



SEA CAVE

spa

SIGNATURE TREATMENTS

Ariadne Athens invites you to experience a journey of renewal, where Sea Cave Spa's bespoke therapies are seamlessly woven into the essence of each unique components. Inspired by nature's purest elements, our treatments are designed to restore vitality and inner radiance.

Drawing from the land's finest local ingredients, we blend native botanicals with cutting-edge cosmetology to create deeply rejuvenating experiences. Our award-winning spa rituals harness the power of rare, organic Greek and Mediterranean elements, elevating skincare to an art form nourishing the skin, soothing the senses, and unveiling your natural glow.

Discover a collection of signature treatments, each infused with the philosophy of luxurious self-care. Let the expert hands of our therapists create a world of tranquility, where every touch is a step toward complete renewal.

Timetable: Monday to Sunday

For reservations or info: spa@seaside-hotel.gr or you can use the App



SEA CAVE MESSAGES

Sculp & Face Massage

Relaxing head and sculp massage with a series of totally relaxing and relieving pressures, ideal for headaches and migraines. Effective for calming the mind and induce a deep and restful sleep.

🕒 ————— 20'

🏠 50€

Foot Massage

The pressure applied to the soles of the feet triggers reflex stimulation for every organ in the body, activating both the immune and nervous systems. This treatment is enhanced with a refreshing foot scrub, offering an ultimate sensation of revitalization and invigoration.

🕒 ————— 20'

🏠 50€

Hot Stone Massage

This technique offers an ultimate experience of relaxation. During a hot stone massage, smooth, flat stones that have been heated are placed on specific areas of the body. Typically made from volcanic rocks, these stones hold heat effectively. The treatment aids in reducing muscle tension, boosting blood circulation, relieving stress and anxiety, and supporting overall health and wellness. It's an effective way to enhance physical and mental relaxation.

🕒 ————— 75'

🏠 130€

Mother to Be

This soothing pregnancy massage is designed to bring deep relaxation and nourishment during this special time. With a gentle and intuitive touch, it alleviates tension while hydrating and moisturizing the skin as it adjusts to the changes of motherhood. The treatment uses only caring, nurturing aromatics, delivered with empathy, respect, and a deep sense of wisdom. Perfect for those seeking comfort and relaxation during their pregnancy journey.

🕒 ————— 50'

🏠 95€



TIMELESS RITUALS

A collection of massages designed to restore balance and well-being. Each treatment is thoughtfully crafted to address daily needs, combining expert techniques with soothing aromatics. Choose from a range of specialized therapies and experience deep relaxation in a serene, rejuvenating retreat.

Physis

Aromatic Relaxation



Ritual

 — 30'	 — 60'
 60€	 100€

Inspired by Greek nature, this soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension. Nutrient-rich herbs, seeds, and spices restore balance and promote deep relaxation, evoking the serenity of a sunlit Greek field.

Ensoma



Deep Tissue Ritual

 — 60'
 120€

Ensoma, meaning "within the body" in Greek, is a restorative massage that relieves tension and restores balance to body and mind. With specialized techniques to boost circulation and flush out toxins, it deeply relaxes the muscles. Warm dittany crocus oil, infused with Cretan saffron and extra virgin olive oil, nourishes the skin and soothes the nervous system, enhancing the overall sense of renewal.

Phos

Melting Candle Ritual

 — 60'
 110€

(Price for two: 200€)

Phos, meaning "light" in Greek, awakens the senses with the warmth of melted candle oil. As the wax turns into nourishing oil, its delicate aroma fills the air, creating a serene atmosphere. Silky drops glide over the skin, enveloping the body in a luxurious, velvety touch. The warm oil sinks deep, releasing its therapeutic benefits while its soothing fragrance calms the mind. This radiant ritual restores balance, relaxation, and an inner glow.

FACIAL RITUALS

A sensorial journey inspired by the serene landscapes of Greece and the tranquil essence of the Mediterranean. These luxurious treatments envelop the skin in velvety textures and captivating aromas, restoring hydration, firmness, and radiance. Choose the ritual that best meets your skin's needs and embrace a moment of pure indulgence.

Iris *Luminous Glow Ritual*

 60'
 100€

Inspired by the radiant beauty of the Greek islands, this illuminating facial restores brightness, firmness, and a youthful glow. A powerful blend of wheat proteins, vitamin C, and clinically proven rapeseed extract works to even skin tone, refine texture, and boost collagen production, unveiling a naturally luminous complexion.

Zoe *Vital Glow Ritual*

 60'
 100€

Breathe life into your skin with the refreshing essence of Kumquat and vibrant citrus notes. This energizing facial, infused with a potent multivitamin complex and rich in antioxidants, shields against premature aging while reviving dull, tired skin. A replenishing ritual that nourishes deeply, unveiling a luminous, healthy glow.

