

EXCLUSIVE

EXPERIENCES



EXPLORE

Let One&Only Aesthesis unlock the wonders of the Athenian Riviera. Relax in our spectacular pools and sandy beaches, soak up the Aegean sun on our private stretch of coastline. Beyond the resort, we reveal a new side to the ancient capital with curated adventures that take you to the cultured heart of Athens, just a 30-minute drive away.



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ADVENTURES

BY SEA

UNCOVER IDYLIC ISLANDS, HIDDEN COVES AND SECRET BEACHES ON THE ATHENIAN RIVIERA

EXPLORING THE RIVIERA

Discover the Athens Riviera on-board our luxury yachts. Your host will help plan your curated itinerary, including the duration, local islands to visit, and a tailor-made picnic basket suggested by our Executive Chef. Bespoke experiences can also be arranged, such as signature Guerlain Spa massages or watersports. The yacht departs from our own dock at Omma Island, where you'll be greeted with a glass of Armand de Brignac Champagne before departing.

Includes:

Montroi amenities

Towels and robes from One&Only Aesthesis

Tailor-made linen and cushions

Guerlain skincare kit

Sun protection kit

For bookings or additional information, please contact our Guest Experience team.

DISCOVER SCUBA DIVING

Embark on your own underwater adventure with a private scuba diving programme, between Sounion and Lagonissi. Designed to introduce you to the wonders of scuba diving, this tailored class takes you to the tranquil waters between the Cave of Arsida and Patroklos Island. While this programme is not a certification course, it will ignite your passion for the sport as you enjoy one dive up to 3-5 metres.

Includes: Theory, scuba gear and equipment, licensed professional scuba diving instructor, insurance, private boat with captain, towel, small backpack with bottled water, hat or beanie, second pair of shoes that will get wet, personal water bottle.

Available: All year around, when weather permits

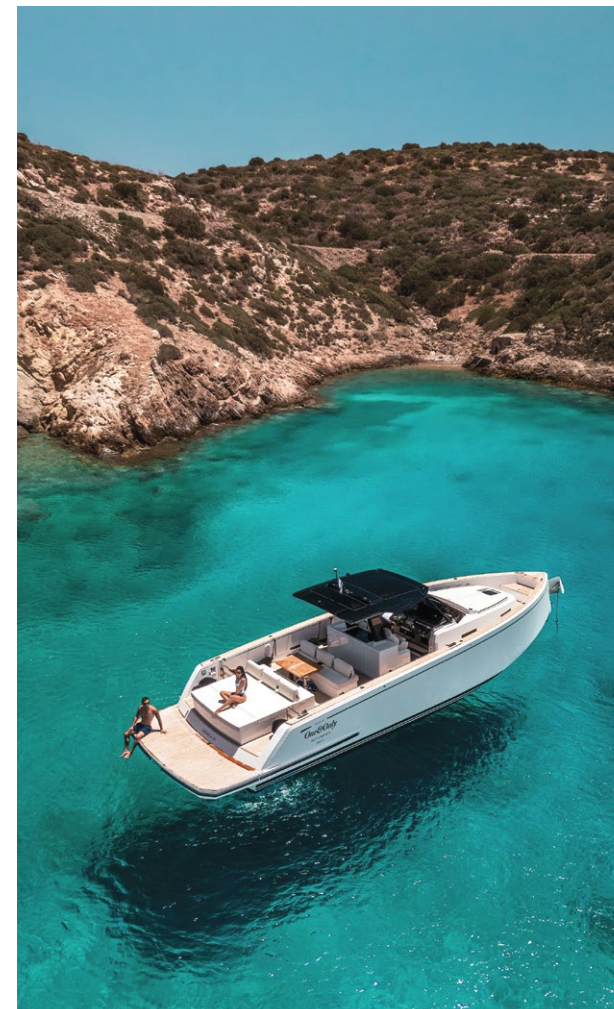
Distance from the resort: 40 minutes

Experience duration: approximately 2 h

Minimum age: 10 years old

No prior experience needed, but participants must be in reasonable physical health

For bookings or additional information, please contact our Guest Experience team.



