

essâra

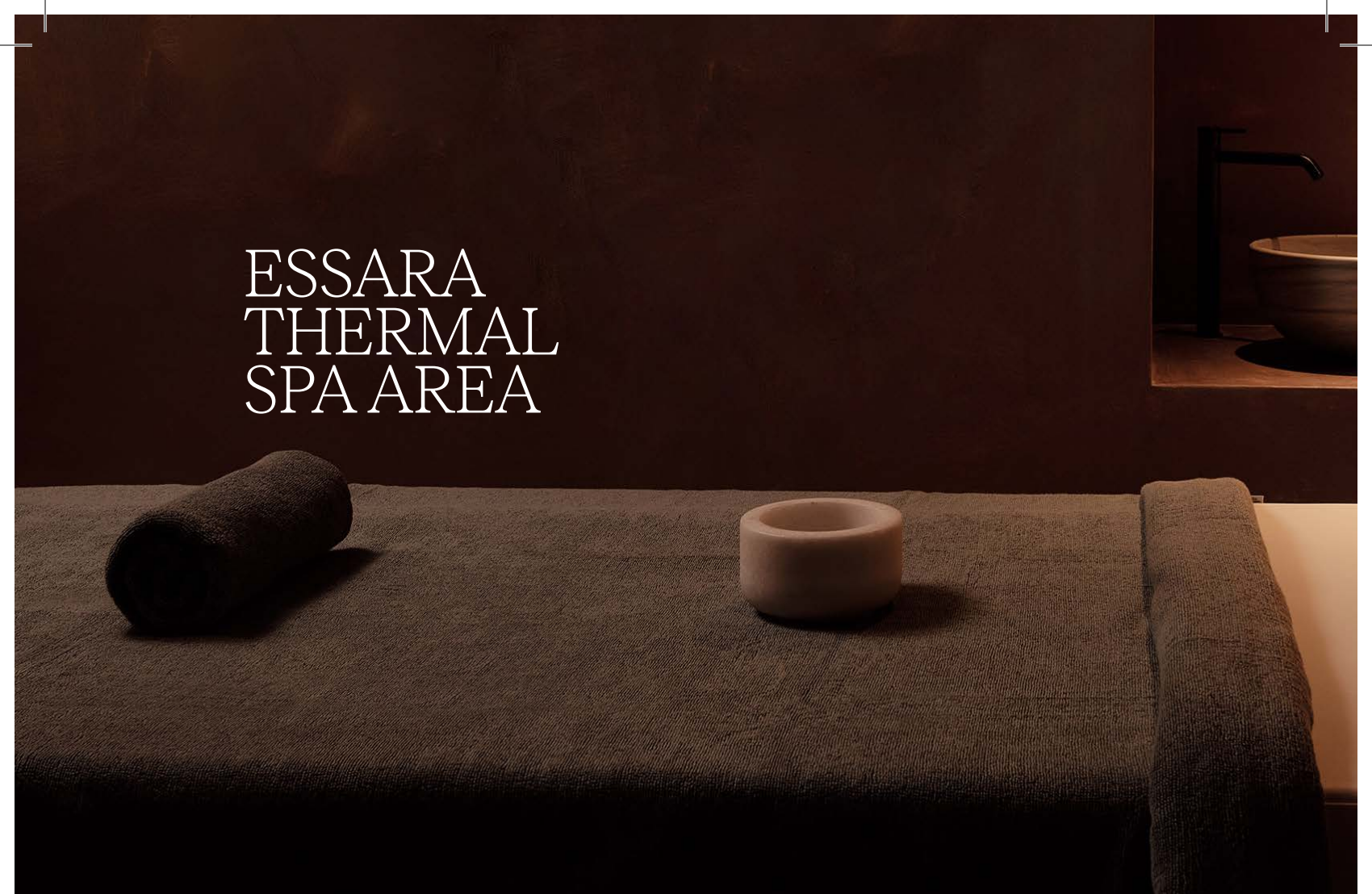
SPA SUITE

Essara Spa Suite is an intimate wellness sanctuary inspired by the meeting point of vineyard, land and sea.

Rooted in the natural rhythm of Paros, our rituals celebrate the art of slowing down. Warmth, water, touch and botanical ingredients come together in experiences designed to restore balance, deepen connection and create lasting moments of wellbeing.

Developed in partnership with Ariadne Athens, a luxury Greek skincare house inspired by the richness of Mediterranean botanicals and the timeless wisdom of nature. Each experience combines advanced natural skincare, restorative touch and authentic Greek hospitality to nurture body, mind and senses.

