

TINA'S
BLACK
BOOK

SPOIL ME IN ATHENS

A UNIQUE ATHENS GUIDE
SECOND ENGLISH EDITION



FERENIKI PUBLICATIONS

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A UNIQUE ATHENS GUIDE
SECOND ENGLISH EDITION

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FERENIKI PUBLICATIONS

*“[...] and those who partake of our education and culture,
rather than a shared descent, are called Greeks”*

Isocrates, *Panegyricus*, 50e



It was God's morning as I was climbing up the steps to the Acropolis.

*I felt the energy rushing inside of me; my vocal cords got all muddled.
My mouth could not utter a single word. I seized all the vibrations.
I started staring at Her in admiration.
Suddenly I felt a different breeze around me; silken air around my eyes.
People from another era...sweating, bearing heavy, pale marble stones
and molding them.
...feeling...worn out but also satisfied in a way.
I dipped into the Goddess' heart...
I swam through her corners...She pushed me away.
...violently...I had not understood, and nor had She.
I was of course arrogant.
It took me days...months...years...
To realize the essence of this land I tread upon.
The vibrations it hides, its joys and its sorrows.
I realized that...She, Herself, had to disclose Her secrets.
What should I smell? What should I respect? What should I touch?
What should I hide? What should I disclose.
I smelled the earth, I watched the clear blue velvet sky,
I felt the earth's heartbeats,
I heard the waves and I was daily entwined in her threads.
They held me tight... then they would let go...
Till one May morning..., it must have been a Sunday,
Walking along with Her,
With you on my mind...muttering a song.....
The vision came to my soul..
Athina, Athina, Athina...mmmm...like a mistress...a mother...a woman.
Difficult, unapproachable, witty, unexpected.
She acts out. She's rude, passionate, abrupt...
And at the same time she's transformed into being tragically adorable.
She can be as light as a feather...
Or her soul can be heavy like iron...
She may seem strong, and her heart may break each second that goes by
Million years of egoism keep Her from showing this..
She has the blues... just like Audrey Herburn in Breakfast at Tiffany's
...psychological...she has intensities...
She has unexpected bouts of laughter...She has intense curves...all over...
Her eyes are strong and She attracts only those She wants..and when
She wants to.
She has the aura of a witch..
She has a strong mind.*



*You must look Goddess Athina in the eyes.
Be honest with your thoughts.
Share them with no gimmicks...these things wear you down.....
We are no children to become enthusiastic...
If you wish so, you may kiss Her.
Touch Her.
Open your arms, and She will come to you.
I promise you. I know Her. I have come to know her.
Be sure of yourselves.
Do not let any doubts enter your lives...
Bearing small, bad thoughts...
Life is too short for regretting...
If you are honest, if you are real,
If your heart's beating, She will give herself to you.
For ever...no matter how ephemeral "forever" may be,
It is true, because it is momentary.
"Forever" means "this very moment"...
Find it. Keep it.
Hug?
Give me a hug please...*



*tina@tinablackbook.com
tinadask@classicalhotels.com*

AESTHETICIAN

Teta's beauty salon

Classical King George Palace
Tel. +30 210 3222210
www.kinggeorgepalace.com

Tonia Zagoriti

3, Marasli str.
Tel. +30 210 7215169

The best peeling in the city.

*Buy her "Shock mask peeling" and sunscreen protection, non-greasy.
You will become 20 years younger, in just two weeks!!!*

Tania Brezanti

28, Lakonia str., Maroussi
Tel. +30 210 8023861

*You will need several days for an appointment...
She is exceptional!!!*

AIRLINE COMPANIES

Aegean Airlines

Tel. +30 210 6261000
Airport tel. +30 210 3530101, +30 210 3534289-92
www.aegeanair.com

OA Olympic Airlines

Tel. +30 210 9666666
www.olympicairlines.com

Cyprus Airways

Tel. +30 210 3722722
Airport tel. +30 210 3534312, +30 210 3530815
www.cyprusairways.com