ONE SUP

Designed to elevate your physical, mental, and emotional wellbeing through the art of stand-up paddleboarding, this programme offers a unique journey suitable for participants of all skill levels. Whether you're a seasoned paddler or a first-timer, One SUP provides personalised experiences that connect you with the stunning natural beauty of the water.

Enhance your stay at our premier beach destination, where adventure and holistic wellness come together. Here, we redefine guest satisfaction and set a new benchmark in watersports and rejuvenation.

For bookings or additional information, please contact our Guest Experience team.

FISHING TRIP IN THE SARONIC GULF

Enjoy an Aegean fishing experience in the Saronic Gulf. You'll be privately transferred to Varkiza Harbour, where the fishing boat awaits, equipped with specialist fishing equipment and a captain to provide expert guidance. You'll then return to the resort to have your catch cooked in a private barbecue.

Includes: Captain fisherman, use of snorkeling equipment, beverages and snacks.

Experience duration: 6 h

For bookings or additional information, please contact our Guest Experience team.



ADVENTURES



IN NATURE

ATHENS SUNSET PRIVATE E-BIKE TOUR

Experience Athens like never before as we take you on a private e-bike tour of the ancient capital. Immerse yourself in breathtaking panoramas of the city, where every glance unveils a new architectural marvel and iconic monument illuminated in a golden glow. Our insider access invites you to explore the city with fewer crowds, ensuring an intimate and serene ambience for your adventures. As the sun sets, enjoy a leisurely evening in the cooler temperatures as you discover the untold wonders of this enchanting city.

Distance from the resort: 1 h

Duration: 3 h

For bookings or additional information, please contact our Guest Experience team.

MOUNT YMITTOS BYZANTINE TRAIL PRIVATE HIKE

Embark on an exhilarating journey through history with our private hike, tailored to ignite your senses and offer a different side to Athens. Begin your day or evening with an active walk across the hidden gem of Mount Ymittos, just a short ride from downtown Athens. Immerse yourself in the rich history of the mountain as you visit Byzantine monasteries and learn the history of this fabled landscape. This exclusive, intimate adventure promises an unforgettable escape from the bustling city below, offering a revitalising experience in nature and providing the ultimate jet-lag cure as you take in the beauty of Athens from a vantage point reserved for just a few.

Meeting time: 10am and 5pm

Distance from the resort: 1 h

Duration: 3 h

For bookings or additional information, please contact our Guest Experience team.



CANYONING GEORGE MILLS

In this open-air adventure, you'll be driven to George Mills in the area of Aigirouses in Alepochori, an hour from the resort. Your canyoning adventure will be led by a certified and experienced guide from ICAN World Organization, who will kit you out with all the necessary equipment (harness, helmet, gloves, neoprene suit and socks during winter) for your thrilling experience.

Distance: 750m

Sun exposure: 30%

Maximum descent: 25m

Experience period: All year around, when weather permits

Distance from the resort: 1 h 15 mins

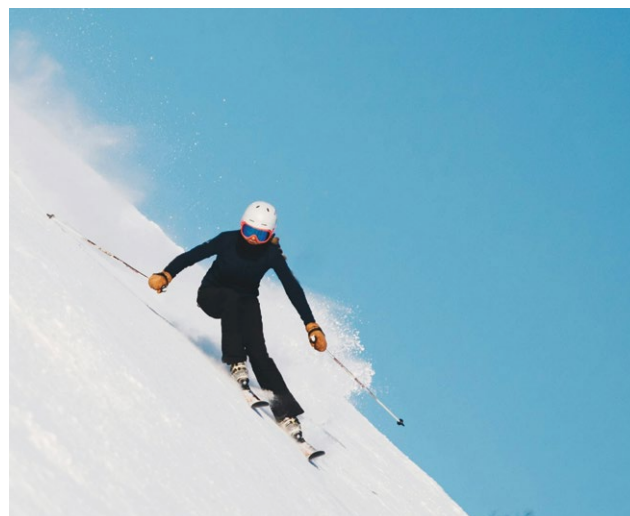
Duration: approximately 5 h

For bookings or additional information, please contact our Guest Experience team.

