



#### TERMS AND CONDITIONS OF SALE

##### A moment of tranquility

As our Spa is a place to relax and unwind, we would be grateful if you could switch off your mobile phones so that you can fully enjoy your experience and respect the peace and quiet of other guests.

##### Reservations, cancelations, and delays

In order to guarantee you get your preferred appointment time, we advise you to make your booking as far in advance as possible. If you are unable to attend, we would be grateful if you would cancel your appointment at least 24 hours in advance. If you fail to do so, we will be obliged to charge you the price of the treatment you have booked. Any delay will not generate any additional time for the treatment.



#### CONTACT

##### Grecian Spa at Melia Athens

14 Chalkokondili & 28<sup>th</sup> October Avenue, Athens  
E. melia@grecianspa.gr

Open everyday from 10:00 to 20:00  
Treatments available from 12:00 to 20:00

  
grecian spa





## GRECIAN SPA MENU

Discover holistic and spiritual beauty into our Grecian selection of treatments to improve your well-being and calm your spirit.

A vision of beauty crafted by Orloff Spa Experts and inspired by ancient but still alive therapeutic traditions from Asia, North Africa and Greece, guided by the writings of Hippocrates, the father of medicine and the legacy of Asklepiion centers.

As in ancient times, rejuvenate by a combination of hydrotherapy and treatments based on aromatic Greek plants and olive oil, natural and organic ingredients selected for their timeless efficiency.

## EXCLUSIVE TREATMENTS

### THE RITUAL OF SPARTA EXPERIENCE

80min / 110€

This massage ritual by Cinq Mondes revives an old-age European tradition of athletic massage according to Hippocrates writings, for preparation of athletes to the Olympic games. This sports massage relaxes and relieves tension, promotes muscle recovery, while the beautiful head and nape massage is the supreme remedy against all worries.

### THE ORIENTAL SUMMER BLISS EXPERIENCE

60min / 95€

A holistic treatment for face and body by Cinq Mondes starting with the Oriental Relaxing full body massage and followed by the Ritual Fleurs de Bali facial. An exotic journey through the culture of hammam and the refined art of pampering from Bali. For an appeased spirit and a radiant skin.

## FACIALS

### THE GRECIAN TAILOR-MADE FACIAL

60min / 70€

Following a skin diagnosis, our therapist will create the perfect blends to meet the needs of your face. Choose between the purifying power of Black Lava facial, the glow brought by Multi-Vitamin facial or the re-densifying and regenerating action of a Collagen face care.

### Exceptional complete anti-aging treatment

### KO-BI-DO / LIFTING & PLUMPING FACIAL

60min / 85€

This manual anti-wrinkle facial from the ancestral Japanese Ko Bi Do Ritual is associated with a unique anti-ageing active complex. Enjoy this holistic approach to lift and tonify your facial contours and effectively renew smooth and plump lines on the face and neckline.

### THE CAVIAR FACIAL TREATMENT

60min / 75€

A firming and anti-wrinkle therapy based on the exceptional virtues of sturgeon caviar extracts, rich in amino-acids, proteins, vitamins,  $\Omega$  3 &  $\Omega$ 6 fatty acids to regenerate and hydrate the skin. Spirulina and polysaccharides additions provide an immediate firming and tensing action.

### Focus facial treatments

### RITUAL FLEURS DE BALI / FACE CARE & MASSAGE

30min / 65€

Enjoy the delicate scents of tropical flowers in this "express radiance" treatment by Cinq Mondes, inspired by Balinese Beauty Rituals and discover its beneficial effects of skin cleansing, wellbeing and beauty. Includes a skin diagnosis.

### CAVIAR EYE TOUCH

30min / 55€

Draining and firming treatment for the eye contour aimed at smoothing out the delicate skin under the eyes, based on exceptional properties of sturgeon caviar extracts.

## ENHANCE YOUR BODY

### BEACH BODY SCRUB

30min / 45€

Detox your body, remove the dead cells accumulated during the winter months and get your skin prepared for your best summer tanning. Choose between a sugar or a salt body exfoliation for a different kind of result. Exfoliation based on sugar smoothers out the skin, while a salt exfoliation replenishes the body with energy.

### SCULPT YOUR BODY MASSAGE

25min / 50€

A 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.

### THE GRECIAN BODY TRYPTIC TREATMENT

60min / 75€

Make your own assortment of a scrub, wrap or mask, and final application of cream or oil, according to the needs of your body skin. Choose between a Detox package for draining and slimming actions, a Body Deep Hydration treatment or a Soothing After-sun Bliss therapy with aloe gel-mask and butter, and get the body of your dreams.

## ENERGY AND RELAXATION

### BACK, NECK & SHOULDERS MASSAGE

40min / 65€

Especially designed to release knots of tension, this massage brings an immediate stress-relieving feeling in the shortest possible time. For a perfected sensation, combine it with our Beach Body Scrub.

### RELAXING ORIENTAL MASSAGE RITUAL

30min/60min - 65€/85€

A genuine art of living massage by Cinq Mondes that works on the entire body using delicately perfumed hot Argan oil and scented spray Eau de l'Atlas, with neroli and orange blossom. The expert hands of the massage therapist work on tender knots and tensions to eliminate toxins and muscle pains while promoting a state of pure wellness.

### SPARTAN SPORTS MASSAGE

60min / 85€

Sport massage using deep pressure strokes on muscles to relieve back pain and stimulate blood circulation, in order to replenish the body with energy. The massage is using an aromatic oil-in-gel, focused on a plant-based trio of ben oil, myrtle oil and iris oil, fig and yuka, to calm, relax and ease tensions.

### HOT STONES MASSAGE RITUAL

60min / 85€

The application of hot basalt stones on crucial points of the body, especially on the spine, lower back, in the hands, in alternance with classic strokes of Swedish style massage, tends to heighten and prolong the relaxation bonus given by the massage.