

niche spa 300 BC



Inspired by ancient Greece, our aromatherapy massage treatments blend ancestral techniques with the rejuvenation of body and spirit. The ancient Greeks harnessed the power of aromatic oils extracted from local herbs and flowers, to enhance health, foster wellness, and achieve emotional harmony.

Massage therapy, combined with essential oils, alleviates physical tension and enhances blood circulation. Each essential oil embodies unique properties: lavender promotes relaxation, thyme invigorates, mint soothing comfort, sage offers calmness.

Caring for the body and skin with pure organic products, rooted in the monastic lands of the pristine soil of Mount Athos, contributes to the experience of euphoria.

Below are the options for essential oils along with their properties:

- **Thyme:** antimicrobial and antifungal, offering excellent antiseptic properties.
- **Lavender:** soothes the nervous system, with antiseptic and analgesic qualities, helps alleviate headaches and muscle aches, while promoting relaxation.
- **Sage:** energizes and provides fast relief from muscular and rheumatic pain, combats anxiety, depression, tension, and insomnia.
- **Rosemary:** calms and reduces inflammation, supporting overall wellness.
- **Lemongrass:** antiseptic, antimicrobial, and relaxing, with pain-relieving benefits.
- **Mint:** energizing and refreshing, purifies and invigorates the body.
- **Lemon:** antiseptic properties, balances the nervous system, and revitalizes the body.
- **Lemon Lime:** uplifting, purifying, and rich in antioxidants.
- **Orange:** reduces anxiety, depression, and nervousness.
- **Mandarin:** antiseptic and antispasmodic, it relaxes and tones the muscles.
- **Neroli:** quickly alleviates physical and mental fatigue, calming and uplifting for both body and mind.
- **Eucalyptus:** boosts the immune system and helps with muscular, arthritic, and rheumatic pain.
- **Geranium:** balances emotional and hormonal well-being, reduces stress.
- **Cinnamon:** restores energy, mental clarity, and helps with rheumatism.
- **Rose:** soothing and antidepressant, it helps reduce anxiety and emotional stress.
- **Tea Tree:** cleanses with antibacterial properties, promoting skin health.
- **Bergamot:** naturally enhances physical and emotional well-being.
- **Grapefruit:** improves mood, helps fight both mental and physical fatigue.



niche spa therapies

1. Aromatherapy

This therapeutic method uses essential oils derived from the rich flora of Greece, including plants, flowers, fruits, and herbs known for promoting health and well-being. Select the ideal essential oil tailored to your needs, and gift yourself a rejuvenating experience that enhances both physical and mental wellness.

Duration: 60min – 90€ | 90min – 130€

2. Deep Tissue Massage

This treatment focuses on deep massage techniques of tired muscle tissues, providing relief and reducing stress while awakening your senses. Experience profound relaxation as tension melts away, promoting overall well-being.

Duration: 60min – 110€ | 90min – 150€

3. Relaxing Massage

A soothing treatment designed to reduce stress and tension, this massage combines gentle, rhythmic movements with the beneficial properties of organic calendula or pure balsam oil, sourced from the monastic lands of Mount Athos. This unique blend enhances blood circulation, relaxes muscles, and allows you to unwind and recharge in a tranquil environment, promoting both physical and mental well-being.

Duration: 60min – 80€

4. Back and Shoulder Therapy

Ideal for relaxing and relieving tension in the muscle tissues of the back and shoulders, which are often strained from stress and poor posture. It promotes both physical and mental well-being.

Duration: 30min – 70€

5. Head and Upper Limb Therapy

This treatment alleviates tension in the head, neck, shoulders, and arms, making it ideal for those suffering from stress and headaches. Enjoy a rejuvenating moment of tranquillity while promoting both physical and mental wellness.

Duration: 45min – 95€

6. Foot Therapy

This specialized massage utilizes reflexology techniques on the feet, providing beneficial relief from body aches while creating balance within the nervous system. Experience a refreshing sensation that revitalizes your spirit.

Duration: 45min – 100€

7. Herbal Pouch Treatment

Rooted in ancient techniques, this treatment uses gentle pressure from herbal pouches filled with sage, chamomile, mountain tea, combined with essential oils to promote relaxation and toning of the muscular system. Enjoy the soothing benefits as your body rejuvenates.

Duration: 60min – 120€

8. Lower Limb Therapy

The therapist applies relaxing techniques to tired legs, improving blood circulation and promoting overall wellness. Experience a sense of euphoria and renewal as tension in your lower limbs dissipates.

Duration: 60min – 105€

9. Aromatic Candle Massage Ritual

Experience the warmth and serenity of this exclusive candle massage, where aromatic oils gently melt from the wax, infusing the body with nourishing hydration and soothing heat. The soft glow and comforting warmth of the candle creates an atmosphere of deep relaxation, while the expertly performed massage alleviates muscle tension and restores the skin's natural glow. The rich blend of essential oils further enhances the sensory journey, promoting a profound sense of inner calm and rejuvenation.