SKIING EXPERIENCE AT ARACHOVA

Discover Greek skiing at Parnassos, the country's most famous ski resort, with mountain drives and pre-arranged equipment ready for you. During the winter season, enjoy a day on the slopes with a dedicated driver, and return to the resort with special ski amenities to complete your adventure.

For bookings or additional information, please contact our Guest Experience team.



ADVENTURES

ATHENS ABOVE

Take a breathtaking ride over Athens as you soar over this historic city on a 50-minute helicopter tour. Spy iconic landmarks and ancient monuments including the Acropolis and Poseidon's Temple from the air. Witness the Ancient Agora market and the Panathinaikon Stadium, Lycabettus Hill and the impressive Olympic Stadium as you cruise over the ancient capital, before admiring Piraeus port and the turquoise waters of the Athenian Riviera.

Duration: 50 min

Maximum capacity: 4 guests

For bookings or additional information, please contact our Guest Experience team.

ON AIR

RESORT



EXPERIENCES



ROOTS OF AESTHESIS – A WALK THROUGH FLORA AND FAUNA

Embark on a guided walk or bike ride through the resort's lush gardens and coastal trails, where nature, history, and sustainability come together. Discover the rich variety of native herbs we cultivate, learn about their traditional uses, and explore the eco-conscious practices behind our landscape. Along the way, uncover subtle archaeological elements that connect the land to its ancient past. Conclude with a meaningful gesture – planting your own herb in our sustainability garden, leaving a personal imprint on the ever-growing story of Aesthesis.

For bookings or additional information, please contact our Guest Experience team.

OUTDOOR CINEMA NIGHTS

Enjoy a pop-up movie night under the stars, in collaboration with local designers and fashion brands. Curated by a film expert, artist, gallery or museum, these handpicked screenings capture the spirit of Greek cinema.

For bookings or additional information, please contact our Guest Experience team.

ARCHAEOLOGIST FOR A DAY

This educational hands-on experience is an opportunity for the whole family to try their hand at being an archaeologist, helping to excavate the archaeological site of a cemetery from the late Roman period of 3000 BC.

Includes: the creation of a small book with memories and Polaroid pictures. For bookings or additional information, please contact our Guest Experience team.

HOW TO RIDE A BIKE

Riding a bike is great fun, but not everyone learns to ride when they are younger. This experience is suitable for adults and kids alike, helping guests of all ages master the art of cycling.

Includes: the creation of a small book with memories and Polaroid pictures.

For bookings or additional information, please contact our Guest Experience team.

STARGAZING

Discover the magic of the night sky with a local astronomer, as they host a stargazing experience on Mystiko Beach, including delicious snacks and drinks. The two-hour stargazing workshop will take you a journey to the constellations above via a state-of-the-art telescope.

For bookings or additional information, please contact our Guest Experience team.

SUNGAZING WITH YOUR FEET IN THE SAND

For a daytime twist on stargazing, discover our exclusive 'sungazing' experience on Mystiko Beach. This two-hour workshop includes expert guidance from a local astronomer on the art of sungazing, as well as a picnic basket to enjoy on the sand.

For bookings or additional information, please contact our Guest Experience team.



SIGNATURE



EXPERIENCES

THE UNTOLD ACROPOLIS

Let us reveal the untold stories and fascinating history of Athens' most significant site, and how the Acropolis came to be known as the Sacred Rock. This fascinating tour reveals the secrets behind the construction of the Parthenon and how Athenians funded this momentous building project.

Includes: licensed guide, entrance fees

Duration: 2 h

For bookings or additional information, please contact our Guest Experience team.

