

ENTHYMESIS

HOTEL

& SPA



Enthymesis

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Our Philosophy

Enthymesis Wellness Athens 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.

Delving deeply into the ancient Greek traditions of healing, the wisdom of our physicians and philosophers, as well as the effects of herbs and oils on health and well-being, we have developed a care method that is deeply therapeutic.

Based on Hippocrates' five different temperaments, our approach is revolutionary, offering holistic care for both body and mind.

Treat yourself like the Greek Gods.

The 5 Elements

Each individual is governed by one of the five elements and a "humor," which define specific physical traits and potential imbalances.

Complete Care for Body & Mind

In our spa, our therapists will guide you towards a holistic therapeutic plan, including body therapies, massages, facial treatments, sauna, hammam, diet, and exercise.

The Hippocratic Method

Hippocrates' method is one of balance—adding what is missing and removing what is in excess.

Using pure oils and herbs from Greece, along with our signature treatments, we restore harmony to your body and spirit





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 Bolovinou, 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.

Recharge & Unwind

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.

Deep Tissue Ritual

🕒 90'

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.

Deep Relaxing Ritual

🕒 90'

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

Through the wisdom of the natural elements, we achieve full elemental balance and the restoration of the body's vital humors.

Lymphatic Massage

🕒 90'

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.

Cellulite Energy Treatment

🕒 90'

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 & Bonding in Serenity

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 well-being.

Aromatherapy Wellness

🕒 90'

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 Ritual

🕒 120'

For couples or friends wishing to share something unique.

Together with your therapist you choose the perfect ritual. A 40-minute massage, herbal infusion or fine liqueur, and you lose all sense of time.



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.

Deep Relaxing Massage

🕒 50'

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.

Deep Tissue Massage

🕒 60'

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

Body Scrub

🕒 25'

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.

Signature Therapy

🕒 120'

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

It includes a deep 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

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.

Dry Brush Exfoliation

🕒 25'

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.

Cellulite Treatment

🕒 60'

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.

Lymphatic Massage

🕒 60'

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.

Deep Relaxation Massage

🕒 50'

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.

Deep Relaxation Massage

🕒 50'

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.

Body Exfoliation

🕒 30'

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.

Aromatherapy with Warm Candle

🕒 60'

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.



Soothing Facials

Surrender to the hands of experts and enjoy unique massage therapies that rejuvenate both body and mind.

Deep Cleansing Herbal Facial Treatment

🕒 50'

Give your skin a deep cleanse with the power of natural ingredients.

Blueberry kernels and green clay penetrate the deepest layers, removing impurities and rejuvenating skin cells. Matcha and prebiotics detoxify and balance the skin, while a unifying mask eliminates excess dirt and dead skin cells.

A triple hyaluronic acid massage, combined with powerful ectoin and a dark circle eye cream, leaves your complexion radiant, hydrated, and refreshed.

Uplifting Anti-Aging & Detox Facial Treatment

🕒 50'

Enjoy a natural anti-aging facial massage with powerful ingredients like equisetum, seabuckthorn, and evening primrose oil, designed to make you look and feel younger.

This treatment nourishes your skin with essential vitamins A, C, E, β -carotene, B-complex vitamins, silica, carotenoids, and flavonoids. Omega-3 and -9 fatty acids act as natural collagen boosters, while milk thistle provides powerful antioxidant protection.

Prebiotics support your skin's natural balance. For the delicate eye area, helichrysum, parsley, and grapeseed oil help reduce signs of aging.

Turn back time!

Sun-Kissed Glow Face & Body

🕒 25'

Soothe & Hydrate Your Skin After Sun Exposure.

After a hot day under the sun, your skin needs deep hydration and restoration.

This treatment provides instant relief and cooling for sun-stressed skin. The refreshing face and body mask delivers a "skin freeze" sensation for ultimate freshness.

High-quality oils and prebiotics restore balance, while natural ingredients such as calendula, omega-3 and -6 fatty acids, and polyphenols calm, regenerate, and prolong your tan.



Holistic Experiences

The soul cannot heal unless the body is healed, and the body cannot heal unless the soul is healed.

Earth Mama Ritual

🕒 50'

For Expecting & New Mothers.

A specially designed treatment using pregnancy-safe organic products to help you feel relaxed and pain-free again.

During pregnancy, excess water retention can cause swelling, discomfort, and tension, depending on your body's unique needs.

This treatment, with extra mild scents and silky textures, soothes your body and revives your senses. A blueberry and ginger body scrub awakens your skin, while calendula, vitamins, polyphenols, and omega fatty acids restore elasticity and nourish your skin.

The experience is completed with a gentle, relaxing massage designed specifically for this precious stage of your life.



Bespoke Wellness Regimen

Reconnect... Create Your Own Retreat

The Reconnect program follows Hippocrates' philosophy on holistic healing...

A unique retreat, designed by our team and tailored to your personal temperament.

This wellness journey, lasting from 1 to 7 days, is crafted to bring you balance, rejuvenation, and deep relaxation.

All you need to do is visit us and surrender to our care...

We take care of everything for you

- The most suitable treatments for your body and mind.
- Guided walks to breathtaking locations, off the beaten tourist path.
- Your nutrition at your hotel's restaurant.
- Your physical activity and relaxation sessions.

And we let you enjoy your time the way you desire, while reaping the benefits of traditional Greek healing throughout your stay in our enchanting land.

Retreat



ENTHYMESIS
WELLNESS



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