

niche spa 300 BC



Welcome to a sanctuary where ancient heritage meets modern wellbeing.

Set within a truly unique environment surrounded by authentic ruins dating back to 300 BC, our spa offers more than treatments; it offers an immersive journey through history, water, and the healing power of touch.

Each ritual is thoughtfully designed to restore balance, release tension, and renew both body and mind through therapeutic massage, traditional hammam experiences, and hydrotherapies enhanced with premium essential oils and natural ingredients from the monastic lands of Mount Athos.

Discover a curated collection of treatments created to elevate your wellbeing and transform relaxation into a meaningful experience.

niche spa facilities

Hydromassage & Hammam/Loutro Experience

Unwind and recharge in our serene wellness spaces surrounded by ancient artifacts. Enjoy exclusive access to our relaxing pool, designed to soothe both body and mind as the waterfall cascades over your body. Step into timeless tradition with our warming ambiance of the hammam, where gentle steam and warm marbles revive the senses and promote deep relaxation. Ideal for guests seeking quiet rejuvenation in a peaceful, authentic setting.

Duration: 45' - 60€

niche spa massages

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 combination, tailored to your needs, and gift yourself a rejuvenating experience that enhances both physical and mental wellness.

For a complete overview of all essential oils and their properties, please refer to the last page of this catalogue.

Duration: 60min – 90€ | 90min – 130€

2. Deep Tissue Massage

This treatment focuses on deep massage techniques targeting tired muscles and built-up tension, 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 oils, sourced from the monastic lands of Mount Athos. These unique blends enhance blood circulation, relax muscles, and allow you to unwind and recharge in a tranquil environment, promoting both physical and mental well-being.

Duration: 60min – 80€ | 90min – 120€

4. Pregnancy Massage

A deeply nurturing and specialized treatment designed to support the mother-to-be from the second trimester onward. Performed with the utmost care by trained therapists, this ritual promotes improved circulation, helps reduce swelling, and eases muscular discomfort, while encouraging deep relaxation and emotional balance. Carefully adapted positioning ensures complete comfort and safety for both mother and baby throughout the treatment.

Duration: 60min – 80€

5. Children's Massage

A gentle and comforting massage experience thoughtfully designed for our younger guests up to 16 years of age. Using soft, rhythmic movements, this treatment helps children relax, release built-up tension, and feel safe in a calm and nurturing environment. This treatment encourages healthy circulation, supports body awareness, and promotes emotional balance, while also helping reduce restlessness and improve sleep quality. This soothing ritual offers a beautiful introduction to wellness, fostering relaxation, confidence, and a sense of inner calm.

Duration: 45min – 60€

6. 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 – 60€

7. Full Head & Neck Massage

This treatment alleviates tension in the head, shoulders & neck, making it ideal for guests experiencing stress, headaches and migraines. Enjoy a rejuvenating moment of tranquility while promoting both physical and mental wellness.

Duration: 30min – 60€

8. Lower Limb & Foot Therapy

The therapist applies relaxing techniques to tired legs and reflexology techniques on the feet, improving blood circulation and promoting overall wellness while restoring a sense of balance and lightness throughout the body. Experience a sense of euphoria and renewal as tension in your lower limbs dissipates.

Duration: 60min – 90€

niche spa premium rituals

1. Herbal Pouch Massage Ritual

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€

2. 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€

3. Tailored Bodywork Ritual

Experience a fully personalized massage designed to meet your unique physical and emotional needs. Each treatment is thoughtfully curated to reflect your individual needs, preferences, and wellness goals, blending refined techniques with the therapist's exceptional expertise, intuition, and artistry. This exclusive experience goes beyond traditional massage, offering a personalized ritual of renewal that enhances vitality, promotes inner harmony, and elevates your overall well-being. Every treatment is a bespoke escape, crafted to leave you feeling rejuvenated, nurtured, and completely restored.

