



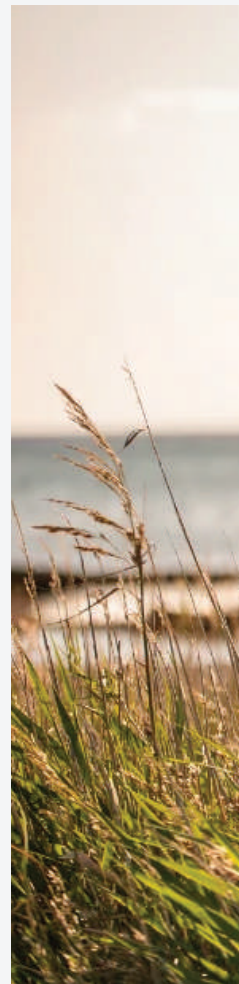
MAMAY
HOTEL

SPA TREATMENTS
& THERAPIES



SPA TREATMENTS & THERAPIES

Our Spa experiences are designed to harmonize body and spirit through a curated collection of treatments, massages and wellness journeys. In partnership with Ariadne Athens, each ritual combines Mediterranean botanicals, expert touch and restorative techniques to create moments of balance, relaxation and renewal.





HARMONY OF BODY & SPIRIT

MAMAY HOTEL SPA TREATMENTS & THERAPIES



SIGNATURE WELLNESS JOURNEYS

Created within MAMAY's cave sanctuary



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THE SUBTERRANEAN SOUL RITUAL

A grounding journey inspired by the stillness of the cave sanctuary.

Begin with a 60-minute Full Body Massage designed to release tension and restore balance. The experience continues with private access to the cave pool, where water, silence and soft light create a sense of complete detachment from the outside world. Herbal infusions are served as a quiet conclusion to the ritual. Includes White Petals Body Ritual by Ariadne Athens, a delicate exfoliation with rose petals, jasmine and gardenia that leaves the skin silky, nourished and lightly scented.

220€ per person

ETHEREAL ECHOES PRIVATE COUPLE'S RETREAT

A shared experience created for connection, presence and uninterrupted time together.

A 90-minute side-by-side massage invites deep relaxation before the journey continues within the candlelit cave pool, reserved exclusively for two. Sparkling wine and seasonal fruit are served within the intimate setting of the cave, allowing the moment to unfold at an unhurried pace. Includes One Million Nights Body Ritual by Ariadne Athens, combining exotic florals and rich botanical ingredients to soften, nourish and delicately perfume the skin.

480€ per couple

LIQUID GLOW DETOX & REVIVE

A restorative experience designed to renew both skin and mind.

The journey begins with the PHOS Facial by Ariadne Athens, a radiance-enhancing treatment inspired by the clarity and light of the Greek islands. Breathwork and meditation within the cave sanctuary follow, encouraging mental clarity and a deeper sense of reset. A light seasonal meal completes the experience.

160€ per person

CAVE REFLECTION PRIVATE EXPERIENCE

A moment of stillness dedicated entirely to rest and reconnection.

Enjoy exclusive access to the candlelit cave pool, where water, ambient melodies and soft illumination create an atmosphere of complete calm. Sparkling wine and seasonal fruit are served poolside, allowing you to linger and unwind at your own pace.

Duration: 90 min | 180 €

Complimentary for direct bookings (minimum stay of 3 nights)



MASSAGES

Performed in our private
treatment rooms



HOLISTIC FULL BODY SIGNATURE MASSAGE

A restorative sanctuary for the senses. This therapeutic Swedish-style massage combines flowing movements and intuitive techniques to release tension, encourage relaxation and restore balance throughout the body.

Duration: 60 min | 140 €

Duration: 90 min | 190 €

BACK, NECK & SHOULDER MASSAGE

A targeted treatment focused on areas where tension most commonly accumulates. Designed to ease muscular discomfort, improve mobility and restore a sense of lightness and ease.

Duration: 45 min | 110 €

DEEP TISSUE MASSAGE

A therapeutic massage working on the deeper layers of muscle tissue to release chronic tension, improve flexibility and support recovery. Ideal for those experiencing muscular fatigue or persistent tightness.

Duration: 60 min | 120 €

Duration: 90 min | 160 €

SPORTS MASSAGE

Designed for active lifestyles, this treatment helps prepare muscles before physical activity or supports recovery afterwards. It promotes flexibility, relieves muscular strain and encourages optimal performance.

