



HARMONIA SPA MENU



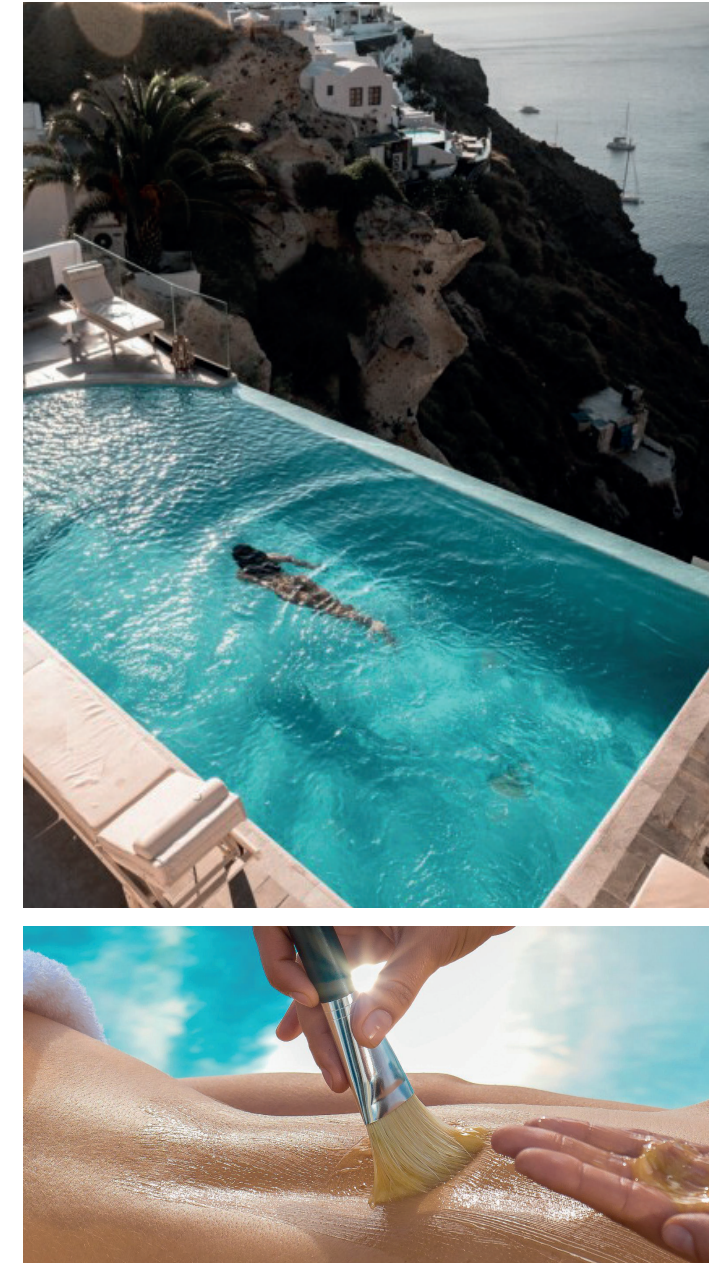
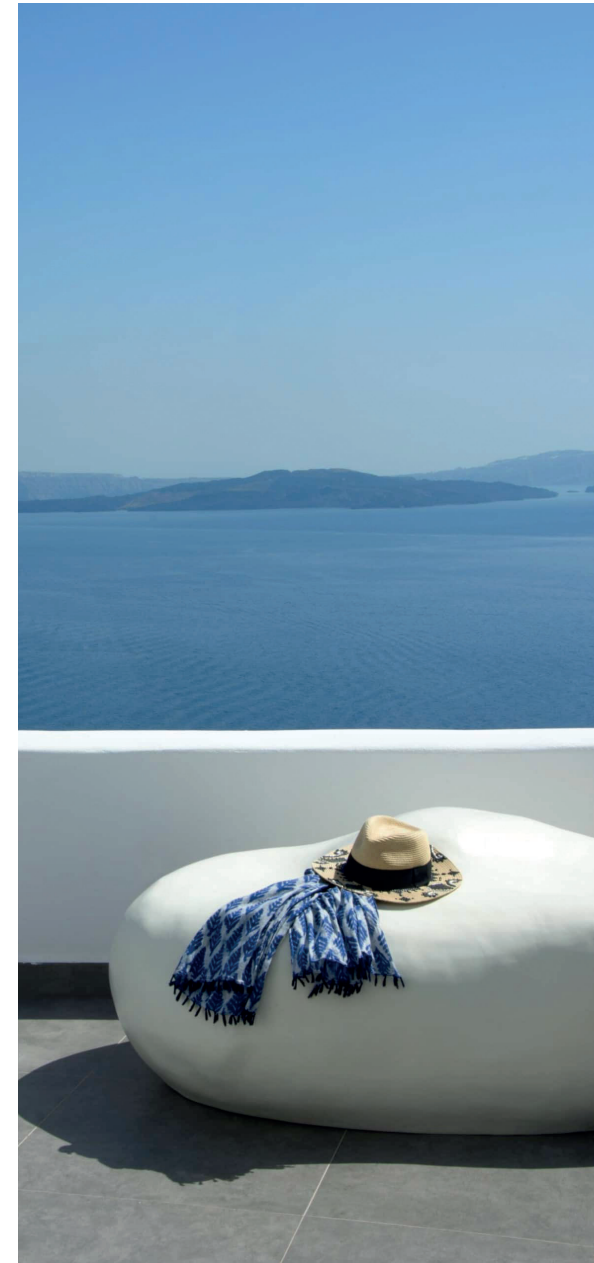
The Ultimate Wellness Experience