AIRPLANES – PRIVATE JETS

Aegean Airlines

Tel. +30 210 9988300
www.aegeanair.com

Interjet

Tel. +30 212 2123535
www.interjet.gr

Aviator

Athens International Airport
Tel. +30 210 3533713
www.aviator.gr

Pandair

379, Syggrou Av., Athens
Tel. +30 210 9426809
www.pandair.gr

AIRPORT

"Airplanes and airports have my favorite kind of foods service, my favorite kinds of entertainment, my favorite graphics and colors, the best security checks, the best views, the best employees and the best optimism."
The philosophy of Andy Warhol, 1977

Athens

Athens International Airport "El. Venizelos"
Tel. +30 210 3530000
www.aia.gr

Thessaloniki

Thessaloniki International Airport "Macedonia"
Tel. +30 2310 408411
Tel. +30 2310 473122

Alexandroupolis

Alexandroupolis International Airport "Democritus"
Tel. +30 25510 28598

Heraklion - Crete

Heraklion International Airport "Nikos Kazantzakis"
Tel. +30 2810 242009

Chania - Crete

Chania International Airport "I. Daskalogiannis"
Tel. +30 28210 63033

Mykonos Island

Mykonos National Airport
Tel. +30 22890 79000

ALMOND-CAKES (FOR WEDDINGS!)

Anastassis Skafidas

Pastry shop in Vrilissia,
53, Thermopilon str.
Tel. +30 210 8045852

Aristokratikon

9, Karagiorgi Servias str., Syntagma Square
Tel. +30 210 3220546
You can order it in any shape or colour...

ANTIQUES

Antiqua

Athanassios and Elisabeth Giannoukou
2, Amalias Av.
Tel. +30 210 3232220
Contemporary Greek art in very reasonable prices!
www.antiqua.gr

Goutis

10, Dimokritou str., Kolonaki
(Greek antiques)

Kougianos

6, Avissinias Square
Tel. +30 210 3213351
and 17-19 Ploutarhou str., Kolonaki
Tel. +30 210 7258931
www.kougianos.gr

Martinos Art Gallery

24, Pindarou str., Athens
Tel. +30 210 3607230
and 50, Pandrossou str.
Tel. +30 210 3212414
www.martinosart.gr

Rodios

5, Pindarou str.
Tel. +30 210 3616046

Flee market on Avissinias Square...

*Hefaistou and Pandrossou streets every Saturday and Sunday early in the morning.
You will find many bargains.
Look around...*

Rodios

7, Pindarou str.
Tel. +30 210 3611239
Specializes in China.

AQUARIUM SHOPS

Abyss

42, Alexandras Av., Pedion Areos
Tel. +30 210 8838334

Biotope

3, E. Makariou str., Dafni
Tel. +30 210 9709502

ART DEALERS

Magda Baltogianni

If you are looking for works by Fernando Botero...
Tel. +30 210 6890120, +30 210 6847795

ARTEFACTS

Zoumboulakis Galleries

7, Kriezotou str.,
Tel. +30 210 3634454
www.zoumboulakis.gr
...I buy posters...playing cards...wonderful vases and crockery

Benaki Museum

1, Koubari str., Kolonaki
Tel. +30 210 3671000
*Buy these wonderful hand made cushions...jewellery...
and very very nice children's books.*
And at 138, Pireaus str.
+30 210 3453111
www.benaki.gr

Cycladic Art Museum

4, Neophytou Douka str., Athens
Tel. +30 210 7228321-3
Statuettes and jewellery
www.cycladic-m.gr

Hydrotechnon

12, Anagnostopoulou str, Kolonaki
Tel. +30 210 3631424
*For silk prints of Tsarouchis...post cards by Alekos Fassianos...
and sous-plat from my favourite Akritakis!!!*

Astrolavos - Artlife

11, Herodotou str., Kolonaki
Tel. +30 210 7221200
*Its windows are very attractive...
And I love their jewellery.*

ART GALLERIES

Bernier Eliades

11, Eptachalkou str., Thission
Tel. +30 210 3413935
...for GILBERT and GEORGE...
www.bernier-eliades.gr

Martinos

24, Pindarou str., Kolonaki
Tel. +30 210 3390907
www.matinosart.gr

The Breeder System

6, Efmorfopoulou str.
Tel. +30 210 3317527-8
www.thebreedersystem.com

Rebecca Kamhi
www.rebeccacamhi.com

Zoumboulakis Galleries
Kolonaki Square
Tel. +30 210 3608278
For Marina Karella, Moralis...
www.zoumboulakis.gr