Duration: 60 min | 130 €

Duration: 90 min | 170 €

PREGNANCY MASSAGE

A nurturing treatment adapted to the changing needs of the body during pregnancy. Gentle techniques help reduce tension, relieve discomfort and encourage relaxation and overall wellbeing.

Duration: 60 min | 130 €

Duration: 90 min | 170 €

THERAPEUTIC MASSAGE

Combining relaxation and remedial techniques, this massage is designed to address areas of muscular tension while promoting circulation, mobility and overall physical balance.

Duration: 60 min | 130 €

Duration: 90 min | 170 €

REFLEXOLOGY

A pressure-point therapy focused on the feet, based on the principle that specific areas correspond to different parts of the body. Designed to encourage relaxation, improve circulation and restore energetic balance.

Duration: 60 min | 100 €

AROMATHERAPY MASSAGE

Inspired by the richness of Greek nature, this deeply relaxing treatment combines gentle massage techniques with a personalized blend of essential oils selected to calm the mind, release tension and support emotional wellbeing.

Duration: 60 min | 110 €

Duration: 90 min | 140 €

GREEK BOTANICALS MASSAGE

A deeply restorative massage inspired by Greece's botanical heritage. Pure essential oils and aromatic plant extracts work in harmony with flowing massage techniques to calm the nervous system, ease muscular tension and leave the skin nourished and renewed.

Duration: 60 min | 120 €

Duration: 90 min | 150 €

CANDLE MASSAGE

A warming aromatherapy experience where luxurious candle wax melts into a nourishing massage oil. Rich textures and soothing aromas envelop the body, promoting deep relaxation while leaving the skin soft, hydrated and delicately scented.

Duration: 60 min | 110 €

Duration: 90 min | 150 €



IN COLLABORATION WITH ARIADNE ATHENS

Ariadne Athens is a Greek wellness brand inspired by the country's botanical heritage and healing traditions. Combining Mediterranean ingredients with advanced skincare expertise, its treatments are designed to nourish the skin, restore balance and support overall wellbeing through the power of touch, texture and scent.



FACIAL EXPERIENCES

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MELI | VITAL HYDRATION & NUTRITION

Inspired by one of Greece's most treasured ingredients, MELI is a deeply nourishing facial centred around the restorative properties of honey. Rosewater calms and refreshes the complexion while apricot oil replenishes moisture and softness, leaving the skin balanced, radiant and deeply hydrated.

Duration: 60 min | 90 €

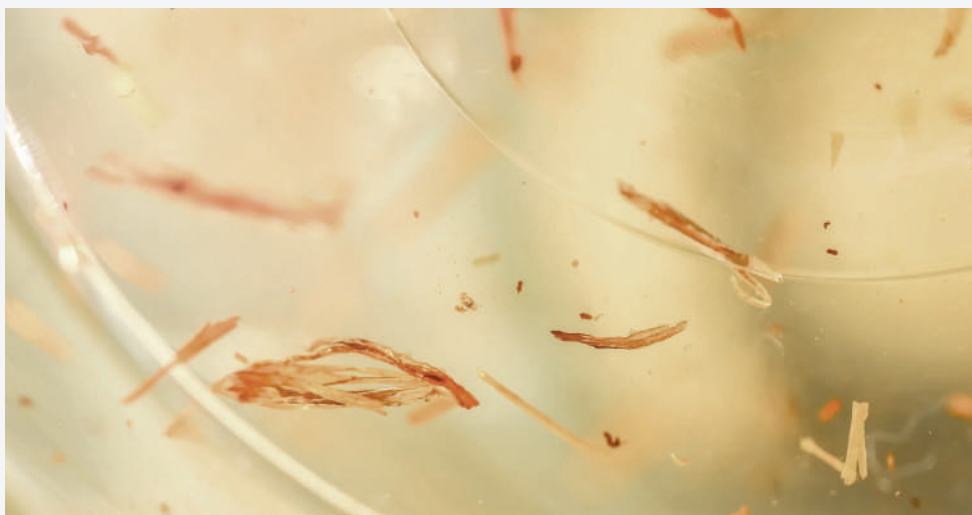
PHOS | LUMINOUSLY RADIANT LOOK

A glow-enhancing facial inspired by the clarity and brilliance of the Greek islands. Vitamin C, fruit enzymes, bergamot and mineral-rich marine elements work together to brighten, smooth and revitalize tired skin while restoring hydration and luminosity.

