



SEA CAVE
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SEA CAVE MASSAGES

Sculp Face & Massage

20' | 50€

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.

Foot Massage

20' | 50€

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.

Hot Stone Massage

75' | 130€

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.

Mother to Be

50' | 95€

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.

TIMELESS RITUALS

Physis Aromatic Relaxation Ritual

30' | 60€ - 60' | 100€

Inspired by Greek nature, this soothing aroma therapy 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.

Ensqma

60' | 120€

Ensqma, meaning "within the body" in Greek, is a Deep Tissue Ritual 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

maro@maroc

60' | 110€ (price for two: 200€)

Phos, meaning "light" in Greek, A sensory massage to relax the body and spirit in the soothing heat of the Paillett es d'Ambr e Candie . The circular movements will release tensions of the whole body lulled by the magical melted candle and the incredible scent of amber.

Lymphatic Massage

30' | 60€ - 60' | 100€

The lymphatic massage refers to a gentle massage technique that focuses on the legs and activates the lymphatic and blood circulation, resulting in the elimination of toxins and aiding in the combat against cellulite, edema, and boosting the immune system. Lymphatic massage helps with fluid retention and swelling. We use specific oils that we have in detoxification & cellulite treatments.

Ayurvedic Massage

60' | 140€

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.

Thai Massage

60' | 160€

A dynamic fusion of deep pressure, assisted stretching, and energy work, traditionally performed on a massage table with or without oil. This therapeutic practice enhances exibility, stimulates circulation, and promotes emotional release. Not recommended for individuals with heart conditions, arthritis, osteoporosis, or recent fractures



FACIAL RITUALS

Radiant Face

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ATHENS 30' | 60€

Luminous, radiant skin with an instant infusion of intense hydration and multiple anti-ageing benefits. Thoroughly cleansing enzymic peel gently removes dead skin cells from the surface, gradually revealing a silky-smooth appearance. Soft and delicate, naturally-scented Wild Rose oil replenishes the skin through a deeply nourishing facial massage, delivering essential elements that promote skin's vitality and youthfulness, offering a vividly radiant look.

Aurea Golden Hydration Ritual

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ATHENS 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.

Purity

maroMaroc 60' | 110€

A soft gesture using hot stones, followed by a sumptuous scrub with Grains de Lumière will prepare your skin for the very purifying rhasoul mask Terre du Désert. As a finishing touch, a caress of hydration with Richesse d'Arganier.

Radiance

maroMaroc 60' | 110€

Stimulating and soothing gestures. This "Radiance" ritual is a source of intense hydration for skins lacking comfort and nutrition. A gesture that alternates between stimulating and soothing movements for a fresh and relaxed complexion.

Signature Treatment

maroMaroc 75' | 120€

This better age ceremonial starts by thoroughly cleansing the face. It is a moment of pure delight from head to toe, from a foot bath to a full body and cranial massage. This signature protocol promises an experience like no other.

ADD ON

Hydrafacial

20' | 40€

HydraFacial is an advanced deep-cleansing and hydrating treatment that instantly reveals a radiant, healthy-looking complexion. By combining cleansing, exfoliation, pore extraction, and intensive hydration, it improves skin texture, minimizes pores, and restores vitality with no downtime. Suitable for all skin types, with immediate visible results.





WELLNESS RITUALS

Cosme Essence Ritual

ariadne
ATHENS 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.

Anemos Soothing Ritual

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ATHENS 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.

Ceremonial Massage

marocMaroc 75' | 120€

A beneficial aromatic massage. It releases tensions of the whole body using Onguent d'Argan, a melting and nourishing body balm with argan oil. This ritual is enriched with an exfoliation of the back using Miel d'Ambre.

Tekmida Ritual

marocMaroc 60' | 100€

The Tekmida ritual is a deep treatment, the techniques used are inspired by the real Moroccan Tekmida which is performed with hot towels to release tensions and balance energy circulation. The ritual begins with a face and body exfoliation using Grains de Lumière and Miel d'Ambre followed by an intense nutrition using the body balm Onguent d'Argan.