Whether enjoyed alone or shared within the privacy of our signature Spa Suite, every experience invites you to reconnect with what matters most: presence, connection and the beauty of the moment.



ESSARA THERMAL SPA AREA

ENHANCE YOUR WELLNESS EXPERIENCE WITH THERMAL FACILITIES

Designed to complement and elevate the benefits of your treatment, the Essara Spa Suite offers a private space where warmth, water and stillness come together to prepare the body and deepen relaxation.

Featuring a Steam Bath & Hammam, Dry Sauna and Private Jacuzzi, this intimate wellness environment helps release tension, support circulation and encourage a greater sense of balance and wellbeing before or after your chosen treatment.

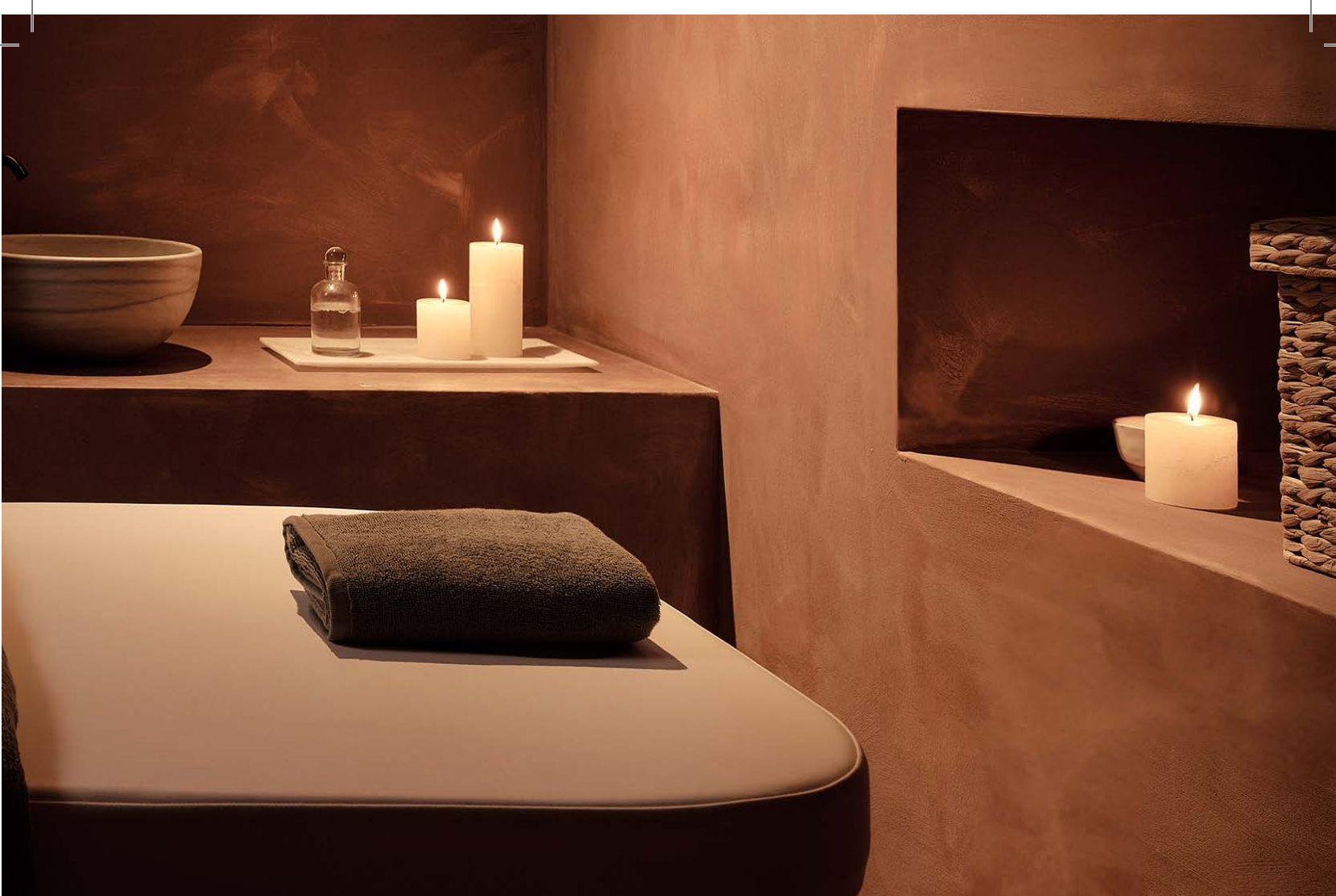
SPA SUITE ACCESS

60 minutes | €60 per person

Available as an add-on to any spa treatment.

