

noūspa

menu

spa experiences

Exploring Santorini is an exciting adventure.

Its cliff top villages overlook the glittering sea.

Sunrises are inspiring, and sunsets are enchanting.

The dramatic geology of the past meets the contemporary colours of a popular holiday destination.

The definition of health is when mind and body are in perfect harmony, this balance is captured in the serene setting of NOŪS Spa, and enhanced with the philosophy of Ariadne Athens, a premium Greek wellbeing and skincare brand inspired by nature, refined rituals and the timeless essence of Mediterranean beauty.

At NOŪS Spa, powerful botanical extracts and carefully selected raw materials are combined with modern expertise and personalized massage techniques. Through sensorial textures and sophisticated formulations, Ariadne Athens elevates the spa journey, making NOŪS Spa a sanctuary that draws the best of its surrounding environment to create soul-soothing experiences.



thermal spa area

The tranquil setting of the spa creates an inspiring sanctuary, an oasis that lends itself to physical rejuvenation as well as mental and emotional regeneration. To enhance your spa journey and stimulate your senses, we propose an unforgettable experience at our spa facilities. Start with an invigorating steam bath or dry sauna and continue with a dive in our cold plunge pool. The ideal addition to your preferred spa treatment, designed to maximize the benefit of any treatments to follow.



steam room

The steam room is heated to a pleasant 45°C in order to increase your core body temperature and promote sweating. The hot steam and high humidity levels help open pores and eliminate toxins. It is also the perfect place to relax, unwind and release muscular tension.

Benefits: The wet heat improves muscle recovery, blood circulation, sleep quality and mental resilience.

dry sauna

The sauna harnesses the power of dry heat. With a dry heat of 85°C and humidity below 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. For a truly invigorating experience, follow it up with a dive in our cold plunge pool that will close your pores and flush out toxins.

Benefits: The heat of the sauna improves muscle recovery, blood circulation, sleep quality and mental resilience. Good circulation in the blood vessels increases heart rate, blood flow, blood pressure, and cardiovascular performance.

cold plunge pool

The cold plunge pool, also known as cryotherapy bath, uses the benefits of cold-water immersion. With a temperature around 15°C, cold plunge pool is the perfect addition after a sauna session. This is a traditional practice of diving into cold water that apart from its numerous physical benefits, it boosts the overall wellbeing, by the endorphins released from the shock of cold water-immersion.

Benefits: The dive into cold water improves lymphatic and cardiovascular circulation which assists on reducing swelling, as well as, reducing muscle inflammation.

Additionally, it has a high detox effect and it assists on closing the pores after a sauna session.

day spa usage

Maximum duration: 180 min | €40 per person / €60 per couple
Complimentary access for Hotel and spa guests.



Secure your visit at NOÛS thermal spa area by booking in advance here:

noūs ritual journeys

one million nights luxury velvet ritual

An opulent night ritual where softness becomes strength. This luxurious journey begins with the One Million Nights body scrub, gently refining the skin and preparing it for the velvet nourishment of the Serifos Precious Stones 24K Gold Body Mask.

A bespoke massage follows, combining Rose Quartz crystals on the face with a flowing body massage using One Million Nights precious oil. The ritual concludes with a rich body butter, leaving the skin irresistibly soft, luminous, and enveloped in the lingering elegance of iris.

Available as an extended experience with One Million Nights precious warm candle massage.

Key elements: Welcome touch · Body scrub · Gold body mask · Mini Facial · Full-body massage · Final body care

90 min | €140 / 120 min | €180

aegean garden detox journey

A journey through the Aegean's aromatic landscapes, is designed to reset the body and refine the skin through targeted detoxification. The experience begins with a gentle body exfoliation that stimulates circulation and prepares the skin for deeper renewal. A detoxifying body mask enriched with mountain tea, sage, and mint follows, helping to purify, hydrate, and refresh the skin. The ritual concludes with a targeted detoxifying massage using antioxidant-rich oil infused with dittany, saffron, rosemary, and green tea, leaving the body relaxed and the skin beautifully renewed.

Key elements: Welcome Touch · Body Scrub · Body Mask · Detox Massage · Final Body Gel

90 min | €130

delos signature revival ritual

A touch of light upon the body inspired by the sacred island of Délos, this ritual celebrates light, femininity, and inner radiance. An ancient dry-brushing technique using a natural horsehair brush refines the skin and stimulates circulation. A deeply restorative anti-stress massage follows, performed with Délos Oil infused with the ritual's signature fragrance, melting away tension and leaving the skin luminous. The experience is completed with a soothing scalp massage and hair brushing using a natural resin comb — an intimate, grounding moment that restores balance and glow.

