

PĀROCKS

LUXURY HOTEL & SPA

SPA MENU

Face Experiences

Inspired by the sumptuously relaxed atmosphere the majestic Mediterranean 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.

GLOWING PEARL

Luminously radiant look

Inspired by the undeniable charm and glamour of the Greek islands, this glowing therapy promises a brighter, firmer and noticeably younger-looking skin. This facial, thanks to its valuable ingredients such as wheat proteins, clinically-proven illuminating extract of rapeseed and vitamin C, targets signs of aging, evens skin tone and texture, and stimulates collagen production for a healthy, glowing complexion.

Duration: 60m / 120€

MELI

Vital hydration and nutrition

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.

Duration: 60m / 120€

LUNAR GRACE

Luxury anti-aging face treatment

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 evening primrose and Ylang-Ylang repairs and rejuvenates the skin, promoting an overall youthful appearance, with a visibly firmer, tighter and lifted look.

Duration: 60m / 140€

SKIN REBIRTH

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 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.

Duration: 60m / 140€

SPARKLING EYES

Rejuvenating eye treatment

Visibly revived look. Reveal your most radiant and luminous eyes with this exclusively designed eye treatment complimented with the power of Gua Sha crystals. A mild enzymatic peel with unique Chios Mastic, brightens dull and dehydrated skin, while the revitalizing massage with nourishing Evening Primrose oil, offers a natural, healthy glow. The eyes ritual, comprised of an innovative, highly-concentrated eye gel complemented by a proprietary blackcurrant peel-off mask, brightens dark circles, reduces puffiness and minimizes fine lines and wrinkles. Eye area is visibly hydrated, brightened, renewed and recharged. Your most youthful-looking skin is revealed.

Duration: 30m / 70€

Massages

We have carefully designed for you a series of luxury massages, that target specific needs; The ones that challenge us every day. Choose among a wide range of specialized practices, and spoil yourself with a mythical, sensational experience of a euphoria retreat.

RELAX & UNWIND MASSAGE

Relaxing aromatherapy ritual

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension. This harmonizing experience is a simple and effective way to let go of tensions, improve health, balance emotions, increase calmness and relaxation.

Duration: 30m / 80 € - 60m / 120€

DEEP TISSUE MASSAGE

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 luxurious naturally-scented oils envelop your skin and exhilarate your mind.

Duration: 60m / 140€

MELTING SENSATION

Candle massage experience

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 experience of aromatherapy, relaxation & rejuvenation that promotes bliss, balance and well-being.

Duration: 60m / 130€

HOT STONES

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.

Duration: 60m / 140€

Couples Experiences

Treatments that will delight you and your partner, aiming to create unforgettable memories. Choose from our wide range of luxurious but targeted treatments, offering you magical moments of total rejuvenation and relaxation. Allow yourselves to experience magical moments and create unforgettable memories with your significant other.

LOVE AFFAIR

Hydrating and nourishing face & body treatment

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 and an intoxicating, signature body mask with liquid chocolate extracts. 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.

Duration: 1h 15m / 🧑 160€ / 🧑🧑 300€

WINE HARVEST

A ritual for spa connoisseurs

Inspired by the vineyards of Greece, 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.

Duration: 1h 30m / 🧑 180€ / 🧑🧑 340€

Rituals

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

JETLAG REBALANCE

Post travel recovery ritual

Escape travel exhaustion with the 80-minute invigorating treatment that aims to revive and re-energize the body's natural biorhythms. Grounding and restoring natural flow when all feels out of sync, this energizing ritual relieves imbalances and revitalizes the nervous system. The intense mocha scrub leaves your skin silky soft, ready to receive the complementary benefits of the rejuvenating massage that follows. Sensational citrus fruit aromas invigorate the mind, while the massage, enhanced with targeted stretching techniques, support the body against stress and fatigue. Finally, the cooling sensation of spearmint mingle with the refreshing notes of grapefruit to slowly stimulate the blood flow and offer ultimate comfort.

Duration: 1h 20m / 160€

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.

FATIGUED LEGS RELIEF MASSAGE

Tired 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. Potent red grape blends with local herbs in a, rich in antioxidants, gel mask that nourishes and renews the skin. A pampering massage experience using the moisturizing properties of coconut oil to deeply hydrate. Finally a calming yogurt powder mixed with the gel mask offers ultimate comfort for tired legs.

Duration: 30m / 60€

URBAN ESCAPE

Relaxing back ritual

Delight yourself in a 40 min treatment that will allow your senses to escape from everyday routine. Feel your muscles release all the tension, while the luxurious chocolate & 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 & Orange peel oils that cover your skin, allow for the most supple and radiant look.

Duration: 40m / 70€

CONFETTI RAINFALL BODY POLISH

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.

Duration: 30m / 60€

Packages

A RELAXING STORY

ONE DAY PACKAGE

250 €

JETLAG REBALANCE

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Duration: 60m

Packages

A LOVE STORY

ONE DAY PACKAGE
270 €

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Duration: 60m

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Duration: 1h 30m

GENERAL INFORMATION

Hours of operation

The Spa facilities and Fitness area are open daily from 9:00AM to 8:00PM.
You may dial 621 from your room for reservations or email us at spa@parockshotel.com

Appointments

We suggest you arrive at least 15 minutes before your scheduled treatment to complete a consultation health form. Please let us know by phone if you are late for an appointment and if possible, we will try to ensure full treatment time, but to be able to serve the next guest, your treatment time may be reduced and be fully charged. We advise you to come at the Spa without jewelry. The establishment does not take any responsibility for the valuables brought to the Spa and suggested to put them in the safe box of your room.

Mobile phones

Avoid using your mobile phone inside the Spa area. Keep your mobile phone running quietly throughout your stay.

During your stay

Start with a relaxing shower before any treatment, as it will prepare your skin for maximum product effectiveness.
We ask that you respect the privacy of other guests by speaking in a low voice.

Age Requirement

Guests under the age of 18 years are required to have parental consent, with a minimum age of access of 16 years.

Payment and Cancellation Policy

Cash or credit card payments are accepted or charged directly to your room. For non-guests of the hotel, a prepayment of 50% of the total amount is required at the time of the reservation. Any cancellations made less than 24hrs of your appointment are subject to a cancellation fee amounting to 50% of your scheduled treatment.

Safety

If you feel unwell whilst using the facilities, please inform a staff member.