



ariádne

SPA MENU

ARIADNE SPA AT HEROMYLOS RESORT

Inspired by myth. Designed for luxury.

Ariadne Spa is a serene sanctuary of 400m² inspired by the timeless rituals of Ancient Greece - a space devoted to restore harmony between body and mind. In Greek mythology, Ariadne is celebrated for her beauty, elegance, and profound connection to balance and renewal. Just as she offered Theseus the golden thread to guide him safely out of the labyrinth, Ariadne Spa invites guests to find their own inner path - stepping away from the outside world and into a journey of wellness, harmony and deep rejuvenation.

Enter a realm of quiet indulgence where purifying saunas, warm hammam steam, and a tranquil indoor pool gently dissolve tension. Here, time slows. Heat softens the body, releases stress, and awakens circulation. Drift between heat and water, then surrender to expert therapists who tailor each massage with intuitive care, enhanced by the refined formulations of Ariadne Athens, a Greek luxury skincare line inspired by Greek botanicals and contemporary wellness science.

Ariadne Spa offers a sensorial journey that leaves you refreshed, radiant and deeply connected to the timeless spirit of Greek wellbeing.



Thermal Spa Facilities

The Thermal Spa Area at Ariadne Spa invites guests to experience the therapeutic power of heat and hydrotherapy through a sequence of carefully designed facilities that awaken circulation, ease muscular tension and promote deep relaxation.

Steam Room / Hammam Experience

A soft cloud of warm steam envelops the body, encouraging release and purification while preparing the skin and senses for deeper relaxation. The humid heat opens the pores, supports detoxification, and creates a soothing ritual of renewal.

Dry Sauna

Dry heat awakens circulation and supports natural detoxification. Muscles gradually unwind, the body feels lighter, and a sense of grounding calm follows as warmth penetrates deeply.

Indoor Thermal Pool

The indoor warm pool offers a tranquil aquatic escape enhanced with hydrotherapy elements that stimulate circulation and relieve muscular tension. Immersed in soothing warmth, the body regains balance while the mind drifts into stillness.

**Guests using the thermal facilities are kindly asked to arrive from their room wearing their bathrobe and slippers; swimwear is required.*

**Reservation required in advance or upon same-day request, subject to availability.*

Maximum Duration: 90 min | 40€

For Hotel or Spa Guests Maximum Duration: 40 min | Free of charge

ARIADNE SPA WELLNESS RITUALS

One Million Nights Luxury Velvet Ritual Empowering Softness: 24K Gold body treatment

An opulent night ritual where softness becomes strength. This luxurious journey begins with the One Million Nights body scrub, gently refining the skin and preparing it for the velvet nourishment of the Serifos Precious Stones 24K Gold Body Mask. A bespoke massage follows, combining Rose Quartz crystals on the face with a flowing body massage using One Million Nights precious oil. The ritual concludes with a rich body butter, leaving the skin irresistibly soft, luminous, and enveloped in the lingering elegance of iris. Available as an extended experience with One Million Nights precious warm candle massage.

Key elements: Welcome touch · Body scrub · Gold body mask · Mini facial · Full-body massage · Final body care
90 min | €130 | 120 min | €160

Botanical Detox Journey

An invigorating journey to renew, purify, and revitalize

Inspired by the body's natural ability to heal and the wisdom of Greek botanicals, this invigorating treatment enhances your detoxification systems, starting with a soothing sauna session infused with Greek eucalyptus leaves to stimulate circulation and relax muscles. Steam infusions with local herbs deepen the rejuvenating effects, while a detoxifying body mask enriched with mountain tea, sage, and mint purifies and hydrates your skin. The ritual concludes with a targeted massage using antioxidant-rich oil infused with dittany, saffron, rosemary, and green tea, leaving your skin firm, youthful, and radiant. Perfect for those feeling sluggish, stressed, or in need of rejuvenation, this treatment will leave you deeply relaxed, balanced, and glowing, with firmer, nourished skin and a restored sense of well-being.