HAMMAN RITUAL

Escape Hammam

maroMoroc 60' | 120€

The Kessa glove combined with the generous exfoliating body balm Miel d'Ambre for an ultra purifying scrub. Then comes a full body soaping using Infusion d'Orange with orange blossom extract. A sensual journey to the heart of traditional Moroccan techniques.

Miel d'Ambre Sensations

maroMoroc 30' | 60€

An ultra purifying scrub with the exfoliating paste Miel d'Ambre. The skin is cleansed of its impurities, toxins, deeply nourished and hydrated with beneficial ingredients that the skin radiates with obvious pleasure.

(You may choose to enjoy your scrub treatment either in the Hammam for a traditional, steam-enhanced experience, or in the treatment cabin for a more private and relaxing atmosphere.)

NEW ERA BEAUTY THERAPIES

Hydrafacial

45' | 100€

HydraFacial is an advanced deep-cleansing and hydrating treatment that instantly reveals a radiant, healthy-looking complexion. By combining cleansing, exfoliation, pore extraction, and intensive hydration, it improves skin texture, minimizes pores, and restores vitality with no downtime. Suitable for all skin types, with immediate visible results

Japanese Scalp Treatment

60' | 120€

Japanese scalp treatment is a deeply relaxing and revitalizing ritual designed to restore balance to the scalp and promote healthy, radiant hair. Combining gentle exfoliation, deep cleansing, nourishing masks, and therapeutic massage techniques, this treatment improves circulation, relieves tension, and enhances hair vitality. A luxurious experience for total scalp and mind rejuvenation.



DECOMPRESSION / COMPRESSION BOOTS

Indulge in an exclusive 10% privilege when booking three sessions or more

Decompression / Compression Boots

25' | 40€

Decompression / Compression Boots are a revitalizing treatment designed to stimulate circulation, reduce muscle tension, and relieve heavy or tired legs. Using controlled air pressure technology, the boots gently compress and release, promoting lymphatic drainage, easing fatigue, and accelerating recovery. Ideal for relaxation, wellness, and post-activity rejuvenation.

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 Radiance 60' Stimulating and soothing gestures. This "Radiance" ritual is a source of intense hydration for skins lacking comfort and nutrition. A gesture that alternates between stimulating and soothing movements for a fresh and relaxed 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.



ELYSIA

3 - DAY ESCAPE | 320€

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

1st day: Ensoma Deep Tissue Ritual 60'

Designed to relieve tension, promote circulation, and restore energy to the body through focused, therapeutic massage techniques.

2nd day: Anemos Soothing Ritual

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.

3rd day: Purity 60'

A soft gesture using hot stones, followed by a sumptuous scrub with Grains de Lumière will prepare your skin for the very purifying rhasoul mask Terre du Désert. As a finishing touch, a caress of hydration with Richesse d'Arganier.

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.

AETHERIA

3 - DAY ESCAPE | 340€

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

1st day: Cosme Essence Ritual 120'

A transformative experience designed to balance and refresh your senses.

2nd day: Escape Hammam 60'

The Kessa glove combined with the generous exfoliating body balm Miel d'Ambre for an ultra purifying scrub. Then comes a full body soaping using Infusion d'Orange with orange blossom extract. A sensual journey to the heart of traditional Moroccan techniques. Followed by HydraFacial, an advanced deep-cleansing and hydrating treatment that instantly reveals a radiant, healthy-looking complexion. By combining cleansing, exfoliation, pore extraction, and intensive hydration, it improves skin texture, minimizes pores, and restores vitality with no downtime. Suitable for all skin types, with immediate visible results.

3rd day: 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.

RELAXATION IN THE SEA CAVE SPA

Per day | 40€

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

For 3 Days | 105€

REFORMER PILATES

Discover a complete body conditioning experience through Reformer Pilates. This dynamic method combines controlled breathing, core stability, and targeted muscle activation to improve posture, flexibility, strength, and overall physical wellbeing.

Group Class: €20 per person / per session

Private Session: €50 per session

Available upon reservation and subject to availability.



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



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ATHENS



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