



COOK'S CLUB

NEW GENERATION
HOTELS

SPA

NEW GENERATION WELLNESS !

Philosophy

Treat yourself to a luxuriously indulgent day of pampering, inspired by the majestic Mediterranean. Our beautiful treatments are powered by Ariadne Athens whose products capture the most loved aspects and traditions of Greece.

Come and allow your senses to be taken into a world of opulence, where our treatments take pride in being unbelievably deluxe, sensuous, and tranquil. Leave the well-being of your mind and soul in the trusting hands of our masters of wellness.

NEW GENERATION WELLNESS !



Facial TREATMENTS

MELI – DREAM HONEY DELICATE HYDRATING FACIAL | 50 mins | 65€

A highly rejuvenating and ultimately hydrating experience that fully replenishes skin's moisture levels whilst offering anti-ageing benefits. Feel your skin soft and supple with an immediately healthy and radiant appearance. Allow yourself to experience the soothing effect of rosewater, intertwining with the thirst-quenching aromas of lime, whilst your skin indulges in the unique moisturizing benefits of our precious honey mask. Your skin's vital moisture levels will be instantly replenished endowing your appearance with a healthy glow.

Retail product: Hydro Elasticity Shield

SEA BREEZE FLASH AFTER SUN EXPERIENCE

| 30 mins | 45€

Experience the cooling effect of the refreshing sea breeze. This facial treatment embodies the ideal refreshing properties of sea water, along with the calming benefits of acorn flour, both skillfully combined to help restore skin's moisture. Inflammation and skin-irritation is immediately minimized, offering a unique sense of relief after sun exposure.

Retail product: spa islands - KEA

RADIANT FACE

| 30 mins | 45€

Welcome the Cretan glow! Luminous, radiant skin with an instant infusion of intense hydration and multiple anti-ageing benefits. Thoroughly cleansing and illuminating mask that 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.

Suggested product: 24/7 flawless (sun cream)

RED CARPET FACE - SKIN REBIRTH TREATMENT

| 50 min | 80€

A high-performance, all-in-one, personalized treatment, that promises to diminish the look of fine lines and wrinkles, deeply moisturize and regenerate the skin, soothe redness and irritation, heal scars, reinforce natural cellular turnover and improve overall appearance. Your face, décolletage, hands and arms are immersed in a shower of wellness through the unique red extract of alkanna tinctoria and exclusive techniques that address their individual concerns, ultimately presenting an entirely renewed look. Your skin is recharged. Your skin is reformed. Your skin is reborn!

Retail product: Skin Rebirth Gel

LUNAR GRACE - LUXURY ANTI-AGEING FACE TREATMENT

| 50 mins | 75€

The ultimate anti-ageing experience for your skin, empowered by precious gemstones! Specifically designed to target the effects of ageing, this treatment promises to reduce fine lines and wrinkles, support thin, fragile skin and increase its elasticity and firmness. Healing Crystals contribute to this facial ritual as the perfect blend of evening primrose and ylang ylang repairs and rejuvenates the skin, promoting an overall youthful appearance, with a visibly firmer, tighter and more lifted look.

Retail product: Serum Perpetual Youth Elixir



BodyTREATMENTS

BODY SCRUB

CONFETTI RAINFALL SHOWER

| 30 mins | 50€

A stimulating full body, crystal, exfoliation treatment infused with wonderful aromas that softly remove dead skin cells. As a result, the body's skin regains its elasticity and smoothness while obtaining a velvet touch with a fresh, radiant, healthy look!

Choose between our Scrub Collection: Jasmine & Gardenia, Rose Petals, Mocha, Fresh Coconut.

Retail product: body scrub of the treatment

BODY WRAPS

CASHMERE TOUCH

| 30 mins | 50€

This extra nourishing body wrap uses naturally superior shea butter that restores moisture and smoothness to dry and damaged skin.

Retail product: jasmine & Gardenia white petals

LUXURIOUS GOLD

| 30 mins | 60€

Extravagantly rich, ultra-luxurious blend of a 24K gold and starflower oil which creates an intensely hydrating, velvet-like mask, that wraps your skin in silk heaven. Feel your body baby soft, rejuvenated, and thoroughly nourished!