Key Elements: Welcome touch · Body scrub · Body mask · Detoxing massage · Final body gel.
90 min | €120

ARIADNE SPA COUPLES EXPERIENCE A Bespoke Wellness Journey for Two

Wine Harvest

A sensory tribute to the vine, the harvest, and the Aegean sun

Inspired by the timeless ritual of the harvest, this experience celebrates the richness of the vine and the warmth of the Greek landscape. A luxurious exfoliation with olive kernels and rose petals gently renews the skin, preparing it for a nourishing body mask rich in antioxidants, restoring softness and vitality. Sparkling notes of white bergamot uplift the senses, as a flowing full-body massage with warm sesame oil grounds the body and deeply nourishes the skin. The ritual concludes with a red grape and royal fig-infused lotion, leaving the skin silky, radiant, and delicately scented.

Key elements: Welcome touch · Body scrub · Antioxidant body mask · Sesame oil massage · Red grape and royal fig-infused lotion
90 min | €130 per person

Summer Affair

Honeymoon ritual

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.

Key Elements: Body scrub · Candle massage · Mini hydrating facial · Chocolate body butter
90 min | €130 per person



ARIADNE SPA FACIAL TREATMENTS

Meli Vital Hydration & Nutrition

A deeply hydrating and comforting facial ritual centered on honey—one of the country's most precious sources of nourishment. This rejuvenating experience begins with gentle cleansing and preparation, followed by a luxurious honey-infused mask that restores moisture levels and supports skin vitality. Nourishing apricot oil, rich in essential fatty acids, is applied to enhance suppleness and support anti-aging benefits. The ritual concludes with a tailored final skincare routine, sealing in hydration and leaving the skin soft, luminous, and visibly replenished.

Key elements: Welcome touch · Cleansing ritual · Face mask · Face massage · Final skincare.
60 min | €80

Anaplasis Billion-level regenerating facial

A high-performance facial designed to support visible skin renewal and restore natural balance. Powered by the advanced Skin Rebirth line, this treatment enhances vitality, resilience and clarity, helping the skin feel stronger and deeply refreshed. At its core lies Alkanna Tinctoria, a rare botanical root known for its regenerative properties. Combined with advanced exosome technology, this powerful blend helps soothe stressed skin, improve elasticity and boost hydration, leaving the complexion smoother and more luminous.

Fine lines appear softened, texture looks refined and the skin regains a healthy, revitalised glow.
Key elements: Welcome touch · Deep cleansing ritual · Regenerative face mask · Face massage · Final skincare.
60 min | €100

Rhodon Pro-Aging Glass Skin Facial

A high-performance facial designed to restore firmness, clarity, and refined luminosity, revealing a smooth, glass-like complexion. Targeting dullness, dehydration, fine lines, and loss of elasticity, this advanced treatment combines bioactive formulations with precious gemstone elements. A velvet-textured mask with Aquamarine and Moonstone enhances hydration and resilience, followed by a vitamin C-rich mask to boost microcirculation and protect the skin. A sculpting facial massage with Rose Quartz supports lifting and contour definition, while nourishing botanical oils restore softness and vitality.

The result: smoother, firmer, visibly radiant skin with a refined glass-skin finish.
Key elements: Welcome touch · Double mask · Rose Quartz sculpting massage · Bioactive anti-aging complex
70 min | €120

ARIADNE SPA BODY TREATMENTS

Create Your Own Body Ritual by Ariadne Athens.

Design a personalized body journey inspired by the scents, textures, and healing richness of Greek nature. Choose from three ritual stages to create the ultimate sensory experience tailored to your skin's needs and your mood of the day.

Sooth my Soul Body Scrub

A luxurious full-body exfoliation using delicate sugar crystals that gently remove dead skin cells, boost circulation, and restore your skin's natural glow.

Scents to choose from:

- *Secret Paradise* – Wild cyclamen
 - *White Petals* – Jasmine & gardenia
 - *Vanilla Mocha* – Chocolate & mocha
- 40 min | €60

Sooth my Soul Body Wrap Antioxidant Protection

Continue your ritual with a targeted, nourishing body wrap, designed to hydrate, detoxify, or soothe the skin. Each wrap begins with the corresponding aromatic scrub for enhanced absorption and results.

