



A HEALTHY MIND IN A HEALTHY BODY



KOIA
ALL-SUITE WELLBEING RESORT

A healthy mind in a healthy body

The name – YDOR – is derived from the Greek word “Υδωρ”, meaning water, and encloses the significance of it in our life, body, and spirit. It is a place to unwind and find restoration.

Ydor Spa is a contemporary spa experience with a vast array of treatments based on Hippocratic philosophy, health and beauty knowledge passed on from generation to generation and revitalizing herbs.

Ancient practices are combined with modern science to create a 360-degree approach to achieving wellness and balance. We utilize a unique selection of herbs and blossoms that have healing and rejuvenating power to skin enhanced by cutting edge wellness and beauty studies in a comfortable and welcoming environment.

Together with the Spa Brand Ariadne Athens, we expand the ideas of Hippocrates and bring innovative signature treatments to indulge your senses and rejuvenate your body and mind.

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.

FACE EXPERIENCES

An exhilarating journey that travels the mind and soul to the unique, picturesque landscapes of Kos. Inspired by the sumptuously relaxed atmosphere the Aegean blue sea has to offer, these lavish facial rituals promise to indulge your skin with their velvety textures and sensual aromas, while revealing a firmer, more hydrated, supple, radiant look. Allow yourself to enjoy the ritual that complements your individual needs best, from one of the following choices. Our specialized therapists will thoroughly assess your skin type, making sure your exact needs are cared for.

MELI (60 min) 110 euro

Vital hydration and nutrition.

A highly rejuvenating and ultimately hydrating experience dedicated to the richness of local flavors and aromas, such as **sage**, **cistus** 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, rich in **sesame oil**, ensures that the moisturizing aspects are maintained thereafter.

WILD ROSE ANTI-AGEING FACE TREATMENT (60 min) 125 euro

Luxury anti-aging facial with crystals.

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. Rose Quartz Crystals contribute to the specially designed facial massage, focusing on minimizing fine lines and wrinkles, as the proprietary blend of **wild roses** and **almond blossoms** repairs and rejuvenates the skin, promoting an overall youthful appearance, with a visibly firmer, tighter and lifted look.

SKIN REBIRTH (60 min) 125 euro

Bespoke Miracle Skin Renewal.

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** and **mastic**, and their 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.

MEN'S OLIVE OIL FACIAL - AGELESS SKIN (45 min) 100 euro

Anti-Aging facial treatment

An unprecedented facial empowered by the precious benefits of acorn flour and **olive oil** that help repair and rejuvenate the skin, promoting its natural anti-ageing properties. Specifically designed to target dullness, dryness, wrinkles and sagging, this mask promises to reduce fine lines and wrinkles, support thin, fragile skin and increase its elasticity and firmness. Enjoy a visibly younger looking appearance.

WILD ROSE RADIANT FACE (30 min) 70 euro

Luminous, radiant skin with an instant infusion of intense hydration and multiple anti-ageing benefits. Thoroughly cleansing enzymatic peel gently removes dead skin cells from the surface, gradually revealing a silky-smooth appearance. Soft and delicate, naturally-scented **wild rose oil** replenishes the skin through a deeply nourishing facial massage, delivering essential elements that promote skin's vitality and youthfulness, offering a vividly radiant look.

MASSAGES

We have carefully designed for you a series of luxury massages that target specific needs. Let us help you choose from our wide range of specialized practices, and spoil yourself with a mythical, sensational experience in a euphoria retreat. Our specialized therapists will thoroughly evaluate your specific needs and suggest the appropriate massage for you.

THE AROMATIC JOURNEY (60 min) 110 euro

Unwind and de-stress with this aromatic bespoke treatment. This soothing massage technique uses light to moderate pressure and a blend of **frankincense** and other essential oils to melt away tension. Choose the combination that suits your personal needs and let us do the rest. This harmonizing experience is a simple and effective way to let go of tensions, improve health, balance emotions, increase calmness and relaxation.

BACK & NECK (30min) 70 euro

It is a focused massage designed to release tension and revive any tiredness. If your back, neck and shoulders are your main areas of concern, then this treatment is for you. An invigorating, yet totally relaxing massage, that delivers the utmost relieving effect for both, your mind and body.

SCALP & FACE (25min) 60 euro

It is a focused massage on the head and face, offering ultimate relaxation and stress-free moments. Nourish your skin while any tension and headache is left behind. Relax and enjoy this short but effective treatment.

MARJORAM DEEP TISSUE (60min) 125 euro

Muscle release massage

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. Feel your muscles release all the tension, while the therapeutic **marjoram** and **almond oil** blend envelopes your skin and exhilarates your mind.

