



SPA MENU

# The Ultimate Wellness Experience

You are at a place where **Ariadne** meets **Lucy** and together they redefine the Spa experience.

Aiming to offer its guests a nurturing wellness experience, **Lucy Spa** embraces the notion of vitality and active living with an eclectic selection of comforting spa therapies and treatments designed to soothe the senses and balance the body, mind and soul.

The Aegean Sea, the Paggiao Mountain and the Suburban Forest, three evocative parts of our beautiful Kavala, provided the inspiration for our signature treatments through the use of local treasures.

We use locally sourced ingredients, such as honey, freshly harvested oaks, sea water, red grapes, natural oils from almond, lavender, evening primrose, jasmine flowers and extracts from the region's most powerful and beneficial plants in order to enhance the entire Spa experience.

These ingredients, all bearing considerable rejuvenating properties, are used through bespoke products by **Ariadne Athens**, an exclusive luxury Greek skincare brand with sincerity at its heart.

At **Lucy Spa** discover all that is still authentic and genuine in Greece, take a deep breath, reconnect with nature and enjoy the rhythm of "slow living".





## A sense of Kavala

Indulge in the genuine earthy notes of the region of Kavala, luxuriate in the unprecedented benefits of rare herbs, relax in the velvet textures that cover your skin, as each and every step of these treatments imbue your senses in a world of opulence.

## Signature Rituals

There are certain rituals, designed with respect to the human body and soul, performed with love and affection, to provide the utmost sense of indulgement. Use the opportunity to enrich your holiday experience with traditional wellbeing practices.

### MISTY SENSATIONS

#### Total stress relief ritual

A Spa ritual that uses the properties of the beautiful oak tree which dominates the surrounding area of the Lucy hotel complex. Oak trees with their anti-oxidant properties highly effective in improving skin appearance, played a major role in Greek mythology, with nymphs Dryades who were originally the spirits of oak trees. Feel this ritual release all the tension, through a series of contrast showers followed by relishing and refreshing techniques. This treatment embodies the ideal refreshing properties of water and the calming benefits of acorn flour. The mesmerizing aromatic combination of precious frankincense and enticing patchouli, imbued in the jasmine and gardenia body scrub, conveys a sense of absolute calmness, preparing the way for a luxurious mask with acorn and lavender oil to reduce stress and improve circulation. A relaxing massage with rhythmical movements adding evening primrose extracts soften the skin, while relieves muscle aches by helping calming your body, improving your sleep and your overall well-being. At the end you can relax and enjoy a lavender and chamomile tea.

Duration: 100' | 150€

Key Elements: Contarst Showers, Body Scrub, Body Mask, Full Body & Head Relaxing Massage.

### WINE HARVEST

#### A ritual for spa connoisseurs

Inspired by the vineyards of the Pangaion Hills, this exhilarating experience of relaxation and wellness, releases and calms both, body and mind! A lush deliverance of olive kernels, red grape and rose petals indulge the skin in a soft body scrub, while proprietary antioxidants and vitamins comprised in the nutritious mask that follows. Sparkling notes of bergamot and a mask of sun-soothing yogurt and honey are applied to immerse the skin in a bath of freshness and hydration. An enveloping aromatherapy massage with a warm candle grants a total relaxation, completing this ultimate sensation. The alluring ritual ends with a refreshing glass of local wine that brings a euphoric feeling, while also stimulating your senses!

