

Armonia

WELLNESS | SPA

Immerse yourself in a wellness experience designed to meet your needs.

A visit to Armonia Wellness | Spa becomes an essential part of your journey, helping you reconnect with your spirit.

www.lesantescape.gr



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your guide to rejuvenation and calm

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signature treatments

BY ARIADNE ATHENS

where ancient wisdom meets modern indulgence

ZAKYNTHIAN GODDESS

Indulge in the authentic earthy notes of Greece, luxuriate in the benefits of rare herbs, and relax into the velvety textures that envelop your skin, as every step of this treatment immerses your senses in a world of opulence.

The treatment includes an exfoliation with olive and rose, followed by the application of a rich body mask containing a refreshing blend enriched with organic honey, which contributes to the hydration, regeneration and tightening of the skin.

A relaxing head-to-toe massage with warm pouches complements the treatment with aromas of clary sage, honey and rosemary, creating an experience truly designed for royalty.

| DURATION: 2H | 200€ |





face experiences

reveal your natural glow

MELI VITAL HYDRATION AND NUTRITION

A highly rejuvenating and deeply hydrating experience dedicated to the richness of local flavours and aromas, such as sage, honey and other nourishing elements that instantly restore your skin's hydration levels. Allow yourself to experience the soothing effect of rosewater, while your skin indulges in the unique moisturising benefits of our precious honey mask.

The final skincare routine ensures that these moisturising benefits are maintained thereafter.

| DURATION: 50M | 110€ |

ZOE ANTIOXIDANT PROTECTION AND ULTIMATE PREVENTION

Guide your skin on a journey filled with the sparkling notes of kumquat and fresh fruit that energise and revive it. A facial mask highly concentrated in antioxidants, formulated with a proprietary multi-vitamin complex, helps protect the skin from signs of premature ageing caused by sun exposure and other environmental stressors, while rejuvenating dull-looking skin. Instantly regain a nourished, glowing look and enjoy a healthy, radiant appearance.

| DURATION: 60M | 120€ |



face experiences

reveal your natural glow

NEMA

THE NEXT DIMENSION IN FACIAL SCULPTING

A revolutionary facial that blurs the line between the physical and digital worlds by mimicking the effect of microcurrent devices on the skin. The core element of this treatment is our brand's symbol, the Myrtle Flower, paired with the extraordinary extract of Peach Gum, a natural biopolymer that can deliver an instant tightening and lifting effect to the skin.

This natural facelift works on a multidimensional level to target all signs of ageing, with a focus on immediate, visible and lasting results. It offers spectacular instant results by visibly reshaping the volume of the cheeks, under-eye area, neck and chest, for a naturally youthful appearance. Supported by natural volumising and plumping fillers, our innovative formulas, combined with specific manual techniques, are designed to sculpt, lift and plump facial hollows for medical-grade results. Skin is deeply hydrated, plumped and rejuvenated; wrinkles and expression lines are smoothed, and hydration levels are optimally preserved.

| DURATION: 60M | 140€ |



face experiences

reveal your natural glow

PHOS LUMINOUSLY RADIANT LOOK

Inspired by the undeniable charm and glamour of the Greek Islands, this glowing therapy promises brighter, firmer and noticeably younger-looking skin. This facial, thanks to its valuable ingredients such as wheat proteins, a clinically proven illuminating extract of repressed and vitamin C, targets signs of ageing, evens skin tone and texture, and stimulates collagen production for a healthy, glowing complexion.

| DURATION: 60M | 130€ |

Combine your facial treatment of choice with an eye treatment for a glowing and sparkling result.