“**Secret Hotels and Harmonia Spa** have set their standards higher and are off to launch your senses to a new found level of delight.”

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 promising products to give the skin a soft and delicate texture, embellishing its inner beauty.

Inspired by the sumptuously relaxed atmosphere, the majestic Mediterranean blue sea has to offer, these lavish face and body rituals promise to indulge your skin with their velvety textures and sensual aromas, while revealing a firmer, more hydrated, supple, radiant look.

Luxuriate yourself in a series of carefully designed rituals that carry the seal of excellence the **Harmonia Spa & 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

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.

Ariadne Athens proposes bespoke therapies aligned with a unique destination and inspired by its natural elements.

Use the opportunity to enrich your holiday experience with traditional wellbeing practices.



SANTORINI LAVA TOUCH Holistic body detox

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.

Duration: 1h 15m / 180 €

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

CALM & SLEEP RITUAL Total stress relief ritual

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. Feel this ritual release all the tension, through a series of relishing and refreshing techniques. The mesmerizing aromatic combination of precious frankincense and enticing 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 soften the skin, while relieves muscle aches by helping calming your body, improving your sleep and your overall well-being.

Duration: 1h 45m / 200 €

Key Elements: Welcome Touch, Body Scrub, Body Mask, Full Body & Head Relaxing Massage.

JET LAG RECOVERY

Post-travel 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 / 135 €

Key Elements: Welcome Touch, Body Scrub, Body Mask, Rejuvenating Full Body Massage.

