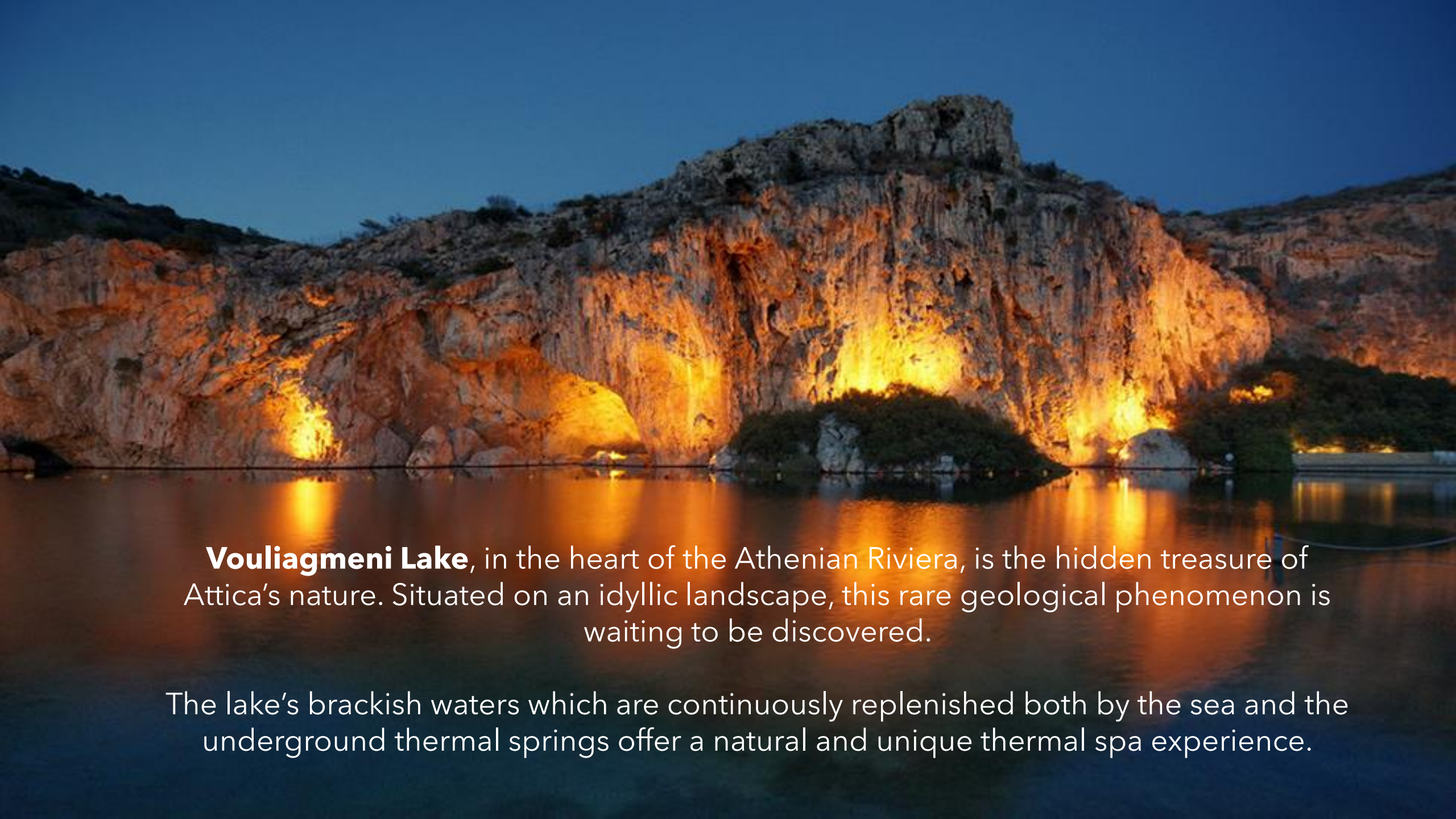


An aerial photograph of Vouliagmeni Lake, a natural swimming spot in Greece. The lake is surrounded by high, rocky cliffs on the left and lush green trees on the right. A concrete deck with stairs leads into the water on the right side, where several people are sitting. In the center of the lake, a group of people is swimming. The water is a clear, vibrant blue-green color. The text "VOULIAGMENI LAKE" is overlaid in the center in a bold, white, sans-serif font.

VOULIAGMENI LAKE



Vouliagmeni Lake, in the heart of the Athenian Riviera, is the hidden treasure of Attica's nature. Situated on an idyllic landscape, this rare geological phenomenon is waiting to be discovered.

The lake's brackish waters which are continuously replenished both by the sea and the underground thermal springs offer a natural and unique thermal spa experience.

HEALING PROPERTIES

Vouliagmeni Lake is ranked by Greece's Special Committee for the Protection of Natural Thermal Resources among the recognized thermal springs.

The healing properties of the natural springs which supply the Lake are the result of the water's high concentration in salts and minerals and in particular of potassium, sodium, lithium, ammonium, calcium, iron, chlorine and iodine.

All this, in combination with the high-water temperatures, help relieve afflictions of the musculoskeletal system, promote post-traumatic rehabilitation, and help with gynecological, and dermatological diseases.

