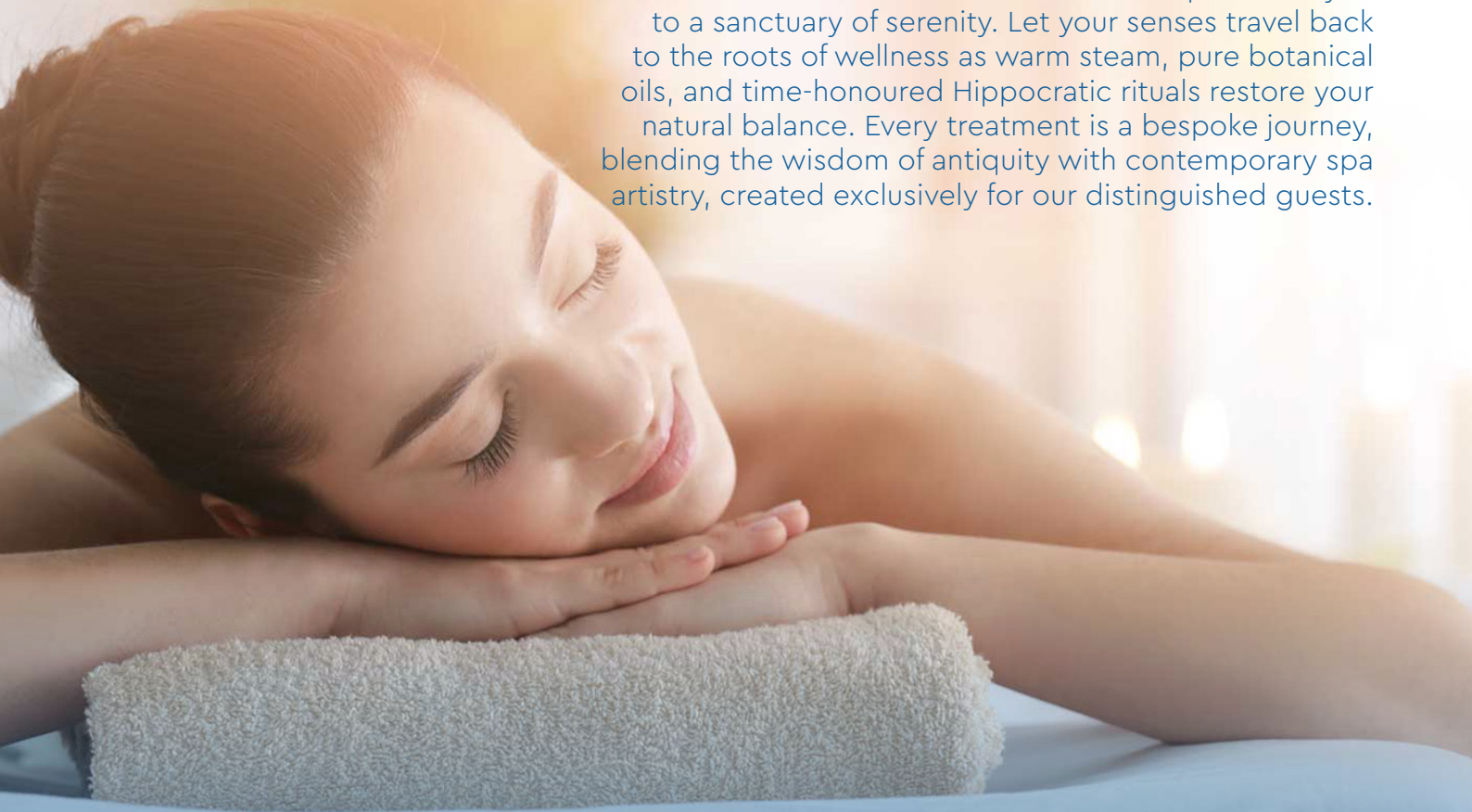


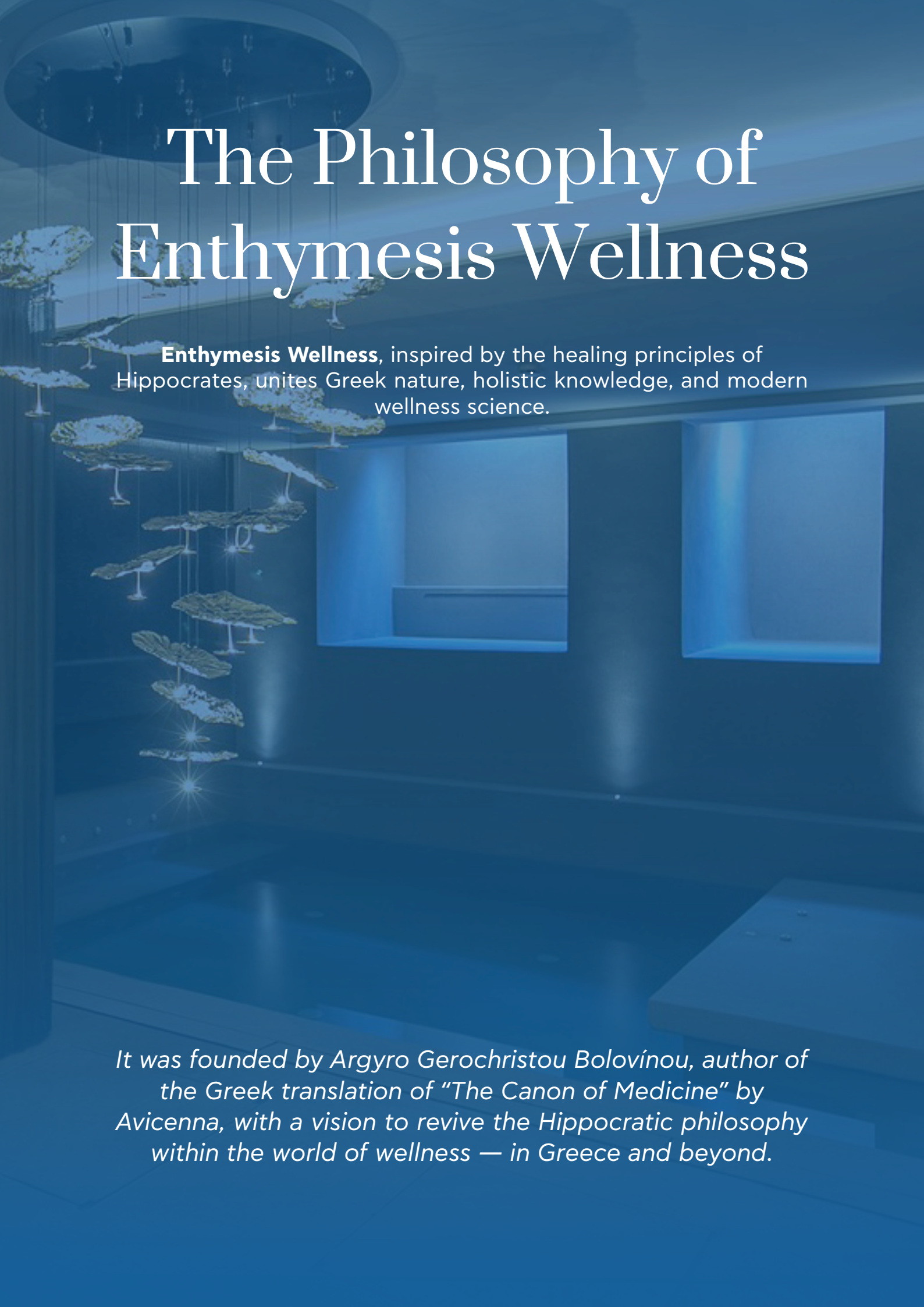
Enthymesis Wellness - 1890 Hotel & Spa

Where Ancient Greek Healing Meets
Modern Luxury

Just steps away from the Acropolis—the birthplace of Greek traditional medicine—1890 Hotel & Spa invites you to a sanctuary of serenity. Let your senses travel back to the roots of wellness as warm steam, pure botanical oils, and time-honoured Hippocratic rituals restore your natural balance. Every treatment is a bespoke journey, blending the wisdom of antiquity with contemporary spa artistry, created exclusively for our distinguished guests.