IRIDA 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 revitalising massage with nourishing Evening Primrose oil offers a natural, healthy glow. This eye ritual, comprising a highly concentrated eye gel complemented by a proprietary blackcurrant peel-off mask, helps brighten dark circles, while a lifting massage with gua sha and hands reduces puffiness and minimises fine lines and wrinkles. The eye area is visibly hydrated, brightened, renewed and recharged.

| DURATION: 30M | 85€ |



mind and body rituals

a holistic harmony of soul, senses, and serenity

*Experience the ultimate rejuvenation
by combining your body therapy
with a professional facial treatment.*

DELOS PEARLS

The ancient Greek natural exfoliation technique, performed with a brush made from horsehair, tones and cleanses the skin, preparing it for the next steps. The relaxing anti-stress massage that follows, using the luxurious Delos Pearls body oil, releases any tension your body may have retained. The ritual ends with the application of the antioxidant-rich Delos Shimmering Pearls body oil.

| DURATION: 1H 15M | 140€ |

ONE MILLION NIGHTS

A bouquet of exotic flowers, with iris as its star, unfolds through this luxurious treatment. Let your body unwind while your senses travel through the most exotic garden on a perfect summer night.

One Million Body Scrub gently exfoliates the skin, offering the softest touch and preparing the body for the exceptionally beneficial properties of our velvety, deeply nourishing "Serifos Precious Stones 24K Gold" body mask. The ritual continues with a specially designed massage technique, combining rose quartz crystals on the face with a body massage using One Million Nights precious oil, followed by our luxurious body butter.

This treatment aspires to leave your skin with the softest velvety feel, infused with the long-lasting aroma of iris flowers.

| DURATION: 1H 45M | 180€ |



mind and body rituals

a holistic harmony of soul, senses, and serenity

JET LAG REBALANCE

Escape travel exhaustion with this 80-minute invigorating treatment designed to revive and re-energise the body's natural biorhythms. Grounding and restoring natural flow when all feels out of sync, this energising ritual relieves imbalances and revitalises 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 aromas invigorate the mind, while the massage, enhanced with targeted stretching techniques, supports the body against stress and fatigue. Finally, the cooling sensation of spearmint mingles with the refreshing notes of grapefruit to gently stimulate blood flow and offer ultimate comfort.

| DURATION: 1H 20M | 160€ |

UNDER THE SUN AFTER-SUN FACE AND BODY TREATMENT

The ultimate after-sun care for your skin. Inflammation and skin irritation are minimised, offering a unique sense of relief after sun exposure. On the one hand, Greek yoghurt provides a healing and regenerating action and, on the other, watermelon combined with red grape helps improve the skin's overall appearance. Gradually, your skin regains its strength to fight external stressors, while its natural moisture barrier becomes more resilient in maintaining hydration levels. Feel your skin calm, soothed and moisturised, with a naturally healthy appearance.

| DURATION: 45M | 100€ |



massages

feel the stress melt away, one touch at a time

UNWIND AND RELAX MASSAGE

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, improve wellbeing, balance emotions, and increase calmness and relaxation.

| DURATION: 60M | 110€ |

HOT STONES MASSAGE

The heated stones enhance the overall massage experience by promoting relaxation and easing muscle tension. Their warmth helps increase blood flow, allowing for a deeper sense of calm and wellbeing. Combined with traditional massage techniques, hot stone massage provides a soothing and rejuvenating treatment that can alleviate stress and promote a harmonious balance of body and mind.