Aurea *Golden Hydration Ritual*

 60'
 100€

Immerse your skin in the golden essence of nature with this deeply revitalizing ritual, enriched with sage, honey, and precious botanical extracts. A soothing veil of rosewater and lime awakens the senses, while a decadent honey mask replenishes moisture, leaving the skin soft, supple, and luminous. Silken apricot oil bestows its age-defying benefits, enveloping the skin in a delicate glow, while the final skincare ritual ensures lasting hydration and radiance.

Eos *Luminous Revival Ritual*


 30'
 60€

Bask in the glow of dawn with this illuminating facial ritual, designed to restore luminosity and vitality. A gentle enzymatic peel sweeps away dullness, unveiling a silk-like smoothness. Delicately scented Wild Rose oil is then massaged into the skin, infusing it with deep hydration and essential nutrients. An effortlessly radiant complexion, brimming with youthful vibrance.

WELLNESS RITUALS

Let the rhythm of your journey slow, as you sink into rituals of stillness and renewal. Breathe deeply, let go, and choose from a symphony of serene experiences crafted to restore balance. Here, wellness is more than a practice, it's a feeling, a whisper of calm that lingers long after the moment fades.

Cosme *Essence Ritual*

 120'
 160€

Immerse yourself in the pure essence of Greece with a treatment that awakens the senses and restores balance. Begin with a gentle exfoliation of olive and rose, unveiling smooth, radiant skin. A rich body mask infused with organic honey follows, deeply hydrating and revitalizing while promoting skin firmness. To complete the journey, a full-body massage with warm herbal pouches blended with clary sage, honey, and rosemary melts away tension, leaving you in a state of deep relaxation. Rooted in nature, designed for renewal.

Helios *Restorative Ritual*

 45'
 95€


A restorative treatment designed to replenish and soothe sun-exposed skin. Infused with the cooling essence of sea minerals and the nourishing properties of acorn flour, it helps calm irritation and deeply hydrate. Greek yogurt promotes healing and renewal, while water lily and aloe strengthen the skin's natural barrier, enhancing resilience and radiance. The result? Skin that feels refreshed, replenished, and ready to embrace the sun once more.

Anemos *Soothing Ritual*

 75'
 140€

Inspired by the gentle power of the Anemos (wind), this ritual begins with a traditional exfoliation using a horse-hair brush, revitalizing the skin and preparing it for the next steps. A soothing anti-stress massage with shimmering body oil follows, helping to release tension and restore balance. The experience concludes with a rich, antioxidant-packed body lotion that leaves your skin feeling silky, nourished, and radiant, like the breeze that carries the essence of Greece's natural beauty.

Kallos *Radiant Renewal Scrub*

 30'
 60€

A rejuvenating exfoliation ritual designed to reveal smooth, luminous skin. This luxurious treatment gently polishes away dullness, stimulating circulation and renewal. Infused with nourishing botanicals, it leaves your skin feeling soft, refreshed, and irresistibly radiant.

THE ART OF HEALING

Holistic therapies focus on the connection between the body, mind, and spirit, aiming to restore balance and enhance overall well-being. Rooted in ancient traditions, these treatments harness the power of touch, energy work, and natural elements to promote deep relaxation, detoxification, and renewal. Each therapy is carefully designed to revitalize the body, calm the mind, and restore inner harmony, offering a transformative wellness experience.

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HOLISTIC WELLNESS

Ayurvedic Massage

 60'

 180€

A traditional Indian healing therapy that utilizes warm medicinal oils such as sesame, coconut, almond, or olive to promote detoxification. This restorative treatment deeply nourishes the skin, enhances circulation, strengthens muscles, and soothes the mind.

Offered as a full-body experience or targeted treatments focusing on the back, legs, head, feet, stomach, chest, arms, or hands.

Shiro Abhyanga

Ayurvedic Head Massage

 30'

 100€

A deeply restorative head massage designed to invigorate the scalp, promote hair growth, and induce a sense of calm.

Using nourishing medicinal oils, this therapy enhances circulation and relaxation. For optimal absorption, it is recommended to wait at least an hour before washing the hair.

Not suitable for individuals with hypertension or cardiovascular conditions.

Thai Massage

 60'  90'


 120€  160€

A dynamic fusion of deep pressure, assisted stretching, and energy work, traditionally performed on a futon (passive yoga) or adapted to a massage table with or without oil. This therapeutic practice enhances flexibility, stimulates circulation, and promotes emotional release.

Not recommended for individuals with heart conditions, arthritis, osteoporosis, or recent fractures.

Thai Foot Massage

 30'

 90€

A treatment focusing on pressure points in the feet to improve circulation, release tension, and restore energy flow.

Thai Facial Massage

 30'

 90€

Targeting facial muscles, jaw tension and neck stiffness while promoting relaxation and mental clarity.

CURATED SPA JOURNEYS

ANASSA

1- DAY ESCAPE / 150€

Take a rejuvenating pause with this 1-day experience designed to restore balance and relaxation.