HOT STONE REJUVENATING MASSAGE (75min) 150 euro

Hot stone massage therapy helps melt away tension, ease muscle stiffness and increase circulation and metabolism. Hot stones when coupled with massage, also help to expand blood vessels, which encourages blood flow throughout the body.

HERBAL REMEDY (75 min) 125 euro

Let us make you feel like a real Prince or Princess. Indulge in the genuine earthy notes of Greece, luxuriate in the benefits of rare herbs, relax in the velvet textures that cover your skin, as each and every step of this treatment imbue your senses in a world of opulence. The treatment includes an exfoliation with **olive** and **roses**, followed by the application of a rich body mask, containing a refreshing cocktail rich in organic honey, which contributes to the hydration, regeneration and tightening of the skin. The relaxing head to toe massage with warm pouches that complements the treatment with aromas of **clary sage**, **mountain tea** and **laurel**, literally endows an experience designed for royals.

MELTING SENSATION CANDLE MASSAGE (60 min) 115 euro

(seductive /energizing /detoxing / relaxing)

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. A unique aromatherapy experience, relaxing & rejuvenating that promotes bliss, balance and well-being.

MINI RITUALS

Choose to delight yourself in one of our short-timed rituals that promise to satisfy your senses and indulge your skin, while allowing you to meet your busy schedule. Instantly revitalize and obtain a luminous, healthy glowing look. Set yourself free from any kind of tension and ward off a stressful day.

CHOCOLATE ESCAPE (40 min) 65 euro

Relaxing back ritual

Delight yourself in a 40 min treatment that will allow your senses to escape from everyday routine. This treatment focuses on releasing all the tension from your back, neck and shoulders, while the premium chocolate and orange peel fragrance envelops your skin and exhilarates your mind. The brown sugar, mocha scented, crystals gently buff away dry skin cells revealing a soft and smooth skin. The aromatic notes of real chocolate and orange peel oils that cover your skin, allow for the most supple and radiant look.

FATIGUED LEGS RELIEF MASSAGE (40 min) 65 euro

Light legs treatment

Refreshing notes of spearmint mingle with the velvet texture of sugar crystals to slowly stimulate the blood flow and offer a cooling sensation, as the body scrub smooths away dry, flaky skin. The massage that follows with the gel mask imbued with aloe and menthol, offers absolute relaxation to the tired legs, as the red grape gel, rich in antioxidants, nourishes and renews the skin. Finally, a calming yogurt powder mixed with the red grape gel, offers ultimate comfort for tired legs, while your skin feels soft and supple.

CONFETTI RAINFALL SHOWER (30 min) 65 euro

Full body scrub

A full body exfoliation treatment, fast and invigorating, with the luxuriant captivating aromas of jasmine and gardenia. Delicate white sugar crystals softly remove dead skin cells, while promoting body circulation. As a result, the body's

skin regains its elasticity and smoothness while obtaining a velvet touch with a fresh, radiant, healthy look. At the end, the delicate scented jasmine and gardenia body butter seals in all the moisture and nourishment.

HOLISTIC RITUALS

Use the opportunity to enrich your holiday experience with wellness and wellbeing practices. Assess your stress levels and choose from our wide range of outstanding serene rituals which we offer. Ariadne Athens inspires well-being through revitalizing therapies and result driven beauty care.

HIPPOCRATE'S JOURNEY (75 min) 140 euro

Nature gave us the gift of herbs and flowers but very few had the insight of discovering its hidden secret. Hippocrates was the first in ancient Greece to believe in the power of nature and its gifts. His magic, curing blends travelled through time, offering us the true essence of life-a healthy mind in a healthy body. Enjoy this treatment, rich in a blend of Hippocrates favorite aromas found in Greek nature. **Dittany, laurel, clary sage** and a secret blend **in olive oil**, will leave your skin cleansed, nourished and healed while calming the soul.

WINE HARVEST (1h 30min) 145 euro

A ritual for spa connoisseurs.

Inspired by the vineyards of Kos 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 aromatherapy 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.

BOTANICAL VOYAGE (1h 45min) 150 euro

Purifying detox ritual.

A targeted treatment specially designed to enhance the body's natural lymph detoxifying mechanisms. This therapeutic journey starts with a Hammam session, followed by an invigorating exfoliation using black pepper and rosemary to reduce water retention, improve circulation and firm and hydrate at the deepest level. Rejuvenate each and every part of your body with a thoroughly cleansing and detoxifying body mask, imbued with **basil** and **lemongrass** that purify and hydrate. The targeted massage technique that follows, performed with the rich in antioxidants and healing properties innovative blend of pure **dittany oil**, infused with saffron, ivy, green tea and grapefruit, will protect and firm your skin, while offering a healthy radiance and youthful appearance.

Key Elements: Welcome Touch, Body Scrub, Body Mask, Detoxing Massage, Final Body Gel.

