

The Roots 30' | 55€

This back to basics treatment releases tension in the upper part of the body, back, neck and shoulders, where physical and emotional stress often accumulates. The Roots treatment uses a blend of organic Greek body oils that elevate the experience of this indulging and relaxing treatment to soothe tense and stiff muscles.

Aromatic Wandering 60' | 95€ (en suite 120€)

A tailor-made head to toe aromatherapy massage using a blend of gentle to firm techniques combined with organic essential oils from Greek aromatic plants. This harmonizing experience is a simple and effective way to release tension, balance emotions, increase calmness and enhance the mind and body connection.

The Botanical Ritual 80' | 130€

You can also choose our Botanical Ritual that will offer you the ultimate Aromatherapy Experience. Choose your personal essential oil combination which will follow you throughout your treatment. Start off with a private sauna session, continue with a custom-made scrub and end the botanical ritual with a relaxing head to toe massage, all scented with the essential oils of your choice.

Head & Face Massage 20' | 45€

A treatment that embraces the facial and head muscles with a combination of delicate movements for a relaxing and enveloping massage. Warm, organic massage oil gives an irresistible touch of relaxation that prepares you for a restful sleep.

Ancient Greek Massage 75' | 140€ (en suite 170€)

This Ancient Grecian and holistic experience will please your body, mind and soul. It starts with movements and pressures on a dry body. Then powder is applied to the back area with the help of a special brush to enhance the back's blood circulation. A more intensive pressing follows along a blending of pure virgin olive oil and essential oils of the Greek soil. During the session, the massages alternate between mild and intense, creating a feeling of deep hyperemia and rejuvenation.

Lomi Lomi 75' | 130€

Lomi Lomi is the traditional bodywork of Hawaii. It works to clear away physical and energetic blockages that are causing pain, and other symptoms. It releases old unhealthy patterns, beliefs, and traumas.

Experiences

Foot Massage 25' | 45€

In this relaxing massage, special reflex points of the soles of the foot are stimulated, in order to enhance and tone the immune and nervous systems. This treatment is combined with a rejuvenating foot scrub to give the ultimate sense of freshness.

Váthos 30', 60' | 70€, 120€ (en suite 60', 135€)

This deep release technique is a therapeutic, anti-inflammatory and deeply energizing treatment. Trigger points on the body are stimulated in order to unblock tensed muscles and restore blood circulation. This massage is highly recommended after intense workout sessions.

Mother to Be 50' | 95€ (en suite 115€)

This unique pregnancy massage is profoundly nurturing and tranquil. An intuitive, sensitive, and relaxing massage hydrates and moisturizes skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted – along with wisdom, empathy, and respect.

Terra Petra 60' | 125€

The traditional hot stone massage offers the optimum relaxing experience. During this treatment, smooth, flat, heated stones are placed on specific parts of the body in order to melt away tension and ache, revive lost vitality, soothe the soul and leave both body and mind in a state of calmness.

Body Detox Lymph Massage 90' | 140€

Deep exfoliation of the skin with a purifying mask, followed by a unique body wrap adapted to your skin needs especially for cellulite and fat deposit issues. Rebalances minerals and fluids, decongests and detoxifies, moisturizes, reinforces the skin.

Melting Sensation Candle Massage (for two 60'), 190€ (en suite 210€)

The ultimate experience for two inspired by the sumptuously relaxed atmosphere of the Mediterranean blue sea. Eliminate stress both from your body and your spirit. This head to toe treatment combines the healthy nourishment of the organic Greek soy candle and the healing benefits of a gentle massage. As the organic Greek soy candle melts, it turns into warm oil that soothes and moisturizes the skin.

En Suite Therapies upon request. You can enjoy a variety of our Bath House massage treatments to the maximum by choosing to have them in your private suite. The Spa Reception will inform you on which treatments can be done in your private suite.

ACRO Bath House Ritual 120' | 190€

Surrender your senses to a complete traditional oriental hammam ceremony. This ancient ritual begins in the thermal bath of our Byzantine Hammam. Journeys through a full body exfoliation, a detox mask, a relaxing head treatment and finishes with a rejuvenating full body foam massage.

ACRO Hammam Experience 80' | 140€

Let us travel you back in time with this unique Byzantine Hammam experience. Immerse yourself in a tradition that will leave you feeling revived, refreshed and renewed. The steam will prepare the skin for a deep cleansing, using traditional glove for exfoliation. Followed by a vigorous full body foam massage with soap from the Cretan land. Our hammam therapists are highly skilled, delicate and discrete.

Cretan Healing face & body 100' | 150€

A hydrating therapy created for a deep skin nourishment. This treatment replenishes skin's moisture levels by using a rich mix of blueberries, rose petals, honey and royal jelly. The smooth sense on the skin will last for days.

