

ela

# Philosophy of Renewal

Each day is an invitation to reconnect with yourself and the natural rhythm of the Aegean.

Well-being is a personal journey—one that unfolds uniquely for each individual. At the core of our approach lies a deep belief in the transformative power of authentic wellness experiences. We blend holistic rituals with advanced therapies, inspired by the island's serene energy, to cultivate true harmony.

Our philosophy is simple: wellness is not a destination but a continuous flow—embracing change, finding balance, and awakening to a renewed sense of self

# Signature Treatments

Pamper yourself in a series of carefully designed rituals that carry the seal of excellence the Ariadne Athens has to offer. Choose among a wide range of outstanding treatments which emphasize on the uniqueness of a deluxe, natural, and pampering practice.

# Wine Harvest Ritual

*80 minutes / € 145*

Inspired by the vineyards of Tinos Island, 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 are 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 aroma-therapy massage with a warm candle grants total relaxation, completing this ultimate sensation. The alluring ritual ends with a refreshing glass of wine that brings a euphoric feeling, while also stimulating your senses.

*Key Elements:*

*Welcome Touch, Body Scrub, Body Mask, Candle Massage, Glass of Wine*

# Delos Pearls Body Experience

*75 minutes / € 135*

Steal some of the glow of the brightest Greek island, Delos. The ancient greek, natural exfoliation technique, performed by a brush made from horse hair, will tone and cleanse the skin, preparing it for the next steps. The relaxing anti stress massage that follows, using the luxurious Delos Shimmering Pearls body oil, will discharge any tension your body has retained. The ritual ends with the application of the rich in antioxidants, Delos Shimmering Pearls body lotion.

*Key Elements:*

*Welcome Touch, Brush Exfoliation, Anti-Stress Massage, Head Massage,  
Final Shimmering Pearls body lotion.*

# Wellness Treatments

Dive deeper into self-discovery  
and expression with our exclusive  
retreat treatments,  
designed to enhance inner stillness,  
balance and creative energy.

## Greek Touch Deep Tissue

*50 minutes / € 90 – 80 minutes / € 135*

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. Warm Dittany crocus oil enhances muscle tension release, while deeply nourishes the skin.

## Physis Aroma Massage

*50 minutes / € 90 – 80 minutes / € 135*

Physis-Greek nature has gifted us with natural elements such as herbs, seeds and spices that are rich in vitamins, antioxidants and soothing properties. A selection of oils featured by these herbs and seeds are designed to cover every individual need. Let us help you choose the ideal one for you and allow yourself to travel in the greek fields, on a summer's day. Unwind and de-stress with this aromatic bespoke treatment. This harmonizing experience is a simple and effective way to let go of tensions, improve health, balance emotions, increase calmness and relaxation.

## Melting Sensation Candle Massage

*50 minutes / € 95 – 80 minutes / € 140*

Indulge your senses in a mystifying massage ritual that will entice your body and mind. Lay back and unwind while the heated solid waxes slowly turn into liquid oil, releasing their intoxicating aromas. 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. Succumb, as the warm oil deeply penetrates the skin's surface, releasing its unique beneficial properties, and its sensuous fragrance seduces the mind.

# Lymphatic Detox

*50 minutes / € 90*

A soothing treatment using gentle, rhythmic strokes and light pressure to stimulate lymph flow and support natural detoxification. Focusing on the legs, stomach, and face, this therapy helps reduce bloating, improve circulation, and promote overall wellness. Ideal for those seeking a natural, revitalizing cleanse.

# Crystal Wand Foot Reflexology

*30 minutes / € 55*

Stimulating foot reflexology to bring the body into balance. Acupressure combined with the powerful healing properties of crystal to instill a sense of inner balance.

# Back, Neck and Shoulder Release

*30 minutes / € 55*

A deeply relaxing therapy designed to relieve tension in the back, neck, and shoulders. This targeted treatment eases muscle tightness, melts away stress, and restores a sense of balance—leaving you feeling refreshed and revitalized. Perfect for those who carry stress in these key areas.

# Creative Canvas

Nourishing facials to make  
you glow inside and out.

# ZOE

## Anti-Oxidant Protection & Ultimate Prevention

*50 minutes / € 110*

Guide your skin to a journey full of the sparkling notes of Kumquat and fresh fruit that energize your skin. A facial mask, highly concentrated in antioxidants, formulated with a proprietary multi-vitamin complex, prevents your skin from signs of premature ageing, caused by sun exposure or any other environmental stressors, while rejuvenating dull looking skin. Instantly regain a nourished, glowing look while enjoying a healthy, radiant appearance.

# MELI

## Vital hydration and nutrition

*50 minutes / € 110*

A highly rejuvenating and ultimately hydrating experience dedicated to the richness of local flavors and aromas, such as sage, honey and other nourishing elements that instantly restore your skin's hydration levels. Feel your skin soft and supple with an immediately healthy and radiant appearance. Allow yourself to experience the soothing effect of rosewater intertwining with the thirst-quenching aromas of lime, while your skin indulges in the unique moisturizing benefits of our precious honey mask. Soothing apricot oil envelops skin with anti-ageing benefits, while the final skincare routine ensures that the moisturizing aspects are maintained thereafter.