Duration: 60min – 120€



niche spa exclusive therapies

1. Ancient Hammam Ritual & Hydrotherapy Experience

Immerse yourself in a revitalizing journey that draws on the ancient hammam bathing rituals, combined with modern relaxation techniques from our expert therapists. This transformative treatment promotes detoxification and skin renewal through gentle steam and exfoliation, creating an unforgettable experience. Indulge in a luxurious foam massage with pure natural soap, accompanied by a soothing head cleanse, exfoliation with a traditional loofah glove, and deep hydration using organic body cream crafted from ingredients sourced from the monastic lands of Mount Athos. Conclude your experience with a hydrotherapy session, embracing a state of profound relaxation.

Ideal for revitalizing the skin, promoting detoxification, and enhancing mental clarity.

Duration: 90min – 150€

2. Hydrotherapy Ritual & Full-Body Massage

Begin your wellness journey immersed in the calming embrace of a relaxing pool, surrounded by the awe-inspiring remnants of ancient ruins. The gentle flow of water and soothing cascades promote deep relaxation, while the mineral-rich bath works to detoxify and renew your body. Afterward, indulge in a full-body massage, where expert hands, combined with the healing properties of aromatic essential oils and organic body care products sourced from the monastic lands of Mount Athos, relieve tension and restore vitality. This holistic treatment blends the power of water therapy with personalized massage techniques for a complete rejuvenation of body and spirit.

Ideal for those seeking total physical relaxation and stress relief.

Duration: 90min – 140€

3. Hammam Hydrotherapy & Full-Body Massage

Drawing on ancient hammam bathing rituals and combining them with modern relaxation techniques executed by our expert therapists, this treatment begins with a full-body foam massage, exfoliation with a loofah glove, and a soothing head cleanse. Through detoxification and exfoliation, the skin is rejuvenated while the body is cleansed through gentle sweating. The experience continues with a holistic full-body massage, using essential oils and pure organic body care products sourced from the monastic lands of Mount Athos. This deeply therapeutic treatment alleviates muscle tension and stress, promoting overall physical well-being.

Perfect for body detoxification, deep relaxation, and skin rejuvenation.

Duration: 120min – 170€

4. niche spa experience

The ultimate wellness journey, this signature experience seamlessly blends traditional hammam hydrotherapy with both modern and ancient relaxation techniques performed by our therapists. Following this, is a soothing session in a relaxing pool, where the cascading water promotes deep bodily relaxation. Complete your journey with a holistic full-body massage, delivered by expert hands, using essential oils and pure, organic body care products sourced from the monastic lands of Mount Athos. The niche spa experience ensures a truly unique and unforgettable revitalization, all in a serene environment surrounded by remarkable ancient ruins.

Ideal for those seeking a transformative experience of relaxation and rejuvenation in an extraordinary setting.

Duration: 2h & 30min – 210€

additional therapies

Hammam Experience (Without Therapist)

Unwind in the deeply warming ambiance of the hammam. Feel the revitalizing embrace of the water at your preferred temperature, leaving you refreshed and rejuvenated.

Duration: 30min – 50€

Hammam with Wellness Products (Without Therapist)

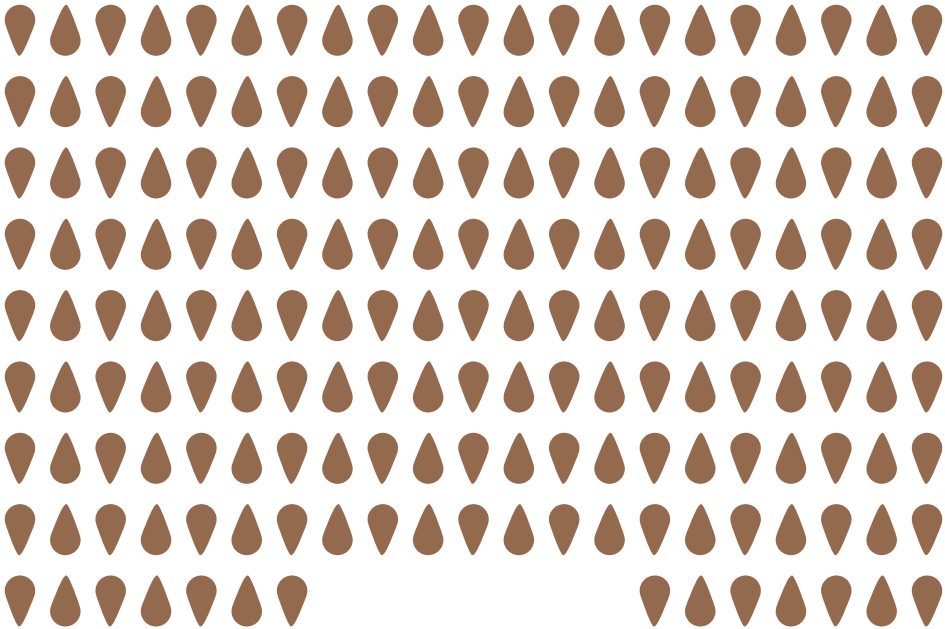
Indulge in a unique relaxation experience in the warm, calming atmosphere of the hammam. Enjoy a self-guided foaming massage with pure soap and exfoliation with a premium loofah glove.

Duration: 45 min – 70€

Hydromassage

Immerse yourself in the therapeutic power of water in an extraordinary setting surrounded by ancient artifacts. Enjoy the gentle hydromassage and the soothing waterfall as it cascades over your body.

Duration: 30 min – 50€



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