A TREASURE TROVE OF JEWELLERY AT BENAKI MUSEUM

Discover the 6000-year history of Greek jewellery in an exclusive experience at Benaki Museum. Upon arrival, you'll be welcomed with a glass of champagne, before your guide takes you on an exclusive tour, visiting the museum's vast collection of jewellery and learning about the processes and materials that fuelled Greece's jewellery trade over the ages. Become jewellery conservators for the day, holding a selection of precious 19th-century artifacts that are not on public display, and meet a De Beers Diamonds International Award-winning jewellery designer, who will shed light on the art of Greek jewellery making.

Duration: 2.5 h

For bookings or additional information, please contact our Guest Experience team.



CULTURE

EXPERIENCES

BESPOKE ATHENS ART EXPERIENCE

Enjoy a private exploration of the Athens' art scene, tailored to your interests. An expert art advisor will guide you to the city's galleries, museums, studios and art spaces, facilitating intimate conversations with the curators and artists themselves.

Duration: 3-4 h

For bookings or additional information, please contact our Guest Experience team.

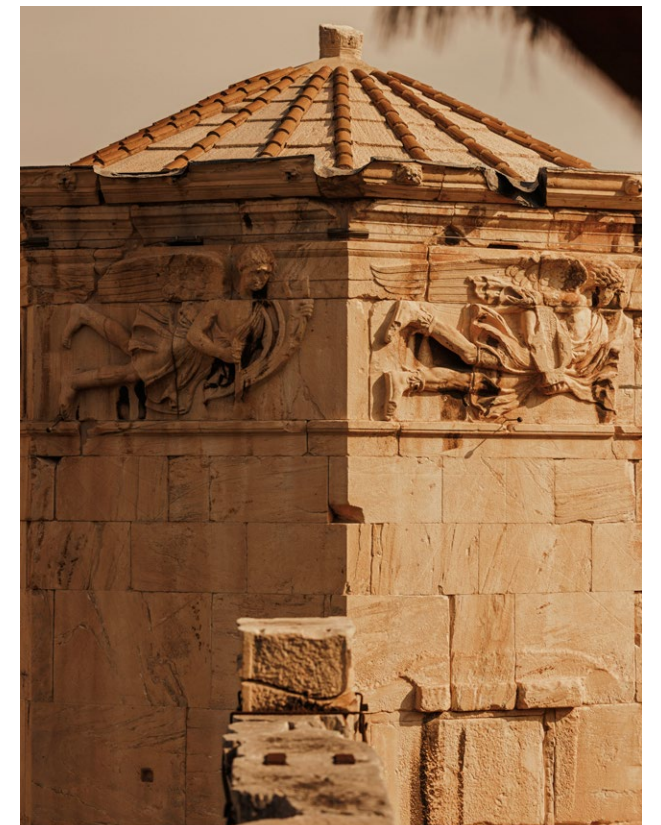
ATHENS FASHION WALKING TOUR

After being chauffeur driven to the centre of Athens, you will be led on a private tour of the capital's finest ateliers, fashion boutiques and artisanal shops. Visit hidden showrooms and designers' studios, where you will be introduced to the meaning of "Made in Greece" and understand how these handmade works of art are crafted.

Duration: 3.5 h

For bookings or additional information, please contact our Guest Experience team.

CONNECT WITH THE
CULTURAL AND NATURAL
WONDERS OF GREECE WITH
CURATED EXPERIENCES IN
ATHENS AND BEYOND



JEWELLERY DESIGNER FOR A DAY

With this signature One&Only experience, you will be privately transferred to the workshop of local jewellery designer Dolly Boucoyannis, who works in the centre of Athens. After meeting your guide in Monastiraki Square, wander to Dolly's atelier nearby, where you can view her work and experience the jewellery-making process first-hand. Learn about the time-honoured techniques that have evolved from the age of antiquities to the modern day. This hands-on experience takes place in the creative quarter of the city, where artists have converted old industrial buildings into studios and workshops.