Retail product: starflower shimmering body oil

PREMIUM BODY TREATMENTS

MINOAN PRINCESS – HYDRATING & NOURISHING BODY TREATMENT

| 75 mins | 110€

An exhilarating experience of relaxation and wellness that calms both the body and mind! Give your precious self the ticket for a journey in the richness of Cretan flavors and aromas such as sage, malotira mountain tea and other local herbs. The treatment includes the application of a rich body mask containing a refreshing cocktail rich in organic honey, with this mask we give you a relaxing massage using Dittany oil which is infused with Cretan Crocus that leaves the skin silky smooth. The alluring ritual ends with the application of a refreshing gel containing red grape and Raki, from Crete, that leaves the skin deeply hydrated, whilst also stimulating your senses!

Retail product: Red Grape Body Gel Mask

GREEK YOGURT SUN COOLER – AFTER SUN BODY TREATMENT

| 40 mins | 60€

A fully restorative and rejuvenating treatment that offers the perfect after-sun, cooling feeling for the skin. An anti-inflammatory and hydrating treatment which helps to deeply hydrate sun burnt skin and eliminate irritation. The application of a refreshing mask which is made with love by our therapist, this mask contains waterlily, cucumber, aloe vera and Greek yoghurt which replenishes the skin's lipids and provides high moisture and smoothness.

Retail product: Body butter (coconut)



Massages

COCOON & REVITALIZE - AROMATHERAPY MASSAGE

| 50 mins 75€ | 80 mins 100€ |

Perfectly designed from beginning to end to gradually calm each and every part of your body and completely quiet the mind, ultimately offering the most lavish, cocooning experience. Spoil your senses with the aromatic combination of precious frankincense & enticing patchouli which creates a feeling of absolute calmness and peace.

DEEP TISSUE MASSAGE

| 50 mins | 85€

This deep tissue massage is tailor-made to target specific areas of muscle tension and soreness. A series of intensive techniques are used to increase blood circulation, release built-up toxins, and restore balance to the body and nervous system.

BACK AND NECK SPOT MASSAGE

| 30 mins | 50€

This massage focuses on the back, neck, head and forehead and incorporates acupuncture point stimulation and vibrant techniques. The perfectly orchestrated movements of this massage seduce your senses in a unique journey of relaxation that will completely revitalize your body.

FOOT MASSAGE

| 30 mins | 50€

This massage uses specific pressure points to systematically activate the nerve reflexes, thereby stimulating all body organs and tissues to improve overall function and wellbeing. Effective for calming the mind, relieving headaches, and inducing deep and restful sleep.

HEAD MASSAGE

| 30 mins | 50€

A delightful scalp massage with laurel oil which releases tension relief from migraines or headaches and also helps in hair strengthening.

MELTING SENSATION - CANDLE MASSAGE

| 50 mins 80€ | 80 mins 120€

Lay back and unwind whilst the delicately scented warm drops touch your skin and surround your whole body in a velvet textured massage which makes for a wonderfully unique sensation. Allow yourself to relax as the warm oil deeply penetrates the skin's surface, releasing its beneficial properties, and its sensuous fragrance. An outstanding experience of aromatherapy, relaxation & rejuvenation that promotes bliss, balance and well-being!

Choose between our scents collection: Seductive, Energizing, Detoxing and Relaxing.

SCANDALOUS SILKY LEGS - CELLULITE MASSAGE

| 30 mins | 50€

Your smoothest, silkiest legs ever! Alluring notes of Jasmine & Gardenia combined with sensational aromas of cinnamon captivate your senses, while a mix of carefully selected essential oils tone the body and promote elasticity. As the warm massage oil touches your skin it creates a silky smooth, velvet-like feel. Feel confident in your most attractive curves!

Retail product: Catwalk Legs Firming Gel

PRENATAL BLOSSOM

| 40 mins | 65€

This head to toe, prenatal treatment is designed for expectant mothers in their second trimester onwards. Using nourishing organic karite butter, this treatment helps to alleviate muscle tension, specifically in the lower back, whilst assisting to ease any discomfort during and after pregnancy. In addition, this luxurious gardenia body butter leaves the skin soft and supple whilst the relaxing fragrances help calm the mind.

Signature TREATMENTS

ROYAL FACE & BODY TREATMENT

| 100 mins | 150€

Pamper yourself with the earthy notes of the Island of Crete, feel the royal benefits of our rare herbs as we cover your skin with sensual aromatic Cretan products. This treatment includes the application of a rich face and body mask which contains a refreshing cocktail of organic honey bee pollen and royal jelly which contribute dramatically to the renewal, regeneration and tightening of the skin. This perfectly performed massage is made with warm Cretan pouches full of local herbs. Seduce your senses in a unique journey of relaxation that will essentially revitalize your mind, body and soul.