| DURATION: 60M | 130€ |

LYMPHATIC DRAINAGE MASSAGE

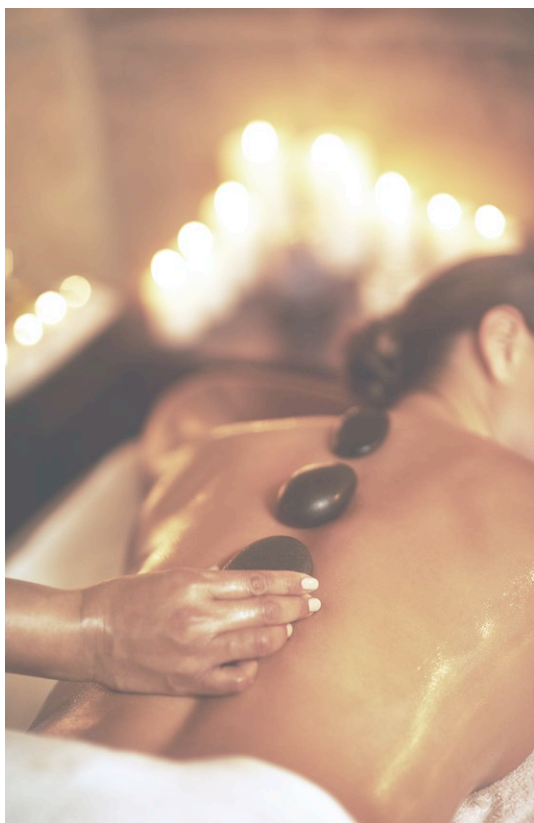
Indulge in a luxurious, rejuvenating experience that supports your body's natural detoxification process. Our specialised lymphatic drainage therapy uses gentle, rhythmic movements to stimulate the lymphatic system. This refined technique enhances the elimination of accumulated toxins and excess fluids, offering an immediate sense of lightness and wellbeing. It is ideal for combating puffiness, boosting the immune system and promoting radiant skin.

| DURATION: 50M | 110€ |



massages

feel the stress melt away, one touch at a time



CANDLE MASSAGE

Succumb as the warm oil deeply penetrates the skin's surface, releasing its unique beneficial properties while its sensuous fragrance seduces the mind. An outstanding, almost sacramental experience of aromatherapy, relaxation and rejuvenation that promotes bliss, balance and wellbeing.

| DURATION: 60M | 120€ |

DEEP TISSUE MASSAGE

A series of intensive techniques is used to increase circulation, release built-up toxins, and restore balance to the body and nervous system. Feel your muscles release all tension, while luxurious naturally scented oils envelop your skin and invigorate your mind.

| DURATION: 60M | 140€ |



massages

feel the stress melt away, one touch at a time

CUPPING THERAPY

Cupping massage is an ancient therapeutic technique that involves the use of suction cups to create localised pressure on the skin. The gentle pulling action of the cups promotes improved blood circulation, helping to release muscular tension while also stimulating the lymphatic system. This time-honoured practice combines traditional wisdom with modern wellbeing, offering a unique and rejuvenating massage experience.

| DURATION: 60M | 145€ |

ENERGY BALANCE MASSAGE

Relieve headaches, eye strain and neck stiffness, while relaxing the muscles in your hands and fingers. Experience relaxation and restore inner peace with an energy-balancing treatment that focuses on the head and hands. Specialised massage techniques can help relieve tension and promote clarity.

| DURATION: 40M | 85€ |

CHILDREN AND TEENS MASSAGE

Take pleasure in a uniquely captivating experience of chocolate flavours through a fine signature body massage. To maintain a safe and relaxing atmosphere, young spa-goers must be accompanied by a parent or guardian during the treatment.

| DURATION: 30M | 70€ |



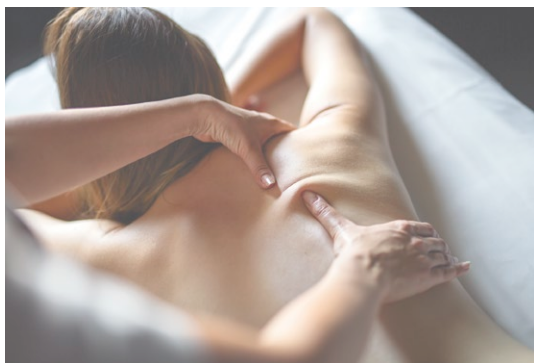
massages

feel the stress melt away, one touch at a time

PRENATAL MASSAGE

For women in their second or third trimester, this gentle and relaxing massage is designed to nurture and support both mother and baby. Using nourishing organic karité butter, this treatment helps alleviate muscle tension and fatigue while easing discomfort during and after pregnancy. In addition, the rich butter leaves the skin soft and supple, while the relaxing fragrances help calm the mind. A mini facial massage is included.