PACKAGES

KOIA COUPLE'S DAY 380euro for the couple

Enjoy a special day with your significant other by spending precious moments in our Spa. Relax in the hammam while applying our detoxifying masks on your face, body and hair. The ritual continues with an invigorating coral body scrub followed by a deeply moisturizing honey body mask. The soya candle massage will relax and nourish your body, offering a unique couple's experience. The wild rose oil in the facial that follows will tone, brighten and regenerate your skin. A special package ends in a special way...a glass of wine will seal your Spa experience.

- DETOX HAMMAM SERAIL MUD CHAMBER 30'
- RADIANT FACE 30'
- WINE HARVEST RITUAL 1 & 30'

KOIA'S RELAXING BREEZE 650euro per person

Offer yourself a breath of fresh air as you choose to enjoy 3 days in our Spa. The ritual begins with a delicate jasmine & gardenia body scrub followed by a nourishing honey based facial. A trio set of masks for face, hair & body promise to cleanse and invigorate you from head to toe. Relax with our signature soya candle massage and end the day with a radiant facial, based on the precious properties of apricot oil. The last day promises a luxurious anti aging facial with precious rose quartz crystals that follows the therapeutic Hot Stone massage. The package ends with your hairdresser's appointment.

1st DAY

- MELI – VITAL HYDRATION & NUTRITION 60'
- CONFETTI RAINFALL SHOWER EXPRESS BODY POLISH 30'

2nd DAY

- DETOX HAMMAM SERAIL MUD CHAMBER 30'
- MELTING SENSATION CANDLE MASSAGE 60'

- RADIANT FACE 30'

3rd DAY

- LUXURY ANTI-AGING FACE TREATMENT 60'
- HOT STONE REJUVENATING MASSAGE 75'
- Evening Up do / styling

KOIA'S RELAXING BREEZE

Offer yourself the absolute Spa experience by choosing the 5 day Koia's luxury package. Each day combines unique body and face rituals that will pamper you and create feelings of pure bliss. A trio set of masks for face, hair & body promise to cleanse and invigorate you from head to toe. The delicate jasmine & gardenia scrub will prepare your skin for the treatments that follow. A rich in honey body mask restores body and face moisture while the signature soya candle massage relaxes each and every part of the body. Luxurious face rituals based on **Alkanna** extract and precious rose quartz crystals, offer instant regenerating and anti aging properties. Hippocrate's signature treatment will travel you through time as the Aromatherapy massage, based on your personal needs, treats your body and spirit. The 5 days ritual ends with your hairdresser's appointment and our complimentary Moët & Chandon Ice Imperial bottle Champagne taste.

1st DAY

- DETOX HAMMAM SERAIL MUD CHAMBER 30'
- CONFETTI RAINFALL SHOWER EXPRESS BODY POLISH 30'
- LUXURY ANTI-AGING FACE TREATMENT 60'

2nd DAY

- WINE HARVEST RITUAL 1 & 30'

3rd DAY

- SKIN REBIRTH MIRACLE SKIN RENEWAL for FACE & DÉCOLLETAGE 60'
- HOT STONE REJUVENATING MASSAGE 75'

4th DAY

- HIPPOCRATE'S JOURNEY 75'

5th DAY

- THE AROMATIC JOURNEY 60'
- MELI – VITAL HYDRATION & NUTRITION WITH CHAMPAIGNE TASTE
- Evening Up do / styling

HAIR & NAIL SALON

Cut & blow

Women's 35euro

Men's 25euro

Botox Hair Treatment 20euro

Color

Toner 30euro

Tint

- Roots 40euro
- Short 50euro
- Medium 55euro
- Long 60euro

Highlights

- Half head highlights 80euro
- Full head highlights 80euro
- Ballayage 100euro

Styling

- Braids 10-20euro

Blow dry

- Short-Medium 30euro
- Long 35,00euro

Blow dry with ion/straightener 45euro

Evening up do/styling 50euro

Bridal

- Hairstyling 100 euro
- Make up 150 euro

Make up

- Minimal Make up 40 euro
- Luxury Make up including eyelashes 60 euro

Manicure

- Manicure 25 euro
- Spa Manicure 35 euro
- French Manicure 45 euro
- Semi-permanent Manicure 45 euro
- Spa Semi-permanent Manicure 60 euro
- Gel Removal 30euro
- Semi-permanent Removal 20 euro

Pedicure

- Pedicure 35 euro
- Spa Pedicure 45 euro
- Semi-permanent Pedicure 45 euro
- Spa Semi-permanent Pedicure 60 euro

FACILITIES

Heated sea view (free)

Relaxing Pool Area (free)

Private cabin 1-6 persons including sauna & steam bath, private relaxing area with Salt Wall -90min. Minimum charge 1-2 persons 70,00euro-extra persons 30,00euro each.