Treat yourself like the Greek Gods



The Philosophy of Enthymesis Wellness

Enthymesis Wellness, inspired by the healing principles of Hippocrates, unites Greek nature, holistic knowledge, and modern wellness science.

It was founded by Argyro Gerochristou Bolovínou, author of the Greek translation of "The Canon of Medicine" by Avicenna, with a vision to revive the Hippocratic philosophy within the world of wellness — in Greece and beyond.

1890 Rituals

Each Enthymesis Wellness Ritual is a complete ceremony of balance and renewal. We harness the sauna, with its dryness and heat; the hammam, with its moisture and warmth; the refreshing plunge and the cool hydro-massage waters — combined with targeted massage techniques and botanical oils.

Through the wisdom of the natural elements, we achieve full elemental balance and the restoration of the body's vital humors. According to each guest's unique temperament, our specialized treatments guide the body and mind into a state of deep harmony and tranquility — a perfect remembrance of health.

Ritual Menu:

- Deep Tissue Ritual
- Deep Relaxing Ritual
- Lymphatic Massage
- Cellulite Energy Treatment
- Aromatherapy Wellness
- Couples Ritual

Explore our
full Ritual Menu
in the next pages

*Prices include complimentary use of hammam, sauna, and hydro-massage facilities before or after your treatment.



Energy & Release

Element of Fire



🕒 90' - 150€

Deep Tissue Ritual

A journey beginning with a sugar and Epsom salt body polish. The warm hydro-massage prepares the muscles, followed by slow deep strokes with rosemary, arnica and cold-pressed sunflower oil to dissolve tension. Finished with a soothing infusion of organic Greek herbs.



🕒 90' - 150€

Deep Relaxing Ritual

Fragrant hammam steam awakens the senses, a refreshing plunge follows, and a flowing massage along the body's energy channels brings deep serenity.

Detox & Flow

Element of Water



🕒 90' - 140€

Lymphatic Massage

Begins with dry brushing, alternating sauna and hydro-massage, finishing with gentle lymphatic massage using cypress, lemon and rosemary oils and a detox herbal infusion.



🕒 90' - 140€

Cellulite Energy Treatment

Warm steam, gentle exfoliation and specialized massage with grapefruit, lemon and cypress oils boost metabolism and visibly smooth the skin.

- 4+ sessions: 15% off
- 8 sessions: 20% off



Nourishment & Calm

Element of Earth



🕒 90' - 140€

Aromatherapy Wellness

The hammam envelops the body in revitalizing moisture. Warm botanical oil massage is tailored to your needs. The ritual concludes with rich butter cream and guided relaxation inspired by Yoga Nidra.



Couples Experience

🕒 120' - 260€

Couples Ritual

For couples or friends wishing to share something unique. Together with your therapist you choose the perfect ritual. Includes a 40-minute massage, herbal infusion or fine liqueur, and the sense that time stands still.





Earth



Fire

Each person belongs to a specific constitution, in which one of the five elements of nature predominates. In a state of imbalance, an element may exist in excess, leading to specific pathological conditions.



Water

Element of Fire
(Energy & Release)

Deep Relaxing Massage
Deep Tissue Massage
Body Scrub
Enthymesis Signature Treatment

Element of Water
(Detox & Flow)

Lymphatic Massage
Cellulite Treatment
Dry Brush Exfoliation
Deep Relaxation Massage

Element of Earth
(Nourishment & Calm)

Deep Relaxation Massage
Body Exfoliation
Aromatherapy with Warm Candle

Treatments based on the elements

Dominant Element Fire

If you are unstoppable, optimistic, explosive, fast, excessive, cheerful, or even aggressive, sharp, detail-oriented, and intelligent, you need treatments to calm your fire.

