

# || SPA

TREATMENT MENU



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Faithful to our philosophy of seeking natural, pure products, and following the spirit of Athenaeum InterContinental Athens, we have created a unique destination to escape the city's vibrant rhythms and rejuvenate both body and soul.

This balance of man and nature is captured in the serene setting of I-Spa, and enhanced with the principles of KORRES, a brand that was inspired by the Greek hospitality, the simplicity of essential life and the harmony of natural beauty.

The powerful extracts and pure raw materials of KORRES products are combined with signature massage techniques, making I-Spa a magnet that draws the best of its surrounding environment to create soul-soothing experiences.

Join the unique experience of Greek hospitality in a wide selection of wet facilities such as Steam bath and Sauna Rooms, Whirlpool, Experience Showers, Jacuzzi and a relax area with heated ceramic beds.

In addition, in the I-Spa Boutique you can find the high-end natural Greek skincare product lines of KORRES, beauty and bath products and sun care cosmetics formulated from nature's most powerful ingredients.

## UNIQUE FACILITIES

### Thermal Spa Area

Enhance your spa journey, stimulate your senses and enjoy our unique Thermal Facilities for an unforgettable aromatherapy experience starting with an invigorating wet steam bath or dry Sauna and continue with a foot bath with herbal ingredients from Greek nature.

Your upcoming spa treatment will explode your senses and maximize its benefit.

### Steam Room

The steam room is heated to a pleasant 45°C, the hot steam and high humidity levels help open pores and eliminate toxins.

Not only does it detoxify the body, but a steam room is also the perfect place to relax and release muscular tension.

Benefits: Relaxation | Release muscle tension | Detoxify

### Dry Sauna

The sauna harnesses the power of dry heat. With a dry heat of 85°C, and humidity lower than 20% the sauna will help eliminate toxins from your body and trigger feelings of wellbeing thanks to a release of endorphins, helping you sleep and relax. To revitalize yourself, head towards a cold shower to close your pores and flush out toxins.

Benefits: Eliminate toxins | Release endorphins

### Aromatherapy Foot Bath

Foot baths increase your overall body temperature, which can relieve muscle and mental tension, alleviate stress, and increase blood cell activity. Boost your immune system, choosing between relaxing, rejuvenating or detoxifying ingredients from Greek nature for your overall health and wellbeing.

Benefits: Boosts immune system | Alleviates stress | Relieves muscle tension

Maximum Duration: 40 min | €40

Please note, reservation is necessary a day earlier or upon same-day request.

Free usage for I-SPA guests.



## RITUAL JOURNEYS

### KORRES Pomegranate Purity Experiences

The pomegranate fruit, a symbol of good fortune and positive energy, contains a high level of antioxidants and is a rich source of tannins, vitamins A, C and E. As such, it can effectively counter the effects of free radicals that cause premature aging of skin cells.

This absolute sense of purity starts with a natural brush and pomegranate soap body scrub to totally cleanse the skin. This is followed by a relaxing massage for the whole body, using citrus essential oils to relieve muscle tension. The ritual ends with a complete facial pomegranate treatment that leaves your skin soft, hydrated and balanced.

Key elements: Body scrub with natural brush, mini Facial treatment, 40' full body massage

Duration: 90 min | €140

Key elements: Body scrub with natural brush, Facial treatment, 55' full body massage

Duration: 120 min | €190

### I-SPA Time Journey

This is your time to release, relax and escape from everyday life, so reserve as much time as you like and allow us to be guided by your individual needs. We will then propose an exclusively personalized combination of treatments, tailor-made for you, using the botanical power of fruit and plant ingredients captured in KORRES products!

Key elements: Tailor-made spa experience

Duration: 120 min | €190      180 min | €280



## KORRES Wild Rose Silk Emotions Ritual

A trademark treatment that is synonymous with the KORRES brand's history, the Wild Rose ritual experience demonstrates significant repairing action against fine lines and pigmentation disorders.

