

Phāea offers a conscious
experiential journey through the
true light of Greece where the
balance of body and mind creates
perfect harmony with your true self.

Explore the Phāea wellness community and
experience the innovative, holistic approach to
wellbeing. We have created a meaningful holistic
wellness experience, that brings like-minded people
together for an emotionally unforgettable journey.

Καλώς ήρθατε • (kalós írthate) • Welcome

WELLNESS MENU

Discover Your Path to Inner Harmony.

Welcome to Phāea Blue, where tranquility meets rejuvenation. Indulge your senses and nourish your soul with our range of treatments and facilities all designed to elevate your wellbeing.

Surrounded by beautifully curated gardens that frame the beauty of the Aegean Sea, we invite you to embark on a journey of holistic well-being and self-discovery, where every moment is dedicated to your relaxation and revitalization.

Harmonize your inner self with the serene beauty of our surroundings.



THE BRANDS

Custom, Results Driven Therapies
from renowned brands.

ADVANCED SWISS SKINCARE FOR FACE

Valmont is a luxury Swiss skincare brand renowned for its high-quality, innovative formulations and advanced anti-aging solutions. Founded in Switzerland in 1985, Valmont combines the expertise of Swiss cellular research with the finest ingredients to create skincare products that deliver exceptional results.

PREMIUM GREEK SKINCARE RITUALS FOR FACE & BODY

Ariadne Athens is a Greek luxury skincare brand inspired by the healing heritage of the Aegean. Combining rare botanicals such as Cretan herbs, with advanced biotechnology, it creates high-performance formulations rich in naturally derived ingredients. Rooted in the philosophy of Greek hospitality, each ritual follows carefully crafted treatment protocols that go beyond skincare, offering a holistic experience designed to restore balance, awaken the senses, and deliver authentic, results-driven care..



ariadne
ATHENS



Our rituals combine botanical ingredients and mindful touch to nurture both body and mind, reflecting the simple, authentic rhythm of Mediterranean wellbeing.

INTENSE HYDRATION OF THE
BISSES BY VALMONT

60min | €190 90min | €290

A must for after sun exposure. This corrective hydrating facial combines a slow lymphatic draining face massage with most advanced active principles like hyaluronic acid and plants extracts from the Alps. Skin is soothed and calmed and regains radiance.

MINOAN PRINCESS
BY ARIADNE ATHENS

120min | €250

Rooted in the Cretan land and its gifts of olive groves, wild herbs, and golden honey, this nurturing ritual celebrates the island's natural generosity while restoring balance to body and mind. An olive and rose exfoliation gently polishes the skin and awakens circulation, followed by a warm honey-infused body mask that restores deep hydration and comfort. Warm herbal pouches and a full-body massage release tension, while rosemary, clary sage, and honey create a deeply grounding sensory experience. The skin is left velvety-soft, luminous, and deeply replenished.

ONE MILLION NIGHTS
BY ARIADNE ATHENS

90min | €190 120min | €260

A golden body scrub refines the skin before the Serifos Precious Stones 24K Gold Body Mask envelops it in velvet nourishment. Rose Quartz crystals restore luminosity to the face while a full-body massage with One Million Nights precious oil melts away tension. Sealed with rich body butter, skin is left radiant, soft, and signed with iris. Available as an extended experience with One Million Nights precious warm candle massage.

DÉLOS SIGNATURE REVIVAL
RITUAL BY ARIADNE ATHENS

90min | €180

Inspired by the sacred island of Délos, this ritual celebrates light, femininity, and inner radiance. An ancient dry-brushing technique with a natural horsehair brush refines the skin and stimulates circulation, followed by a restorative anti-stress massage performed with Délos Oil and its signature fragrance. A soothing scalp massage and hair brushing with a natural resin comb bring the experience to a close, an intimate moment that restores balance and glow.

COUPLE'S EXPERIENCES

Strengthen connections and awaken your senses.