Duration: 60min – 130€

4. Hammam Ritual – Warm Marble Glow

Experience the grounding warmth of traditional Hammam care with our Warm Marble Glow ritual. Begin by relaxing alone on warm marble surfaces, allowing your body to purify. A traditional kessa glove exfoliation follows, sloughing off dead skin and revealing your natural glow. Drift into deep relaxation with a full-body foam massage, and complete the ritual with a nourishing hair cleanse, leaving you renewed from head to toe.

Duration: 60min – 90€

5. Hammam Ritual – Sacred Earth Ritual

Rooted in ancient traditions, the Sacred Earth Ritual begins with quiet time on warm marbles to ground the body and awaken the senses. A mineral-rich sea salt exfoliation smooths the skin, followed by a calming aloe gel body mask that softens and nourishes. Once removed, the skin is gently washed with a linen hammam towel soaked in silky foam. The ritual continues with a hair cleanse and concludes with a sacred final touch of warm body oil infused with myrrh, leaving you deeply restored and spiritually uplifted.

Duration: 90min – 140€

niche spa exclusive therapies

1. Hydrotherapy Experience & Ancient Hammam Ritual

Start your experience with a hydrotherapy treatment, embracing a state of profound relaxation. 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 with a traditional kessa glove, creating an unforgettable experience. Indulge in a luxurious foam massage with pure natural soap, accompanied by a soothing head cleanse, and deep hydration using organic body cream crafted from ingredients sourced from the monastic lands of Mount Athos. 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. Afterwards, 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€

Upgrade with the Aromatic Candle Ritual or the Herbal Pouch Ritual +30€

3. Ancient Hammam Ritual & Full-Body Massage

Drawing on ancient hammam/loutro bathing rituals and combining them with modern relaxation techniques executed by our expert therapists. This treatment begins with an exfoliation with a traditional kessa glove, a full-body foam massage 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€

Upgrade with the Aromatic Candle Ritual or the Herbal Pouch Ritual +30€

4. Niche spa experience

This signature experience, starting with a soothing treatment in a relaxing pool, where the cascading water promotes deep bodily relaxation. The signature experience continues with blends of traditional hammam techniques with both modern and ancient relaxation methods performed by our expert therapists. Complete your journey with a holistic full-body massage elevated by our signature Aromatic Candle ritual, where warm, aromatic oils blend with expert hands to restore balance, deeply nourish the skin, and awaken total serenity. 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 – 230€

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 carries unique properties that support overall wellbeing, while pure organic products sourced from the monastic lands of Mount Athos elevate the experience into a journey of deep renewal and serenity.

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

- **Relaxing & Emotional Balance**

Lavender: soothes the nervous system, promotes deep relaxation, alleviates headaches and muscle tension.

Rose: calming and antidepressant, reduces anxiety and emotional stress.

Neroli: relieves physical and mental fatigue, uplifts mood and restores inner balance.

Jasmine: deeply relaxing, enhances emotional harmony, promotes confidence and a sense of inner peace.

Bergamot: naturally enhances emotional wellbeing and reduces stress.

- **Energizing & Revitalizing**

Rosemary: reduces inflammation, supports circulation and overall vitality.

Orange: reduces anxiety and nervousness while restoring positive energy.

Grapefruit: improves mood and fights mental & physical fatigue.

Cinnamon: restores energy, mental clarity and supports circulation.

- **Therapeutic & Restorative**

Sage: relieves muscular pain, reduces tension and supports respiratory balance.

Eucalyptus: boosts the immune system and supports relief from muscular and rheumatic pain.

Lemongrass: antiseptic and antimicrobial, relaxing with natural pain-relieving properties.

- **Purifying & Skin Care**

Mint: energizing and refreshing, purifies and invigorates the body.

Lemon: antiseptic properties, balances the nervous system and revitalizes the skin.

Geranium: balances emotional and hormonal wellbeing, reduces stress and supports skin health.



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