Duration: 120' | 160€

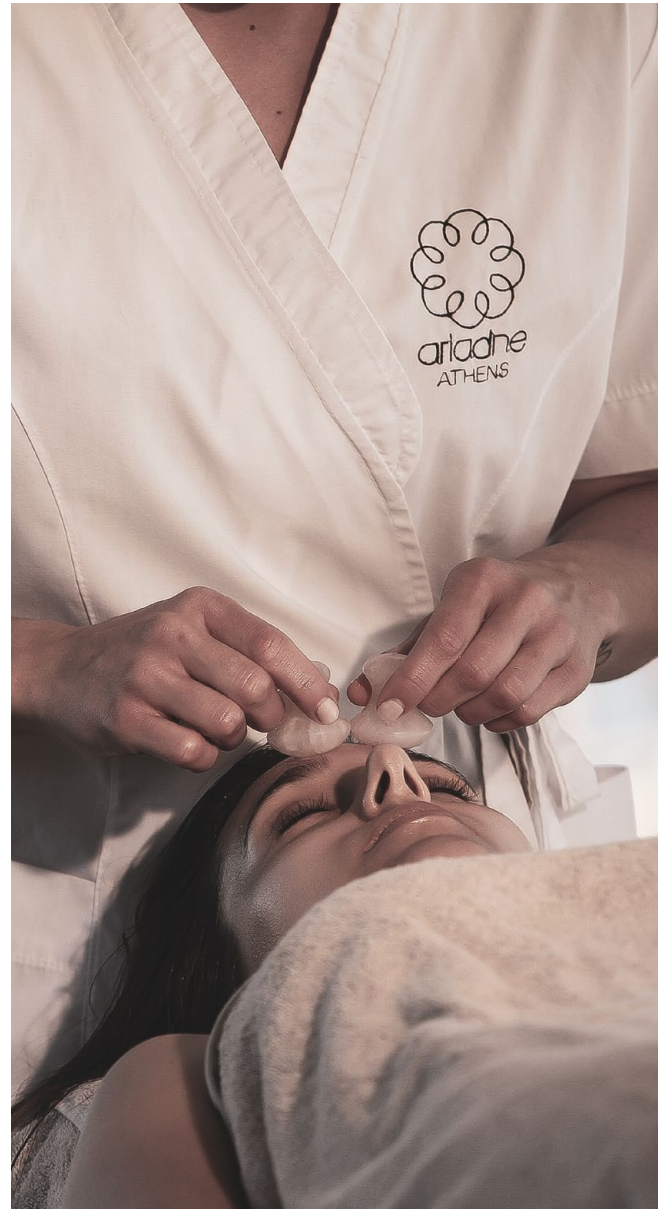
Key Elements: Sauna or Stream Room, Body Scrub, Body Mask, Candle Massage.



# Face Experiences

Inspired by the sumptuously relaxed atmosphere the majestic Aegean blue sea has to offer, these lavish facial rituals promise to indulge your skin with their velvety textures and sensual aromas, while revealing a firmer, more hydrated, supple, radiant look.

Allow yourself to enjoy the ritual that complements your individual needs best, from one of the following choices:



## RED SWAN

### Bespoke miracle skin renewal

Inspired by the undeniable charm and beauty of the swans, found in the local wildlife, this high-performance, all-in-one, personalized treatment, promises to diminish the look of fine lines and wrinkles, deeply moisturize and regenerate the skin, soothe redness and irritation, reinforce natural cellular turnover and improve overall appearance. Your face, décolletage, hands and arms are immersed in a shower of wellness through a series of fully custom-made products 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!

Duration: 60' | 80€

## LUNAR GRACE

### Luxury anti-ageing experience with crystals

The ultimate anti-ageing experience for your skin, empowered by precious gemstones! Specifically designed to target dullness, dryness, wrinkles and sagging. This treatment promises to reduce fine lines and wrinkles, support thin and fragile skin by increasing its elasticity and firmness with the use of Rose Quartz Crystals. The proprietary blend of locally hand-picked flowers of evening primrose and jasmine, repairs and rejuvenates the skin, promoting an overall youthful appearance, with a visibly firmer, tighter and more lifted look.

Duration: 60' | 80€

## MACARON BLOSSOMS

### Luminously radiant look

Guide your skin to a journey full of the delicious notes of sweet and bitter almond extracts that illuminate your skin. This glowing therapy promises a brighter, firmer and noticeably younger-looking skin. Thanks to its valuable ingredients such as almond tree flowers, clinically-proven enlightening extract of rapeseed and vitamin C, targets signs of aging, evens skin tone and texture, and stimulates collagen production for a healthy, glowing complexion!

Duration: 60' | 70€

## MELI

### Vital hydration and nutrition

A facial treatment dedicated to the richness of local flavors and aromas, such as sage, honey and other thirst-quenching elements that instantly will restore skin's hydration levels. Fine lines and wrinkles are visibly minimized, dry skin feels supple and soft, overall comfort is recovered and elasticity increases instantly.

Your skin feels and looks revitalized from within, fully hydrated and nourished.

Duration: 60' | 70€

# Massages

We have carefully designed for you a series of luxury massages, that target specific needs; The ones that challenge us every day. Choose among a wide range of specialized practices, and spoil yourself with a mythical, sensational experience of a euphoria retreat.



## COCOON & REVITALIZE YOUR SENSES

### Relaxing aromatherapy ritual

Meticulously designed, from the beginning to the end, to gradually relax each and every part of your body and completely quiet the mind, ultimately offering the most lavish and cocooning experience for all your senses. The perfectly orchestrated massage movements of this treatment will offer a unique sense of relaxation that will essentially revitalize your body.

Duration: 30' - 60' | 40€ - 75€

## DEEP TISSUE MASSAGE

### Muscle release massage

The deep tissue massage is tailor-made to target specific areas of muscle tension and soreness. A series of intensive techniques is used to increase circulation, release built-up toxins, heal and restore balance to the body and nervous system. Feel your muscles release all the tension, while the luxurious naturally-scented oils envelop your skin and exhilarate your mind.