30 minutes | €30 per person

*Advance reservation is required and subject to availability.



ESSARA COUPLE WELLNESS EXPERIENCE

For couples seeking deeper relaxation and complete privacy, the Essara Spa Suite may be reserved exclusively for private use. Enjoy unrestricted access to the suite's wellness facilities while immersing yourselves in a personalised wellness journey. The experience includes a 60-minute Aromatherapy Massage and exclusive use of the Hammam Steam Bath, Dry Sauna and Private Jacuzzi, creating the perfect setting for relaxation, connection and wellbeing.

PRIVATE COUPLE WELLNESS EXPERIENCE

2 Hours | €360 per couple

3 Hours | €460 per couple

*Advance reservation is required and subject to availability.



Secure your visit at the
Essara thermal spa area by
booking in advance here:



RITUAL JOURNEYS

ONE MILLION NIGHTS LUXURY VELVET RITUAL

An indulgent ritual inspired by the beauty of slow moments and timeless elegance. The experience begins with the One Million Nights body scrub to gently polish and prepare the skin, followed by the nourishing embrace of the Serifos Precious Stones 24K Gold Body Mask.

A bespoke face and body massage follows, combining the soothing energy of Rose Quartz crystals with the precious One Million Nights body oil. Rich botanical textures and delicate notes of iris envelop the senses, while the final application of luxurious body butter leaves the skin velvety soft, radiant and beautifully scented.

For an even deeper experience, this ritual may be extended with the One Million Nights Precious Warm Candle Massage.

Key Elements: Welcome Touch · Body Scrub · 24K Gold Body Mask · Mini Facial · Bespoke Face & Body Massage · Final Body Nourishment

90 min | €160

120 min | €200

OROSEA WINE HARVEST

Inspired by the timeless tradition of the harvest and the beauty of Mediterranean vineyards, this immersive body ritual invites both body and mind into a state of deep relaxation and indulgence.

The experience begins with a luxurious exfoliation of olive kernels and rose petals, gently renewing the skin and preparing it for a nourishing antioxidant-rich body mask. Sparkling notes of white bergamot awaken the senses, while a soothing blend of yogurt and honey restores softness, hydration and comfort.

A flowing full-body massage with warm sesame oil follows, easing tension and grounding the body through slow, nurturing movements. The ritual concludes with the application of a red grape body lotion, leaving the skin silky smooth, and delicately scented.

Key Elements: Welcome Touch · Olive & Rose Body Exfoliation · Antioxidant Body Mask · Warm Sesame Oil Massage · Red Grape Body Lotion · Glass of Wine

90 min | €180

DELOS SIGNATURE REVIVAL RITUAL

Inspired by ancient Greek wellness traditions, this restorative ritual awakens the body and restores natural balance. Invigorating dry brushing stimulates circulation and renews the skin, followed by a deeply relaxing full-body massage with Délos Oil to release tension and promote wellbeing.

The experience concludes with a soothing scalp massage and gentle hair brushing, leaving the body refreshed, radiant and beautifully restored.

Key elements: Welcome touch, Dry-brushing exfoliation, Anti-stress full body massage, Final shimmering body oil

90 min | €160

*Enhance Your Experience with Essara Thermal Spa Access (Steam Bath, Sauna & Jacuzzi)
30 min | €30 per person

A close-up photograph of a man and a woman wrapped in white towels. The man, on the left, has a beard and is looking down. The woman, on the right, is looking towards the camera and has her hand resting on the man's arm. She is wearing a ring and a hoop earring. The text 'COUPLE'S EXPERIENCES' is overlaid on the right side of the image.

COUPLE'S EXPERIENCES

RIVIERA ESCAPE FOR TWO

Created for couples seeking relaxation, reconnection and shared wellbeing, Riviera Escape is a sensorial journey designed to calm the mind and restore the body. The experience begins with a gentle full-body exfoliation that smooths and revitalises the skin, preparing it for the soothing touch that follows

A flowing face and body massage unfolds with aromatic botanical oils, releasing tension and encouraging a profound sense of ease. Gentle pressure applied to the feet helps restore balance, while nurturing facial techniques leave the skin refreshed, radiant and naturally glowing. A shared moment of relaxation that leaves both body and mind feeling lighter, calmer and beautifully renewed.