Cheap Art
25, Themistokleous & A. Metaxa str.
Tel. + 30 210 3817517
www.cheapart.gr

The Apartment
21, Voulis str., Syntagma
Tel. +30 210 3215469
www.theapartment.gr

Kappatos Gallery
12, Athinas str., Athens
Tel. +30 210 3217931

Ileana Tounta
48, Armatolon & Klefton str., Lycabettus
Tel. +30 210 6439466
www.art-tounta.gr

ASTROLOGER

Nikos Panagiotopoulos
Tel. +30 210 6657175
...Before you call him, know your birth hour...

Antonia Peta
Tel. +30 6944256213, +30 210 8259990
peta@otenet.gr

Kostas Aristidou
Tel. +30 210 8544082
*He is amazingly optimistic and a very cheerful person,
and knows how to communicate it...*

BACKGAMMON & KOMBOLOI (WORRY BEADS/SORT OF ROSARY)

30 Hefaistou str., Monastiraki

BAKERIES

Sakarikos
6, Deinokratous
Tel. +30 210 7215424
*Order the mini "Melomakarona" (Greek cakes of flour, oil & honey)...
Buy the heart-shaped donuts, the rice pudding or the must jelly they make...*

Stathis Tzovas
13, Sari str.
Tel. +30 210 3214035
*For the best tomatoes & Feta cheese pies...mmm...
Almond biscuits...and all kinds of breads...*

Athina's Bakery
111, Marathonos Av.
Tel. +30 210 6613472
Homemade jams, amazing cheese pie with Roquefort...

Karakatsanis
152, Etolikou str., Piraeus
Tel. +30 210 4934703
Try the "Lakakia".

BALLOONS

Artballoon
Passalimani, Piraeus.
Call and order. Tel. +30 210 4225356, +30 6944875537, +30 22910 24923
*If you are tired of flowers, send balloons!!!
My friend Lenia always surprises everyone!!!*

BARS

ΠΠ Palace Lounge Bar
The trendiest place to be seen in town!!
Classical King George Palace Hotel, Syntagma Square
Tel. +30 210 3258970

Taki (Mai Tai)

18, Ploutarchou str., Kolonaki

Tel. +30 210 7258306

Bars for locals...

Magaze Bar

33, Aiolou str., Athens

Tel. +30 210 3243740

Lovely croud...nice music...

Soul Bar

65, Evripidou str.

...amazing music...very comfortable sofas...cocktails...

And if you are hungry, the ground floor serves exquisite food!!! (with music)

Tel. +30 210 3310907

You will dream of whatever you have forgotten.

It's simply amazing!

Try the frozen drinks!

Do you like Pina Colada? Here's the recipe...

White Rhum, Malibu, Batida de Coco,

Fresh pineapple juice with a cloud of milk and drop of black rum...

Shake it! And get drunk!!!

Don't try to measure amounts... Get inspired!

You will thank me, in the morning... I hope!

Thank you Gregory... for your patience... teaching me the recipe!!!

BEADS

“Handromania” (Bead mania)

Monastiraki...

Romvis str., Hefaistou str.

...you will find many of these stores in Monastiraki...

BEAUTICIAN

Nikolas Christoforou

His lasers will transform you! Epilating, acne, wrinkles...exclusively in Greece...

Be patient: a few months are needed before you can get an appointment,

but it is worth it...

45, Michalakopoulou str., 5th floor

Tel. +30 210 7299369

BIKES

Kifissia Bikes

216, Kifissias Av.

Tel. +30 210 6232002

Mountain bike with many optional features

BLOOD TESTS

Bioiatriki (Biomedicine)

Tel. +30 210 7291604

Orthoviotiki

2, Papanikoli str., Halandri

Tel. +30 210 3230000

BOAT (FOR RENTAL OR PURCHASE)

Viktor Iliadis

16, Lambraki str., Glyfada

Tel. +30 210 8940938

www.marine-marketing.gr

Chistos Papazis

Poseidon Av., Glyfada

Tel. +30 210 9880572

69, Poseidonos & Alimou Av., Alimos

Tel. +30 210 9880652

www.pacifica.gr

BOOKSHOPS

Walk into bookshops – never in a hurry.