Retail product: Red Grape Gel mask

UNDER THE MOONLIGHT FACE & BODY TREATMENT

| 100 mins | 130€

A mesmerizing touch for your skin, a unique ritual for your senses, a mystifying journey for your soul! Sparkling white sugar crystals that gently exfoliate the skin, preparing the body for the mask's innovative formula, consisting of 24K Gold leaves and precious gemstones. This treatment aspires to offer the most luxurious and perfectly balanced anti-ageing treatment.

Retail product: Night Remodeling.

LOVE AFFAIR FOR COUPLES

| 75 mins | 110€

Fall in love! Enjoy! Have fun! This treatment pays homage to couples in love, who love to have fun at any time of the day. Allow yourselves to feel the pleasure of this special rejuvenating experience together, choosing from a variety of luxurious cool, spicy, earthy aromas, the notes that will captivate your senses.

Retail product: body butter (coconut)

SPA Packages

RELAXING PACKAGES

ROMANTIC ESCAPE

140min 180€

Jasmine & Gardenia Exfoliation

Aromatherapy Massage

Luxurious Gold body wrap

TIME FOR STIMULATION

110min 120€

Deep Tissue Massage

Head Massage

COUPLE PACKAGES

COUPLE EXPERIENCE FOR 1 DAY

170min 220€

Rose Petals Exfoliation

Candle Massage

Cashmere Touch Body Wrap

COUPLE EXPERIENCE FOR 3 DAYS

240min 325€

1st Day : Foot massage + Back, neck and Spot Massage

2nd Day : Love Affair face & body treatment for couples

3rd Day : Mocha Body Scrub + Candle Lover's Massage

REJUVENATION PACKAGE

ANTI-AGING 2 DAYS SPA PACKAGE 210min 220€

1st Day : Meli Dream + Cashmere Touch Body Wrap

2nd Day : Under the Moonlight Face and Body treatment





SPA ETIQUETTE

SPA OPERATING HOURS

Open daily from 10:00-19:00

For any enquiries or information regarding the spa, please contact our spa reception. We highly recommend that you book in advance to ensure you secure your preferred time and treatment.

APPOINTMENTS & CHECK IN

Please arrive 20 minutes prior to your treatment to complete a health consultation to ensure you do not have any contraindication for your treatment, and take time to relax in our tranquil surroundings.

PRIOR TO ARRIVAL

To experience the effectiveness and pleasure of your spa treatment, we highly recommend you that you have a light snack instead of a heavy meal before your appointment. Alcohol intake would also be of no use.

PREPARATION

We recommend that you leave all jewelry in the safe of your room. The spa will not be held responsible for valuables lost within the spa. For men – please shave prior to all facial treatments to ensure that maximum results are achieved.

WHAT TO WEAR

We will provide you with a towel and slippers to wear while visiting our Spa and you will be assigned a private locker to store your personal belongings. Our therapists will provide you with disposable undergarments if needed.

DURING YOUR STAY

The spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests. Smoking is not permitted in the spa's indoor facilities at any time. The use of video and still cameras is strictly forbidden. Out of consideration for other guests, we ask that cell phones be turned off while at the spa.

COVID-19 POLICY

Pre-booking is essential.

Upon your arrival, we will provide you a Covid health Declaration to sign. Convenient appointment check-in has been designed to support social distancing. All team members have received advanced training and certification on enhanced hygiene and sanitation standards and protocols. In addition, they all always wear face masks. Additional time will be scheduled between each guest/service, to fully sanitize and disinfect all treatment spaces. (In case you become symptomatic before your visit to our spa, please call us to postpone your reservation.)

CANCELLATION POLICY

As a courtesy to other guests and our therapists, any cancellations must be made at least 24 hours prior to appointment time. Appointments cancelled with less than 24 hours' notice will be billed 50% of the treatment cost. No shows or appointments cancelled with less than four hours' notice will be billed 100% of the treatment cost.

PREGNANCY

In case of pregnancy, please let us know in order our spa team to guide you in selecting spa treatments.

AGE REQUIREMENT

The spa is appropriate for guests 16 years and older.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after aromatherapy treatment for a minimum of 3 hours.

POWERED BY

