

### **Dive into the Secret of Kea ... Cyrene Spa**

Luxuriate yourself in a series of carefully designed rituals that carry the seal of excellence Ariadne Athens experience has to offer. An exhilarating journey that travels the mind and soul to the unique, picturesque landscapes of Greece. Inspired by the sumptuously relaxed atmosphere the majestic Mediterranean blue sea has to offer, these rituals promise to imbue your senses in a world of opulence. Choose among a wide range of outstanding treatments which emphasize on the uniqueness of a deluxe, natural, pampering practice.

### **FACE TREATMENTS - Cyrene Spa Greek Island Treatments**

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.

#### **KEA FIRMING FACE TREATMENT**

The ultimate firming experience for your skin, empowered by the precious benefits of the acorn flour of Kea. Allow us to reveal your most sculpted contour with our unique skincare regime, all included in this beneficial treatment. The gentle but thorough enzymic peel, instantly brightens the skin and smoothes away any imperfections. The facial massage with Skin Rebirth Oil replenishes lost moisture and minimizes fine lines and wrinkles, while firming & calming Kea Mask offers a “lifting” sensation that instantly defines the contour and evens out the skin tone, to offer a complete youthful appearance.

*Duration: 45' Price: 85 €*

#### **CRETE HYDRATING FACE TREATMENT**

A facial experience designed to offer rich moisturizing benefits through a nurturing and nourishing mask, rich in thirst-quenching elements that instantly restore skin's hydration levels. Fine lines and wrinkles are visibly minimized, dry skin feels supple and soft, overall comfort is recovered and elasticity is dramatically increased. Your skin feels and looks revitalized from within, as a natural healthy glow appears.

*Duration: 45' Price: 70 €*

### SERIFOS ANTIAGING FACE TREATMENT

An unprecedented, velvet mask, enriched with powerful gemstones from Serifos island helps repair and rejuvenate the skin, promoting its natural anti-ageing properties. Specifically designed to target dullness, dryness, wrinkles and sagging, this mask promises to reduce fine lines and wrinkles, support thin, fragile skin and increase its elasticity and firmness. Captivate every gaze, with a visibly more younger-looking appearance.

*Duration: 60' Price: 90 €*

### MYKONOS GLOWING FACE TREATMENT

Inspired by the windmills of Mykonos, this glowing therapy promises a brighter, firmer and noticeably younger-looking skin. This facial, thanks to its valuable ingredients such as wheat proteins, rose petals and red grape extracts, targets signs of aging, evens skin tone and texture. Stimulates collagen production for a healthy, glowing complexion.

*Duration: 45' Price: 75 €*

### CHIOS GENTLE AFTER SUN TREATMENT

The carefully selected ingredients used in this facial are rich in soothing elements that calm the skin and reduce irritation. Chios Mastic offers strong anti-inflammatory and anti-aging properties, while yogurt mask is widely known for its strong soothing effect. 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: 30' Price: 45 €*

## **BODY TREATMENTS**

Supercharged body treatments based on the supreme power of Greek botanicals. Combining a plethora of active ingredients such as honey, basil and cinnamon, these treatments help activate the lymphatic system, nourish the skin and remove toxins, while providing and a visibly smoother appearance.

### **SANTORINI ANTICELLULITE TREATMENT**

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: 80' Price: 90 €*

### **CRETE HYDRATING BODY TREATMENT**

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 Cretan Queen mask. Skin's vital moisture levels are instantly replenished endowing your appearance with a healthy glow. The mask's lavish benefits are complemented by an elaborate massage with dittany oil infused with dittany & cretan crocus, that leave the skin silky and smooth.

*Duration: 90' Price: 120 €*

### **CHIOS GENTLE BODY AFTER SUN TREATMENT**

The ultimate after-sun care for your skin. This treatment embodies the ideal refreshing properties of water lily and the calming benefits of yogurt, skillfully combined to help restore skin's moisture. Inflammation and skin-irritation is minimized, offering a unique sense of relief after sun exposure.

*Duration: 45' Price: 65 €*

### **GREEK FLOWERS RELAXING JOURNEY**

A fast and invigorating, full body exfoliation treatment lush in 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. Rejuvenating massage with Jasmine & Gardenia Butter captures all the benefits of this treatment, reducing stress and improving the mood while offering a sweet delight.