They do not sell coffee to go...

It's knowledge they are selling.

Pure knowledge.

Relax, flip through the pages, have a look around...

and simply live and experience the magic of knowledge...

Papasotiriou (Foreign publications)

35, Stournari str. & George corner,
Tel. +30 210 3323100

Discover the floor where deco books are on display!!!

It is my favourite!!!

www.papasotiriou.gr

Eleftheroudakis

17, Panepistimiou str., Athens
Tel. +30 210 3314180

You will need enough time...

Check the books about diets, and the children books.

I believe it is paradise.

www.books.gr

Fereniki Publications

The absolute Royal publications.

They are book fans, and we can shortly expect some surprises!!

They are preparing a few unique publications for 2009.

26-28, Spefsippou str., Athens

Tel. +30 210 7220043

www.fereniki.com

Icarus Publications

For those who want to get initiated to Greek poetry...

4, Voulis str, Athens

Tel. +30 210 3225152

www.ekdoseis-ikaros.gr

Kaktos Publications

If you want to become initiated into the Ancient Greek world...

46, Panepistimiou str.

Tel. +30 210 3840524

www.kaktos.com

Pirinos Kosmos (World Of fire)

If you believe in previous lives, this is the absolute must...

16, Ippokratous str., Athens

Tel. +30 210 3602883

www.pyrinoskosmos.gr

Libro

8, Patriarchou Ioakim str.

Tel. +30 210 7247116

www.libro.gr

BOUGATSA (CUSTARD PIE WITH FILO PASTRY)**Doris**

30, Praxitelous str.

Tel. +30 210 3232671, +30 210 3230177

They start at 8 o' clock in the morning, if you've stayed up till late...

It is the ideal breakfast.

BRIOCHE SWEETS

We call it... tsoureki, you have to learn to pronounce it... tsu-re-ki...

Belle Vue

104, Eleftherios Venizelou Av., Nea Smyrni

Tel. +30 210 9344064

Evi

19, Marasli str., Kolonaki

Tel. +30 210 7250133

She just started to bake bread too...

Georgiadis

Varkiza

Tel. +30 210 8975602...

Order profiterole, while you are there!!!

Smell that aroma!!!

Varsos

In Kifissia...at 5, Kassaveti str.

Tel. +30 210 8012472

Have some ice cream with it!

Try "Galaktoboureko" with some home made vanilla ice cream on top!

Lido

35, Chremonidou str., Pangrati

Tel. +30 210 7516898

You can buy everything...Delicious!

BUTTONS

Atthis

17, Perikleous str.

Don't mistake it for a goldsmith's...Magical store!

CAKES (WEDDINGS - CHRISTENINGS)

Wedding Guru,

Mrs Maria Xerikou

will prepare your dream cake for that special day!!

Tel. +30 210 6131598

The best chocolate mousse... And she makes all kinds of cakes, everything is edible of course!

Cake

13 Irodotou str., Kolonaki, +30 210 721 2253

www.cake.gr

CANDIES

Viap Mendel

They are efficient with a sore throat, and taste great...The red ones please!

Buy them in the kiosks!

Koutsourakis

Traditional candies

All tastes...

N. Liossia,

Tel. +30 210 5012797, +30 210 2620273

Apivita candies and honey

In all pharmacies in Greece, Japan, Europe and USA and

26, Solonos str., Athens

www.apivita.gr

For a sore throat,

Korres

candies with thyme, or Salus Alpenkraft with honey

from the Airport's pharmacy.

www.korres.com

CANDLES

Hellenic Candles

303, Tatoiou str. Axarnes, Athens

Tel. +30 210 6201620

www.hellenic-candles.gr

Body & Soul

Diptych...Try their new "Geranium rosa", as well as the "Baies", which is a limited edition and smells of Bulgarian roses and dried raisins...