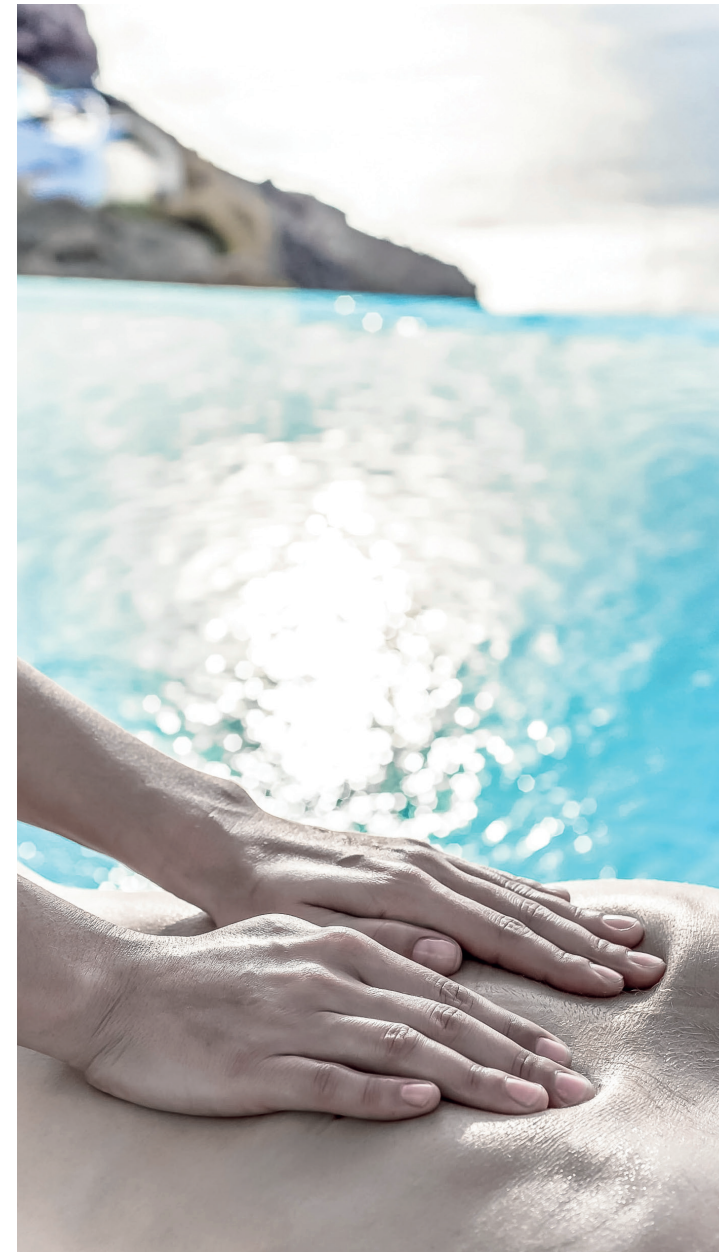
UNDER THE SUN

After sun face & body 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 acorn flour, skillfully combined to help restore skin's moisture. Inflammation and skin-irritation is minimised, offering a unique sense of relief after sun exposure. On one hand, Greek yogurt offers a healing and regenerating action and on the other hand water lily combined with aloe helps to improve overall skin's appearance. Gradually, your skin regains its own strength to fight external stressors that cause irritation, while 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 / 120 €

Key Elements: Key Elements: Welcome Touch, Face & Body Mask, Final Skincare, Mist Drops.





Therapeutic & Wellness Massage

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.



HARMONIA SIGNATURE MASSAGE

Relaxing aromatherapy ritual

Experience therapeutic powers of essential oil of rose which is seductive, antidepressant and helps in harmonizing emotions. A relaxing massage that incorporates the healing powers through the sense of smell and touch while helps to naturally increase circulation and nourish the skin.

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 envelop your skin and exhilarate your mind.

Duration: 60m / 140 € | 90m / 180 €

CALDERA HOT STONE MASSAGE

An indulgent massage combination using hot volcanic stones and plant-derived oils enriched with essential oils. A unique experience that has gained faithful followers, 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 €

PRENATAL MASSAGE

This head to toe, prenatal massage is designed for expectant mothers from second trimester. 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

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 / 130 €



The Ultimate Wellness Experience

Couples Experiences

There are certain experiences which cultivate memories and emotions that last forever. Choose among a wide range of specialized practices, and spoil yourselves with a mythical, sensational experience of a euphoria retreat.



The Ultimate Wellness Experience

MELTING SENSATION Candle Massage Experience

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 / 125 € per person

WINE HARVEST A ritual for spa connoisseurs

Inspired by the vineyards of the Ionian islands, 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 / 160 € per person

GRECIAN PRINCE & PRINCESS Hydrating and nourishing face & body treatment

Let us make you feel like a real Prince & Princess! Indulge in the genuine earthy notes of Greece, luxuriate in the unprecedented benefits of rare herbs, relax in the velvet textures that cover your skin, as each and every step of these treatments imbue your senses in a world of opulence. The treatment includes the application of a rich body mask, containing a refreshing cocktail rich in organic honey, which contributes dramatically 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 The ultimate face & body anti-aging ritual

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 rose quartz crystals and warm sand pouches, this treatment aspires to offer your skin the most ultimate lifting properties, while guiding your senses to a sublime journey of the spirit.

Duration: 2h / 230 € per person



Face Experiences

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:



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 €

The Ultimate Wellness Experience

SKIN REBIRTH

Bespoke miracle skin renewal

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, reinforce natural cellular turnover and improve overall appearance. Taking advantage of the remarkable healing effects of alkanna tinctoria root and its multiple anti-ageing and anti-oxidant properties, we focus on each skin's specific needs, to offer personalized care. 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: 60m / 130 €

LUNAR GRACE

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 facial massage ritual, 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 more lifted look.

Duration: 60m / 160 €

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 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 €

The Ultimate Wellness Experience



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 look.



The Ultimate Wellness Experience



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URBAN ESCAPE

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 & Orange peel oils that cover your skin, allow for the most supple and radiant look.

Duration: 40m / 75 €

MESMERISING & MYSTIFYING HEAD & HAND MASSAGE

Muscle release massage

A sensational voyage that combines the wisdom of ancient 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: 45m / 85 €

FATIGUED LEGS RELIEF MASSAGE

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 rejuvenates the skin. A pampering massage experience using the moisturising properties of coconut oil to deeply hydrate. Finally a calming yoghurt 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 the sun! The 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 feet baby soft, natural looking tanned and thoroughly nourished!

Duration: 30m / 70 €

Key Elements: Welcome Touch, Body Scrub, Body Mask.

CONFETTI RAINFALL 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 / 70 €

SPA ETIQUETTE

SPA ARRIVAL

We ask that you arrive 15 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).

SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquillity. 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.