Powered by high-level vitamin Super C, linoleic and linolenic acid, which are known for their significant moisturizing, healing and softening properties, this complete body care treatment revitalizes the skin and counters the signs of fatigue. It deeply moisturizes the skin, smooths wrinkles and gives you a healthy and radiant look.

Key elements: Body scrub or body mask, mini facial treatment, 40' full-body massage

Duration: 90 min | €140

Key elements: Body scrub, body mask, facial treatment, 55' full-body massage

Duration: 120 min | €190

## KORRES Santorini Grape Velvet Senses

Rich in antioxidants, this soothing natural face and body treatment will help blur imperfections, smooth textured skin, and replenish the skin with moisture. Powered by the Santorini Grape Extract which is full of polyphenols, resveratrol and higher elements, it helps counter the harmful effect of free radicals that cause skin aging. Enjoy a relaxing massage while KORRES body smoothing milk nourishes even the most problematic and dry skin.

Key elements: Mini facial treatment, face pressure points, body massage, body nourishing cream

Duration: 90 min | €150

## FACIAL TREATMENTS

### KORRES Beauty Shots - Everyday Booster

Tapping into the great botanical power of fruit and plant ingredients in combination with the innovations of KORRES products, this treatment has been specifically designed to give any skin type an intensive everyday boost. The treatment is individually customized to address skin needs such as dryness, dehydration, congestion and sensitivity. Ideal for normal or combination skin, teenage skin, or for those who need a calming natural skincare regime, it increases skin hydration and elasticity, nourishes and softens, offering long-lasting moisturization and nourishment.

Key elements: Cleanse, exfoliation, mask, pressure point face massage, neck and scalp massage

Duration: 45 min | €80

### KORRES Greek Yoghurt Dazzling Glow

Greek yoghurt, an ingredient known historically for its moisturizing action, has a high concentration of probiotics and prebiotics which help strengthen the skin's immune system. This light texture facial treatment is at the same time pleasantly cooling and deeply moisturizing giving your skin a youthful and relaxed look. Ideal for dull or dehydrated skin.

Key elements: Cleansing, exfoliation, double mask, pressure point face massage, neck and scalp massage, hand massage

Duration: 55 min | €100

### KORRES Pomegranate - Purity Desire

Derived from the fruit-symbol of good fortune and positive energy, pomegranate extract is a rich source of tannins, vitamins A, C and E as well as various minerals. This combination of ingredients has significant astringent properties that deeply purify and tighten the pores, and thereby strengthen the skin epidermis.

The pomegranate treatment is therefore ideal for oily and combination skin, as it soothes and refreshes the complexion, leaves your skin soft, hydrated and balanced with a matte finish.

Key elements: Cleanse, facial peeling, mask, face massage, neck and scalp massage, hand massage

Duration: 70 min | €110                      85 min | €150

## KORRES Wild Rose Effective Romance

Wild rose, the eternal symbol of love, is a trademark of the KORRES brand and synonymous with its history. Thanks to its high-level vitamin Super C, the Wild Rose treatment demonstrates significant repairing action against fine lines and pigmentation disorders. Furthermore, the Wild Rose oil is rich in linoleic and linolenic acid, which are known for their significant moisturizing, healing and softening properties. At the same time, the oil forms a protective film on the skin, which helps cell and skin texture regeneration, for improved skin tone and radiance with clinically proven action from the first application.

Key elements: Cleanse, exfoliation, serum, mask, face massage, neck and scalp massage, hand massage

Duration: 70 min | €120

## KORRES Golden Krocus Time Reverse

A luxuriously powerful composition for the face and eyes, inspired by a rare flower of the Greek land, the majestic Krocus (Safran) of Kozani. Carefully blended with the rich ingredients of KORRES facial products, it forms a protective shield made of gold! This universal anti-aging solution is ideal for all skin types, offering deep hydration and antioxidant protection, thanks to the beta-glucans it contains. Counteracts the harmful free radicals that cause premature skin aging.