Do not lose time wondering about the smell of Bulgarian roses,

just buy the product...

and from L'Artisan, buy the candle "Parfum de feuilles"

23, Herodotou str., Kolonaki

Tel. +30 210 7222424

CAR RENTALS

Avis

Reservations Dept

reservations@avis.gr

Tel. +30 210 6879600

www.avis.gr

Sixt Rent a Car

138-140, Kifissou Av., Peristeri

Tel. +30 210 5770006

Reservations: +30 210 5786392

www.sixt.com

Hertz - Autohellas ATEE

31, Viltanioti str., Kifissia

Tel. +30 210 6264000

www.hertz.com

Budget

8, Syggrou Av., Athens

Tel. +30 210 9214771

www.budget.com

Limo Service

Non stretch...

3, Stadiou str.

Tel. +30 210 3234120

CARPENTER

Sakis Grassos

25, Pouloupoulou str., Thission
Tel. +30 210 3462615
For furniture repair...

CARPET REPAIR

Stylios Kechagioglou

18, Herakleitou & Anagnostopoulou str., Kolonaki
Tel. +30 210 3601387

CARPETS

Soutzoglou

2, Skoufa str., Kolonaki
Tel. +30 210 3607779

Mrs Serafetinidi

Tel. +30 210 7246021
Visit her on Saturdays...
The candles and her aura will charm you...
21, Patriarchou Ioakim str., Kolonaki, 1st floor

Spiros Pegas

His knowledge will make you travel...
7, Pindarou str., Kolonaki
Tel. +30 210 3647576

CASHMERES

Haididonopoulos

From 1870...
Kolokotroni & Aioulou str.
Tel. +30 210 3222556

Alexandrakis

Ermou Street
Get in the store and dream that you are the national star Aliki Vougiouklaki...
You know, large hat, singing and dancing on the street...

Mageia

18, Haritos Street
Kolonaki
Tel. +30 210 7240697
For Lucien Pellat Finet and many many more.
The jewellery designer and owner, Ileana and Kalliopi
are both very charismatic and professional.

At Lakis Gavalas' store,

you will find handmade "Poukari"
Tsakalof & Voukourestiou str....
Tel. +30 210 3629785
Thank you Lakis!!

CELLAR

Anthidis

13-15, Ypsilantou str., Kolonaki
Tel. +30 210 7251050
The King of Champagne...!!!

Wine Garage

25, Xenokratous str., Kolonaki
Tel. +30 210 7213175
www.winegarage.gr

Wine Box

7, N. Vamva str.
Tel. +30 210 7254710
Are you looking for rare wines or limited Champagne productions?
You will find the finest selections.
www.wine-box.gr

CHEESE

Zafolias

21, Evripidou str., Monastiraki
Tel. +30 210 3216351

La Maison du Fromage

10, Kapsali str. Kolonaki
Tel. +30 210 7248101
The best cheese, from Crete, Italy, Switzerland etc.
Ask for their recommendations! They know all the distinct flavours very well...

Enossi Pezon

At Exarcheia (heart of Athens), 14, Stournari str.
Tel. +30 210 3836661

CHEESE PIE**Tassos**

6, Maragou str., Glyfada Square
Tel. +30 210 8943154...
Buy a box of "Negrakia"...

Ariston

10, Voulis str.
Tel. +30 210 3227626
All sorts of pies from all over the world!

Athina's Bakery

Small cheese pies...
111, Marathonos Av., Gerakas
Tel. +30 210 6613472

CHILDREN CLOTHING**Le Streghe son Tornate**

9, Haritos str., Kolonaki
For vintage baby clothes...
Tel. +30 210 7212581

Bambineria

The Greek version of Parisian Collette for the little ones!
5, Kanari str., Kolonaki
Tel. +30 210 3392597

Orsalia Partheni

Her style is out of this world...
She will transform your little angels...into Hippies!
20, Tsakalof & Demokritou str., Kolonaki
Tel. +30 210 3633158
www.orsalia-parthenis.gr

CHIROPRACTOR**Paul Christou**

4, Hatzigianni Mexi str.
Tel. +30 210 7211311.
Specialisation: neck, spinal column.

Katerina Moustaka

Tel. +30 210 7292503
She is one of the best in Europe!