| DURATION: 50M | 100€ |





mini rituals

short moments, lasting beauty

RADIANT FACE

Luminous, radiant skin with an instant infusion of intense hydration and multiple anti-ageing benefits. A thorough 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 the skin's vitality and youthfulness, for a vividly radiant look.

| DURATION: 30M | 80€ |

URBAN ESCAPE

BACK & SHOULDERS TREATMENT

Delight yourself with a 40-minute treatment that allows your senses to escape the everyday routine. Feel your muscles release all tension, while the luxurious chocolate and orange peel fragrance envelops your skin and exhilarates your mind. Brown sugar mocha-scented crystals gently buff away dry skin cells, revealing soft and smooth skin. The aromatic notes of real chocolate and orange peel oils that envelop your skin create a supple and radiant look.

| DURATION: 40M | 85€ |



mini rituals

short moments, lasting beauty

LIGHT LEGS RELIEF MASSAGE

Refreshing notes of spearmint mingle with the velvety texture of sugar crystals to gently stimulate blood flow and offer a cooling sensation, as the body scrub smooths away dry, flaky skin.

Potent red grape blends with local herbs in an antioxidant-rich gel mask that nourishes and renews the skin.

A pampering massage using the moisturising properties of coconut oil deeply hydrates the skin. Finally, a calming yoghurt powder blended with the gel mask offers ultimate comfort for tired legs.

| DURATION: 40M | 85€ |

HONEY FLOWER

A highly nourishing and deeply hydrating experience that fully replenishes the skin's moisture levels while offering anti-ageing benefits. Feel your skin soft and supple, with an immediately healthy and radiant appearance.

This renewing experience begins with a full-body jasmine and gardenia sugar scrub, followed by a cocooning oney-infused body wrap.

Final moisturisers seal in all the beneficial properties that precede, while ensuring they are maintained thereafter.

| DURATION: 45M | 95€ |



couples ritual

share the art of relaxation with the one you love

LOVE AFFAIR

Spend time together and enjoy the truly unique experience of sharing a pampering ritual with your other half, perfectly designed for couples. Take pleasure in a uniquely captivating experience of chocolate flavours, combining the invigorating notes of mocha in a fine sugar-crystal body scrub with an intoxicating signature body mask enriched with liquid chocolate extracts. Then lay back and unwind while the heated solid wax of the candle massage slowly transforms into liquid oil, as the mesmerising flame gently burns. Feel the delicately scented warm drops touch your skin and envelop your whole body in a velvety massage that will satisfy even the most discerning recipient.