Key elements: Cleanse, facial peeling, mask, eye and facial power serum, face massage

Duration: 55 min | €120

## KORRES Black Pine Matrix Advanced

KORRES innovations and patents are combined with signature massage techniques to restore the 3D structure of your face. This treatment is designed specifically to straighten the contour and has a distinct lifting effect thanks to the innovative natural active reconstruction complex ElastiLift-3D™, the powerful complex 4D Bio-Shapelift™ and Black Pine polyphenols. While restoring the shape of the face, the treatment's anti-wrinkle action also renews the elasticity of the skin, enhances its firmness and improves its texture.

Key elements: Cleanse, exfoliation, serum, mask, lifting face massage, neck, scalp and hand massage

Duration: 70 min | €150

## KORRES White Pine Endless Beauty

For the first time worldwide, KORRES introduces the new White Pine bark extract in a new skincare treatment specially designed to meet women's skin needs before and after menopause.

Powerful anti-aging properties are derived from KORRES' proprietary ingredient, WHITE PINE extract, together with MENO-REVERSE™ TECHNOLOGY, a natural peptide blend derived from artichoke leaves, clinically proven to improve the skin's volume. A replenishing treatment that reduces the appearance of fine lines and wrinkles, with high antioxidant and remarkable anti-spot action.

Key elements: Cleanse, exfoliation, serum, mask, lifting face massage, neck and décolleté massage with firming cream

Duration: 70 min | €130



## BODY TREATMENTS

### I-SPA Soft Sensation

This relaxing full-body gentle exfoliation is customized to your individual needs. We will help you choose from a carefully selected range of refining KORRES body polishes that allow you to tap into the power of rich antioxidants and natural extractions to exfoliate, smooth and renew skin cells, for a hydrated, healthier, younger look all over.

Key elements: Full-body exfoliation and nourishing body lotion

Duration: 45 min | €80

### I-SPA Body Rejuvenation

For a luxurious full-body renewal, this treatment instantly retextures and resurfaces body skin. The natural physical scrubs in nutrient-rich formulas help lock in skin moisture and buff away dead cells. At the same time, the cocoon wrap that follows is deeply moisturizing and nourishing. It enhances skin elasticity, offers antioxidant protection, is absorbed quickly and makes the skin smoother and supple.

Key elements: Full-body exfoliation, body wrap, hair and scalp massage, nourishing body lotion

Duration: 55 min | €100

### I-SPA Body Renewal

A tailor-made complete experience of relaxation and wellness releases and calms both body and mind. Taking you step by step on a journey that taps into the great botanical power and aromas of KORRES unique products, this treatment is individually designed to detox, nourish and relieve any muscle tension. It starts with a healthy full-body scrub, followed by a cocooning wrap and ending with a soothing massage to leave you completely relaxed and rejuvenated.

Key elements: Full-body exfoliation, body wrap, hair and scalp treatment and full body massage

Duration: 90 min | €160

### KORRES Aegean Luminous Bronze Pre-Sun

This expertly developed treatment for effective skin protection before you enjoy the summer sun starts with a special full body exfoliation, while a warm body mask feeds your skin with a high concentration of kumquat and vitamin C to enhance its shine and elasticity, and shield it against sunburn. To complete the treatment, a light moisturizing mousse with hyaluronic acid smooths out imperfections, adds radiance that gives your skin a natural glow and youthful appearance.

Key elements: Body exfoliation, body wrap, facial treatment and 30' body massage applying nourishing mousse

Duration: 70 min | €130

### KORRES Greek Yoghurt Soft Touch After-Sun

Greek yoghurt was traditionally an after-sun skincare for face and body. As a natural source of lactose, proteins, minerals and vitamins, it increases the water content of the top layers of the skin, instantly relieving tight and dry skin. This light texture face and body treatment is at the same time pleasantly cooling, ideal for a dehydrated sun-exposed skin, ensures long-lasting hydration and contributes to the regulation of the body's hydration levels.