CHOCOLATES**Karras**

30, Penelope Delta str., Neo Psychiko
Some of the rare chocolates that are still made in a saucepan...like in the old days...
Tel. +30 210 6713541

Aristokratikon

I like dark chocolates with hazelnuts...the tiny ones with chestnut...the chocolate coins...and all the rest too.
9, Karagiorgi Servias str., Syntagma Square
www.aristokratikon.gr

Skafidas

53, Thermopylon str., Vrilissia
Tel. +30 210 8045852

CIGARS**Polyzos**

21, Kanari str. Kolonaki
Tel. +30 210 3603725

Mary Bali

25, Voukourestiou str. Athens
Tel. +30 210 3608425

CINEMA**Nixon**

They have a private viewing room. You can choose films from their collections.
Tel. +30 210 3462077

Aigli (open-air)

Zappeion
Tel. +30 210 3369369

Embassy

5, Patriarhou Ioakim str., Kolonaki

CLOAKROOM / VESTIARY

The King's Clothes

24-26, Pallados str., Heroon Square, Psirri
Tel. +30 210 3313393

*If you are tired of your own clothes and you have an important appointment...
pay a visit!!!*

COCKTAILS

Bar Guru Bar

For Margaritas & Pina Coladas
Tel. +30 210 3246530

I fell in love so many times in this bar. It has a cool ambience.
www.bargurubar.gr

Nixon

*Amazing cocktails...you'll melt like an ice cube on the bar.
Very good music...and Burgers...*

...and you might catch a late movie in the private room...

Tel. +30 210 3462077

www.nixon.gr

☩ Palace Lounge Bar

Classical King George Palace, Syntagma Square
Tel. +30 210 3258970

www.kinggeorgepalace.com

Ratka

For bullshot... it is also good for your stomach... after a crazy party night...

if you have drunk a lot... then ask them to add more alcohol.

You will fly, darlings...

Tel. +30 210 7290746

Balthazar

Best Strawberry Margarita!!!

27, Tsocha str., Athens

Tel. +30 210 6441215

www.balthazar.gr

Soul Bar

65, Evripidou str., Psirri

Tel. +30 210 3310907

For cocktails from all over the world, in one of the greatest bars in the city...

Thanks for opening!

COFFEE

**☩ Palace Lounge Bar
at the Classical King George Palace!!!**

The best coffee in town!!!

Try the chocolate cake...

www.kinggeorgepalace.com

Da Capo

It's a self service place for delicious sandwiches and really good coffee.

1, Tsakalof str., Kolonaki Square

Tel. +30 210 3602497

Starbucks

39, Mitropoleos str., opposite the Cathedral

...just a breath away from the Parthenon.

...and many more at

www.starbucks.com.gr

Aqua Marina

If you are in Vouliagmeni, Aqua Marina is the place to go for a Greek coffee...

Sit outside and soak up the sun...the view...real Greece!

Miseyiannis

To buy Greek coffee and gifts go to

7, Leventi str., Kolonaki...

Tel. +30 210 7210136

Loumidis

106, Aioulou str., in the heart of Athens!

Apart from the freshly ground coffee, you can buy the traditional Greek "Briki"

and you will make Greek coffee at home!!!

COOK / CATERING

Classical King George Palace - the Royal Fork

Only for the very VIP a private service –the hotel's hottest private tip.

Tel. +30 210 3222210

Maria Strati and Katerina Anastopoulou will amaze you!

Banquet2_kg@classicalhotels.com

Mr Apostolis

For dinner at home do call him at +30 210 9925041.

He cooks amazing rice with shrimps, and you won't be able to forget his chicken with glacé tomatoes!!!

As for the cakes...the Greek Pierre Hermes!

Ecali Club

Chinese, Thai, Italian cuisine, salads, seafood...

They have everything...I cannot choose, because I like everything!

If you are having people over for dinner, ask for their almond cake, and for the profiteroles...

Tel. +30 210 8133013

COOKIES

Biscoto

Mrs Papageorgiou, from Heraklion in Crete, makes delicious cookies...

with or without sugar...

3-5, Herakliou str., Halandri

Tel. +30 210 6833598

Aqua Marina

For Ice cream cookies, finger cookies at Vouliagmeni.

They also make excellent Greek coffee!!!

Tsanos Evangelos

Try his "Critisini" with 8 different seeds, with or without sugar...

They are all delicious!!!