| DURATION: 1H 15M | 140€ PER PERSON |

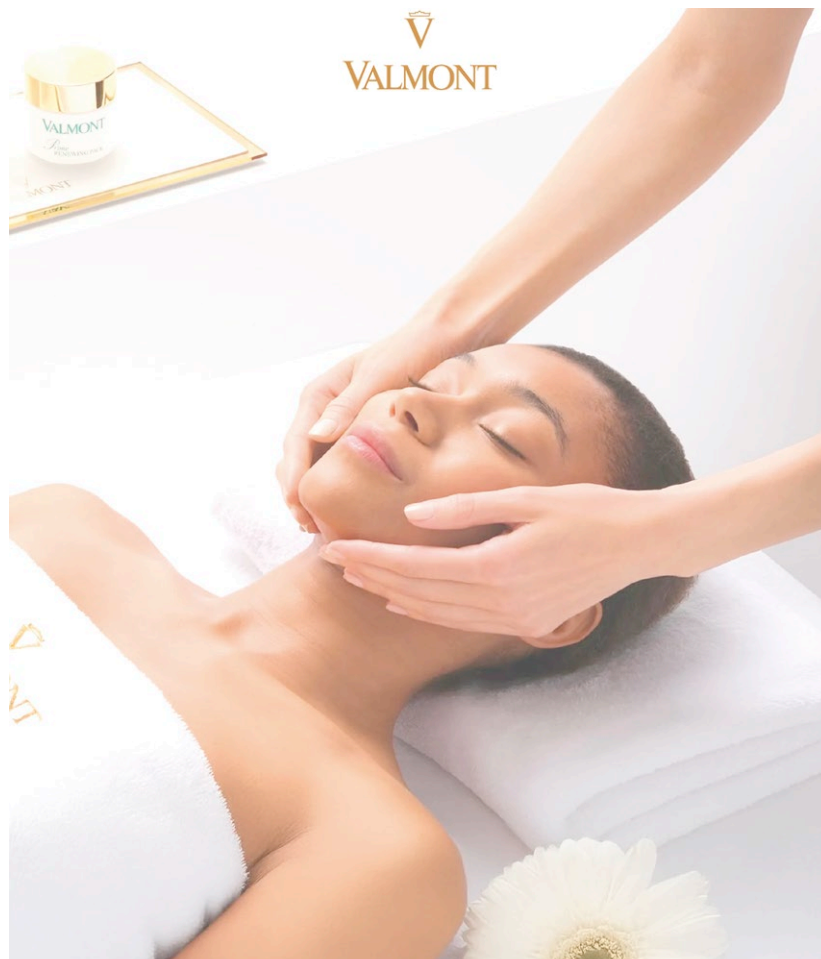




valmont spa

THE EXCELLENCE OF SWISS CELLULAR COSMETICS







valmont spa

the excellence of swiss cellular cosmetics

VITALITY OF THE GLACIERS

Reawaken your skin with the Vitality Spa Ritual, a signature treatment designed to restore vitality, energise and boost the natural radiance of your complexion.

This holistic ritual employs targeted massage techniques to promote oxygenation, enhance circulation and deeply revitalise the skin.

Enriched with cutting-edge professional products, this treatment offers you the opportunity to elevate your spa experience through an immersive, skin-rejuvenating journey.

| DURATION: 60M | 250€ |

ONLY FOR HIM THE MAN BY VALMONT

This treatment is a true symphony of Valmont techniques and products, carefully selected for their complementary actions in terms of wellbeing and men's skincare. It calms irritation and reduces skin stress. In addition to a complete facial and shoulder massage, Valmont experts have selected specific massage techniques to target and decongest the eye area.

Thanks to these precise gestures, this treatment helps eliminate signs of fatigue and restore freshness to the eyes.

| DURATION: 60M | 215€ |



retail products

take the spa experience home with you

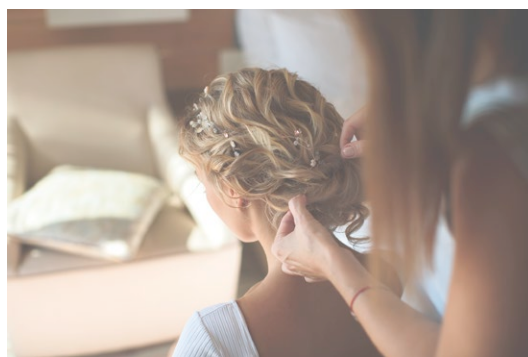
FLUID FALLS by Valmont	100€	VITAL CONTOUR CREAM by Valmont	207€
VITAL FALLS by Valmont	100€	LUMISENSE by Valmont	235€
AQUA FALLS by Valmont	100€	LUMICREAM by Valmont	235€
BUBBLE FALLS by Valmont	76€	LUMIPEEL by Valmont	142€
HYDRA 3 MIST by Valmont	180€	LUMICITY SPF 50 by Valmont	190€
HYDRA 3 CONTOUR by Valmont	153€	V-LIFT NECK by Valmont	315€
BI-FALLS by Valmont	76€	HAND 24 HOUR by Valmont	99€
VITAL B SERUM by Valmont	260€	ELIXIR "VOTRE VISAGE" by Valmont	775€
VITAL 24 HOURS LIGHT by Valmont	283€	ELIXIR "VOS YEUX" by Valmont	375€
VITAL B FLUID by Valmont	283€	ELIXIR SERUM PRÉCIEUX by Valmont	627€
VITAL REGENERA I RICH by Valmont	283€		



