisturizes and deeply nourishes the skin while the coconut butter that completes the ritual will contribute to the skin's elasticity. Feel your body relaxed and pampered.

**Duration: 60m / 130 €**





## Couples Experiences

Treatments that will delight you and your partner, aiming to create unforgettable memories. Choose from our wide range of luxurious but targeted treatments, offering you magical moments of total rejuvenation and relaxation. Allow yourselves to experience magical moments and create unforgettable memories with your significant other.



### 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. Succumb, as the warm oil deeply penetrates the skin's surface, releasing its sensuous fragrance seduces the mind. An outstanding, sacramental experience of aromatherapy, relaxation & rejuvenation that promotes bliss, balance and well-being!

**Duration: 60m / 140 € per person**

### WINE HARVEST

A ritual for spa connoisseurs

Inspired by the vineyards of Greece, this exhilarating experience of relaxation and wellness, releases and calms, both body and mind. A lush deliverance of olive kernels, red grape and rose petals indulge the skin in a soft body scrub, while proprietary antioxidants and vitamins are comprised in the nutritious mask that follows. Sparkling notes of bergamot and a mask of sun-soothing yogurt and honey are applied to immerse the skin in a bath of freshness and hydration. An enveloping aromatherapy massage with a warm candle grants 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.

**Duration: 1h 30m / 160 € per person**

### GRECIAN PRINCE & PRINCESS

Hydrating and nourishing face & body treatment

Let us make you feel like a real Prince or Princess. Indulge in the genuine earthy notes of Greece, luxuriate in the benefits of rare herbs, relax in the velvet textures that cover your skin, as each and every step of this treatment imbue your senses in a world of opulence. The treatment includes an exfoliation with olive and roses, followed by the application of a rich body mask, containing a refreshing cocktail rich in organic honey, which contributes to the hydration, regeneration and tightening of the skin. The relaxing head to toe massage with warm pouches that complements the treatment with aromas of clary sage, honey and rosemary, literally endows an experience designed for royals.

**Duration: 2h / 200 € per person**

### UNDER THE MOONLIGHT

Luxury anti-aging face & body treatment

An exhilarating touch for your skin, a unique ritual for your senses, a rejuvenating journey for your soul. The renowned power of crystals rejuvenates every cell of your skin, as the properties of rose quartz, aquamarine and moonstone orchestrate the most luxurious and perfectly balanced anti-ageing treatment. Sparkling jasmine, gardenia and mastiha gently exfoliate the skin, offering the softest touch and preparing the body for the beneficial properties of our firming and deeply nourishing 24K gold and gemstone masks. Followed by a specially designed massage technique, which combines rose quartz crystals and warm sand pouches, this treatment aspires to offer your skin ultimate lifting properties, while guiding your senses to a sublime journey of the spirit.

**Duration: 2h / 200 € per person**



## Face Experiences

An exhilarating journey that travels the mind and soul to the unique, picturesque landscapes of Greece. Inspired by the sumptuously relaxed atmosphere the 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.



### 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: 30m / 80 €**

### SKIN REBIRTH

#### Bespoke miracle skin renewal

A high-performance, all-in-one, innovative treatment that promises to diminish the look of fine lines and wrinkles, deeply moisturize and regenerate the skin, reinforce natural cellular turnover and improve overall appearance. Our star product, Skin Rebirth Miracle Skin Reinventing gel, infused with the remarkable healing effects of alkanna tinctoria root and its multiple anti-ageing, anti-oxidant and anti-inflammatory properties, promises to soothe, heal and regenerate your complexion. Your skin is recharged. Your skin is reformed.

Your skin is reborn.

**Duration: 60m / 130 €**

### LUNAR GRACE LUXURY ANTI-AGEING FACE TREATMENT

#### Luxury anti-ageing 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.

**Duration: 60m / 145 €**

### MELI

#### Vital hydration and nutrition

A highly rejuvenating and ultimately hydrating experience dedicated to the richness of local flavors and aromas, such as sage, honey and other nourishing elements that instantly restore your skin's hydration levels. Feel your skin soft and supple with an immediately healthy and radiant appearance. Allow yourself to experience the soothing effect of rosewater intertwining with the thirst-quenching aromas of lime, while your skin indulges in the unique moisturizing benefits of our precious honey mask. Soothing apricot oil envelops skin with anti-ageing benefits, while the final skincare routine ensures that the moisturizing aspects are maintained thereafter.