Duration: 3 h

For bookings or additional information, please contact our Guest Experience team.



FAMILY



EXPERIENCES

RECONNECT ON THE ATHENIAN RIVIERA, WITH TAILORED EXPERIENCES FOR FAMILIES AND OUR FUN-FILLED KIDSONLY CLUB

ATHENA'S ROCK

Embark on an interactive, family-friendly tour of the Acropolis, immersing you in the captivating tales of the goddess Athena, the revered patroness of this ancient citadel. With each step on the Sacred Rock, your little ones will become a God or Goddess (Athena or Poseidon or maybe Asclepius), a detective of the past unravelling the mysteries of the Theatre of Dionysus, or even an archaeologist by observing the columns of the Parthenon. An amazing opportunity to learn the history of the Acropolis for kids and adults.

Duration: 2 h

Suitable for children aged 5 to 12 years old

For bookings or additional information, please contact our Guest Experience team.

LIVE LIKE A YOUNG ATHENIAN

In this enriching family experience, you and your little ones are privately transferred to the city centre of Athens, where a personal guide meets you for a tour of the capital, engaging children through games and play in the Ancient Agora. Your junior explorers will be introduced to antiquity and archaeology in this hub of social life, culture, and democracy, and learn about the young inhabitants of ancient Athens.

At the end of the trip, your little guests will receive a postcard from Athens, with a handwritten thank-you note from the city, along with a certificate for learning the myths and wonders of the Acropolis.

Duration: 1.5 h

Suitable for children aged 5 to 12 years old

For bookings or additional information, please contact our Guest Experience team.



CULINARY

EXPERIENCES

ONE NIGHT ONLY

Step into an unforgettable evening designed around you. One Night Only invites couples, families, or friends to indulge in a tailored private dinner in the venue of your choice, whether a candlelit beachfront cabana, a secluded garden corner, or a hidden terrace overlooking the sea.

Begin with a welcome glass of champagne as the atmosphere is set with soft lighting, flowers, and personalised touches. From an Asado-style fire-grilled feast to a Mediterranean tasting journey, your evening is elevated by attentive service, curated menus, and breathtaking surroundings.

Whether it's a romantic celebration or an intimate gathering, One Night Only is more than a dinner – it's a once-in-a-lifetime moment designed just for you.

For bookings or additional information, please contact our Guest Experience team.

A TASTE OF PRIVACY

Savour a private dining experience in the comfort of your bungalow or suite, where each detail is designed for intimacy and ease. After a sun-soaked day, retreat to your elegant space for a beautifully curated meal, served at your pace. Whether indoors or on your private terrace, soft lighting, refined table settings, and the gentle coastal breeze create a tranquil ambiance for a night of connection, flavour, and pure relaxation.

For bookings or additional information, please contact our Guest Experience team.



GUERLAIN SPA



EXPERIENCES

ROYAL HONEY REPAIR & RENEW TREATMENT

The Abeille Royale range harnesses the healing benefits of bee products. By combining intense exfoliation with a purifying massage using warm plant-infused pouches, it intensely repairs and smooths the epidermis for a rested and luminous face. This true youth catalyst acts on key skin reconstruction processes for a smoothing and firming effect.

Duration: 90 min

For bookings or additional information, please contact our Guest Experience team.

LEGENDARY STRENGTH

An intense body and back experience crafted especially for Guerlain Spa at One&Only Aesthesis, the Legendary Strength massage is expertly performed with hot glass spheres filled with aromatic oils to improve the musculature, enhance the overall posture, and boost your mind power.

Duration: 90 min

For bookings or additional information, please contact our Guest Experience team.

ENERGY OF TIANZI

This voyage into the heart of the Tianzi tropical forest offers a unique awakening of the senses through a perfect harmony between the intensity of the movements and the soulful melody. Offering a sensation that combines grounding, meditation and elevation, this exploration of the motherland of Guerlain orchids soothes the mind and rebalances the body. It's an emotional adventure that is both vibrant and regenerative in essence, allowing you to be reborn with boundless energy.