Key elements: Welcome touch, Dry-brushing exfoliation, Anti-stress full body massage, Final shimmering body oil

90 min | €130



noū couples experiences

Designed for shared moments of relaxation and connection, our couple's rituals invite you to unwind together and reconnect in a serene spa setting. For those seeking an elevated experience, selected rituals can be enjoyed in the privacy of our Couple Suite, featuring jacuzzi hydrotherapy, additional relaxation time, and complimentary seasonal fruits with a glass of wine.



santorini wine harvest ritual

Inspired by the richness of Santorini vineyards and the timeless tradition of the harvest, this relaxing couple's ritual celebrates the nourishing gifts of the land. A gentle exfoliation with olive kernels and rose petals renews the skin, followed by a nourishing body mask rich in antioxidants and vitamins that restores softness and vitality. The experience continues with a flowing full-body massage using warm sesame oil, deeply relaxing the body while nourishing the skin. The ritual concludes with the application of red grape and royal fig-infused lotion, leaving the skin silky, radiant and delicately scented.

Key elements: Welcome Touch · Body Scrub · Body Mask · Sesame Oil Massage · Red grape and royal fig-infused lotion

90 min | €140 per person

summer affair

Designed for shared moments of relaxation and connection, this indulgent couple's ritual blends warm aromas and comforting textures into a deeply sensorial experience. A fine sugar crystal body scrub with mocha notes gently refines the skin, followed by a nourishing body mask enriched with liquid chocolate extracts that softens and restores. The experience continues with a slow full-body massage using warm candle oil, melting tension and inviting deep relaxation. The ritual concludes with a hydrating facial with raw honey and apricot extracts, leaving the skin soft, luminous and refreshed.

Key elements: Welcome touch · Body Scrub · Candle Massage · Hydrating mini Facial · Final Body Cream

70 min | €130 per person

enhance your couple experience

Upgrade your ritual with access to the private Couple Suite and jacuzzi hydrotherapy, including additional time to relax in complete privacy. Complimentary seasonal fruits and a glass of wine are included with every Couple Suite experience.

Plus 30 min | €60 per couple / Plus 60 min | €100 per couple

Available with all couple's treatments. Advance booking recommended.

***Hydrotherapy in a Jacuzzi combines all the best calming features of water: opening the blood vessels to improve circulation, relaxing the muscles, and providing an escape from the pressures of daily life.**

noūs ritual journeys

meli

vital hydration & nutrition

A deeply hydrating facial ritual centered on honey, one of nature's most precious sources of nourishment. The treatment begins with gentle cleansing and skin preparation, followed by a rich honey-infused mask that restores moisture and revitalizes the complexion. Nourishing apricot oil, naturally rich in essential fatty acids, is applied through a relaxing facial massage to enhance softness and support skin vitality. The ritual concludes with tailored final skincare, leaving the skin smooth, luminous and beautifully hydrated.

Key elements: Welcome Touch · Cleansing Ritual · Face Mask · Face Massage · Final Skincare

60 min | €100

anaplasia

miracle skin renewal

A renewing facial designed to restore balance and support the skin's natural vitality. Powered by the advanced Skin Rebirth line, this treatment helps improve clarity, hydration and resilience, leaving the complexion refreshed and revitalised. At the heart of the ritual lies Alkanna Tinctoria, a rare botanical root known for its regenerative properties. Combined with advanced skincare technology, this powerful blend helps soothe stressed skin, improve elasticity and enhance luminosity.

Key elements: Welcome Touch · Deep Cleansing Ritual · Regenerative Face Mask · Face Massage · Final Skincare

60 min | €110

phos

luminously radiant look

The clarity of the Greek islands, reflected in your skin.

A glow-enhancing facial that targets dullness, uneven tone, and loss of vitality. A curated synergy of stabilized vitamin C, fruit enzymes, bergamot, and mineral-rich marine elements smooths, brightens, and restores hydration. Fine lines appear softened, the complexion visibly more even, skin left fresh, energized, and bathed in light.

Key elements: Welcome touch · Cleansing ritual · Face mask · Face massage · Final skincare

60 min | €120

nema

the next dimension in facial sculpting

Experience a revolutionary facial that bridges the physical and digital world, delivering a non-invasive “facelift” inspired by microcurrent technology. Powered by the patented Nema Sculpt Complex™ from myrtle, this treatment targets the root causes of aging by enhancing elasticity, reducing sagging, and activating longevity proteins.