**Duration: 60m / 100 €**

### MEN'S FACIAL

#### Youthfull skin

Allow us to reveal your most youthful face with our unique skincare regime, all included in this beneficial treatment. The gentle but thorough enzymatic peel, enriched with Chios mastic, instantly brightens the skin and smoothes away any imperfections. The facial massage with Orange Oil replenishes lost moisture and minimizes fine lines and wrinkles, while illuminating and hydrating mask instantly brightens and evens out the skin tone, soothing any irritation. Final creams lock-in moisture, offering a complete youthful appearance.

**Duration: 45m / 90 €**





## Mini Rituals

Choose to delight yourself in one of our 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, healthy glowing look. Set yourself free from any kind of tension and ward off a stressful day.



### URBAN ESCAPE

#### Relaxing back ritual

Delight yourself in a 40 min treatment that will allow your senses to escape from everyday routine. This treatment focuses on releasing all the tension from your back, neck and shoulders, while the luxurious chocolate and orange peel fragrance envelops your skin and exhilarates your mind. The brown sugar, mocha scented, crystals gently buff away dry skin cells revealing a soft and smooth skin. The aromatic notes of real Chocolate and Orange peel oils that cover your skin, allow for the most supple and radiant look.

**Duration: 40m / 80 €**

### MESMERISING & MYSTIFYING HEAD & HAND MASSAGE

#### Muscle release massage

The magic begins with a refreshing yet absolutely relaxing head massage, rich in the aromas of calming Lavender, Rosemary and soothing Tea tree perfectly blended with healing Laurel oil. A magical synergy of Orange, Patchouli and Ylang-Ylang will enhance a relaxing yet invigorating hand massage, creating the feeling of serenity for your body and mind. The silky coconut body butter completes the ritual, offering intense moisture to the skin.

**Duration: 45m / 85 €**

### FATIGUED LEGS RELIEF MASSAGE

#### Tired legs treatment

Refreshing notes of spearmint mingle with the velvet texture of 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 local herbs in a, rich in antioxidants, gel mask that nourishes and renews the skin. A pampering massage experience using the moisturizing properties of coconut oil to deeply hydrate. Finally a calming yogurt powder mixed with the gel mask offers ultimate comfort for tired legs.

**Duration: 40m / 75 €**

### SUNLESS TAN TREATMENT

#### Radiant sunless tanning treatment for a flawless full-body tan.

Get a natural tan for an amazing sun kissed look without sun exposure. A delicate scrub with coconut pulp leaves your skin silky soft, ready to receive the complementary benefits of the self-tanning mask that follows. It will dry on your skin in just a few minutes so you can dress straight after the treatment. Feel your skin baby soft, naturally looking tanned and thoroughly nourished.

**Duration: 30m / 60 €**

### CONFETTI RAINFAIL BODY POLISH

#### Full body scrub

A variety of express yet invigorating, full body exfoliation treatments lush in captivating aromas. Delicate crystals softly remove dead skin cells, while promoting body circulation. As a result, the body's skin regains its elasticity and smoothness while obtaining a velvet touch with a fresh, radiant, healthy look.

**Duration: 30m / 60 €**



## SPA ETIQUETTE

### SPA ARRIVAL

We kindly request you to arrive at the spa 15 minutes prior to your appointment to relax and complete a health questionnaire, which will help us to personalise your visit. In the event of a late arrival at the spa, your treatment time will be reduced to ensure that the next guest is not delayed.

### ADVANCED BOOKINGS

You can schedule a personalized treatment by speaking with our expert Spa team, who will guide you to the right choice. To ensure that your preferred time and treatment is available, we advise you to book 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 at least 4 hours notice will incur a charge equal to 50% of the value of the treatment(s). SPA ETIQUETTE Our spa environment is a place of relaxation, tranquility and privacy. Respecting this, please keep your mobile phones on silent mode during your stay. Our spa is a smoke-free area.

### LOSS OR DAMAGE

Please note that the spa is not responsible for any loss or damage to your personal belongings. Please keep all your valuables locked in your locker during your visit.  
Thank you for your understanding.