RIVIERA ESCAPE FOR TWO

BY ARIADNE ATHENS

80min | 180€ per person

Riviera Escape is a sensorial body ritual designed to restore emotional balance while delivering visible skin renewal. The ritual begins with a gentle full-body exfoliation, smoothing the skin and enhancing its natural radiance. A flowing, deeply relaxing massage follows, allowing the aromatic blend to unfold slowly, helping to reduce stress responses and guide the nervous system into a state of calm. A soothing facial massage restores comfort and glow, while grounding pressure through the feet anchors the body and quiets mental fatigue.

SUMMER AFFAIR

BY ARIADNE ATHENS

70min | 170€ per person

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. 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.



FACIAL TREATMENTS

Thoughtfully designed for all skin types and ages, our facial treatments draw on the natural richness of Crete, nurturing skin and senses to leave you refreshed, balanced, and naturally radiant.

LUMINOSITY OF ICE BY VALMONT

60 min | 190€

For skin as clear and pure as ice. Based on the new Luminosity range, and facial reflexology massage technique, this facial works to clarify the complexion and improve the texture of the skin while providing overall anti-aging action.

GENTLEMAN'S AWAKENING TREATMENT BY VALMONT

60min | 150€

A combination of all rituals of Valmont with products and massage techniques to target and decongest the eye area. This treatment is customized by beard style. Leaves the skin full of vitality without signs of fatigue. The Skin is smoother and plumped.

MELI

60min | 160€

A deeply hydrating ritual centered on honey. Gentle cleansing and skin preparation are followed by a rich honey-infused mask that restores moisture and revitalizes the complexion. Apricot oil, rich in essential fatty acids, is worked in through a relaxing facial massage, with tailored final skincare leaving the skin smooth, luminous, and beautifully hydrated.

ZOE

60min | 180€

An invigorating facial that awakens the skin and restores its natural vitality. Fresh, sparkling notes of kumquat and active botanicals energize the complexion and refresh the senses. A



concentrated antioxidant mask with a multivitamin complex protects against sun damage and environmental stress, lifting dullness, evening skin tone, and replenishing hydration for a luminous, visibly revitalized complexion.

RHODON

75min | 200€

A high-performance facial to restore firmness, clarity, and refined luminosity for a smooth, glass-like complexion. Targeting dullness, dehydration, fine lines, loss of elasticity, this treatment combines bioactive formulations with precious gemstone elements. A sculpting massage with Rose Quartz defines lift and contour, while botanical oils restore softness and vitality. Smoother, firmer, visibly radiant skin with a refined glass-skin finish.