Traditional Maderotherapy by Swiss Line 60' | 140€

A tailored approach to shaping and lifting, for all types of bodies and all types of demands. This Signature Swissline by Dermalab body treatment involves a combination of drainage movements and Maderotherapy, a revolutionary method that comes from Colombia and is based on the use of anatomically designed wooden tools, for an instant sensation of lightness. A treatment designed to sculpt and firm the body while also combating cellulite.

Precious Moment by Swiss Line 90' | 130€

A unique full-body massage utilizing Gua Sha stone and the relaxing massage techniques of Swissline by Dermalab to relieve tension and restore a deep feeling of well-being.

Sun Cool Down 60' | 100€

A deep hydration treatment designed to nourish the skin after a long blissful day under the Cretan sun. This treatment offers instant hydration and it will leave a cooling finish that feels absolutely amazing on a mildly sun irritated skin.

Body Ice Magic Sculpt 75' | 150€

It is a new innovative method of treatment with a specifically made frozen mixture made with specially shaped metal molds which firm smooth and revitalized skin & removes toxins through the lymphatic system.

Experiences

CVS lift treatment 60' | 145€

A unique innovative lifting that has been applied, only, in 45 minutes. A treatment that that take its power through the active ingredients that contains such as hyaluronic acid, herbal complex, silk extract and seaweeds. As well as through the specific sculpting techniques of the facial muscles by specialized therapists. A unique experience that you must live.

VipO2 60' | 145€

The luxurious ritual provides a perfect combination, bioenergy and smoothing wrinkles. A wonderful moment of well-being and relaxation that makes you shine full of health from the very first day of the treatment. An oxygenating and anti-pollution treatment inspired by the need to bring more oxygen to the upper layers of the epidermis, for stressed and dull Skin Instants combined with a treatment for reducing wrinkles and lines. It leaves the skin on your face, neck and chest with brightened by a new found glow.

Soin Lissant 60' | 145€

A treatment of immediate restoration of the thin, sensitive skin showing signs of premature aging. The soin lissant treatment uses active, moisturizing, invigorative and protective substances such a as pumpkin extract, omega 3-6 complex and silk proteins. It smoothies the appearance of fine lines and wrinkles. The unique technical application of the specific smooth in movements makes this care treatment the perfect touch for your skin.

Swiss Lifting Infusion Firming and Lifting 60' | 185€

This treatment for face, neck and décolleté helps to plump and fill-in lines and wrinkles. Fortified with a highly concentrated combination of marine collagen and hyaluronic acid, the treatment increases moisture retention, stimulates fullness, and firms the skin.

Décolleté & Bust Beautifier by Swiss Line 50' | 160€

A unique décolleté and breast protocol, which will boost skin's oxygenation and softness and will improve the overall appearance of the skin in the targeted areas. The signature Swissline by Dermalab massage technique in combination with the products used in the treatment will improve posture, skin tonicity and drainage while providing a firming and antioxidant effect.

Facial Treatments

Swiss Virtual Surgery 60' | 155€

Revolving around the brand's signature Virtual Mask, this treatment boosts skin cell regeneration and cell turnover.

Swiss Smart 60' | 145€

Pharmaceutically graded ingredients to enhance skin resiliency and targeted concerns. This fully personalized treatment uses all Age Intelligence Boosters! Especially designed for skin that needs an instant "destress" of any kind. It's a smart and fast way to look your best.

Swiss Oxygen 60' | 155€

The ultimate new generation treatment, 100 % vegan, anti-fatigue, anti-pollution, anti-dull complexion. Developed around highly re-oxygenating Swissline by Dermalab products, this treatment is a powerful antidote to the effects of modern life on the skin. With this treatment, the skin breathes, it is stimulated, awakened, and the complexion is purified.

Sparkling Eyes 30' | 70€

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.

Express Radiance 30' | 70€

Radiant skin with an instant infusion of intense hydration and multiple anti-ageing benefits. Removes dead skin cells from the surface, gradually revealing a silky-smooth appearance. Wild Rose oil promote skin's vitality and youthfulness, offering a vividly radiant.

Facial Workout 60' | 135€

Face yoga which tone the muscles beneath your skin with the use of a flat Gua sha to stimulate blood circulation and collagen production!

Facial Ice Sculpt Maderotherapy 60' | 140€

Treatment with small wooden leaf masks is a 100% natural way to renew the freshness in your face, remove the double chin, reduce wrinkles and hydrate your skin. The secret is in the specially designed wooden tools that stimulate the production of elastin and collagen, improve blood circulation, remove unwanted fat and therefore remove fluid retention from the face and dark circles.