Tel. +30 210 6718274

www.tsanos.gr

COOL SITES

www.greeceisforlovers.gr

www.greeceisforlovers.com

www.artforum.com/(art)

www.andreasangelidakis.com

www.shift.jp.org

www.elenikamma.com

www.nucompany.gr

www.athensbienniel.org

www.lifestyledeath.com

www.mastihashop.com

www.kinggeorgepalace.com

www.hydraschoolproject.com

www.hartovasilion.gr

Amazing paper shop

www.mui4d.com

www.trikiklo.com

The most amazing shop for kids' beds and strollers (Bugaboo Stoke)

www.iwantoneofthose.com

www.angeloplessas.com

www.culture2000.tce.gr

www.culture.gr

www.athensnews.gr

COSMETICS

Melea Cosmetics

Shock mask, unique and authentic!!!

Absolutely necessary...

Call them to order it: +30 210 7215169,

or you can pay them a visit at 3, Marasli str. in Kolonaki.

Natura

10, Milioni str.

Tel. +30 210 3615494

For rose water, Bulgari home collection, dental cream with mastic taste... and great island products...

MAC

44, Ermou str.,

for lip glosses, "Lovechild" and "Pink poodle".

If you are on a diet, you should definitely try them: they taste like sweets...

Tel. +30 210 3258260

www.maccosmetics.com

Heaven on Earth

16, Levidou str.
Tel. +30 210 8081151

Body & Soul

*Try Aesop body milk with orange, lemon, grapefruit (it is not a fat burner!)
and the hand cream "Resurrection Aromatique".*

Day cream by T. Leclerc, which protects from pollution...

(Athens is very polluted!)

For François Nars products, Madonna's favourites, and mine as well.

The best rouge...and shadows.

In Kolonaki and Psychiko.

Tel. +30 210 7222424

Sephora

*Loose yourself among the store's products: it has all kinds of cosmetics
from all over the world...*

Try their own lines too: they are very good!

24, Ermou str.

Tel. +30 210 3313167, +30 210 3257744

www.sephora.com

The amazing pharmacy

on 11, Klisthenous str., behind the Athens City Hall

Tel. +30 210 5227837

For home made creams, which they actually make themselves...

It's a unique experience...

Korres

In pharmacies...

and the Airport El. Venizelos.

www.korres.com

Apivita

In pharmacies and on

26, Solonos str., Kolonaki

www.apivita.com

Mastiha shop

Panepistimiou & Kriezotou str., Syntagma Square

Tel. +30 210 3632750

www.mastihashop.gr

Mastic Spa

1, Herakleitou & Solonos str., Kolonaki

Tel. +30 210 3603413

www.masticspa.com

COURSES

Free school

*To learn how to bake bread, for cooking,
sewing or weaving lessons, and many more...*

call +30 210 3452225

Cancel all your other appointments...

Allow nature...to enter your life...

You will relax...

*You will notice the difference the very next morning,
and you won't believe your eyes...*

Seventh Sense

To learn how to make puppets, jewels, masks and many more...

77, Harilaou Trikoupi str.

Tel. +30 210 3811418

Wear the jewellery you have made! Feel proud!

CRACKERS

Cretan crackers only!!!

In all major supermarkets

CRANIAL MASSEUR

Giannis Lambrou

Tel. +30 210 3303841

*He can heal your soul...make it very light...travel to the clouds...
be as light as air!*

CULTURAL CENTERS

National Art Gallery

50 Vassileos Konstantinou Av., Athens

Tel. +30 210 7235857

www.nationalgallery.gr

Deste Foundation Centre For Contemporary Art

11, Filellinon & Em. Pappa str.
Nea Ionia
Tel. +30 210 2758490
www.deste.gr

Technopolis

Usually hosts exhibitions...
100, Pireos str.
Tel. +30 210 3460981

Foundation of the Hellenic World

Hellenic Cosmos Cultural Center
Take a small trip to tradition through technology
254, Pireos str
Tel. +30 210 4835300, +30 212 254 0000
www.fhw.gr , www.hellenic-cosmos.gr

Benaki museum

138, Pireos str.
Contemporary art...mostly...and architecture
Cool shop! XXXXXXXXX!