Key Elements: Welcome Touch · Full Body Scrub · Face & Body Massage · Feet Pressure Points · Final Skincare

80 min | €140 per person

LOVE AFFAIR

Spend time together and enjoy the truly unique experience of sharing time with your other half, as you both receive a pampering ritual perfect for couples. Take pleasure in a uniquely captivating experience of chocolate flavors, which combines the invigorating notes of mocha in a fine sugar crystal body scrub. Then, lay back and unwind while the heated solid waxes of candle massage slowly turn into liquid oil, as the mesmerizing flame gently burns the candle. 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 demanding massage recipient.

Key Elements: Body Scrub, Body Mask, Candle Massage, Final Body Cream.

90 min | €160 per person

*Complete your journey with the Essara Private Couple Experience, an intimate wellness escape featuring exclusive access to the Hammam Steam Bath, Dry Sauna and Private Jacuzzi.

60 min | €150 per couple

FACIAL
TREATMENTS

MELI

A deeply nourishing facial inspired by one of Greece's most treasured natural ingredients. Rich in vitamins, minerals and restorative properties, honey helps replenish moisture, comfort dehydrated skin and restore natural radiance

This gentle ritual combines a luxurious honey-infused mask with nourishing apricot oil and relaxing facial massage techniques to soften, hydrate and revive the complexion. Skin feels smooth, supple and beautifully refreshed, revealing a healthy glow and lasting comfort.

Key Elements: Welcome Touch · Cleansing Ritual · Honey Face Mask · Face Massage · Final Skincare

60 min | €110

ANAPLASIS

A restorative facial ritual designed to revive tired, stressed and depleted skin while supporting its natural renewal process. Combining powerful botanical actives with expert facial techniques, this treatment helps restore balance, hydration and vitality, revealing a complexion that appears smoother, brighter and visibly refreshed.

At the heart of the experience lies Alkanna Tinctoria, a precious botanical ingredient celebrated for its skin-restoring properties. Together with deeply nourishing formulations and relaxing massage movements, it helps improve elasticity, comfort and luminosity, leaving the skin renewed and naturally radiant.

Key Elements: Welcome Touch · Deep Cleansing Ritual · Regenerative Face Mask · Face Massage · Final Skincare

60 min | €130

NEMA

An advanced facial sculpting ritual designed to visibly lift, firm and redefine facial contours while enhancing the skin's natural vitality. Combining innovative skincare with expert manual techniques, this transformative treatment helps improve elasticity, restore hydration and reveal a smoother, more refined complexion.

Targeting the cheeks, eye area, neck and décolleté, specialised lifting movements work to release tension and support facial architecture, while powerful botanical actives help improve firmness and radiance. The result is skin that appears visibly lifted, refreshed and beautifully revitalised, with both immediate and long-lasting benefits.

Key Elements: Welcome Touch · Sculpting Face Massage · Targeted Lifting Techniques · Firming Mask · Final Skincare

70 min | €150

SOUTH MY SOUL

A restorative body ritual designed to smooth, nourish and revive the skin while inviting the body into a state of deep relaxation. A luxurious full-body exfoliation with fine sugar crystals gently removes dull surface cells, enhances radiance and prepares the skin to fully absorb the benefits of the wrap that follows.

Choose from three indulgent combinations, each inspired by the natural beauty and botanical richness of the Mediterranean:

Secret Paradise: Wild Cyclamen Scrub · Yoghurt, Aloe & Melon Wrap

White Rose Petals: Jasmine & Gardenia Scrub · Serifos 24K Gold Wrap

Vanilla Mocha: Mocha Scrub · Honey & Olive Oil Wrap

Key Elements: Welcome Touch · Full Body Exfoliation · Nourishing Body Wrap · Final Body Care

60 min | €100

AFTER THE SUN

A soothing face and body ritual designed to comfort sun-exposed skin and restore its natural balance after a day under the Mediterranean sun.