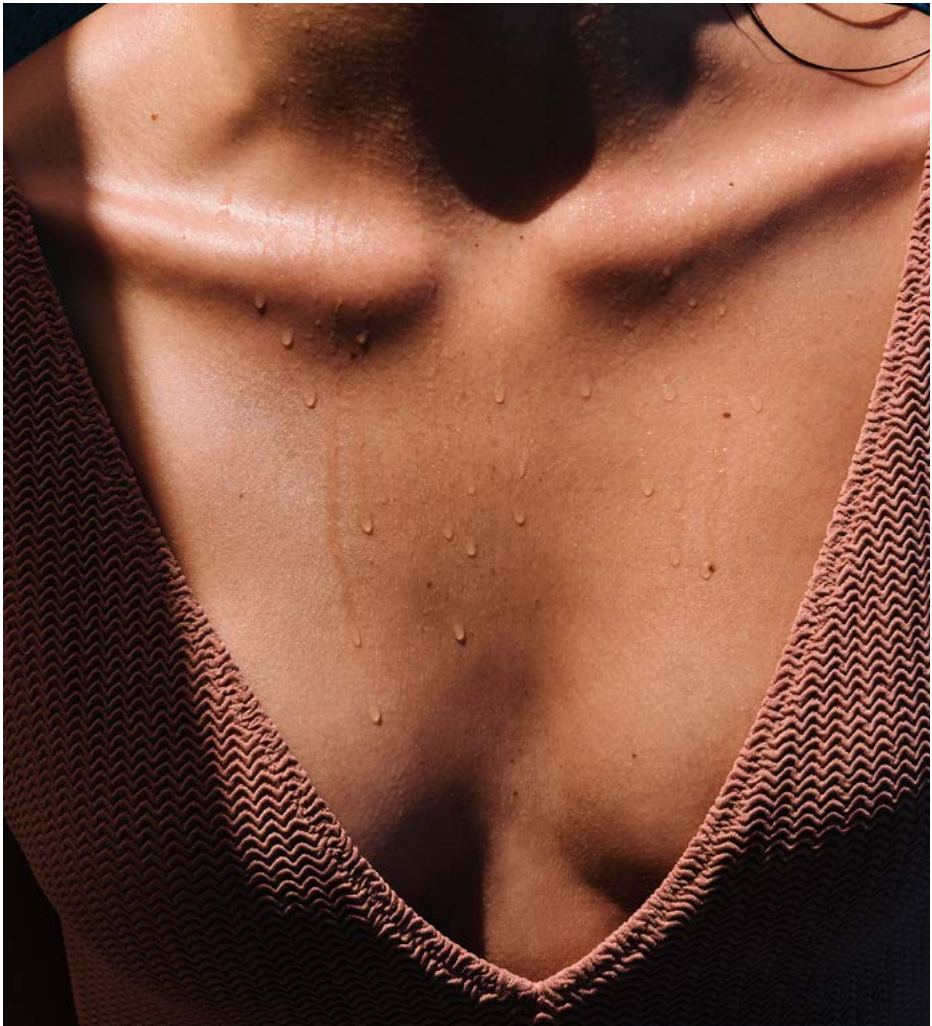
NEMA

60min | 210€

Inspired by the symbolism of Ariadne's thread, a guide through transformation and renewal, Nema introduces a refined approach to facial sculpting where advanced cosmetic science meets precise manual technique. Designed to deliver a visible lifting effect without devices, this non-invasive ritual is powered by the patented Nema Sculpt Complex™, supporting elasticity, firmness and skin longevity through targeted sculpting movements and innovative formulations. Cheeks appear lifted and refined, the under-eye area smoother and more rested, while the neck and décolleté regain visible firmness.

BODY TREATMENTS

Create Your Own Body Ritual by Ariadne Athens
Design a personalized body journey inspired by the scents, textures, and healing richness of Cretan nature. Choose from three ritual stages to create a sensory experience tailored to your skin and mood.



SOOTHE MY SOUL BODY SCRUB & WRAP

60min | 140€

A revitalizing full-body exfoliation with delicate sugar crystals removes dead skin cells, boosts circulation, and restores your skin's natural glow. The ritual continues with a targeted body wrap to hydrate, detoxify, or soothe the skin, enhancing absorption and leaving it soft, nourished, and radiant.

Combinations to choose from:

Secret Paradise — Wild Cyclamen
Scrub · Yoghurt, Aloe & Melon Wrap

White Petals — Jasmine & Gardenia
Scrub · Kumquat Mask

Sea Calm — Sea Lavender Scrub ·
Honey & Olive Oil Mask

PHĀEA JET LAG REBALANCE RITUAL

80min | 180€

Designed for bodies out of rhythm, Jet Lag Recovery restores natural flow, clarity, and energy after travel. This revitalizing ritual begins with an intense mocha scrub, smoothing the skin and awakening the senses. A dynamic massage enhanced with gentle stretching techniques follows, easing muscular tension while supporting the nervous system. Bright citrus aromas stimulate the mind, while cooling spearmint and cucumber notes refresh the body and encourage circulation. The result is a renewed sense of balance—grounded, alert, and restored.

AFTER THE SUN

50min | 110€

Sea water and yogurt blend to soothe and rehydrate, helping the skin regain its natural balance. A cooling mask enriched with honey and pure aloe vera follows, restoring lipids and delivering deep hydration. A gentle neck and head massage brings a sense of ease, leaving the skin calm, silky, and refreshed.

PEAKS OF SLIMNESS BY VALMONT

60min | 190€

One-hour body sculpting massage, with anti-cellulite, anti-orange-peel, draining and firming action thanks to a mix of gentle movements respecting mature skins and specific original palper-rouler motions... The perfect balance between slimming and relaxation.



ariadne
ATHENS

PHĀEA BLUE SPA PACKAGES

We are devoted to a holistic approach to wellbeing and relaxation. In collaboration with leading wellness brands, we offer immersive and results-driven spa experiences, combining therapeutic body treatments and massage rituals inspired by the power of nature.

