



THE VIEW HARMONIA SPA MENU



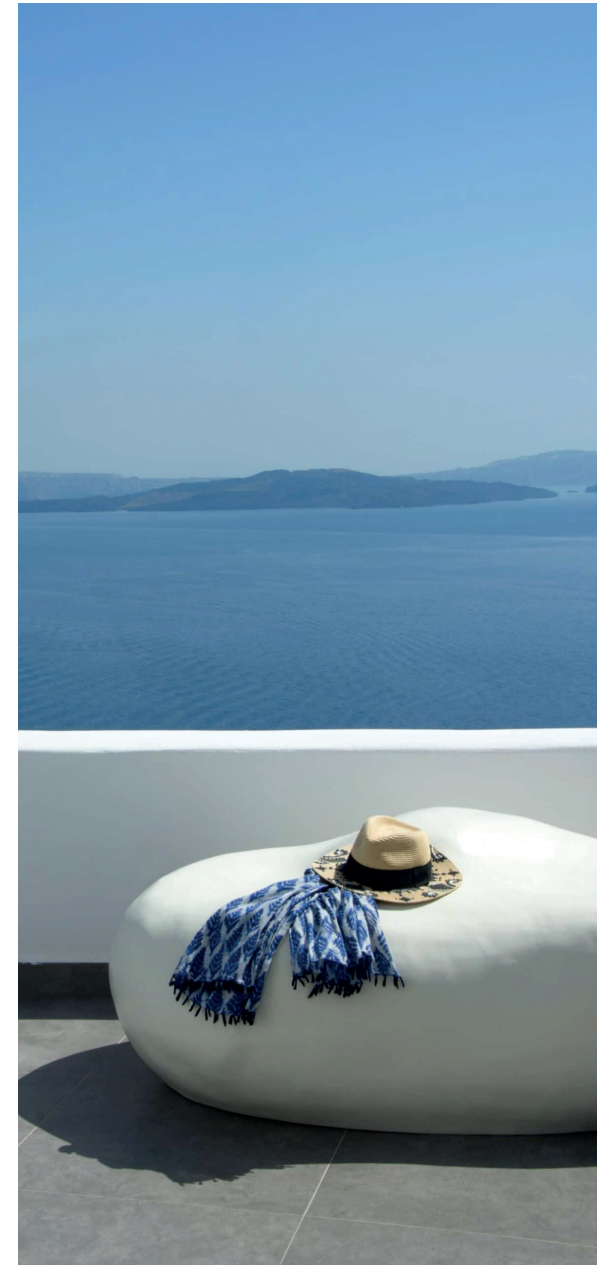
## The Ultimate Wellness Experience

“**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

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



### CALDERA WAVES 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 / 145 €**

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

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### EARTH GROUNDING Post-travel recovery

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 20m / 110 €**

**Key Elements: Welcome Touch, Body Scrub, Body Mask, Releifing Massage.**

### STARDUST GOLD Hydro-elasticity body treatment

Sparkling Jasmine & Gardenia white petals gently exfoliate the skin, offering the most sensually soft touch, preparing the body for the exceptionally beneficial properties of 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 perfectly mastered 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, Relaxing Massage with Sand Pouches.**

### AEGEAN SEA BREEZE 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 / 100 €**

**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 €**

### RELISHING & 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 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 / 130 €**



## 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 GRAPES' EXPERIENCE

A ritual with local flavors

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 / 130 € per person**

### LOVE AFFAIR

Hydrating and nourishing face & body treatment

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 / 120 € 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.



## GLOWING PEARL Luminously radiant look

Inspired by the undeniable charm, glamour and lifestyle 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 enlightening 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 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 / 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 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 €**

## GENTLEMENT’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 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.



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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 / 80 €**

## SPARKLING EYES

Reveal your most radiant and luminous eyes with this exclusively designed eye treatment. A mild enzymatic peel with unique Chios Mastic, brightens dull and dehydrated skin, while the revitalizing massage with nourishing, precious 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, bright-ened, renewed and recharged. Your most youthful-looking skin is revealed!

**Duration: 30m / 60 €**

## THE 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 moisturising 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 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.



