



SECRET HOTELS



THE VIEW HARMONIA SPA MENU



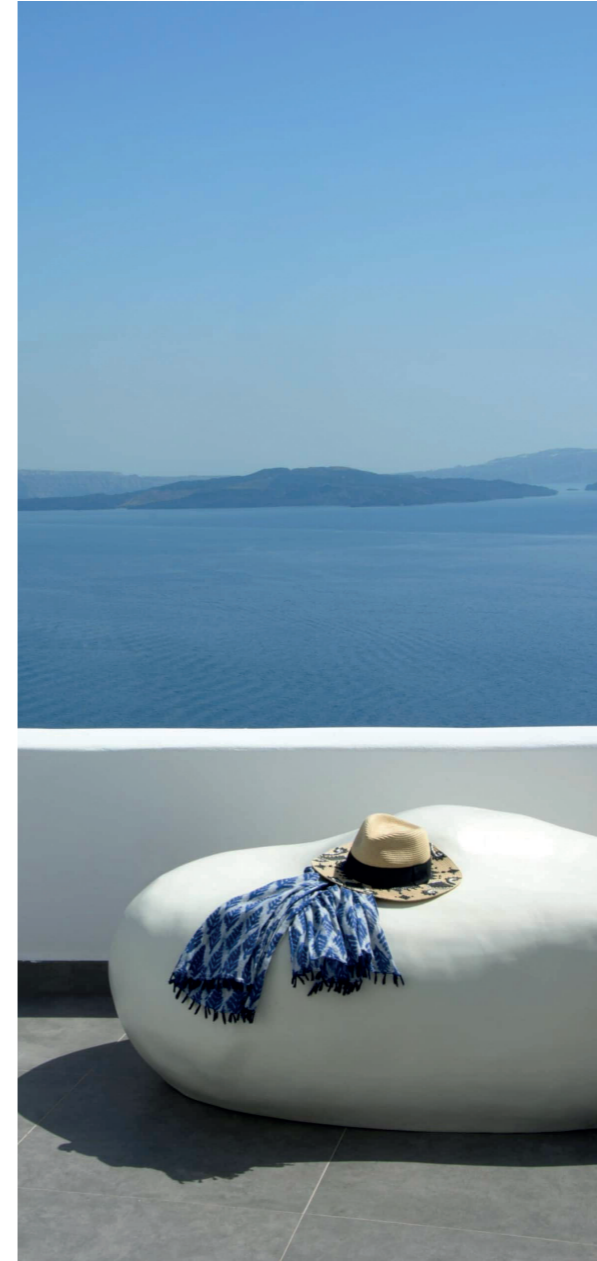
The Ultimate Wellness Experience

“**Secret View Hotel and Ariadne Athens** have set their standards high and are off to launch your senses to a newfound 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.



CALDERA WAVES

Holistic body detox

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 / 135€

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

EARTH GROUNDING

Post-travel rebalance

Escape travel exhaustion 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. The intense mocha scrub leaves your skin silky soft, ready to receive the complementary benefits of the rejuvenating massage that follows. Sensational citrus fruit aromas invigorate the mind, while the massage, enhanced with targeted stretching techniques, support the body against stress and fatigue. Finally, the cooling sensation of spearmint mingle with the refreshing notes of grapefruit to slowly stimulate the blood flow and offer ultimate comfort.

Duration: 1h 20m / 130€

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

STARDUST GOLD

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 leaves of Gold 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 most ultimate Anti-Ageing properties, while guiding your senses to a sublime journey of the spirit.

Duration: 1h 15m / 120€

Key Elements: Welcome Touch, Body Scrub, Body Mask, Full Body Relaxing Massage with warm Sand Pouches.

AEGEAN SEA BREEZE

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 / 85€

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 / 135 € | 90m / 175 €

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 / 150 € | 90m / 190 €

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 / 120 €

LUXURIOUS & REFRESHING EXPERIENCE

Polish and relax

Meticulously designed, from beginning to end, to gradually refresh each and every part of your body and completely quiet the mind, ultimately offering the most lavish and cocooning experience for all your senses. The mesmerizing aromatic combination of precious Frankincense & enticing Patchouli, imbued in the body scrub, conveys the senses to a place of absolute calmness, preparing the way for an undeniable velvety soft shea butter with mystifying sweet notes to balance your mind and revitalize your body, through a cocooning massage experience. The perfectly orchestrated massage movements of this treatment seduce your senses in a unique journey of relaxation that will essentially revitalize your mind, body and soul completely.

Duration: 60m / 110 €

MELTING SENSATION CANDLE MASSAGE

(seductive /energizing /detoxing/relaxing)

Indulge your senses in a mystifying massage ritual that will entice your body and mind. Lay back and unwind while the heated solid waxes slowly turn into liquid oil, releasing their intoxicating aromas. 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 demanding massage recipient. Succumb, as the warm oil deeply penetrates the skin's surface, releasing its unique beneficial properties, and its sensuous fragrance seduces the mind. A unique aromatherapy experience, relaxing & rejuvenating that promotes bliss, balance and well-being.

Duration: 60m / 110 €



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.

THE GRAPES' EXPERIENCE

A ritual with local flavors

Inspired by the vineyards of Santorini island, 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 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 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!

Duration: 1h 30m / 150 € per person

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, lay back and unwind while the heated solid waxes of candle massage 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. Complete the ritual with an absolute moisturizing facial with raw honey combined with apricot extracts, that nourish and deeply hydrate your skin, leaving it soft and clean, with a silky, radiant appearance.

Duration: 1h 15m / 135 € 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€





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.



GLOWING PEARL

Luminously radiant look

Inspired by the undeniable charm and glamour 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 illuminating 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: 60m / 80 €

PRECIOUS TOUCH

Luxury anti-ageing experience 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 / 120 €

SUPREME HYDRATION

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 / 80 €

GENTLEMAN'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 / 75 €



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.

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CITRUS BLISS

Multi-vitamin face treatment

Guide your skin to a journey full of the sparkling notes of fresh citrus fruits that energize your skin. A facial mask, highly concentrated in antioxidants, formulated with a proprietary multi-vitamin complex, prevents your skin from signs of premature ageing, caused by sun exposure or any other environmental stressors, while rejuvenating dull-looking skin. Instantly regain a nourished, glowing look while enjoying a healthy, radiant appearance.

Duration: 30m / 60 €

SPARKLING EYES

Rejuvenating eye treatment.

Visibly revived look. Reveal your most radiant and luminous eyes with this exclusively designed eye treatment complimented with the power of Gua Sha crystals. A mild enzymatic peel with unique Chios Mastic, brightens dull and dehydrated skin, while the revitalizing massage with nourishing Evening Primrose oil, 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: 30m / 55 €

THE REFRESHING FOOT RITUAL

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. A pampering massage experience using the moisturizing properties of coconut oil to deeply hydrate, offering the ultimate comfort for tired legs.

Duration: 30m / 50 €

VELVET BODY POLISH

A fast and invigorating, full body exfoliation treatment 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 / 55 €





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.