Working on multiple facial areas, cheeks, under eyes, neck, and chest, it reshapes and lifts contours through expert manual techniques and natural volumizing ingredients. The result is smoother wrinkles, improved hydration, refined texture, and a visibly firmer, youthful, and revitalized complexion with immediate and lasting effects.

Key elements: Welcome Touch • Cleansing Ritual • Face Mask • Face Massage • Final Skincare

60 min | €100



noūs body treatments

create your own body ritual

Design a personalized body journey inspired by the scents, textures, and healing richness of Greek nature. Choose from three ritual stages to create the ultimate sensory experience tailored to your skin's needs and your mood of the day.

sooth my soul - body scrub

A luxurious full-body exfoliation using delicate sugar crystals that gently remove dead skin cells, boost circulation, and restore your skin's natural glow.

Choose from:

- Secret Paradise – Wild Cyclamen Scrub
- White Rose Petals – Jasmine & Gardenia
- Vanilla Mocha – Chocolate & Mocha

Key Elements: Body Scrub – Body balm

40 min | €80

sooth my soul - body wrap

A complete ritual with a targeted, nourishing body wrap, designed to hydrate, detoxify, or soothe the skin. Each wrap begins with the corresponding aromatic scrub for enhanced absorption and results.

Combinations to choose from:

- Secret Paradise – Wild Cyclamen Scrub · Yogurt, Aloe & Cucumber Wrap.
- White Rose Petals – Jasmine & Gardenia Scrub · Serifos 24K Gold Wrap.
- Vanilla Mocha – Mocha Scrub · Honey & Olive Oil Mask.

Key Elements: Body Exfoliation – Massage Movements – Application of Body Balm

60 min | €100

santorini soothing ritual

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 Ariadne Athens 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: Body Scrub – Body Mask – Relaxing Massage – Body Balm

90 min | €140

jet lag recovery

Designed to ease the effects of travel and gently restore the body's natural rhythm, this revitalising ritual helps release fatigue while reconnecting you with a sense of balance and presence. Uplifting citrus aromas awaken the senses as a refreshing face and body scrub smooths the skin and prepares it for deeper restoration. Flowing massage movements relieve muscular tension, while cooling notes bring a light sensation of freshness, supporting circulation and mental clarity. Targeted facial skincare combined with a soothing head and foot massage encourages grounding and relaxation — an ideal reset after long journeys.

Key elements: Face & body scrub · Facial massage · Head & foot massage

70 min | €120

Extended ritual: Includes full body massage

90 min | €150

under the sun

luminously radiant look

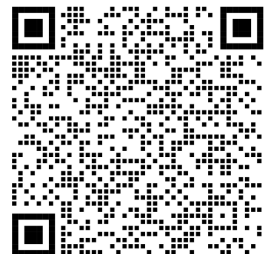
A restorative ritual for sun-exposed skin. Sea water and yogurt blend to soothe and rehydrate, while a cooling mask enriched with pomegranate and pure aloe vera restores lipids and delivers intense hydration. A neck and head massage completes the experience, skin left calm, silky, and balanced.

Key elements: Face treatment · Cooling mask · Nourishing body lotion · Neck & head massage

70 min | €120

book your treatment

**Scan the QR code to submit your request, call reception or sent a directly
text message to spa1-nous@donkeyhotels.gr**



noūs massage treatments

physis aromatherapy massage

A personalised full-body massage guided by the aromatic botanicals of the Mediterranean with a choice of essential oils, carefully selected from herbs, seeds and spices of the Greek landscape, shapes each experience according to your needs.

Relaxation — Lavender · Neroli · Calms and invites deep emotional release.

Detox — Mastic · Lemon - Stimulates circulation and restores clarity.

Energy — Orange · Bergamot - Awakens the senses and revives vitality.

Key elements: Full-body massage · Personalised aromatic oil blend

60 min | €110 / 90 min | €150

melt away candle massage

de-Stress – empowering – relaxing – recharging

A deeply comforting ritual where warm, aromatic candle wax melts into a nourishing oil, enveloping the body in softness and warmth. Delicately scented drops glide over the skin through slow, flowing massage movements that ease muscular tension, enhance circulation and invite a gentle state of relaxation. Designed as a soothing aromatherapy experience, this velvet-textured massage restores balance and leaves the skin deeply hydrated, luminous and comforted.

Key elements: Full-body massage with Ariadne Athens warm natural candle wax

60 min | €120 / 90 min | €160

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, either 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.

60 min | €120

back & head 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.

