



I-SPA
asian spa
city retreat



ATHENAEUM
INTERCONTINENTAL.
ATHENS

I-SPA BY THE ASIAN SPA GROUP

I- Spa by Asian Spa Gift Certificates

We are delighted to offer Gift Certificates for you to treat a special guest to the I-Spa by the Asian Spa Group experience. Gift Certificates are valid for 6 months from the date of purchase and may be purchased for spa packages, treatments, monetary value or retail products. Our reception team will be pleased to advise you.

Products

The Asian Spa Ayurvedic & City Retreat offers you a wide range of beauty products by Ila and Environ. You can order or purchase the products directly from the spa reception or through our e-shop by visiting www.asianspa.gr.

In Room Service

Prices: treatment cost & 50%

After a busy day why not treat yourself to the ultimate relaxation? Most of our fabulous massages can be enjoyed in the privacy of your own room or suite. We all deserve an occasional indulgence, so let this be yours. Allow us to help you unwind and de-stress in the comfort of your personal surroundings.

ila face treatments

Ila Ananda Face Therapy

For stressed and exhausted skin

60 min - 130€

Ananda means 'divine bliss' in Sanskrit. This delicate treatment uses gentle techniques to open the energy centres of the face, working with the body's blissful higher energy to induce feelings of deep peace and a beautifully glowing skin.

Ila Renewed Recovery Face Therapy

For hormonal imbalances and city living

60 min - 130€

This deeply restorative two-part face therapy uses a warm herbal compress, lymphatic drainage, Amazonian mud mask and intensely healing rainforest plant extracts to rejuvenate facial skin cells. Skin tone is visibly lightened. Swelling, inflammation and water retention are reduced. Fine lines and wrinkles are diminished due to inhibited muscle contraction.

Ila Marine Flora Face Therapy

For dry, dull & congested skin

90 min - 150€

A deeply cleansing and purifying facial that focuses on lymphatic drainage to improve the circulation, vitality and tone of the skin. With plankton-based bio-plasma serum and marine flora mask rich in sea lavender to boost collagen production and sea lettuce to detoxify and stimulate the lymphatic system.

ila mini face treatments

Express Bliss Face Therapy

A perfect quick-fix for dehydrated and tired skin

30 min - 60€

This treatment uses delicate techniques to open the energy centres of the face, working with the body's blissful higher energy to induce feelings of deep peace and beautifully glowing skin. A perfect quick-fix for dehydrated and tired skin.

Express Renewed Recovery Face Therapy

A perfect quick-fix for mature, sun-damaged or problematic skin

30 min - 70€

The keystone of ila's Rainforest Rejuvenation range is the Amazonian Elixir, which is a holistic blend of four Amazonian plant extracts: acmella, pfaffia, marapuama and white lily. These unique bio-active raw ingredients are blended into bespoke formulations that support and encourage the skin's natural regeneration processes.

High-performance Deep Cleansing

For all skin types

60 to 90 min - 75€

Whatever the season, we can all look in the mirror and feel that our skin is looking dull, tired and in need of a good clean. Bring on this ultra deep cleansing treatment that uses traditional steam and extraction methods along with masks and massage to ensure a smooth and luminous look.

ENVIRON hands-on face treatments

Detoxifying treatment with mild lactic acid

For oily and congested skin

45 min - 85€

Aiming to treat the oily skin and excessive skin hyperkeratosis, this protocol cleanses in depth, offering a luminous look without irritation or pain. It can be applied on the face, the décolleté area, the back and the arms – based on your needs.

Skin Recovery

'Thickness of skin' protocol with colostrum

For all skin types

30 min - 60€

Colostrum gel has a revitalizing and soothing effect on the skin and boosts its immune system. Additionally, it has growth factors that enhance the production and differentiation of the cells. It is ideal for thin, photo-aged skin, while it is tremendously beneficial for acneic skin, helping to heal the soreness and control the inflammation. It can be applied on the face, the neck and décolleté area.

Instant Beauty

For all skin types

25 min - 60€

Reenergize before a night out with this quick protocol that aims to firm and brighten the skin!

Asian Spa massages

Jet Lag

40 min - 60€

A wonderful recovery massage for weary travellers. Lay on your front and relax with a head to toe back massage that will help to rejuvenate and overcome tiredness after that long flight or drive.

Royal I-Spa massage

50 min - 95€ / 80 min - 135€

This simply luxurious treatment starts with a Thai massage, which soothes and invigorates the body, followed by the application of warm oil for a relaxing massage. Together they will improve your body's natural balance, leaving you glowing and revitalised both inside and out.

Classical Swedish

50 min - 80€ / 80 min - 120€

Your therapist will use a range of gliding massage strokes, kneading and friction on the more superficial layers of muscles to stimulate blood circulation and soothe tension.

Sarawak (Sports)

50 min - 95€ / 80 min - 135€

Athletes and non-athletes can gain the benefits of sports massage therapy. Concentrating on muscle flexibility and improving blood circulation, it is suggested as the ideal treatment in releasing intense muscle tension, preventing mishaps or repairing damage after injury.

Asian Spa massages

A la Carte

50 min - 100€ / 80 min - 140€

Our a la Carte treatments include a selection of specialist massages including Shiatsu, Thai, Tui na, Balinese and Reflexology. Various other sumptuous Western and Asian treatments make 'guest appearances' on the spa's menu. Our receptionist will be delighted to give you full details of those currently being offered.