2 DAYS SPA PACKAGE

Valued at **650€**

Retreat Journey Price: **€490 per person**

DAY SPA PACKAGE

Valued at **450€**

Retreat Journey Price: **€360 per person**

Soothe my Soul Body Scrub & Wrap

60'

Physis Aromatherapy massage

60'

Meli – Vital Hydration & Nutrition

60'

DAY 1 - DETOX & RELEASE

Soothe my Soul Body Scrub & Wrap

60'

Luxurious Candle Infusion Massage

60'

DAY 2 - BALANCE & RESTORE

Zoe - Multivitamin energizing facial

60'

Deep Tissue Massage

60'

MASSAGE TREATMENTS

PHYSIS AROMATHERAPY MASSAGE

60min | 150€ 90min | 190€

A curated selection of aromatic oils inspired by Greek herbs, seeds, and spices, rich in vitamins, antioxidants, and soothing properties, invites you to journey through the Greek landscape on a summer's day. This aromatherapy massage uses light to moderate pressure with essential oils tailored for relaxation, detoxification, or muscle relief.

MELTING SENSATION CANDLE MASSAGE

60min | 160€ 90min | 200€

Warm aromatic candle wax melts into nourishing oil, releasing deep hydration and a sensuous fragrance that calms the mind and uplifts the spirit. The slow, velvet-textured movements ease muscular tension, enhance circulation, and restore emotional balance for a deeply immersive, blissful experience.

HOT STONES MASSAGE

90min | 210€

Hot stones massage uses a firm, slow technique with soothing, relaxing movements. This massage is ideal for relieving stress, detoxifying the body, improving circulation and stimulating energy. Facial tension is released

through draining maneuvers. Body and mind are perfectly aligned and in harmony.

DEEP TISSUE MASSAGE

60min | 170€ 90min | 220€

A focused, intensive massage that releases deep muscular tension and stimulates circulation. Ideal for physical fatigue, stiffness, or fluid retention, it targets chronic tightness to eliminate lactic acid build-up and recondition the body. Enhanced with detoxifying essential oils, it restores flexibility, relieves soreness, and improves overall skin tone.