## RHODON

### Luxury Anti-aging face treatment with crystals

*80 minutes / € 130*

The ultimate anti-ageing experience for your skin, empowered by precious gemstones for a totally glass skin effect. Specifically designed to target dullness, dryness, wrinkles and sagging, this treatment promises to reduce fine lines and wrinkles, support thin, fragile skin and increase its elasticity and firmness. Serifos mask with a velvet feel, rich in Aquamarine and Moonstone extracts offers instant repair, elasticity and a fresh, renewed look. The mask that follows, rich in flavonoids and vitamin C, enhances microcirculation and protects the skin from free radicals. Rose Quartz Crystals contribute to the specially designed facial massage, focusing on minimizing fine lines and wrinkles.

## ANAPLISIS

### Deeply Hydrates & Regenerates

*80 minutes / € 125*

A high-performance, all-in-one, innovative treatment that promises to diminish the look of fine lines and wrinkles, deeply moisturize and regenerate the skin, reinforce natural cellular turnover and improve overall appearance. Our star product, Skin Rebirth Miracle Skin Reinventing gel, infused with the remarkable healing effects of alkanna tinctoria root and its multiple anti-ageing, anti-oxidant and anti-inflammatory properties, promises to soothe, heal and regenerate your complexion. Your skin is recharged. Your skin is reformed. Your skin is reborn.

## LED LIGHT THERAPY

*20 minutes / € 40*

This treatment simultaneously uses red and blue LED light to eliminate under-eye wrinkles and fine lines whilst eliminating acne-causing bacteria and improving tone for youthful-looking skin.

*Add to any of the above facials*

# Radiantly Alive

Your body is a temple  
and at Ela Tinos Spa  
we treat it like one.

# NYMPH OF TINOS

## Multivitamin Face & Body treatment

*120 minutes / € 175*

The absolute multi-vitamin treatment for your skin. The most proprietary anti-oxidants, vitamins and more, are blended in a unique treatment to offer your skin absolute nourishment. Feel your skin become stronger and healthier. A lush deliverance of Iris flowers and olive kernels indulge the skin in a soft body scrub, while the antioxidant nutritious masks for face, hair & body enhance their structure, restoring natural glow and elasticity. Rejuvenating face and body massage with orange oil seals all the benefits of this treatment, strengthening underlying tissue to offer the most resilient touch.

## Secret Paradise

*25 minutes / € 45*

This gentle full-body polish smoothes the skin, using fresh coconut pulp exfoliating scrub blended with emollient nourishing oils and vitamins. These powerful antioxidants are absorbed into the skin, helping to slow cellular aging. Afterwards, a sweet coconut butter massage leaves the skin deeply hydrated.

## Soothe My Soul Body Wrap

*25 minutes / € 45*

Lavender together with multi beneficial yoghurt and Waterlily Gel, lush in the aroma of freshly cut watermelon, combined to sooth the body and soul. These relaxing aromas will travel your soul and senses to your childhood summer memories, while yoghurt mixed with aloe vera will soothe and relieve the skin offering the pampering it needs.

## Fitness at Ela Spa

Offering high performance and latest technology, our fitness centre is equipped with state of the art fitness equipment.

### Personal Training

*Available on request*

Our personal trainer is on hand to offer personalised training programmes to help you achieve your fitness goals.

### Yoga

*Available on request*

Yoga combines postures with conscious breathing and focus, and helps develop strength, flexibility and mental clarity. You can expect to develop body awareness and explore varied postures in a mixed level environment.

### Mat & Ball Pilates, Pilates on Equipment

*Available on request*

Pilates places particular focus on core stability and breathing patterns, rapidly correcting postural and muscular imbalances and improving overall strength and flexibility.

### Tinos Trail

*Available on request*

Through a hiking trails network that exceeds 150 kilometers, you will discover an authentic, unexplored island of the Cyclades, hospitable and impressive all year round.

# How to Experience

## *Opening Hours*

Spa is open daily from 11am to 8pm.

## *Arriving at Ela Tinos Spa*

To make the most of your experience, we recommend you arrive 20 minutes prior to your scheduled appointment. We invite you to utilise our Fitness Studio, sauna and steam room before or after your Spa experience.

## *What to Expect*

For your convenience, we will provide towels, slippers and all other amenities required for use during your visit. Throughout your treatment, you will be properly covered to ensure your privacy.

## *Health Conditions*

We will complete a detailed consultation prior to your treatment. Please advise us of any health conditions, allergies or injuries that could affect your experience.

## *Valuables*

As we cannot guarantee the safety of your valuables, we recommend you leave these in your room. Ela Tinos Spa does not assume liability for any lost valuables.

## *Age Requirement*

Guests aged 16 and above are welcome for all treatments and use of the Spa and fitness facilities. Children under the age of 16 must be accompanied by a parent.

## *Cancellations and rescheduling*

If you need to cancel, reschedule or shorten your appointment, please provide at least 24 hours' notice. Cancellations within 12 hours will incur a 100% charge. Any no-shows will also be charged at the full treatment price. Any late arrivals may result in a shorter treatment in order to respect all guest schedules.

## *Day Spa*

For external guests the Ela Tinos Spa is open from 11.00am until 7.00pm at 30€ and on reservation. With a treatment booking of 50 minutes. The entrance is free of charge.

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