



BATHING HOUSES
ATHENS &
THESSALONIKI

Hamмам

Self-bathing. Steam bath in the hammam area, use of soap flakes from olive oil and natural loofah.

Duration: 60' Steam bath / **Price:** 30€

Ali-Mama

Deep exfoliation with traditional ketseas, body & hair wash, muscle relaxing massage with foam from olive oil soap.

Duration 30' Steam bath & 30' Service / **Price** 55€

Hamamda

Massage with foam from olive oil soap. Deep tissue massage with a combination of pressing and stretching techniques.

Duration 30' Steam bath & 30' Service / **Price** 70€

Gommage

Coating with black soap, exfoliation with traditional ketseas and body massage with foam from olive oil soap. Scrub with sea salts and honey, clay mask for face and body. Hair mask with clay, shea butter and argan oil.

Duration 30' Steam bath & 50' Service / **Price** 120€

Levante

Massage with foam from olive oil soap. Deep tissue massage with a combination of pressing and stretching techniques. Deep exfoliation with traditional ketseas, body & hair wash. Refreshing footbath with salts.

Duration 30' Steam bath & 50' Service / **Price** 120€

Extra self-services Hammam

Savon noir

Black soap made of olive oil and olive paste. Rich in Vitamin E and antioxidants, it cleanses thoroughly, removing dead cells and leaving your skin smooth and soft. **Price 10€**

Su

A refreshing and rejuvenating footbath with Dead Sea salts, which improve the circulation and help keep body fluids in balance. **Price 5€**

Saç

Recovery hair mask from natural ingredients, such as argan oil, clay and honey, rich in vitamins and minerals, for really shiny and healthy hair. **Price 10€**

Güzel

A facial treatment that really works, using clay from the Dead Sea to detoxify and nourish the skin. **Price 10€**

Dry room Massage

Japanese head and toe massage

Japanese-style spa for the head, hands, and feet, with alternating use of hot water, steam, massage, and specialized care products. Shampooing with deep cleansing shampoo which removes pollutants and toxins from the scalp. The customized mask and hair conditioner address specific issues (dryness, dandruff, or damage from styling products). Throughout the application of the products, massage of the head, face, neck, and hands is performed for relaxation and toning. Application of a deep hydration facial protocol, using a scrub and a mask with two active ingredients, which is completed with a massage using vials with hyaluronic acid and gua-sha by Sothys. The service concludes with a revitalizing foot bath, scrub, and relaxing foot massage with a special methodology, for the relief of the feet and stimulation of circulation.

Duration: 80' / Price: 90€

Classic Massage

A head-to-toe body massage combining different intensities and techniques such as Swedish massage and deep tissue.

Duration: 30' / **Price:** 50€

Signature Massage

A holistic head-to-toe body massage combining different intensities and techniques, such as Swedish massage and deep tissue massage. It relieves your muscles of accumulated tension.

Duration: 50' / **Price:** 75€

Ancient Greek Massage®

One of the world's oldest treatments, based on the principles of and teachings of Hippocrates. An exclusive certified service and a unique experience that combines tradition with innovation! The use of powder, brush, suction cups and essential oils have excellent effects on your nervous, muscular and circulatory.

Duration 60' / **Price** 85€

Holistic Massage

A massage with almond oil in combination with mild mobilization techniques of all joints of the body, which will restore the tissues to their normal function.

Duration 80 / **Price** 100€

Aretousa

A treatment specially designed to meet all skin hydration needs, including the delicate eye area. Featuring a unique six-phase protocol, exclusive Digi-Esthétique® massage techniques, and the latest generation of hydrating active ingredients by Sothys, it immediately erases signs of fatigue and aging. Exclusive modeling porcelains provide a refreshing and revitalizing effect.

Duration 75' / **Price** 120€

Moroccan

Experience an exceptional spa treatment inspired by ancestral Oriental rites. Begin with an enzyme-based gel to prepare the body for exfoliation, followed by an exclusive massage using a scrubbing terracotta stone, inspired by traditional Oriental techniques. This unique, aromatic ritual with notes of myrrh and amber by Sothys products offers an unforgettable escape, and you can take the exfoliating stone home as a keepsake.

Duration 60' / **Price** 110€

Hanakasumi

A unique Japanese-inspired body care program featuring exfoliation with peeling gloves, a relaxing full-body massage, and specialized foot treatment using products by Sothys. A delicate and nourishing experience.

Duration 60' / **Price** 110€