Key elements: Mini facial treatment, body wrap, moisturizing cooling gel, arms and hands massage

Duration: 70 min | €130

### KORRES Top to Toe (Jet Lag) Rebalance

A unique top-to-toe treatment, designed to refresh three key parts of the body, it is the perfect combination for those in need of a serious re-balance of body and mind. Your luxurious experience starts with a gentle scrub and a nourishing hand and foot massage, and continues with a replenishing facial therapy for complete rejuvenation of the skin. Refreshing notes of lime mingle with the cooling sensation of yogurt to slowly stimulate the blood flow and accelerate jet lag recovery.

Key elements: Face and body scrub, scalp and face massage, foot massage

Duration: 70 min | €120

## SPECIAL SIGNATURE TREATMENTS

### I-SPA Couple Experience Journey – Tailor Made

A unique experience of in-depth relaxation for couples, with tailor made options and treatment combinations based on your individual needs.

Your relaxation journey starts with your chosen full-body massage:

I-SPA Signature Aromatherapy Massage	55 min   €110
I-SPA Signature Aromatherapy Massage	85 min   €150
I-SPA Candle Experience Massage	55 min   €130
Deep Tissue Massage	55 min   €120

... and ends with your preferred add-on treatment:

KORRES Fast Glow Facial Treatment	25 min   €40
KORRES Eye Revival	20 min   €30
KORRES Soft Sensation Body Scrub	20 min   €30
KORRES Head Massage	20 min   €30
KORRES Hand and Foot Massage	25 min   €40
KORRES Sun Care Protection	10 min   €20

The above prices are per person.





## MASSAGE TREATMENTS

### I-SPA Signature Aromatherapy Massage

Relaxing – Rejuvenating – Detoxifying

The signature massage of I-Spa using KORRES body blends is inspired by traditional massage techniques, which work to balance and re-align energy flow, enhancing mind and body wellness. A choice of native aromatic oil blends are prescribed to address your individual needs –relax, detoxify or relieve muscle pain – and combined with pressure points and spiralling movements, ground and rejuvenate the body.

Key elements: Full-body relaxation massage, choice of native aromatic oils

Duration: 55 min | €110      85 min | €150

### I-SPA Candle Experience Massage

Give in to the flowing strokes of this warming and nourishing candle massage. Subtly scented oils were selected for their particular qualities and ability to relax the muscles and relieve tension, leaving your skin smooth and fragrant.

Key elements: Full body massage with warm candle

Duration: 55 min | €130

### Deep Tissue Massage

Recharge your body and kick-start your circulation with this deep tissue massage. The powerful detoxifying essential oils will help relieve muscle tension in specific areas of the body, both to release lactic acid build-up and muscle stiffness due to over-exertion in the gym, or to reduce fluid retention and improve poor circulation associated with cellulite conditions. It's an effective way to recondition your skin tone and feel free from aches and pains.

Key elements: Full-body sport massage

Duration: 55 min | €120      85 min | €180

## I-SPA Hot Stone Massage

The Volcanic heated stones are applied with essential oils to the body in ways that bring about tranquillity and a more balanced flow of energy. They allow the heat to penetrate much deeper into the muscles being massaged and this not only feels amazing but also gives you the added benefit of a much deeper sense of relaxation and tension relief, both physically and emotionally.

Key elements: Full-body relaxing massage with volcanic stones

Duration: 70 min | €140

## I-SPA Prenatal Massage

A unique rhythmic pregnancy massage addresses body and mind to promote balance and wellness for both the mother and the baby. An amazingly nurturing experience with natural pregnancy oil that enhances muscle and joint function, improves blood circulation, reduces fluid retention and relieves mental and physical fatigue.

