

# MENU

WELLNESS  
spot



# SOPHISTICATED WELLNESS & LIFESTYLE

Welcome to our heaven of bliss and sheer relaxation place where nature meets science  
and ancient Greek philosophy.  
Allow yourself to be seduced by the Island of Crete, its serene surroundings, and a rich culture  
that will leave you in awe in every breath.

## “KALOSIRTHATE” “WELCOME”

*“Our WELLNESS SPOT 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.

## WELLNESS RITUALS

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.

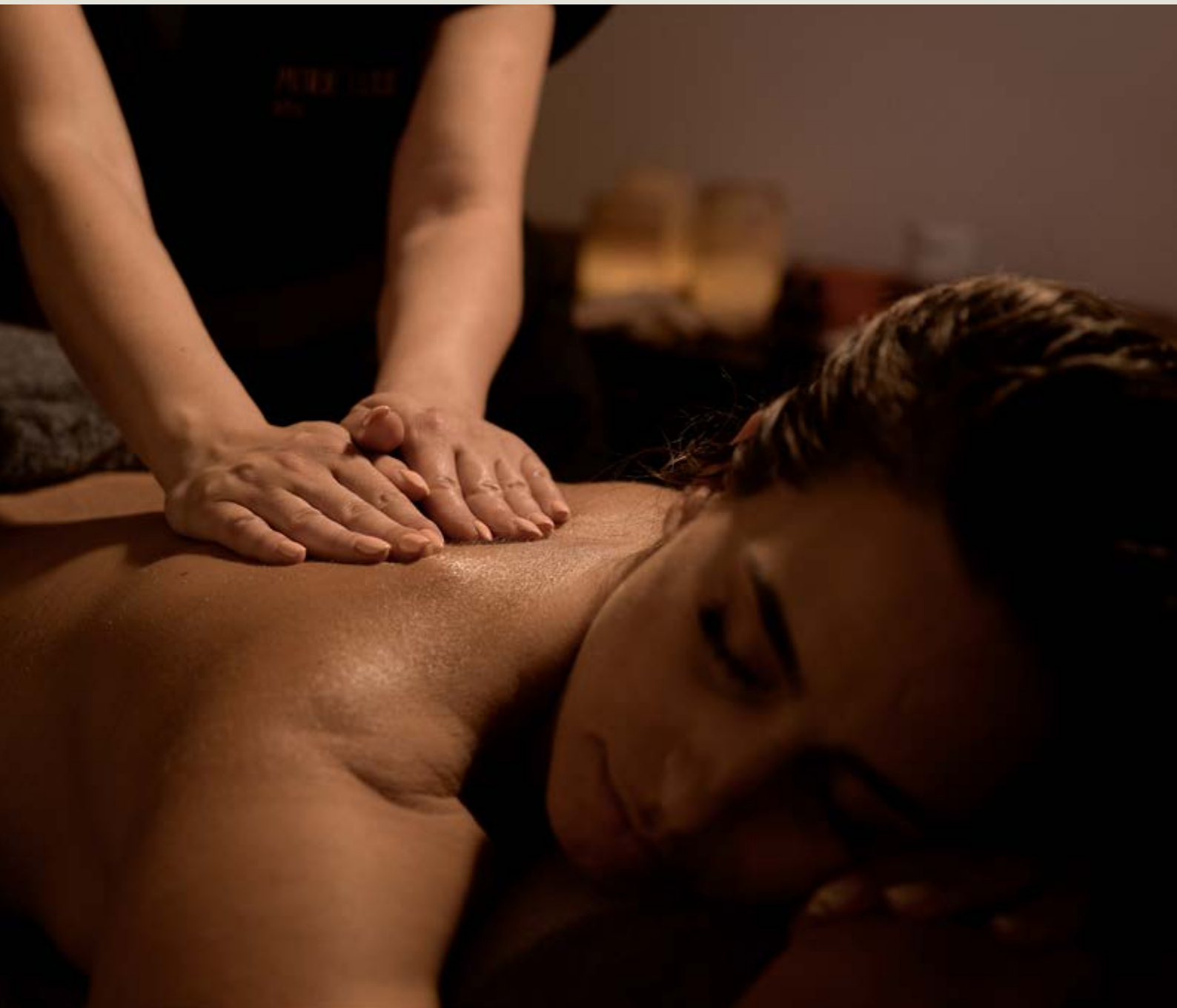
# JET LAG RECOVERY BY ARIADNE ATHENS

## POST TRAVEL RECOVERY RITUAL

[80 min. 90€]

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 mingles with the refreshing notes of grapefruit to slowly stimulate the blood flow and offer ultimate comfort.

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



# 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.

## MELTING SENSATION CANDLE MASSAGE

[60 min. 90€]

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.

(de-stress / recharging / empowering / relaxing)

## PHYSIS AROMA

[60 min. 90€]

Physis-Greek nature has gifted us with natural elements such as herbs, seeds and spices that are rich in vitamins, antioxidants and soothing properties. A selection of oils featured by these herbs and seeds are designed to cover every individual need. Let us help you choose the ideal one for you and allow yourself to travel in the greek fields, on a summer's day. Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage 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.

(Aromatic relaxing massage)

## GREEK TOUCH DEEP TISSUE

[60 min. 90€]

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. Warm Dittany crocus oil enhances muscle tension release, while deeply nourishes the skin. This innovative blend of pure dittany oil and cretan crocus (saffron), infused in extra virgin olive oil, this powerful healing oil, rich in antioxidants, revitalizes and protects the skin.

(Muscle release massage)

## SOOTHING FOOT & LEG MASSAGE

[30 min. 50€]

This soothing and restorative pressure point foot massage works wonders on heavy legs and feet. It focuses on stimulating organ function, encouraging drainage, enhancing flexibility and mobility, whilst also soothing the solar plexus to help calm. At the end of the treatment you'll feel like you are walking on air.

## NECK & BACK MASSAGE

[30 min. 50€]

A soothing massage for the back, neck, shoulders and scalp that releases tension and reduces the daily stress.

# 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.

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## MELI – VITAL HYDRATION AND NUTRITION BY ARIADNE ATHENS

[60 min. 90€]

### 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.

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## PHOS–LUMINOUS RADIANT LOOK BY ARIADNE ATHENS

[60 min. 90€]

### 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.

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# SCRUBS

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## BRIGHT AND POLISHED BY ARIADNE ATHENS

[30 min. 50€]

### FULL BODY SCRUB

A full body exfoliation treatment, fast and invigorating, with the luxuriant captivating aromas of jasmine and gardenia. Delicate white sugar 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. At the end, the delicate scented jasmine and gardenia body butter seals in all the moisture and nourishment.





TROULIS APART HOTEL  
BALI CRETE