Duration: 60' | 85€

## MELTING SENSATION

### Massage with warm candle

Indulge your senses in a mystifying massage ritual that will entice your mind, body and soul. Lay back and unwind while the heated solid waxes slowly turn into liquid oil, as the mesmerizing flame gently burns the candle. Now, 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 sophisticated massage recipient. Succumb, as the warm oil deeply penetrates the skin's surface, releasing its unique beneficial properties, and its sensuous fragrance seduces the mind. An outstanding, divine experience of aromatherapy, relaxation & rejuvenation that promotes bliss, balance and well-being!

Duration: 60' | 80€ - 140€ for couples



## Mini Rituals

Choose to delight yourself in one of the short-timed rituals that promise to satisfy your senses and indulge your skin, while allowing you to meet your busy schedule.



### MESMERISING & MYSTIFYING HEAD & HAND MASSAGE

A sensational voyage that combines the ancient wisdom of ayurvedic rituals with the lavish aromatic herbal zests of Greece. An invigorating, but absolutely relaxing head massage, lush in the aromas of calming lavender, bright rosemary, soothing tea tree wonderfully blended with delicately scented, healing laurel oil, initiates the intoxicating journey. Complemented by the sensuous blend of orange, patchouli and ylang-ylang, a pampering hand massage delivers the utmost calming effect for both your mind and body.

Duration: 45' | 50€

### FATIGUED LEGS RELIEF MASSAGE

Refreshing notes of spearmint mingle with the velvet texture of sugar crystals to slowly stimulate the blood flow and offer a cooling sensation, as the body scrub smooths away dry, flaky skin. Potent red grape blends with local herbs in a, rich in antioxidants, gel mask that nourishes and renews the skin. A pampering massage experience using the moisturising properties of coconut oil to deeply hydrate. Finally, a calming yoghurt powder mixed with the gel mask offers ultimate comfort for tired legs.

Duration: 30' | 40€

### CONFETTI RAINFALL SHOWER

A full body exfoliation treatment, fast and invigorating, with luxuriant captivating aromas of your choice. Delicate white sugar crystals softly remove dead skin cells, while promoting body circulation.

As a result, the body's skin regains its elasticity and smoothness while obtaining a velvet touch with a fresh, radiant, healthy look! At the end, the delicate scented body butter, contributes to seal-in all the moisture and nourishment.

Duration: 30' | 40€

## Spa Packages

Choose a package for you!  
We offer a wide range of  
spa packages to fulfill your  
desire to reward yourself,  
relax and enjoy.



### EXCLUSIVE DAY SPA

Let us help you escape the pressures of everyday life and transport you to your own private oasis. Choose from a selection of treatments to help relax and rejuvenate.

- / Welcome drink on arrival
- / Delicious afternoon tea
- / Sauna, Steam Room and Experience Showers
- / Access to the private gym area
- / One full body massage and one facial treatment per person
- / Ariadne Athens Goodie Bag

\*Arrival from 10am

### ONE NIGHT OPULENCE

Close your eyes, take a deep breath, exhale and let go for a while with our overnight Bed & Breakfast spa package.

- / Overnight accommodation
- / Three course dinner
- / Greek breakfast
- / Sauna, Steam Room and Experience Showers
- / Full body massage of your choice

\*Check in from 3pm - Room departure 12 noon  
(Use of the spa wet facilities including locker until 3pm)





# Spa Etiquette

## SPA ARRIVAL

We suggest you to arrive 30 minutes earlier than your appointment, mainly to allow yourself time to relax and also to complete a health questionnaire, which will help us personalize your spa visit and be ensured that we are going to give the best possible experience. If you are running late your treatment time will be shortened to ensure the next guest is not delayed.

## ADVANCED BOOKINGS

Feel free to ask for advice our specialist Spa Reception team who will guide you to the right choice. To ensure your preferred time and treatment is available, we do advise booking in advance. Our therapists are highly trained to be sensitive to your comfort and modesty at all times.

## HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries that could affect your experience when making your spa reservation.  
Heat and water facilities are not recommended for pregnant women.

## CANCELLATION POLICY

Any treatment cancelled without a minimum of 4 hour notice will incur a charge equal to 50% of the value of the treatment(s).

## RESTRICTION OF THE USE

Our Spa environment is one of relaxation and tranquility. Please respect all Spa guests' right to privacy and serenity. Considering this, the Spa is a smoke-free and mobile phone free zone (please enable silent mode on your device).

## LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles.  
Please keep all your valuables locked in your locker during your visit.