retail products

take the spa experience home with you

MEDITERRANEAN BLUE SUNSCREEN SPF 50 by Ariadne	48€	SPA ISLANDS CRETAN HONEY MASK by Ariadne	48€
MEDITERRANEAN BLUE SUNSCREEN SPF 30 by Ariadne	48€	MELON SORBET AFTER SUN by Ariadne	39€
ANGEL FACE CLEANSING MILK by Ariadne	35€	JASMINE & GARDENIA BODY SCRUB by Ariadne	42€
SEA WAVES ANTI-THIRST MIST by Ariadne	36€	MOCHA BROWN SUGAR BODY SCRUB by Ariadne	42€
THE LIGHT POTION VITAMIN C SERUM by Ariadne	85€	MUSE COCOON BODY BUTTER by Ariadne	39€
NEMA CONCENTRATE PRIMER SERUM by Ariadne	110€	ONE MILLION NIGHTS BODY SCRUB by Ariadne	42€
NEMA EYE CONTOUR CREAM by Ariadne	80€	ONE MILLION NIGHTS BODY BUTTER by Ariadne	39€
NEMA CRÈME DE LA CRÈME by Ariadne	120€	DELOS SHIMMERING PEARLS BODY OIL by Ariadne	40€
SPA ISLANDS – PHODES MEDITERRANEAN ROSE by Ariadne	48€		





nails beauty corner

polished to perfection, every detail matters

MANICURE PEDICURE (Weekly)

Nail application	20€
Manicure	35€
Pedicure	45€

LONG-LASTING MANICURE PEDICURE

Nail application	20€
Manicure	50€
Pedicure	60€
Nail polish remover	20€

hair salon

style that speaks elegance, every strand at a time

LADIES

Wash	15€
Women's Haircut	45€
Hair Styling	55-95€*
Colour	60-80€*
Keratin Treatment	90-130€

MEN

Haircut	45€
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CHILDREN

Haircut	35€
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*
The final price for highlights,
perms and bridal hairstyles is determined
after consultation with the hairdresser.
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spa etiquette

tranquility begins with mutual respect

FACILITIES

In an inspiring environment, guests are invited to enjoy a transcendental journey of the senses and experience the rejuvenating energy of water and the elements of nature. The heated on-site swimming pool features power jets and offers a stimulating experience. Guests are also welcome to enjoy the therapeutic power of steam in the Hammam and immerse themselves in the Jacuzzi for a unique experience. In addition, a small yet fully equipped gym will help you stay in shape throughout your holiday.

SPA ARRIVAL

We kindly ask that you arrive 15 minutes before your appointment time to allow yourself time to relax and complete a health questionnaire, which will help us personalise your spa visit. This also ensures that we are able to offer the best possible experience to all our spa guests. If you are running late, your treatment time will be shortened to ensure that the next guest is not delayed.

CANCELLATION POLICY

Any treatment cancelled without a minimum of 4 hours' notice will incur a charge equal to 50% of the value of the treatment(s).

ADVANCED BOOKINGS

To schedule an appointment for the ideal treatment, please speak with our specialist Spa Reception team, who will guide you to the right choice. To ensure your preferred time and treatment are available, we do recommend booking in advance. Our therapists are highly trained and always sensitive to your comfort and modesty.

HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries that could affect your experience when making your spa reservation. Heat and water facilities are not recommended for pregnant women.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. With this in mind, the spa is a smoke-free and mobile phone-free zone. Please ensure your device is set to silent mode.

LOSS or DAMAGE

We regret that we cannot be held responsible for any loss of or damage to personal belongings. Please keep all valuables securely locked in your locker during your visit.