Combinations to choose from:

- *Secret Paradise* – Wild cyclamen scrub · Yoghurt, aloe & melon wrap
 - *White Petals* – Jasmine & gardenia scrub · Serifos 24K gold wrap
 - *Vanilla Mocha* – Mocha scrub · Honey & olive oil mask
- 60 min | €80

Ariadne's Body Renewal

A complete ritual designed to restore balance, release tension and deeply nourish the skin. Inspired by the botanical richness of Ariadne Athens, this experience combines effective exfoliation with comforting warmth for total body renewal. Your journey begins with a full-body scrub of your choice to smooth the skin and stimulate circulation. The ritual continues with a warm candle massage, as melted wax transforms into silky oil, enveloping the body in slow, flowing movements that ease muscular tension and promote deep relaxation.

Skin feels soft and revitalised, while the body and mind return to calm equilibrium.
Key Elements: Welcome touch · Full-body exfoliation, choice of scrubs · Warm candle massage.
90 min | €120

Délos Signature Revival Ritual

A touch of light upon the body inspired by the sacred island of Délos, this ritual celebrates light, femininity, and inner radiance. An ancient dry-brushing technique using a natural horsehair brush refines the skin and stimulates circulation. A deeply restorative anti-stress massage follows, performed with Délos Oil infused with the ritual's signature fragrance, melting away tension and leaving the skin luminous. The experience is completed with a soothing scalp massage and hair brushing using a natural resin comb — an intimate, grounding moment that restores balance and glow.

Key Elements: Welcome touch · Dry-brushing exfoliation · Anti-stress full body massage · Final shimmering body oil.
70 min | €110





ARIADNE SPA MASSAGE TREATMENTS

Physis Aromatherapy Massage

Greek nature has gifted us with natural elements such as herbs, seeds and spices, rich in vitamins, antioxidants and soothing properties. A selection of aromatic oils inspired by these botanicals is designed to meet individual needs, inviting you to journey through the Greek fields on a summer's day. This soothing aromatherapy massage uses light to moderate pressure and a curated blend of essential oils, whether you seek deep relaxation, detoxification or muscle relief.

Key Elements: Full-body massage.

40 min | €60

60 min | €80

90 min | €110

Melting Sensation Candle Massage

De-Stress – Empowering – Relaxing – Recharging

Surrender to a captivating massage ritual where warm, aromatic candle wax melts into nourishing oil. As the delicately scented drops touch your skin, they release deep hydration and a sensuous fragrance that calms the mind and uplifts the spirit. The slow, flowing movements of this velvet-textured massage ease muscular tension, enhance circulation, and restore emotional balance — offering a deeply immersive aromatherapy experience that promotes bliss and holistic well-being.

Key elements: Full-body massage with warm, natural candle wax.

60 min | €90

90min | €120

Deep Tissue Massage

Recharge your body with a focused, intensive massage designed to release deep muscular tension and stimulate circulation. Ideal for those with physical fatigue, stiffness from over-exertion, or fluid retention, this technique targets areas of chronic tightness, helping to eliminate lactic acid build-up and recondition the body. Enhanced with detoxifying essential oils, this full-body treatment restores flexibility, relieves soreness, and improves overall skin tone and vitality.

Key elements: Deep-pressure full-body massage focused on muscle relief and circulation.

60 min | €100

90min | €140

Head & Back Massage

A sensational journey that blends the ancient wisdom of Ayurvedic rituals with the aromatic richness of Greek herbs. This invigorating yet deeply relaxing massage focuses on the head, shoulders, and back, using a harmonious blend of organic oils infused with calming lavender, uplifting rosemary, soothing tea tree, and the healing aroma of laurel oil. The ritual concludes with the application of a silk-like body butter, enriched with soft floral notes, leaving the skin nourished and the senses restored. A perfect balance of grounding and rejuvenation.

Key Elements: Back, Shoulder & Head Massage with organic oils and pure essential oils.

40min | €60

Prenatal Blossom

This head to toe, prenatal treatment is designed for expectant mothers from second trimester.

This treatment begins with gentle cleanse and exfoliation, followed by a facial massage with peach balm. Using nourishing organic karite butter, this treatment helps to alleviate muscle tension and fatigue while assisting to ease any discomfort during and after pregnancy. In addition, the luxurious gardenia body butter leaves the skin soft and supple whilst the relaxing fragrances help calm the mind.

Key Elements: Gentle exfoliation · Facial massage · Prenatal body massage · Nourishing body finish.

