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Sophisticated Wellness & Lifestyle

Welcome to our heaven of bliss and sheer relaxation, a place where nature meets science and ancient Greek philosophy.

Our **Spa** features 3 **massage** rooms (1 for couples), a steam bath, sauna, and a heated Indoor Pool.

Allow yourself to be seduced by the Island of Crete, its serene surroundings, and a rich culture that will leave you in awe in every breath.

*Kalosirrhate
Welcome*

“The nalũ Euphoria Spa and Ariadne Athens have set their standards high and are off to launch your senses to a new found level of delight”

Ariadne Athens proposes therapies aligned with the unique destination of Greece and inspired by its natural elements. The main purpose is to rebalance and renew ourselves, from inside out. Local ingredients are utilized seamlessly, connecting each destination's native and organic elements with the latest techniques in cosmetology.

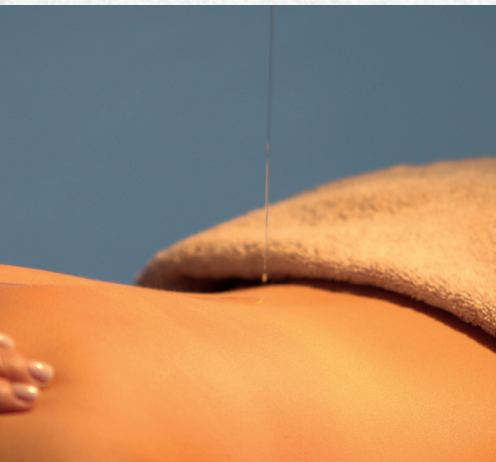
Merging unique bio-active elements with natural and rare, organic Greek & Mediterranean ingredients, award-winning Spa Brand Ariadne Athens aspires to provide the ultimate skin care experience, with products which promise to give the skin a soft and delicate texture, embellishing its inner beauty.

Spoil yourself in a series of carefully designed rituals that carry the seal of excellence the 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.

WELLNESS RITUAL

WINE HARVEST

A ritual for spa connoisseurs



Inspired by the vineyards of Greece, 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 are composed 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 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.

Key Elements: *Welcome Touch, Body Scrub, Body Mask, Candle Massage, Glass of Wine.*

[90 min. 130€]

COUPLE EXPERIENCES

Treatments that will delight you and your partner, aiming to create unforgettable memories. Choose from our wide range of luxurious but targeted treatments, offering you magical moments of total rejuvenation and relaxation. Allow yourselves to experience magical moments and create unforgettable memories with your significant other.



LOVE AFFAIR

Spend time together and enjoy the truly unique experience of sharing time with your other half, as you both receive a pampering ritual perfect for couples. 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. 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 demanding massage recipient.

***Ideal for couples**

[75min. 120€ p.p]

 the **nalū**
Euphoria Spa

MASSAGES

by ARIADNE ATHENS

GREEK TOUCH DEEP TISSUE

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. Warm Dittany crocus oil enhances muscle tension release, while deeply nourishes the skin. This innovative blend of pure dittany oil and cretan crocus (saffron), infused in extra virgin olive oil, this powerful healing oil, rich in antioxidants, revitalizes and protects the skin.

[60 min. 110€] [90 min. 130€]

MELTING SENSATION CANDLE MASSAGE

(de-stress /recharging /empowering / relaxing)

Indulge your senses in a mystifying massage ritual that will entice your body and mind. Lay back and unwind while the heated solid waxes slowly turn into liquid oil, releasing their intoxicating aromas. 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 demanding massage recipient. Succumb, as the warm oil deeply penetrates the skin's surface, releasing its unique beneficial properties, and its sensuous fragrance seduces the mind. A unique aromatherapy experience, relaxing & rejuvenating that promotes bliss, balance and well-being.

[60 min. 95€]



THE SIGNATURE MASSAGES

*A sensory wellness journey through Greek local herbs and oils to a deeply relaxing, detoxifying, and balancing pathways brought to restore and reset. Developed to promote inner beauty and healing, restores the body and mind to a state of harmony. It is recommended for all skin types and moods. Active natural ingredients promoting inner healing process and brings self-care and restoration. If you are feeling or experiencing: 🕯 **Stressed** 🕯 **Anxious** 🕯 **Unable to switch off** 🕯 **Jet lag** 🕯 **Insomnia** 🕯 **Back pain** 🕯 **Low energy**. Choose one of the following massage rituals. Consult our therapists to personalize your treatment.*

DETOX MASSAGE

A detoxifying massage that restores harmony to the body and clears the mind. By concentrating on lymphatic drainage techniques, it manipulates lymph nodes and lymphatic vessels to increase their activity and promote the flow of lymph. We utilize a combination of olive oil, sesame oil and almond oil to enhance application and a blend of pure natural essential from the land of Greece: dictamos, cyst, juniper, grapefruit, rosemary, mint, and lemon.