Duration: 60 min | 100 €



BODY RITUALS



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RIVIERA ESCAPE

Inspired by the Mediterranean coastline, Riviera Escape is a sensorial body ritual designed to restore emotional balance while renewing the skin. A full-body exfoliation smooths and refines the skin before a deeply relaxing massage infused with Greek Sea Lavender helps calm the senses and promote a lasting feeling of wellbeing.

Duration: 80 min | 160 €

WINE HARVEST

Inspired by Greece's vineyards and rituals of celebration, Wine Harvest combines olive kernels, red grape extracts and rose petals to gently exfoliate and revitalize the skin. An antioxidant-rich body treatment and warm candle massage follow, before the experience concludes with a glass of local wine.

*Ideal for couples

Duration: 90 min | 180 €



MINI RITUALS & ENHANCEMENTS



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RADIANT FACE

A refreshing facial ritual combining gentle exfoliation, nourishing oils and massage techniques to instantly revive the complexion and reveal a healthy glow.

Duration: 25 min | 40 €

EXPRESS BODY POLISH

A full-body exfoliation using fine crystals and aromatic botanicals to smooth the skin, stimulate circulation and restore softness.

Choose from fragrances including jasmine and gardenia, sea lavender and sage, wild cyclamen, white flowers, or chocolate and mocha.

Duration: 20 min | 30 €

BRIGHT & POLISHED

A luxurious white sugar exfoliation infused with notes of jasmine and gardenia. The treatment concludes with a rich body butter, leaving the skin silky, hydrated and delicately scented.

Duration: 20 min | 40 €

SECRET PARADISE

A nourishing body polish enriched with botanical oils and antioxidants that soften, smooth and deeply hydrate the skin.

Duration: 20 min | 40 €

VANILLA MOCHA

A warming exfoliation featuring mocha and brown sugar crystals, followed by rich vanilla and chocolate body butter for beautifully soft and nourished skin.

Duration: 20 min | 40 €

MELT AWAY HEAD & HAND MASSAGE

A calming ritual focused on the head, face and hands. Lavender, laurel and orange oils help quiet the mind while rich botanical butters restore softness and comfort to the skin.

Duration: 20 min | 40 €

Available as an enhancement to selected treatments and wellness journeys. Cannot be booked separately.



ACCESS & INFORMATION

Thoughtfully designed to ensure a seamless experience, this guide provides all essential information for your visit to the Spa.



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ACCESS & RESERVATIONS

Hotel guests enjoy complimentary access to the thermal spa facilities and Fitness Studio throughout their stay.

External guests are welcome with any confirmed treatment.

The Private Cave Pool experience is available by reservation for an additional charge.

Advance reservations are recommended to secure preferred times.

Our wellness team is available to guide you in selecting the most suitable experience.

Contact: +30 2286025511 | info@mamayhotel.com

THERMAL SPA FACILITIES

Available for hotel guests throughout their stay and included in the Spa Pass for external guests.

- Steam Room
- Dry Sauna
- Cryotherapy Cold Plunge Pool
- Experience Shower

PRIVATE CAVE POOL

A private sanctuary designed for moments of stillness and relaxation. Available by reservation for an additional charge.



OPENING HOURS

Spa Treatments

Monday - Sunday | 9AM - 9PM

Cave pool and Thermal spa facilities

Including changing rooms

Monday - Sunday | 9AM - 9PM

Fitness Studio

Monday - Sunday | 7AM to 11PM



BEFORE YOUR VISIT

Arrival

We invite guests to arrive 15 minutes before their treatment to allow time for a calm transition into the space and to discuss any relevant health considerations. Late arrivals may result in a shortened treatment time, while the full treatment fee remains applicable.

Spa Etiquette

The MAMAY Spa is a space of silence and reflection. Guests aged 14 and above are welcome (under supervision). Conversations are kept to a whisper and swimwear is required in the thermal spa facilities, including the steam room, experience shower, cryotherapy cold plunge pool and dry sauna.

Health Considerations

Prior to the spa experience, guests are requested to complete a health form. Sharing any relevant health considerations, injuries or conditions allows our wellness team to personalise treatments and ensure comfort and safety.

Cancellation Policy

Changes or cancellations are requested at least 24 hours in advance. Cancellations made within less than 24 hours are subject to a 100% charge.

Personal Belongings

Robes, slippers and towels are provided for comfort. Valuables are recommended to be stored in your room safe, as the spa cannot accept responsibility for lost items.