



ARIADNI  
COLLECTIONS

# TIME TO *Travel* To Crete

Experience the enchanting island of Crete, where ancient healing meets modern holistic practices. Set against stunning landscapes of beaches, olive groves, and mountains.

Our retreats focus on cultural experiences with practices that promote physical, mental, and emotional well-being. This type of trip aims to rejuvenate the body and mind while also immersing travelers in the local culture, traditions, and lifestyles of Crete.

## Package details:

- 7 Days 5 - Star Accommodation.
- Half Board - 2 Meals per Day.
- Daily Wellness Activities.
- Private Wine Tour.
- Private tour of Knossos.
- Group Boat Cruise.
- Private Cooking Class.
- Spa Packages.
- Personalized Bioaroma Experience.

## Book now

+1 (630) 544-8999 Whats App or Viber



[polly@ariadnicollections.com](mailto:polly@ariadnicollections.com)

[Wellness Retreats at Ariadni Collections](#)



**Book Now**



Day 1 - Welcome Dinner & Rest Day. Embark on an unforgettable journey to Crete, starting in the picturesque town of Agios Nikolaos



Luxury 5 star hotel in Crete | Minos Palace hotel & suites

Day 2 - Sunday - Boat Cruise to the island of Spinalonga



### **Kickstart with Wellness:**

Begin your day with an invigorating wellness session to energize your body and mind.

### **Savor a Delicious Breakfast:**

Enjoy breakfast filled with delightful flavors, setting the perfect tone for your day.

### **Breathtaking Boat Cruise:**

Embark on an unforgettable journey in Crete, starting in the picturesque town of Agios Nikolaos, where you'll take a 4-hour boat ride to the historic island of Spinalonga. Enjoy a delicious onboard lunch, swim in the crystal-clear waters, and take in the breathtaking coastal views.

### **Dinner at the Hotel**



## Day 3 - Monday - Winery

**Morning Workout:**

Join us for refreshing morning workout session to kick off your day with vitality.

**Breakfast:**

Start your morning with another delicious breakfast served at the hotel.

**Private Vineyard Tour :**

Continue your Cretan adventure at a local winery, savoring the island's celebrated wines paired with delightful Mediterranean cuisine—a true feast for the senses!

**Dinner at the Hotel**

## Day 4 - Tuesday - Spa Day

**Morning Energizer:**

Continue your morning with an energizing morning wellness session.

**Breakfast:**

Delight in a healthy breakfast at the hotel.

**Relaxation at SPA Day:**

For relaxation, indulge in a serene spa day at the luxurious Minos Palace Hotel, complete with treatments to rejuvenate your body and soul with lunch at the hotel.

**Dinner:**

Enjoy the Local Cuisine.

## Day 5 - Wednesday - Knossos

**Breakfast:**

Savor a sumptuous breakfast spread featuring a variety of delectable dishes.

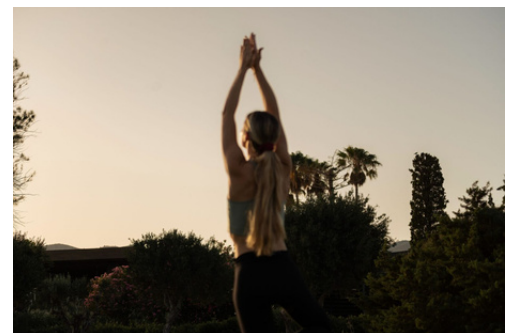
**Archeological Excursion Knossos: Private Tour**

Discover the legendary ancient city of Knossos, a captivating site steeped in myth and history, and the heart of the Minoan civilization. Once home to the famous King Minos, Knossos is where the myths of the labyrinth and the Minotaur come alive.

**Explore and Shopping in the old city of Heraklion****Relaxing Wellness Activity:**

Continue your morning with an energizing sound healing session.

## Day 6 - Thursday - Bioaroma- Local cuisine

**Breakfast:**

Start your day with a delightful breakfast, preparing you for a day of excitement and relaxation.

**Yoga and Serenity:**

Feel invigorated with a refreshing yoga session provided at the hotel, connecting mind, body, and spirit.

**Local Shopping and Bioaroma**

At Bioaroma, discover the art of essential oils and perfume-making, crafting your personalized fragrance with natural Cretan botanicals.

Immerse yourself in the charm of Agios Nikolaos by exploring its delightful boutique stores scattered throughout the town.



## Day 7 - Friday - Cooking Class

**Breakfast:**

Begin your day with a delightful breakfast, setting the stage for a day filled with exploration and strength.

**Fitness & Strength Sessions:**

Boost your energy with invigorating fitness and strength sessions tailored to enhance your well-being.

**Private Cooking Class:**

Enhance your stay with a hands-on cooking class, learning to prepare traditional Mediterranean dishes with fresh, local ingredients.

## DAY 8 - Saturday - Depart for Airport

Our



Team

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Luxury Adventures Tailored for You in Cyprus and Crete

[BOOK NOW](#)

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## 19-26 APRIL 2025 COST

FOR DOUBLE OCCUPANCY ROOM

3,785.00 EUROS PP

SINGLE OCCUPANCY PRICING AVAILABLE UPON REQUEST

## 21-28 JUNE COST - HIGH SEASON

FOR DOUBLE OCCUPANCY ROOM

4,500.00 EUROS PP

SINGLE OCCUPANCY PRICING AVAILABLE UPON REQUEST

## 17-24 OCTOBER COST

FOR DOUBLE OCCUPANCY ROOM

3,800.00 EUROS PP

SINGLE OCCUPANCY PRICING AVAILABLE UPON REQUEST

**Book Now**  
**Limited Spots**  
**Available**

1

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