 50' - 80€

Deep Relaxing Massage

Combining pure, organic oils from rosemary, arnica, olive oil, and soothing essential oils like bergamot and pine, this full-body massage aims to calm both your body and mind.



 60' - 90€

Deep Tissue Massage

A massage that releases tension from tissues and muscles, alleviating pain caused by excessive "fire."

We use the therapeutic and soothing properties of Hypericum oil, arnica, and calendula for this treatment.

🕒 25' - 50€

Body Scrub

An exquisite scrub made from blackberries or sea salt combined with Epsom salts. This treatment clears your skin of dead cells while rejuvenating tired muscles and calming your mind with the aromas of orange and cedar from Greek forests.



🕒 120' - 160€

Signature Therapy Enthymesis

A comprehensive treatment combining a sea salt body scrub with a sugar scrub for the face.

It includes a deeply relaxing massage using organic oils such as olive oil and Hypericum oil for the body, blackcurrant oil for the face, and rosemary oil for the scalp. The treatment concludes with coconut butter and shea butter, leaving your fiery skin silky smooth and balanced.



Dominant Element Water

Κυρίαρχο στοιχείο  Φύση

Water is the essence of life, but excessive water in the body can cause imbalances. If you are calm, gentle, accommodating, heavy, serene, and sensitive, our treatments will help eliminate excess moisture, restoring your inner harmony.

 25' - 45€

Dry Brush Exfoliation

Body brushing with a dry brush is one of the oldest techniques for reducing moisture and stimulating circulation.

This method removes dead skin cells, increases body warmth, and enhances lymphatic flow. The treatment is completed with the application of a light, dry grapeseed and oregano oil, providing toning and a refreshing sensation.



 60' - 80€

Cellulite Treatment

When the water element dominates, cellulite becomes more pronounced.

Through a unique lymphatic and energy massage using a blend of organic oils enriched with grapefruit, cypress, and lemon essential oils, excess water evaporates, metabolism is boosted, and cellulite visibly reduces.

🕒 60' - 80€

Lymphatic Massage

A gentle, almost imperceptible massage with rhythmic, pulsating movements stimulates lymphatic flow and facilitates drainage towards the lymph nodes and kidneys.

We use lightweight organic grapeseed oil infused with locally sourced oregano oil to help reduce excess moisture and phlegm.



🕒 50' - 85€

Deep Relaxation Massage

Combining pure, organic lemon and eucalyptus oils, this treatment utilizes the warmth of melted massage wax as it spreads over the body, offering deep relaxation and rejuvenation.

The soothing heat calms both body and mind while enhancing natural internal warmth, promoting well-being and balance.



Dominant Element Earth

If you are introverted, prone to dryness, coldness, melancholy, yet deeply creative and wise, you, like the earth, need warmth and moisture to flourish. This collection of treatments is designed to restore balance and vitality to your body and spirit.



 50' - 85€

Deep Relaxation Massage

Immerse yourself in the therapeutic power of a deeply relaxing massage using premium organic St. John's Wort oil, rich in hypericin and hyperforin.

Infused with calming lavender, nourishing olive oil, and soothing chamomile, this treatment will rejuvenate your body and mind.

The experience is completed with a luxurious body butter enriched with lavender and ylang-ylang, enhancing the profound calming effects of the massage.

🕒 30' - 50€

Body Exfoliation

Revitalize your skin with a gentle sugar scrub applied to the entire body and face.

The treatment concludes with the application of a deeply nourishing body butter enriched with lavender and ylang-ylang oils, providing intense hydration and a soothing sense of tranquility.



🕒 60' - 90€

Aromatherapy with Warm Candle

Experience the enchanting sensation of warm candle wax infused with wild rose, sweet ylang-ylang, and lavender oils. As the warm wax drizzles onto your skin, a deep sense of warmth and balance envelops you.

This therapeutic ritual is further enhanced by a specialized aromatherapy technique applied along the body's energy channels (meridians), restoring harmony and inner peace.



Enthymesis

Contact Us

• www.enthymesis.gr