Facial Treatments

Reflexology 40' | 110€ (en suite)

Relaxation, better stimulation of the organs

Yoni/Pelvic steam 15'-25' | 85€

Corrects irregular periods, boosts libido, heals vaginal tearing, dryness, fertility

Acupuncture 40' | 100€ (en suite)

Reduces inflammation, better sleep, mindset, calms the spirit, boosts the immune system

Honey Egyptian face massage 30' | 95€

Removes toxins, ensuring brightening and glowing, rejuvenation, relieves sinuses

Thai Massage 75' | 140€

Thai massage is a form of therapeutic touch that differs in many ways from traditional massage assisted by yoga postures

Pendulum 30' -50' | 90€

Learn what your subconsciousness hides and help yourself to evolve

Reiki 50' | 120€

Relax yourself in comfortable clothing while healing energy is directed to where you need it most. Reiki promotes deep relaxation, tranquility, balance

Holistic Treatments

Traditional Chinese Medicine 40' | 100€
(herbal therapy, cupping, pulse & tongue diagnosis)

Reduces inflammation, better sleep, mindset, calms the spirit, boosts the immune system

Hopi ear candle 30'-50' | 95€

Removes excess wax, tinnitus, relieves sinuses, headaches, swimmer's ear, itchy ears

Facial Acupunctrure 30' | 95€

Lifts eyebrows, softens smile lines, defines jawline, increases collagen production

Kobido Japanese face massage 30' | 95€

Removes toxins, ensuring brightening and glowing, rejuvenation, relieves sinuses

Angelic tarot 60' | 90€

Feeling lost or confused? Advice from your personal angels

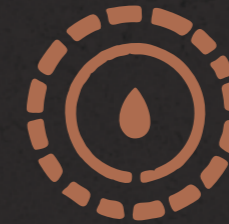
Crystal therapy 40' | 95€

Calms the mind, the spirit, balancing chakras, promotes emotional healing

Crystal Reiki 60' | 140€

A holistic therapy that combines two alternative healing modalities. Reiki and Crystal healing

Holistic Treatments



Packages

Holistic Wellness (1 day) 270€

ACRO Bath House Ritual 80' & Soin lissant 60'. We recommend you also take some time to rest on the warm marble stones in the Byzantine style Hammam. Jacuzzi, Sauna & Sea view outdoor relaxation pool included.

Oriental Couple Escape (2 days) 685€

1st day: ACRO Bath House Ritual 120'

2nd day: Melting sensation Candle Massage for Two 60' & Express Glow 30', Jacuzzi, Sauna & Sea view outdoor relaxation pool included in your package on both days. Enjoy champagne and artisanal Cretan treats in the relaxing sea view lounge of our Bath House after your treatments.

The Secret Oasis (3 days) 375€

1st day: Acro Hammam Experience 80'

2nd day: Lomi Lomi 60'

3rd day: Sun -Down treatment 60'

The Jacuzzi, Sauna, Hammam & our Sea View outdoor salt water Pool are included in your package.

Detox package (3 days) 395€

1st day: Traditional Maderotherapy 75'

2nd day: Body detox lymphatic massage 90'

3rd day: Body detox ice sculp 75'

Every day guests can choose between private Yoge Class, Fitness Training or Jacuzzi, Sauna, Hammam & Sea View outdoor salt water Pool for each day.

Rebalance Packages (5 days) 675€

1st day: Acro Hammam Experience 80'

2nd day: Spa with sparkling booster for face and eyes 60'

3rd day: Cretan healing face & body 80'

4th day: Ancient Greek massage 75'

5th day: Melting Sensation Candle Massage 60'

Every day guests can choose between private Yoge Class, Fitness Training or Jacuzzi,

Sauna, Hammam & Sea View outdoor salt water Pool for each day.

Relaxing in the Bath House 70€ | 150€ for 3 days

Jacuzzi, Sauna, Hammam & Sea view outdoor salt water pool.



BATH HOUSE GUIDELINES

- The Bath House is open from 10:00 to 18:00 daily.
- Please arrive 15 minutes prior to your appointment in order to complete a Wellness questionnaire.
- The Bath House is a non smoking area.
- You are advised to leave all your valuables in the safe box of your room.
- The hotel will not be held responsible for the loss of any personal items.
- You will be provided with a locker in order to leave your clothes and mobile phone. In your locker, you will find a bathrobe, towels, slippers and disposable underwear.
- Please shower before using pool facilities, sauna and hammam. Bathrobes and slippers should be worn in all spa areas.
- Swimwear is compulsory in the hammam, sauna, jacuzzi and pool area.
- A towel should always be placed on sauna and hammam benches between your body and the bench.
- In the gym and fitness areas, we recommend that you wear comfortable sportswear and appropriate footwear.

CANCELLATION POLICY: Please note that in case you should cancel your appointment, a 4 hour notice in advance is required. In any other case, you will be charged with the full amount of your treatment.

Call the Bath House at 3506

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THE BYZANTINE HAMMAM

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BY DERMALAB

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ATHENS

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