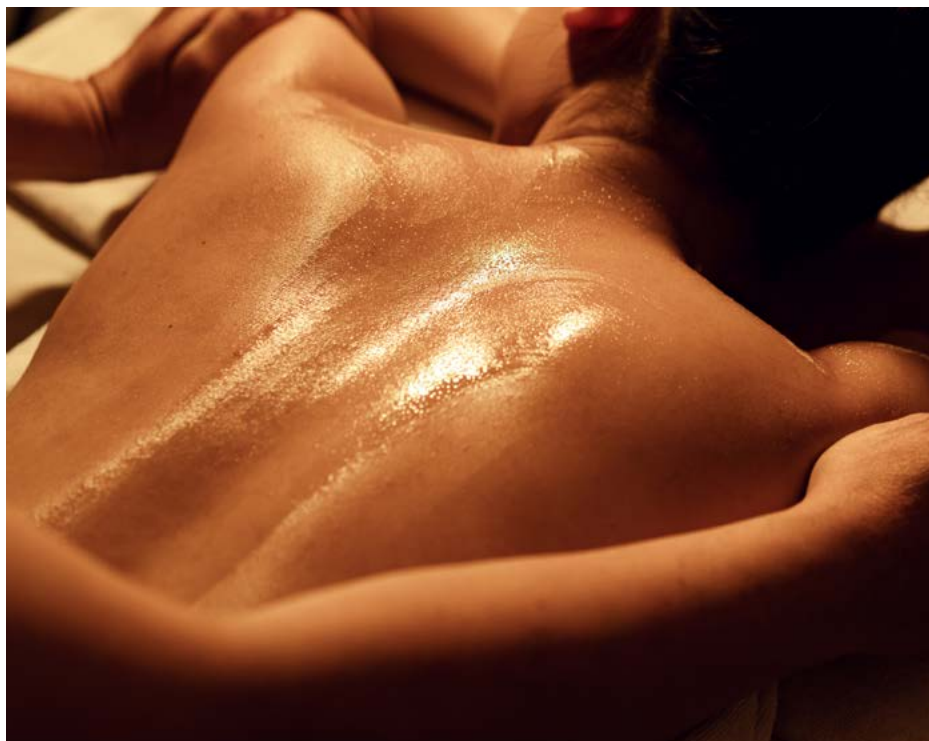
PRENATAL BLOSSOM

70min | 160€

A nurturing head-to-toe ritual designed for expectant mothers from the second trimester. The treatment begins with gentle cleansing and exfoliation, followed by a soothing facial massage to enhance comfort and relaxation.

A deeply relaxing body massage helps relieve tension and ease fatigue, supporting the body during this special time. The ritual concludes with nourishing body care, leaving the skin soft and the mind calm.

An array of massage treatments tailored to your needs.
All massages can be performed in the privacy of your room for an additional charge of €40



ADD-ONS

ENHANCE YOUR EXPERIENCE

Personalized add-on rituals are designed to complement and elevate your treatment.

FAST GLOW FACIAL

30' | €60

Express facial for instant radiance

IRIDA EYE CARE

20' | €50

Targeted eye ritual for refreshed luminous eyes

SOOTHE MY SKIN BODY SCRUB

20' | €50

Gentle exfoliation for smooth, renewed skin

HEAD & NECK MASSAGE

20' | €50

Focused relief for tension-prone areas

HAND & FOOT MASSAGE

20' | €50

Nourishing and deeply relaxing touch ritual

Add-on rituals may be combined with any treatment but cannot be booked separately.

*Prices are per person.

HAIR CARE

Designed to relieve stress and support overall wellbeing, scalp massages stimulate circulation while calming the mind, leaving you refreshed, balanced, and revitalized.

BOTANICAL REPAIR™ COLOR TREATMENT

90€

Bond Building and Protection through Color Service.

BOTANICAL REPAIR™

20 min | 45€

5 x Stronger Hair , Bond Building and Repair.

NUTRIPLENISH™ EXTREME HYDRATION

20 min | 60€

72-hour Hydration, Nutrition and Frizz Protection.

SCALP SOLUTIONS™ HEAD SPA

50 min | 110€

Scalp Anti-aging, Hydration and Renewal treatment combined with the desirable Hair Treatment.

STYLING

Regular Hair Styling 65€

Long Hair Styling 70€

Hair Styling Extensions 80€

Bridal Hair Styling 250€

CUTS

Haircut Ladies 60€

Haircut Men's 50€

Haircut Child 40€

HANDS & FEET CARE

Kure Bazaar is the leading nail varnish of a new generation, combining the ethics of a new, environmentally friendly formula with the vibrant colors of Paris fashion.

KURE BAZAAR ORGANIC MANICURE
50min | 110€

KURE BAZAAR MANICURE
40min | 90€

YOUTH HYALURONIC MANICURE
60min | 120€

KURE BAZAAR ORGANIC PEDICURE
65min | 140€

KURE BAZAAR PEDICURE
55min | 120€

YOUTH HYALURONIC PEDICURE
75min | 160€

WAXING

Waxing lip, brow or chin €15

Waxing leg / arm €40

Waxing underarm €20

Waxing back or chest €40

Eyebrow shaping €15

Eyebrow / eyelash tinting €25

FITNESS & MOVEMENT

At Phāea Blue, we prioritize your stamina and overall body condition. Our fitness and movement instructors are here to lead you through various exercise modalities, ensuring your body and mind stay in top shape. Explore our weekly schedule to discover our indoor fitness facilities.

FUNCTIONAL TRAINING

Discover how to train muscle groups together, rather than in isolation, as well as prepare the body for daily tasks by simulating and perform free movements or resistance.

RESTORATIVE WORKOUT

Improve your muscular strength, endurance, and balance with low impact exercises that focus on improving the strength and function of the body while incorporating either healing or preventative techniques into the program.