60min | €90

ADD-ON TREATMENTS

Enhance Your Experience with an Add-On Treatment

Add a touch of personalized care to your treatment with our targeted add-ons, designed to complement and enhance your experience.

Fast glow facial — Express facial for instant radiance. **25 min | €30**

Irida Eye Care — Express eye care treatment. **20 min | €25**

Soothe my Skin Body Scrub — Gentle exfoliation for smooth skin. **20 min | €25**

Head & Neck Massage — Focused relief for tension-prone areas. **20 min | €25**

Hand & Foot Massage — Nourishing and deeply relaxing ritual. **20 min | €25**

*The above prices are per person.

*Add-ons can be combined with all our treatments, but cannot be used without a basic one.

WELLNESS PACKAGES

Day Spa Package / 160€

- Sooth my Soul Body Scrub | **40 min**
- Physis Aromatherapy massage | **60 min**
- Meli – Vital Hydration & Nutrition | **60 min**

2 Days Spa Package / 200€

- Sooth my Soul Body Wrap | **60 min**
- Luxurious Candle Infusion Massage | **60 min**
- Anaplasis - Billion-level regenerating facial **60 min**
 - Head & Back Massage | **40 min**

Book your appointment today!



Please scan the QR code or call the main reception.

ARIADNE'S KIDS SPA

Specially designed treatments for young guests aged 8–14 years old, offering gentle relaxation in a safe and nurturing environment.

Kids Massage

A gentle, child-friendly aromatic full-body massage designed to relax the body and encourage calmness and restful sleep.

30 min | €40

Kids Facial

A soothing and hydrating facial designed specifically for younger skin. This refreshing treatment includes gentle cleansing, a soft mask and light moisturising care, leaving the skin fresh and glowing.

30 min | €40

Kid & Me Relaxation Journeys

Share a special wellness moment together in our double treatment room.

Choose a Kids treatment for your child and combine it with your preferred massage experience.

Express Relaxation Journey

Kids Massage or Kids Facial (child)

Back Massage – 30 min (adult)

Price for 1 adult & 1 child: €90

Total Relaxation Journey

Kids Massage & Kids Facial 60 min (child)

Physis Aromatherapy Massage – 60 min (adult)

Price for 1 adult & 1 child: €150

A parent or legal guardian is required to remain present for the entire duration of the child's appointment. Please note that access to and use of the Spa facilities (pool, sauna, hammam and thermal areas) is not permitted for guests under 14 years of age.

SPA ETIQUETTE

Spa Etiquette

Ariadne Spa facilities are open to guests aged 14 and over.

Spa Arrival

Please arrive at least 10 minutes before your scheduled treatment to allow time to relax and complete a short wellness consultation. This helps us personalize your experience. Late arrivals may result in a shorter treatment to avoid delaying the next guest.

Advanced Bookings

To ensure your preferred treatment and time slot, we recommend booking in advance. Our spa reception team will be happy to assist you in selecting the treatment best suited to your needs.

Health Conditions

Kindly inform us of any medical conditions, allergies, or injuries when making your booking. Heat and water facilities are not recommended during pregnancy.

Cancellation Policy

Please allow at least 4 hours' notice to cancel or reschedule your appointment. Cancellations made later than that will incur a 50% charge.

In-Room Treatments

Many of our treatments can be performed in the comfort of your room. Please enquire at Spa Reception for details and note that there is an extra charge of €25.00 for any Spa In-Room appointment.

Tranquility & Courtesy

The spa is a space of peace and relaxation. To preserve this atmosphere, we kindly ask that you keep noise to a minimum and switch your mobile phone to silent. Smoking and food are not permitted in the spa areas.

Loss or Damage

We regret that the spa cannot be held responsible for loss or damage of personal belongings.

Thermal Area

Guests wishing to use the thermal facilities are kindly invited to arrive from their room wearing their bathrobe and slippers for a seamless and comfortable spa experience, although changing rooms are also available within the spa area. Swimwear is required for the pool and thermal areas.

Always shower before using pool facilities and between visits to the sauna and steam rooms. Robe and slippers should be worn in all spa areas.

OPENING HOURS

Ariadne Spa operates between 11:00 am and 8:00 pm. Upon timely notice in advance, we will be able to satisfy your requests for treatments outside the above hours. Couples' treatments will have to be requested 24 hours in advance.