50 min | €90

enhance your experience

Personalised add-on rituals designed to complement and elevate your treatment.

Fast glow facial — Express facial for instant radiance.	25 min €40
Irida eye care — Targeted eye ritual for refreshed, luminous eyes.	20 min €30
Soothe my skin body scrub — Gentle exfoliation for smooth skin.	20 min €30
Head & neck massage — Focused relief for tension-prone areas.	20 min €30
Hand & foot massage — Nourishing and relaxing touch ritual.	20 min €30
Soothing Yogurt Mask — Calming and restoring sun-exposed skin.	10 min €30

*Prices are per person.

*Add-on rituals may be combined with any treatment but cannot be booked separately.



noūs spa day retreats

full day retreat

A carefully curated spa journey designed to introduce the essence of NOÛS Spa.

Begin your experience with access to the thermal spa facilities, gently preparing body and mind for the treatments that follow.

An invitation to slow down, restore balance and reconnect with inner calm.

- **Soothe My Soul** — Aromatic Body Scrub | 60 min
- **Physis Aromatherapy Signature Massage** | 60 min
- **Meli** — Vital Hydration & Nutrition Facial | 60 min

Valued at €290

Retreat Journey Price: €220 per person

noūs short journey (2 days)

Designed for those who wish to extend their spa experience, this two-day journey unfolds through restorative rituals, deep relaxation and sensory balance. Each day begins with access to the thermal spa facilities, preparing the body and enhancing the benefits of the treatments.

Day 1 Detox & Release

- **Soothe My Soul** — Body Scrub & Wrap | 60 min
- **Melting Sensation Candle Massage** | 60 min

Day 2 Balance & Renew

- **Anaplasia** — Miracle Skin Renewal Facial | 60 min
- **Head & Back Massage** | 40 min

Valued at €420

Retreat Journey Price: €320 per person





noūs kids spa

Specially designed treatments for young guests aged 8–14 years old, offering gentle relaxation in a safe and nurturing environment.

Mini-Me massage

A gentle, child-friendly aromatic full-body massage designed to relax the body and encourage calmness and restful sleep.

30 min | €50

Mini-Me facial

A soothing and hydrating facial designed specifically for younger skin. This refreshing treatment includes gentle cleansing, a soft mask and light moisturising care, leaving the skin fresh and glowing.

30 min | €60

Mini-Me & me relaxation journeys

Share a special wellness moment together in our double treatment room. Choose a Kids treatment for your child and combine it with your preferred massage experience.

express relaxation journey

Kids Massage or Kids Facial (child)

Back Massage – 30 min (adult)

Price for 1 adult & 1 child: €120

total relaxation journey

Kids Massage & Kids Facial 60 min (child)

Physis Aromatherapy Massage – 60 min (adult)

Price for 1 adult & 1 child: €200

A parent or legal guardian is required to remain present for the entire duration of the child's appointment.

Please note that access to and use of the Spa facilities (pool, sauna, hammam and thermal areas) is not permitted for guests under 14 years of age.

noūs spa regulations

- noūs Spa facilities are open to guests aged 18 and over.
- Upon arrival, all guests are required to complete and sign a health & lifestyle questionnaire.
- noūs Spa is a non-smoking environment.
- Mobile phones are not permitted in spa areas. Please keep them switched off in your locker.
- Please store all valuables in your locker. noūs Spa is not liable for any loss or damage.
- Kindly maintain a quiet atmosphere, respecting the relaxation of all guests.
- Towels, bathrobes and slippers are provided for use within the spa.
- Showering is required before using the pool and thermal facilities.
- Swimwear is compulsory in all wet areas.
- A towel must be placed on sauna and steam room benches at all times.
- Please consult our team before adding oils or products to any thermal facility.
- Hydration is recommended after using the thermal areas.
- Food and beverages are not permitted in spa areas. Refreshments are available upon request from the Bar.
- Please arrive on time for your treatment. Late arrival may result in a shortened service without refund.
- Appropriate underwear or swimwear should be worn during treatments. Disposable garments are available where required.
- Please inform your therapist of any discomfort, preferences, injuries or medical conditions.
- Treatments can be enjoyed in silence or with conversation, according to your preference.
- A 24-hour cancellation policy applies. Late cancellations will incur a 50% charge.
- All services are subject to availability.

Opening hours: Monday – Sunday, 10:00 – 20:00

noūs spa

messaria thiras, santorini
+30 2286 440300 | spa1-nous@donkeyhotels.gr

Owned by **DONKEY** Hotels S.A

 A MEMBER OF **DESIGN HOTELS**