A scenic view of a lake nestled in a rocky canyon. The water is a vibrant blue-green color. In the foreground, several people are swimming in the water. The surrounding landscape is rugged, with steep, light-colored rock walls and sparse green vegetation. A boat is visible on the right side of the lake. The overall atmosphere is serene and natural.

THE HEALING WATER - REJUVENATION & BALANCE

The Lake's water gushes from springs 50 to 100 meters deep and have a temperature ranging between 22 to 29 degrees Celsius throughout the year. The Lake flows into the sea as its water level is 50 meters above it sea water. This helps in the continuous renewal of the lake's water and results in its brackish composition.

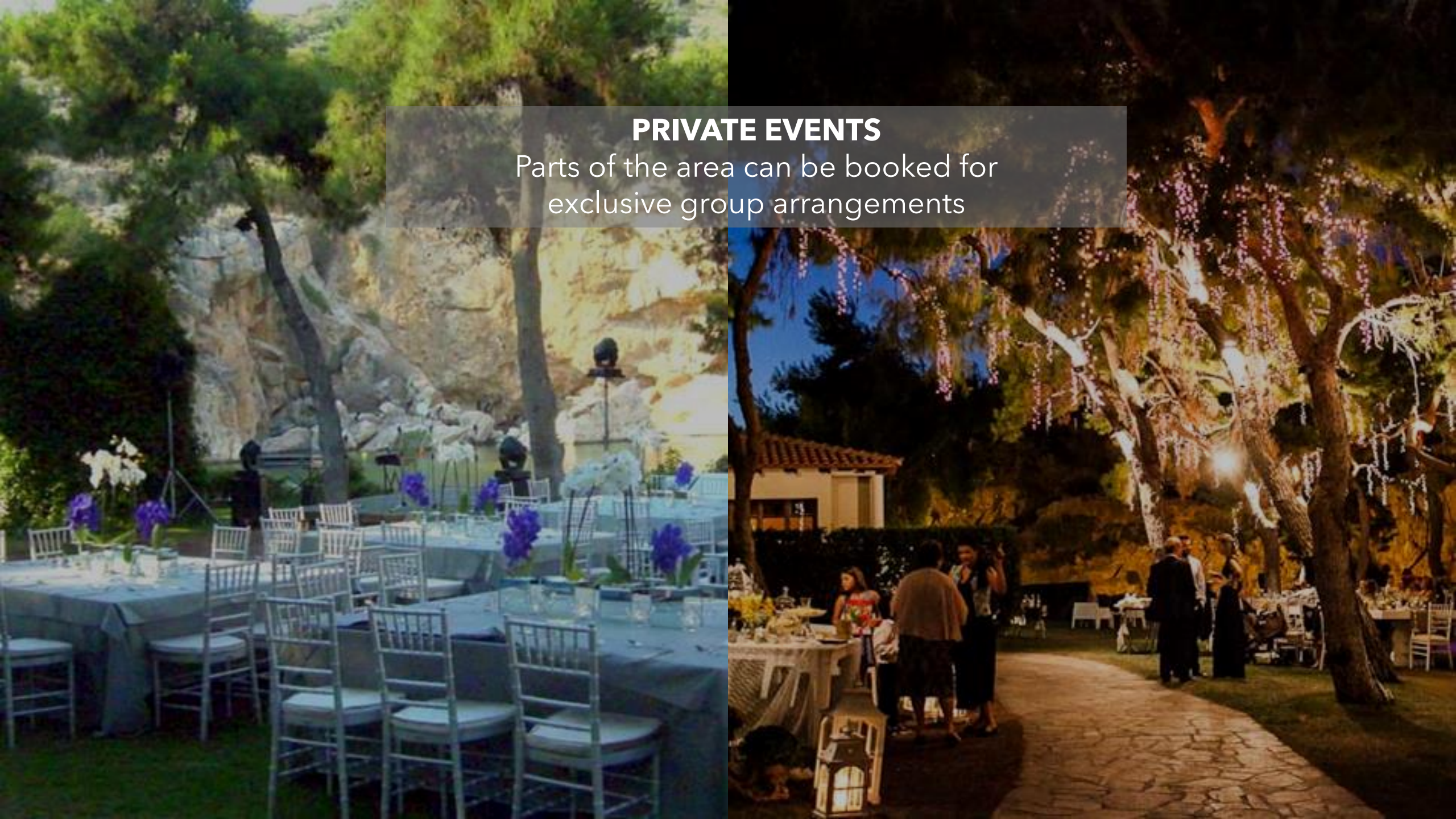
A scenic view of a lake at dusk. The sky is a deep blue, and the water is dark. A large, rocky cliff face is illuminated from below with warm, golden-yellow lights, creating a strong reflection on the water's surface. The cliff has some sparse vegetation. In the foreground, there are some trees and a wooden walkway or deck area on the right side. The overall atmosphere is serene and natural.

FISH SPA NATURE'S TREATMENT

The small fish called Garra Rufa are the indigenous and natural inhabitants of the Lake, promising visitors a unique peeling experience. Also known as Doctor Fish or Spa Fish, Garra Rufa take on the task of relieving your skin of its dead cells and offering you a relaxing massage

PRIVATE EVENTS

Parts of the area can be booked for exclusive group arrangements





ACTIVITIES