Duration: 60 min

For bookings or additional information, please contact our Guest Experience team.

FRENCH LUXURY BEAUTY HOUSE GUERLAIN BRINGS ITS EXCEPTIONAL WELLNESS PHILOSOPHY TO THE ATHENIAN RIVIERA, WITH THE FIRST GUERLAIN SPA IN GREECE.

GROUNDING IN THE ART OF PERSONALISATION, GUERLAIN SPA HARNESSES THE NATURAL WONDERS OF ATHENS TO CREATE EXCLUSIVE TREATMENTS AND BESPOKE PROGRAMMES, TAILORED FOR YOU.



FITNESS



FUNCTIONAL CIRCUIT TRAINING

Elevate your fitness with a dynamic, full-body circuit workout that blends strength, cardio and flexibility. Suitable for all levels, this invigorating session ensures variety, challenge, and expert guidance.

Duration: 60 min

Location: Indoor Gym

For bookings or additional information, please contact our Guest Experience team.

PILATES MAT

Immerse yourself in the essence of refined movement with our Pilates Mat experience. Designed to enhance both body and mind, this session blends strength, flexibility, and precision in perfect harmony. Set against the tranquil backdrop of One&Only Aesthesis, it's a graceful journey toward improved posture, core control, and inner balance.

Duration: 60 min

Location: Fitness Area

For bookings or additional information, please contact our Guest Experience team.

STRETCH & RELEASE

Unwind with a gentle Stretch & Release session at the serene Club One Pergola. Designed to ease muscle tension and enhance mobility, this restorative experience promotes deep relaxation and rejuvenation in a serene setting.

Duration: 45 min

Location: Club One

For bookings or additional information, please contact our Guest Experience team.

JOURNEY

TENNIS & PADEL

Sharpen your skills with a private lesson or a friendly match led by our ATP-level LUX Tennis professional, or reserve a court for your personal play. Our premium facilities include two tennis courts and one padel court, offering a perfect blend of sport, luxury, and stunning surroundings.

Duration: 60 min

Location: Club One

For bookings or additional information, please contact our Guest Experience team.