Key Elements: Pregnancy massage

Duration: 55 min | €110

## Lymphatic Drainage Massage

In this gentle, light massage, controlled pressure and rhythmic circular movements are used to stimulate lymph flow and encourage the natural drainage of the lymph system. It is recommended for detoxification, to reduce water retention and cellulite, as well as before and after plastic surgery.

Key elements: Full-body lymphatic massage

Duration: 50 min | €100



## Holistic Approach Massage

Especially recommended for anyone suffering from aches, pains and stiffness, this full-body massage will ease tense muscles and bring harmony to body and mind.

Key elements: Full-body relaxing massage

Duration: 50 min | €90

## Head and Back Massage

Focusing on tension primarily in the back, neck, shoulders and head, this massage is designed to relieve deep-seated stress by combining specially blended massage oils chosen to suit your individual needs. An exotic mix of warmth, texture and aroma tempts the body into blissful relaxation.

Key elements: Back shoulder and head massage with organic raw coconut

Duration 45 min | €90

## Back and Shoulder Massage

Ideal for those who require focused attention on the back, this massage is designed to release tension in the back, shoulders and neck. Using a fusion of different techniques, your therapist will customize the strokes to ensure that you leave feeling supple and relaxed.

Key elements: Back and shoulder muscle tension massage

Duration: 30 min | €60

## Reflexology

Using ancient traditional Chinese medical techniques, reflexology works on the principle that all our organs are represented in the feet. By working on these points with acupuncture, the therapist can help to rebalance the system and obtain harmony to body and mind.

Key elements: Traditional Chinese pressure point massage

Duration: 50 min | €90

## I-SPA REGULATIONS

For the comfort, safety and undisturbed relaxation of all our guests, please respect the following guidelines at all times:

- I-SPA facilities are open to guests aged 16 and over.
  - Upon arrival and prior to using the facilities, all guests will be required to complete and sign a health & lifestyle questionnaire.
  - I-SPA and its environs are strictly NO SMOKING areas.
  - To maximize the benefits of your I-SPA experience, mobile phones are not allowed in the spa areas. Please leave them switched off in your locker.
  - Please leave all valuables in your locker. I-SPA is not liable for loss of or damage to a guest's personal belongings.
  - Shower towels and bathrobes are placed in your lockers. Please do not take shower towels and bathrobes outside.
  - Always shower before using wet area's facilities and between visits to the sauna and steam rooms. Robe and slippers should be worn in all spa areas.
  - Swimwear is compulsory in the steam room, sauna.
  - In the sauna and steam room, a towel must always be placed between your body and the bench.
  - Please do not add oils or other products to the sauna bucket water or other thermal areas without first consulting a member of staff.
  - Ensure that you drink plenty of fluids to rehydrate after using the Thermal area.
  - Please place all used towels in the baskets provided.
  - Food & beverages are not permitted in the spa & fitness areas for consumption during your visit.
  - Please arrive in good time to enjoy the facilities and ensure that you are ready to be escorted by your therapist at the allocated time. Late arrival will result in a shortened or amended treatment being offered without refund.
  - Underwear or suitable swimwear should be worn in the treatment room and during treatments.
  - During treatments, please let your therapist know if you are uncomfortable, too warm or too cold, or if their pressure is too light or too firm. Your comfort and care are our greatest concern and priority.
  - If you have a particular injury or physical condition, please advise your therapist. Appropriate adjustments to the treatment will be made for your comfort and enhanced benefit.
  - There is no pressure to talk during a treatment. If you have any questions or would like to talk, feel free to do so. If you prefer silence, that is entirely up to you. Our therapists will take their cue from you.
- Please note that 24 hours cancellation notice is required for all bookings and services, otherwise 50% of the total treatment price will be charged. Credit card details may be required in order to confirm a booking.

Opening hours  
Tuesday - Saturday 10:00-20:00  
Sunday - Monday 11:00-19:00

Booking  
Request





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