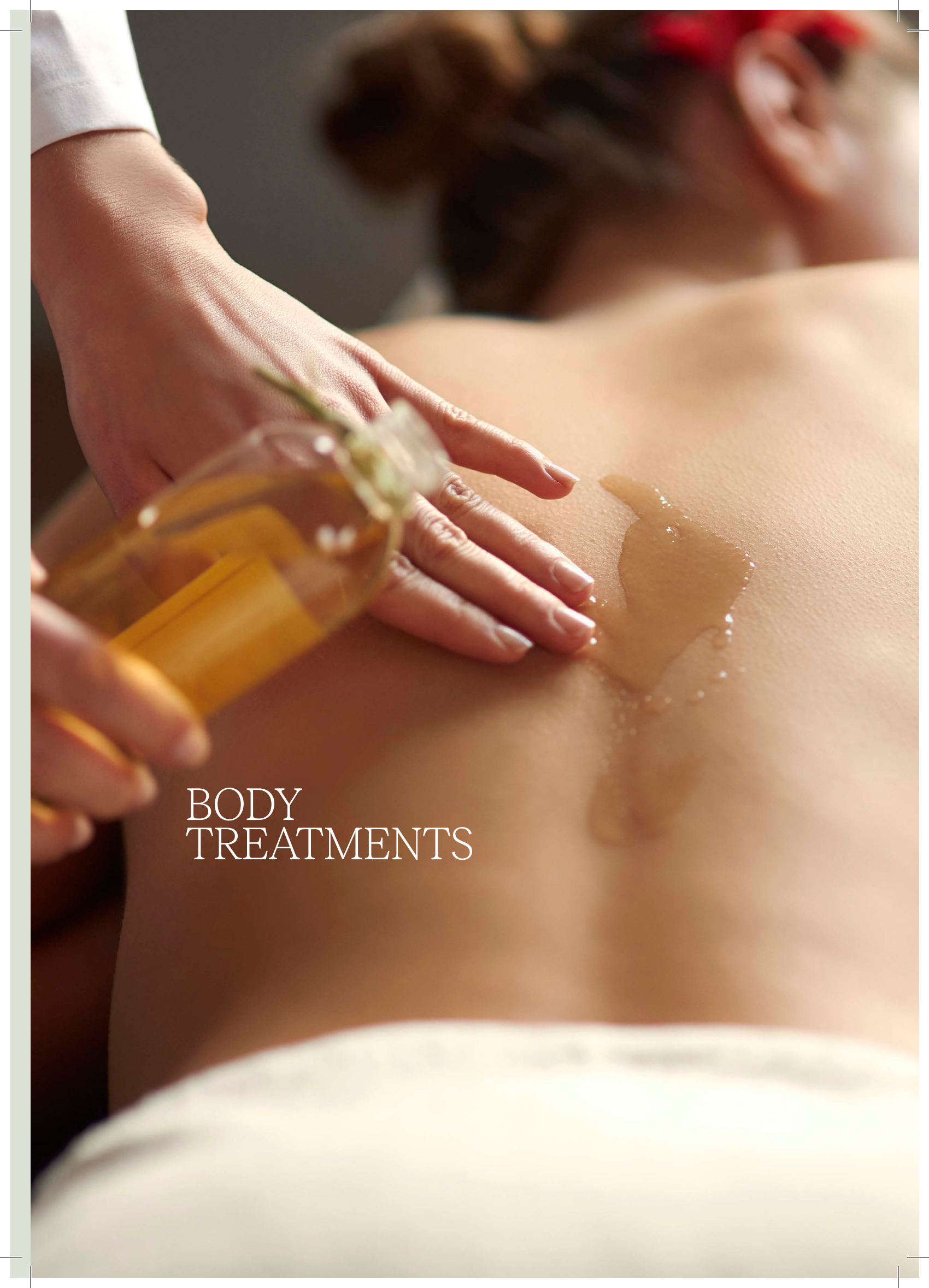
The treatment begins with a refreshing facial application combining the calming properties of sea water and yogurt to replenish moisture and relieve sensations of heat and dryness.

A cooling mask enriched with pomegranate and pure aloe vera follows, helping to restore hydration, comfort and softness while supporting the skin's natural recovery process.

A gentle neck and scalp massage completes the experience, easing tension and inviting a deep sense of relaxation. Skin feels refreshed, nourished and beautifully soothed, while body and mind embrace a lasting feeling of wellbeing.

Key Elements: Restorative Facial Treatment · Cooling Face & Body Mask · Nourishing Body Lotion · Neck & Scalp Massage

70 min | €120

A close-up, warm-toned photograph of a person's bare back. A hand is pouring a golden-yellow oil from a clear glass bottle onto the skin. Another hand is placed on the upper back, near the shoulder blades. The background is softly blurred, showing the back of a person's head with dark hair and a red flower accessory. The overall mood is relaxing and therapeutic.