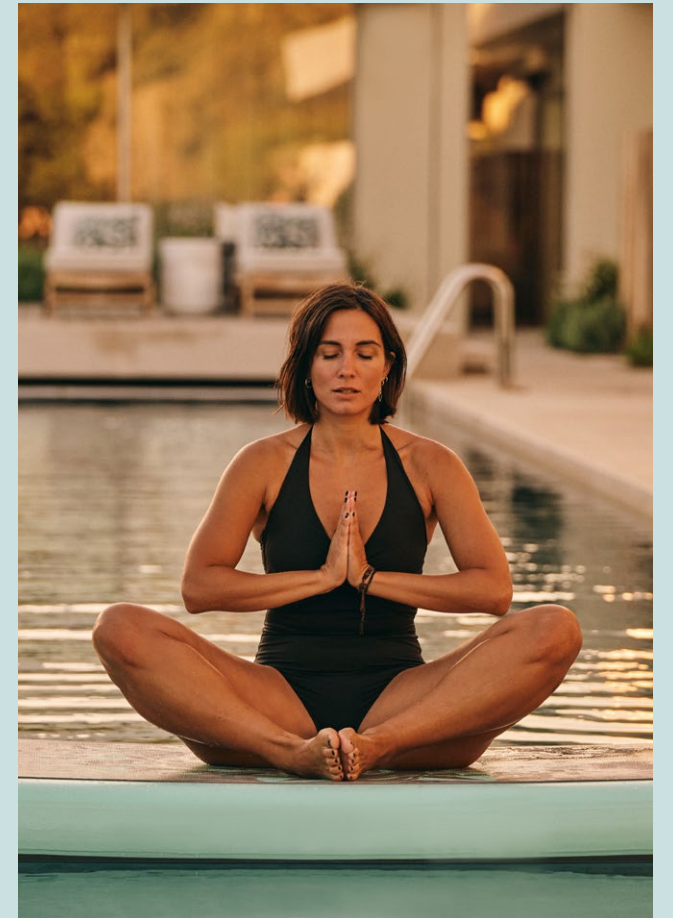
MORNING RUN

Energise your day with a guided run along the scenic Omma route, weaving through breathtaking coastal views and the serene Drymos forest, where nature's beauty unfolds with every stride.

Duration: 45 min

Location: Omma Island

For bookings or additional information, please contact our Guest Experience team.





EVERYTHING YOU NEED TO KNOW

TERMS & CONDITIONS

WEATHER IN GREECE

Greece has a typical Mediterranean climate, which lends itself to mild and often wet winters and dry summers. The country is mostly sunny throughout the year. Winters on the Athenian Riviera are refreshingly mild; thanks to warm temperatures, you can still swim in the sea in early-mid October.

TIME ZONE

Greece is GMT/UTC + 2h during Standard Time, and GMT/UTC + 3h during Daylight Saving Time.

ATTIRE GUIDE

For all outdoor activities we recommend suitable outdoor clothing, appropriate to the season and weather. The weather on the coast and in the mountains ranges from very warm sunny days in summer to rainy spells and chilly evenings during winter. We recommend that you pack attire suitable for these conditions and activities, particularly comfortable clothes and closed shoes for hikes, sunglasses and hat/cap for sunny weather, as well as sun protection and a swimsuit, if you decide to have a swim during the activity. It is recommended to bring a camera to capture panoramic snapshots.

HOW TO BOOK

With their unmatched knowledge of the property and the hidden wonders of the Athenian Riviera, our team will design a personalised itinerary of activities suited to your preferences, with suggestions for the most scenic locations and points of interest. Experiences are to be arranged directly with your host. All activities are subject to availability at the time of the request.

The meeting point for each activity will be advised at the time of booking. All booked tours will commence promptly at the agreed start time. Pre-booking for all experiences is highly recommended.

CANCELLATION POLICY

Cancellation policies may apply for certain experiences. A 100% cancellation fee will be incurred for any activity not cancelled at least 48 hours prior to its commencement, while for certain experiences, cancellation within 72 hours will incur a 100% charge. In the event of a no-show, a fee of 100% per person, per experience will be incurred. Please check at time of booking. For complimentary activities, we kindly request you give 24 hours' notice of any cancellation. Please note, on some occasions, activities can be affected by inclement weather conditions. For any activities cancelled or postponed by One&Only Aesthesis management due to inclement weather, cancellation fees will not apply.

One&Only

AESTHESIS

Athens

1. PRIVATE HOMES
2. PRIVATE HOMES' BEACH
3. OMMA ISLAND - BOAT DOCK
4. RIVIERA SUITES - SEAFRONT
5. AESTHESIS BUNGALOWS
6. VILLA NOSTOS
7. VILLA ONE
8. ONE, TWO, THREE AND FIVE-BEDROOM SUITES
9. AESTHESIS BUILDING - AESTHESIS ROOMS
10. ORA BY ETTORE BOTRINI
11. SUMOSAN (SEASONAL POP-UP)
12. MINIMA BAR
13. AESTHESIS BEACH
14. AGORA
15. ONE AND TWO-BEDROOM SUITES
16. MANKO
17. MYSTIKO ADULTS BEACH
18. SUNSET BAR
19. GUERLAIN SPA
20. CLUB ONE
21. TENNIS & PADEL COURTS
22. KIDSONLY CLUB
23. PARKING
24. DRYMOS FOREST





THE ATHENIAN RIVIERA, REVEALED

Combine culture, nature and ancient history on the mythical
Athenian Riviera.

One&Only

AESTHESIS

Athens



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