Abhyanga Massage

60 min - 100€

This ancient Indian Ayurvedic oil Massage therapy, aims to heal and detoxify the body, the mind and the spirit. A tension releasing Champi head massage marks the beginning of a full body oil massage application which includes the shoulder, feet, hands, back and abdomen areas, aiming to detoxify, build stamina, release stiffness and promote deeper sleep. Ideally, the session ends with steam therapy.

Asian Spa essential targeted treats

Champi head massage

25 min - 45€

A head massage that balances the body, mind and spirit as it releases the muscle tension, improves the circulation of the blood and energy throughout the body, improves memory and promotes clean thinking.

Back Reviver

25 min - 45€

An invigorating massage that not only eases tense muscles and knots in the back, but also induces a sense of relaxation. The healing properties in its sesame oil base make it the ideal treatment after a long day.

Foot Massage

25 min - 45€

Enjoy the comforting sensation of your tired feet being unburdened by caring expert hands. This massage balances the energy levels in the body, revitalizes the senses and boosts your mood.

ila mini body treatments/body scrubs

ila Back and Shoulder Recovery

30 min - 60€

Jasmine, patchouli and cardamom meet a Tibetan-style massage that combines gentle cupping and kneading to stimulate the flow of energy along the spine.

ila Impeccably Perfect Hands

30 min - 55€

Release tension from the hands and restore a younger appearance with this combination of scrub, rose balm, marma massage and hydrating rose quartz gel mask.

ila Flawless Feet Treat

30 min - 55€

A treat that includes a Detoxifying scrub, marma massage, foot mask and Vital Energy cream to soften.

Ila Instantly Detoxifying Scrub (full body)

30 min - 55€

This scrub targets cellulite and stress. Drawing on the properties of Himalayan Salt Crystals, it stimulates circulation and toxin elimination.

Ila Instantly Blissful Scrub (full body)

30 min - 60€

Using Himalayan Salt Crystals, this scrub restores and relaxes the nervous system, leaving the body infused with a sense of enhanced wellbeing.

ila rituals

ila Prana Vitality Massage

60 min - 140€

This revitalising full body massage helps release toxins, reduce fatigue and restore physical and mental strength. Invigorating massage & marma therapy with energy-enhancing essential oils of juniper berry, geranium, lemongrass and patchouli leave mind, body and spirit sparkling with vitality.

ila Kundalini Back Treatment

60 min - 130€ / 75 min - 150€

(includes rose facial massage)

Ideal for emotionally exhausted souls, this nurturing treatment has an extraordinary restorative effect on the sympathetic and parasympathetic nervous systems. Ancient marma therapy and warm herbal poultices are massaged into the back of the body, whilst sound healing and chakra balancing lift away your tension. Energy is released from the base of the spine, negativity is dissolved and the body is brought back to a state of balance.

ila rituals

ila Dreamtime Journey

120 min - 215€

This soporific treatment draws on pure essential oils, marma massage and chakra healing to deeply relax the nervous system and restore the natural rhythm of sleep. Based on the knowledge that cellular growth and repair are faster during sleep, Dream Time incorporates a slow rhythmic body renewal, back and body treatment and soothing facial to promote the deepest relaxation, while ingredients renowned for cellular rejuvenation - such as fresh royal jelly and orange blossom - do their work.

Combination treatment

Togetherness

110 min - 320€ (for two people)

This fabulous treatment is a romantic treat for couples. Enjoy a visit to our special private couple's suite and let us bring out the romantic in you. Once your skin has been cleansed and exfoliated with a cleansing and detoxifying scrub, share in the relaxing properties of our Royal I-Spa signature massage, which will soothe and invigorate, helping your body to rebalance. Following your massage, we urge you to have some quality time together in our Steam and Jacuzzi experiences.

Luxury waxing

Luxury full leg wax	40€	Luxury half leg wax	25€
Full arm wax	35€	Half arm wax	20€
Bikini line wax	18€	Brazilian wax	35€

Please ask our receptionist for full details of our waxing services.

Hands & feet

Application of nail color, including a French nail polish, is standard in all our treatments as is Essie varnish.

Manicure	25€	Gentlemen's Manicure	20€
Pedicure	35€	Gentlemen's Pedicure	30€

Make up services: upon request

TERMS & CONDITIONS

Although we try to avoid any 'must do's' during your visit at the Spa, we have to inform you of the following:

- **Offline is a luxury!** Please ensure that electronic devices are switched off during your visit at the Spa.
- Smoking is not permitted at our premises.
- In case a booking is made by one person for 2 or more persons at the same time, a 50% prepayment of the total treatment package value will be needed.
- You will be charged 50% of the treatment(s) cost if the appointment is cancelled less than 6 hours before treatment(s) start time. Should you like to contact us during non-working hours, please do by emailing us on: info@asianspa.gr
- Please be sure to advise us if you are, or think you may be pregnant. Also be sure to let us know if you have any allergies or pre-existing medical conditions so that we may be certain to take these into account when suggesting appropriate treatments.
- In order to ensure guests are not kept waiting, treatments must finish at the allotted time. If you arrive late you may find your treatment time has to be reduced. If no guest is expected immediately after your booking, you will be able to enjoy the full duration of your treatment.
- We accept payment by credit card or cash. Alternatively, we can charge treatment costs to your room.
- If you are at all concerned or unsure of the correct 'etiquette' during a visit please ask at reception, we will be happy to advise.



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