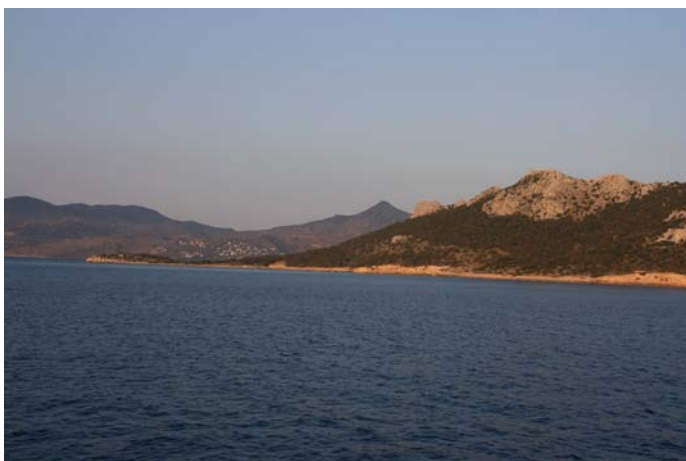


Translation of pamphlet available at Methana Spa



The small peninsula of Methana is situated on the east side of the Peloponnese and on the north-west side of Piraeus, between the group of the beautiful Argosaronikos islands. Methana is perfect for short holidays or a brief getaway where one can arrive in two hours from Athens either by car or ferryboat from the port of Piraeus.

Methana is the spa town of Attica, an attractive destination with volcanic sites, healing wells and beautiful beaches. Its touristic development is mainly due to the properties of the healing waters and the

hydrotherapy resort which is located directly opposite the marina. Methana has been one of the most important places for those in search of healing waters since the beginning of the 19th century due to the famous “well of health” and its stunning location.

The water healing therapy is beneficial for a wide range of ailments. These include – Problems with circulation, digestion, respiration, skin, myoskeletal, the nervous system, kidneys etc. In particular, over the past three thousand years at the waters therapies have been carried out for rheumatism, long-term arthritis, neuralgia, inflammation of the nervous system, long-term bronchitis, dermatological problems and gynaecological problems.

The Volcano of Methana

It is of note that the peninsula of Methana is the result of ancient volcanic activity. The volcanic centre of Methana is part of the Attica – Cycladic bow that starts from the volcanoes of Soussakio Loutraki, Aegina, Methana and Poros ending in Kos. The last known volcanic activity in Methana was recorded in the year 250 BC and the volcanic crater of Methana is still renowned today.



Creation of Hot Sulphur Waters

The hot sulphur waters owe their existence to the unique geological, hydrogeological, tectonic structure and to the volcanic nature of a previous time. The water comes from a depth of 2 and a half to three thousand meters where it has been heated by volcanic activity and enriched with minerals. On its way up it is mixed with meteoric and sea waters.

Treatments for renewal and relaxation

At the Methana volcanic spa there is a wide selection of treatments and therapies aiming to provide you with complete relaxation and pampering of body and mind alike. They successfully combine traditional therapeutic methods and values with new ideas offering a unique oasis of harmony.

The new spa offers:

Swedish sauna with herbs or volcanic stones or natural oils

Hamman

Automatic Hydromassage with or without bubbles and colours for the purpose of relaxation.

Pools with healing and warm waters

Hydrotherapy at special springs of hot sulphuric waters for relaxation

Physiotherapy

Kinesiotherapy

Therapy and Destressing Massage

Water Massage

Beauty therapies for face and body

Chocolate therapy

Aromatherapy

Mud therapy

Skin peeling /skin firming/ detox therapies with seaweed

Manicure

Pedicure

Facial and body hair removal

Gym

Areas for medical supervision and consultations