BODY TREATMENTS



MASSAGE
JOURNEYS

PHYSIS AROMATHERAPY MASSAGE

A personalised massage ritual inspired by the botanical richness of the Mediterranean. Following a brief consultation, a bespoke aromatic blend is selected to complement your individual needs, creating a deeply restorative experience for body and mind. Flowing massage movements, combined with the therapeutic benefits of carefully chosen essential oils, help release tension, calm the nervous system and restore a sense of balance and wellbeing. A sensory journey that invites you to slow down, reconnect and return to your natural state of harmony.

Key Elements: Personalised Aromatherapy Blend · Full-Body Massage

60 min | €110

90 min | €140

MEDITERRANEAN CANDLE MASSAGE

A deeply comforting massage ritual designed to soothe the body and nourish the skin through the gentle warmth of a luxurious aromatic candle. As the candle transforms into a silky botanical oil, flowing massage movements release muscular tension and invite a profound sense of relaxation. Rich natural ingredients envelop the skin in lasting hydration, restoring softness, suppleness and a radiant glow. A sensory experience inspired by the warmth and tranquillity of the Mediterranean, leaving body and mind relaxed, balanced and renewed.

Key Elements: Warm Candle Oil Massage

60 min | €120

90 min | €150

DEEP TISSUE MASSAGE

A targeted therapeutic massage designed to release chronic muscular tension, restore mobility and support physical recovery. Using slow, focused techniques and deeper pressure, the treatment works on areas of persistent tightness and discomfort, helping to ease muscular fatigue and improve overall movement. Ideal for active individuals, travellers and anyone experiencing tension from daily stress or physical exertion, this restorative massage leaves the body feeling lighter, stronger and more balanced.

Key Elements: Deep Pressure Techniques · Full-Body Therapeutic Massage

60 min | €130

90 min | €160

*Enhance your experience with essara thermal spa access (Steam bath, sauna & jacuzzi)
30 min | €30 per person

HEAD, NECK & BACK MASSAGE

A focused massage ritual designed to relieve tension where stress is most commonly held. Concentrating on the back, neck, shoulders and scalp, this treatment helps ease muscular tightness, calm the mind and restore a sense of lightness and wellbeing.

Aromatic oils and targeted massage techniques work together to release accumulated tension, improve comfort and encourage deep relaxation, making it the perfect escape for busy minds and tired bodies.

Key Elements: Back Neck & Shoulder Release · Scalp Massage

40 min | €90

ENHANCE YOUR EXPERIENCE - ADD-ONS

Personalised add-on rituals designed to complement and elevate your treatment.

Fast glow facial — Express facial for instant radiance. 30 min | €50

South my Soul body scrub — Gentle exfoliation for smooth skin 20 min | €30

Head & neck massage — Focused relief for tension-prone areas 20 min | €30

Hand & foot massage — Nourishing and relaxing touch ritual. 20 min | €30

*Prices are per person.

*Add-on rituals may be combined with any treatment but cannot be booked separately.

DAY SPA JOURNEY

from €320 to €230

A complete sensory escape — from skin to soul.

- South my Soul – Scrub & Wrap | 60 min
- Physis Aromatherapy Massage | 60 min
- Meli – Hydration & Nutrition | 60 min

TWO-DAY SPA JOURNEY

from € 460 to €350

Two days of uninterrupted care — for the body and the senses.

- South my Soul – Scrub & Wrap | 60 min
- Physis Aromatherapy Massage | 60 min
- Anaplasia – Skin Miracle Rebirth | 60 min
- Mediterranean Candle Massage | 60 min



RESERVE YOUR RITUAL

Scan to book or contact reception.



Operation hours

Monday to Sunday: 10:00-19:00

SPA ETIQUETTE

- Wellness treatments are available for individuals aged 14 and above.
- All guests are required to complete and sign a health and lifestyle questionnaire upon arrival, prior to their treatment.
- To secure your preferred appointment time, we strongly recommend booking in advance.
- Full payment in advance is required to confirm your reservation.
- A 12-hour cancellation notice is kindly requested for all bookings and services. For last-minute cancellations, a fee of 50% of the treatment cost will be charged.
- During your treatment, please inform your therapist if you feel uncomfortable, too warm or cold, or if the pressure is not to your liking. Your comfort and well-being are our top priority.
- If you have a specific injury or physical condition, please inform your therapist. They will be happy to make appropriate adjustments to enhance your experience.

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