

Kids Spa — *Parent Guide*

Everything you need to know before your little one's first spa day — gentle treatments for ages 6–12, always alongside a parent.

BEFORE YOU COME

What to bring — *almost nothing*

- **Nothing at all is needed** — we provide child-size robes and slippers, and every session ends with a glass of juice.
- Tell us in advance about any **allergies, sensitivities or medical conditions** so the session can be adapted.
- Arrive about **10 minutes early** so your child can settle in, change and meet the therapist without a rush.
- A parent or legal guardian stays in the spa area for the whole session — bring a book and make it your quiet hour too.

BIRTHDAYS & GROUPS

The 2-hour Kids Spa Party — €500

Two full hours of spa fun for 10–12 children aged 6–12, hosted in our private suites with qualified female therapists. Food, drinks and birthday decoration are all included — you only bring the cake-worthy smiles.

Welcome & robes	Children arrive, change into robes and slippers, and meet their therapists.
Mini facials	Gentle cleanse and glow — the cucumber-slice moment every parent photographs.
Happy little feet	Soft foot massages that calm even the most excited birthday crowd.
Head & shoulders	A calming head, neck and shoulders massage, adapted to each child.
Soft Swedish & zen Thai	Gentle stretching and soothing strokes — calming, never intense.
Food, drinks & decoration	Birthday table with snacks, drinks and festive decoration, all included.



THE MENU

Kids treatments & prices

Happy Little Feet	Gentle foot massage for small guests	20 min	€15
Little Zen Stretch	Soft zen-style Thai stretch, fully clothed	30 min	€20
Calm Little Crown	Soothing head, neck & shoulders massage	30 min	€20
Little Calm	A soft, soothing Swedish-style massage	40 min	€30
Little Glow Mini Facial	A sweet, gentle glow for young skin	20 min	€25
Kids Spa Party	Two hours for 10–12 children — everything included	2 hours	€500

GOOD TO KNOW

Key policies

- Kids treatments are designed for **ages 6–12** and are always adapted to the child — shorter, softer and calming, never intense.
- All children's treatments are performed by **qualified female therapists**.
- A **parent or legal guardian stays in the spa area** throughout the whole session — children are never treated alone.
- Sessions can be **paused at any time**, for any reason — comfort always comes first.
- Please disclose allergies, sensitivities or medical conditions **in advance** so we can prepare the session safely.

BOOK & FIND US

Reservations & locations

Bookings	WhatsApp or call +30 695 509 9989 — or pay online at nuadthaimassageathens.app
Main Spa	5 Kornarou St, Athens 105 63 (near Syntagma)
New Spa	12 Fokionos St, first floor (near Monastiraki)
Hours	Daily 10:00–22:00 — early-bird sessions by prior arrangement

We can't wait to meet your little one — for most children, it is their favourite hour of the whole trip.