Indulge in the Iris Luminous Glow Ritual (60'), a radiant treatment that leaves your skin glowing with vitality, perfect for revitalizing and illuminating your complexion. Unwind with the Physis Aromatic Relaxation Ritual (30'), a soothing blend of natural aromas that calms the mind and body, helping you melt away stress and tension.

ADDITIONAL AMENITIES:

Enjoy full access to the Steam Room and Sauna, ensuring a complete journey of relaxation and rejuvenation.

HARMONIA

1- DAY ESCAPE / 200€

Reconnect with nature's restorative power in this indulgent 1-day wellness experience.

Begin your journey with the Phos Melting Candle Ritual (60') a soothing and aromatic experience that melts away tension, leaving your skin nourished and deeply hydrated. Follow with the Aurea Golden Hydration Ritual(60'), where rich, luxurious oils and hydrating treatments rejuvenate and revitalize your skin, leaving it silky smooth and radiant.

ADDITIONAL AMENITIES:

Enjoy full access to the Steam Room, Sauna, Ice Fountain, & Indoor Hydro Pool throughout the day. After your treatments, relax in the serene area with a glass of Prosecco and enjoy artisanal Cretan treats, completing your day of tranquility and indulgence.

CURATED SPA JOURNEYS

ELYSIA

3 - DAY ESCAPE / 270€

Indulge in a rejuvenating 3-day wellness experience designed to restore balance and vitality

1DAY: Begin your journey with the **Enso**ma Deep Tissue Ritual (60'), designed to relieve tension, promote circulation, and restore energy to the body through focused, therapeutic massage techniques.

2DAY: The following day enjoy the **Iris** Luminous Glow Ritual that nourishes and revitalizes your skin, leaving it radiant and glowing. This is followed by a relaxing Scalp & Face Massage (30') to relieve stress and enhance relaxation.

3DAY: The **Helios** Restorative Ritual (45') offers a healing experience to rejuvenate both body and mind, followed by the **Eos** Luminous Revival ritual (30') to enhance your glow and refresh your skin.

ADDITIONAL AMENITIES:

Enjoy full access to the Steam Room, Sauna, Ice Fountain & Indoor Hydro Pool on all days of the package, ensuring a complete wellness experience.



CURATED SPA JOURNEYS

AETHERIA

3 - DAY ESCAPE / 340€

Indulge in a rejuvenating 3-day experience designed to restore your mind, body, and spirit.

1DAY: Start your journey with the **Cosme** Essence Ritual (120'), a transformative experience designed to balance and refresh your senses.

2DAY: Share a luxurious experience with the **Phos** Melting Candle Ritual (60'), designed for deep relaxation and revitalization. Follow up with the **Eos** Ritual (30'), leaving your skin glowing and revitalized.

3DAY: Choose between a Private Yoga Session or Personal Training Session for personalized wellness.

ADDITIONAL AMENITIES:

On both days, enjoy full access to our Steam Room, Sauna, & Indoor Hydro Pool. After each treatment, unwind in the relaxing pool area with a glass of prosecco and artisanal Cretan treats.

RELAXATION IN THE SEA CAVE SPA

40€ per day

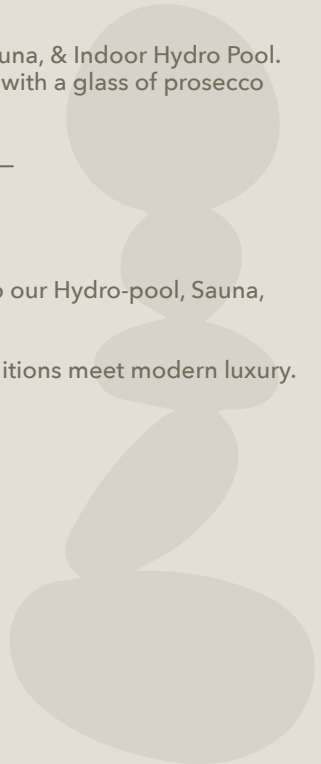
Enjoy the ultimate relaxation experience with access to our Hydro-pool, Sauna, Steam Room, and Ice Fountain.

Indulge in a serene retreat where ancient wellness traditions meet modern luxury.

SPECIAL OFFER

105€ for 3 days

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SEA CAVE GUIDELINES

Arrival: Please arrive 15 minutes before your appointment to complete a Wellness questionnaire.

Non-Smoking: The Sea Cave Spa is a non-smoking area.

Valuables: For your safety, please leave all valuables in the room safe. The hotel is not responsible for any lost personal items.

Locker Usage: You will be given a locker for your belongings, including clothes and mobile phones. Inside, you'll find a bathrobe, towels, slippers, and disposable underwear.

Pre-Treatment Shower: Please shower before using the pool, sauna, or steam room facilities. Bathrobes and slippers are required in all spa areas.

Swimwear Requirement: Swimwear is mandatory in the sauna and pool areas. Always place a towel between your body and the sauna bench.

Cancellation Policy: Please notify us at least 4 hours in advance if you need to cancel your appointment. Otherwise, you will be charged the full amount for the treatment.

Call Sea Cave Spa at: 2222