***Benefits:** removes toxins and detoxifying the body, aids lymphatic drainage, reduces swelling, eases muscle spasms.*

[60 min. 105€] [90 min. 120€]

AROMATHERAPY RELAXING MASSAGE

A deeply relaxing massage that brings calmness in your mind and eases the stress levels of your body by implementing relaxing massage techniques to your whole body. It, also, includes a head massage to promote a feeling of "let it go", reduce tiredness and improve sleep. We utilize a combination of olive oil, sesame oil and almond oil to enhance application and a blend of pure natural essential from the land of Greece: jasmine, rose, sandalwood, Ylang Ylang, lavender, chamomile, bergamot.

***Benefits:** eases muscular tension, removes headaches, balancing vital energy.*

[60 min. 105€] [90 min. 120€]



FACIAL BEAUTY TREATMENTS by ARIADNE

“MELI” FACE HYDRATION

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's hydration levels. 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.

[60 min. 110€]



RHODON ANTI AGEING FACE TREATMENT BY ARIADNE

The ultimate anti-ageing experience for your skin, empowered by precious gemstones for a totally glass skin effect. Specifically designed to reduce fine lines and wrinkles, support thin, fragile skin and increase its elasticity and firmness. *Serifos* mask with a velvet feel, rich in Aquamarine and Moonstone extracts offers instant repair and elasticity. The mask that follows, rich in flavonoids and vitamin C, enhances microcirculation and protects the skin from free radicals. Rose Quartz Crystals contribute to the specially designed facial massage, focusing on minimizing fine lines and wrinkles.

[75 min. 120€]



ADD ON SOOTHING FOOT & LEG MASSAGE

This soothing and restorative pressure point foot massage works wonders on heavy legs and feet. It focuses on stimulating organ function, encouraging drainage, enhancing flexibility and mobility, whilst also soothing the solar plexus to help calm. At the end of the treatment you'll feel like you are walking on air.

[30 min. 65€]

BALANCING MASSAGE

A blissful massage ritual ideal for people who are feeling physically or emotionally exhausted. The use of rhythmic massage techniques eases muscular tension, imbuing a sense of complete restoration. We utilize a combination of olive oil, sesame oil and almond oil to enhance application and a blend of pure natural essential from the land of Greece: rosemary, diosmus, dictamos, lavender, sage, eucalyptus, lemon.

***Benefits:** relieves exhaustion, stress, and chronic fatigues, balances the energy body and emotions.*

[60 min. 105€] [90 min. 120€]

 the **nalū**
Euphoria Spa



MOTHER TO BE MASSAGE

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

[50 min. 90€]

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BODY TREATMENT by ARIADNE ATHENS



DELOS PEARLS

A Multi-Sensory Head & Body Experience

Immerse yourself in the captivating allure of Délos with this luxurious body ritual. Beginning with an ancient Greek technique, the experience features a dry-brush exfoliation with a natural horsehair brush, refining the skin, boosting circulation, and preparing you for the indulgent steps ahead. Surrender to a deeply restorative anti-stress massage with the Délos Oil, infused with our signature fragrance. This opulent oil melts away tension, enveloping your body in a radiant, fragrant glow. The ritual also includes a soothing scalp massage and hair brushing with a natural resin comb, enhancing relaxation for the ultimate experience. Celebrating beauty and femininity, this ritual brings out the inner goddess in every woman, leaving you revitalized, pampered, and glowing like the brilliance of the Aegean sun.

[90 min. 140€]



SPA ETIQUETTE

We care for your safety! The Spa safety is essential for the health of us all. The NALU EUPHORIA SPA is ready to welcome you with all the necessary health protocols and a fully trained staff at your disposal. In order to ensure you a safe, comfortable and relaxing spa experience we kindly request to follow our spa rules and all the hygiene measures for your better and safer relaxation.

Please respect the quiet and the privacy of other guests and do not use mobile phones and cameras. Please try not to attend Spa facilities with personal valuables. The hotel is not responsible for any loss or damage of your belongings.

HEALTH CONCERNS

Please inform us of any health conditions, allergies or injuries that could affect your treatments or use affect your treatments or use of the spa facilities.

 **RESERVATIONS** Spa Reception at **552**
or Email us on **spamanager@naluresortandspa.com**

SPA EXPERIENCE

We recommend you to arrive minimum 20 minutes prior to your scheduled treatment that gives you time to check in, shower off, and let the relaxation begin. For your convenience, you can use the lockers in our changing rooms.

The spa will provide towels, bathrobes and slippers necessary for your treatment.

MOBILE PHONES & SMOKING

The use of mobile phones is not permitted in the Spa. Smoking is prohibited.

LATENESS & CANCELLATION POLICY

Please be aware that your late arrival will result in a reduction of your treatment time as a courtesy to our next guest.

We kindly request a minimum of 4 hours cancellation notice for a treatment otherwise we will regrettably have to charge a 50 % of your treatments.

MINIMUM AGE

The minimum age for spa treatments, use of the heat experience and fitness area is 16 years old and above. All children below 16 years need to be supervised by an adult.

GIFT CERTIFICATES

Our gift certificates make a wonderful present for any special occasion. Please contact the spa reception for details.

 **HOURS OF OPERATION: The Spa 10:30 – 18:00**