Our herbs for natural skin care

Alkanna tinctoria

Alkanna tinctoria, also known as dyer's alkanet, is native to the Mediterranean region. It has a bright blue flower and has a long history of use as a natural dye. However, it is also known for its healing properties. In herbal medicine, it is recommended for its soothing and moisturizing properties. It may also help to reduce redness and swelling due to anti-inflammatory properties.

Almond oil and blossoms

Almond blossoms are often considered a symbol of renewal and rejuvenation in various cultures due to their properties. Almonds contain Vitamin A and E, omega-3 fatty acids and zinc. Thanks to its vitamins, minerals, and fatty acids, almond oil can help moisturize and soften the skin, treat small wounds and cuts, and improve the overall skin tone and texture. Almond oil is also used to treat dry skin and may help reduce sun damage.

Cistus

Cistus is also known as Rock Rose because it grows in rocky terrain in high altitudes. It is rich in polyphenols, tannins and flavonoids which are powerful antioxidants and have anti-inflammatory effects. In other words, it can help protect the skin from radical damage caused by environmental pollutants, diminish wrinkles and fine lines and soothe irritated skin. Cistus has been shown to have moisturizing, and brightening effects on skin, improve its texture and offer a more youthful appearance.

Dittany oil

Cretan dittany, *Origanum dictamnus* or hop marjoram is a therapeutic and aromatic plant that grows on the mountainsides of Crete. Dittany oil is typically extracted from the leaves and flowering tops of the plant. Apart from its use in digestive health, it is known for its antimicrobial properties. Also, its oil is used in aromatherapy thanks to its uplifting properties.

Lemongrass

Lemongrass is known for its refreshing citrus aroma and is widely used in culinary applications. However, it has a lot to offer to skin thanks to antimicrobial, hydrating and antioxidant properties. It has natural moisturizing effects that are key components to best skin care. It can also help reduce the appearance of oil on the skin without stripping essential moisture and leave the skin fresh, clean, and shine-free. Thanks to its antibacterial qualities, lemongrass oil can combat pimple-causing bacteria, detoxifying the skin and reducing dark spots. Lemongrass oil also supports hair growth and can eliminate itchiness and provide relief from scalp irritation.

Marjoram

Marjoram is a member of the mint family and is considered a cousin of the oregano. Marjoram is rich in antioxidants that can reduce the signs of aging and help maintain the structure of the skin. It also contains anti-inflammatory and antibacterial properties, which may help reduce redness, swelling, and control acne-causing bacteria. Marjoram is also known for its relaxing properties that are beneficial for the mind and body. Its calming effect made marjoram popular in aromatherapy.

Mountain tea

Sideritis, also known as mountain tea and ironwort, is a genus of flowering plants known for their use as herbal medicine. Mountain tea is known for its hydrating properties as well as calming and soothing effects on the skin. It is also believed to have anti-inflammatory properties that make it beneficial for soothing particularly the sensitive skin.

Olive oil

According to Homer, the olive tree has been growing in Greece for over 10,000 years. While scientifically the exact timeline of its cultivation is difficult to determine, it is believed that olive trees have been thriving in Greece for thousands of years and are deeply rooted in Greek mythology and culture. Olive oil is rich in antioxidants, vitamins, minerals and healthy fats. It has emollient properties which can be beneficial for dehydrated skin as well as antioxidant properties that can reduce the signs of aging and retain skin's natural glow.

Sage

Sage is also a member of the mint family, beneficial in fresh, dried or in oil form and a common ingredient in natural skin care. It is rich in calcium, vitamin A, K and has various anti-inflammatory effects, antibacterial and antioxidant properties which prevent skin damage, help cell regeneration and be beneficial for those with sensitive skin. Sage Oil can help slow the appearance of signs of aging, ease stretch marks and swelling and thanks to its antioxidant property is good for wrinkles, fine lines and sagging skin and prevents future damage. Its moisturizing properties also help the dryness of skin.

Sesame oil

Sesame oil has been used in traditional medicine and is a beneficial ingredient in cosmetic and skincare products due to its moisturizing, antioxidant, and anti-aging properties. Sesame oil is a natural emollient, which means it helps lock in moisture and keeps the skin hydrated. It is rich in vitamin E and B which means that can reduce the appearance of wrinkles and dark spots and promote a brighter and fresher appearance. Thanks to anti-inflammatory and antiviral properties, sesame oil is also recommended to those with sensitive skin.

Wild rose

Wild Rose belongs to the rose family and grows after the rose blooms. Its oil is a balsamic for dry, dehydrated, and mature skin as it contains omega-3, omega 6, vitamin C and E which can nourish

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it, smooth the wrinkles, fine lines and dark spots and promote a more youthful complexion over time. Wild rose also contains natural antimicrobial properties that can bring down bacteria and thus prevent the development of acne.