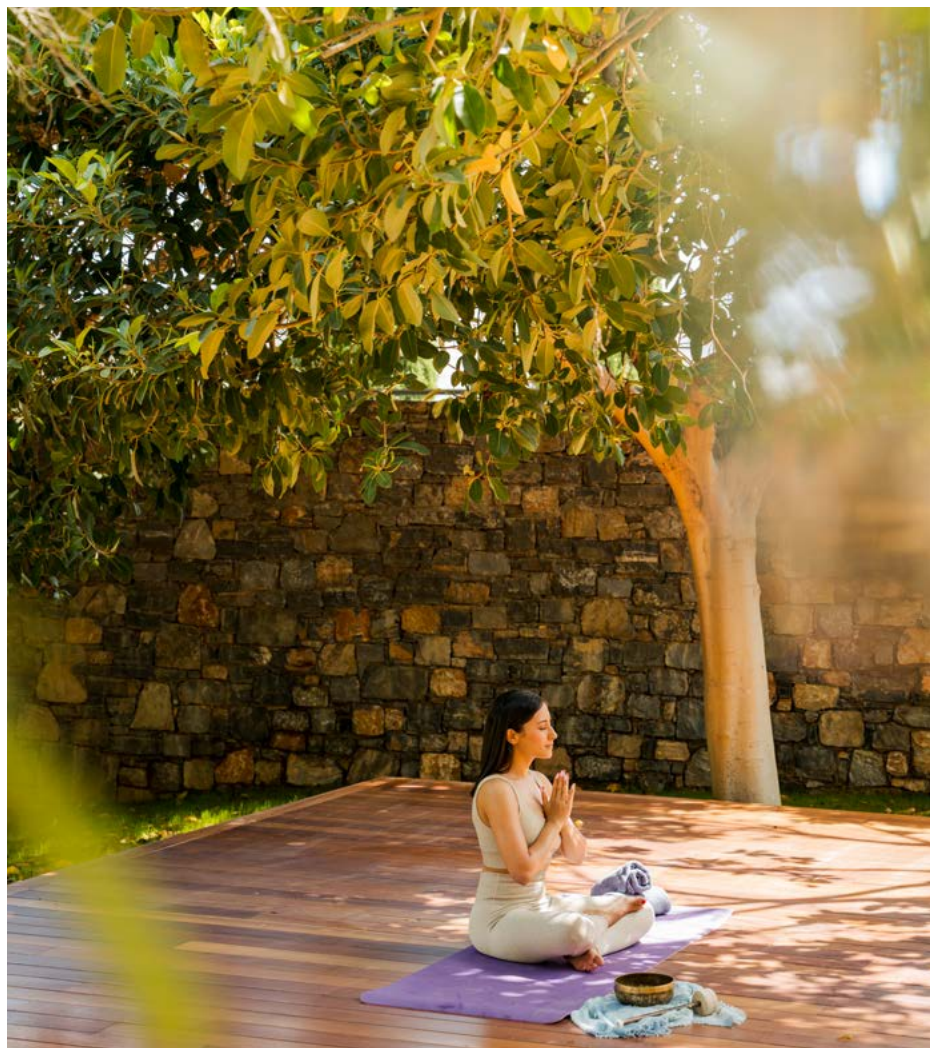
HIIT - HIGH INTENSITY INTERVAL TRAINING

Promote the improvement of the cardio-pulmonary condition and increase caloric consumption. This workout is based on sessions of short and intense intervals of effort and recovery.

PERSONAL TRAINING

Achieve optimal results with a private, personalized training session tailored to your specific goals and capabilities. Our expert trainers ensure a safe, effective workout experience, focused on your progress.

* Personal training upon request



MEDITATION

Take time to indulge in a serene encounter with yourself. Our meditation sessions are ideal for being in the present moment and benefit the mind, body and soul. Enjoy them at our outdoor yoga platform.

PRICES

Personal 60min | 90€

REJUVENATE MIND, BODY AND SPIRIT

Book your appointment today.



**Reserve your experience
online [here](#)**
or contact the main reception.

SPA RESERVATIONS

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