*Duration: 70' Price: 90 €*

### **GREEK SUMMER WELLNESS**

Delight yourself in a treatment that will allow your senses to escape from everyday routine. Feel your muscles release all the tension, while the luxurious chocolate & vanilla 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. Aromatic notes of fresh coconut butter cover your skin, as the final touches of a relaxing full body massage offer the ultimate rejuvenation to all your senses.

*Duration: 70' Price: 90 €*

### **CRETAN CROCUS & DITTANY ANTISTRESS BACK MASSAGE**

Ease tension and aching muscles with this tension-relieving massage that focuses on the most commonly stressed areas of the neck, back and upper shoulders. The perfectly orchestrated massage movements of this massage seduce your senses in a unique journey of relaxation. Surrender to the pure dittany oil infused with cretan crocus (Saffron) that is rich in anti-oxidants and healing properties. It will balance your energy flow while promoting stress relief and overall well-being.

*Duration: 40' Price: 60 €*

### **STAR FLOWER FULL BODY MASSAGE**

Meticulously designed, from beginning to end, to gradually relax each and every part of your body and completely quiet the mind, ultimately offering the most lavish, cocooning experience for your whole body. Lavishly moisturizing Starflower oil aspires to offer your skin the most ultimate anti-ageing properties, while guiding your senses to a sublime journey of the spirit.

*Duration: 60' Price: 90 €*

### **GREEK GODS CANDLE MASSAGE**

Indulge your senses in a mystifying massage ritual. Lay back and unwind while the heated solid waxes slowly turn into liquid oil, as the mesmerizing flame gently burns the



candle. 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. An outstanding, sacramental experience of aromatherapy, relaxation & rejuvenation that promotes bliss, balance and well-being.

*Duration: 90' Price: 135 €*

## FACE & BODY TREATMENTS

### **YDOR FACE AND BODY**

Enjoy a holistic face and body treatment with moisturizing benefits. Surrender to the pure dittany oil infused with cretan crocus (saffron) that is rich in anti-oxidants and healing properties. It will balance your energy flow while promoting stress relief and overall well-being. Skin's vital moisture levels are instantly replenished endowing your appearance with a healthy glow.

*Duration: 90' Price: 160 €*

### **CHIOS AFTER SUN FACE AND BODY**

Treat yourself with a refreshing face and body therapy. The ultimate after-sun care for your skin since it combines the soothing effects of water lily and the calming benefits of yogurt. Chios Mastic offers strong anti-inflammatory and anti-aging properties, while yogurt mask is widely known for its strong soothing effect. 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.

*Duration: 60' Price: 90 €*

## SPA REGULATIONS

For the best possible comfort, safety and relaxation of all of our customers please follow the instructions below throughout your stay at the Cyrene Spa.

The Spa is a place of complete calm and relaxation. We kindly ask all of our guests to speak in a low voice. Please avoid eating at least 2 hours before the treatments.

**Cancellations:** We understand that it may be impossible to make your appointment due to some obligations. Please inform the hotel reception.

- In case of cancellation more than 4 hours before, no cancellations fees are charged.
- In case of cancellation less than 4 hours before, 50% will be charged.
- In case of no show, the full amount of treatment will be charged.

**Upon arrival:** We recommend that you come at the Spa at least 5 minutes before your scheduled appointment so that you have time to fill in the general questionnaire for health and lifestyle on your first visit and change to changing rooms. In case you arrive late, the time for your treatment will decrease.

**Clothing:** We provide you bath towel for hammam and sauna, bath towel for the shower and the pool, bathrobe, disposable slippers. Disposable underwear is provided by us for all the treatments. The swimsuit is necessary for the use of hammam, sauna and the hydromassage column.

**Preparation for treatment:** We recommend that you leave your personal items in your suite. It is recommended to take a shower before each treatment. Women should not shave if exfoliation is included in the treatment or not wear makeup and men should shave before facial treatment. Exfoliation treatments should be avoided by people who are sunburned.

**During treatment:** Most body treatments are done with swimsuit or disposable underwear. The therapist will let you change in the cabin, wear the disposable underwear and during treatment the parts of the body that are not involved will be covered by a towel or blanket. You may inform the therapist of more or less pressure on the massage, for the music intensity, if it is appropriate or not, the genre, the temperature of the cabin etc.

**After treatment:** Enjoy the ultimate Spa experience. Beware of the sun after specific treatments. If you exfoliate or massage with oil avoid sun exposure for a few hours.