Atopos Cultural Organisation

77-79 Patission str., 104 34 Athens,
Tel. +30 210 8838151
E-mail: press@atopos.gr

Athens Folk Art & Tradition Centre

6, Hatzimichali & Geronat str., Plaka
Tel. +30 210 3243987

Herakleidon Experience of Visual Art

16 Heraklidon str., Thissio
Tel. +30 210 3461981
www.herakleidon-art.gr

Municipal Gallery of Athens

51, Pireos str., Athens
Tel. +30 210 3243022

Art Collection of the National Bank of Greece

86, Eolou str., Down town
Tel. +30 210 3215606

Frissiras

37 M. Asteriou & Kydathinaion, Plaka
Tel. +30 210 3316027
www.frissirasmuseum.com

DAIRY PRODUCTS**Siotropos**

49, Eleftheriou Venizelou str., Nea Smyrni
They produce everything themselves...even the ice-cream!!!

D.J.**Markos Fotiadis**

Loud & Clear Entertainment
Tel. + 30 210 6044772
www.loudandclear.com

Dimitris Voglis

Tel. +30 6937493644
*He was the guy that played music on my wedding day...
Memories...
I have heard he is one of the best... His music will make you travel...
and remember past moments...mmm...
...I wish him well...
I hope he is always cheerful, and plays R&B, right after Dynasty's soundtrack...
His music even gets my father up...*

DANCING (TRADITIONAL)**Eleni Kaouli**

*To learn traditional Greek dances,
call +30 210 9236674
I go there too...to learn Cretan dances...
What else?!... (I am joking)*

DECORATORS / EVENT PLANNERS**Vivia Kostalas**

*The super natural person with an Greek-american magic stick!
She can plan your wedding anywhere on earth...even in Space (I guess)!
www.floris.com*

Evi Mitsopoulou

Trust her...

For your party, your wedding...

Or anything else... With her smooth temper, she will lead you to a world of fairytales...

Tel. +30 210 3627943

DELICATESSEN

Hadzitriantafyllou

For the best salmon, caviar...

3, Karamanli str., Melissia

Tel. +30 210 6133561

La Maison du Fromage

10, Kapsali str., Kolonaki

For the best delicatessen ...

smoked ox-tongue, Mykonian "Louza" (smoked pork fillet), cheese from all over the world...and Cretan crackers, of course.

Eleni's (not the American one!)

Tsaldari & Ydras, Kallithea

For Cretan Tsikoudia (unrefined brandy) and eggs from Skopelos island.

Bon Gout

72, Strofylίου & Harilaou Trikoupi str.

Tel. +30 210 6254628

In Nea Erythra...Buy cheese with truffle...mmm...

Kritikos

Karaiskaki str., Psirri Square

You will find organic seeds to plant, as well as all the products of Naxos island!!!

Yes, there are many...

Thanopoulos Panayiotis

146, Harilaou Trikoupi str.

Tel. +30 210 6200323, +30 210 8000619

If you are depressed, he is the best remedy.

You'll discover treasures...and you'll cook them...

Mesogaia

52, Nikis & Kydathineon str., Athens

Tel. +30 210 3229146

Ask for Athina, and try the Cretan Beer, dry fruits and Cretan cheese... don't miss Vero kritiko yoghurt.

DENTISTS

George Zambelis

60, Michalakopoulou str.

Tel. +30 210 7785034

George Goumenos

2, Ploutarchou str., Kolonaki

Tel. +30 210 7252783

Following my doctor's advice, I pay him a visit every six months for a check-up and to have my teeth cleaned.

DERMATOLOGISTS

Please be very careful with the sun...

Wear sunscreen on your face and hands every day, all year long.

Andreas Katsambas

35, Skoufa str., Kolonaki

Tel. +30 210 3619542

For acne or to check on moles caused by the sun...

Nikolas Christophorou

45, Michalakopoulou str., Athens

Tel. +30 210 7299369

(...see Beautyician)

The one and only.

Dellis Dimitris

2, Papdiamantopoulou str. & Vas. Sofias Av.

Tel. +30 210 7226272

DOGS

Zoopolis

9, Haritos str., Kolonaki

Amazing delis for pets!

DRIED FRUITS

Matsouka

At the very beginning of Karagiorgi Servias str., Kolonaki, just after *Public megastore*.

The freshest Greek nuts, dried fruit, almonds, chocolates and sugared candies that I use to make necklaces for my niece Odissia.

Tel. +30 210 3252054, +30 210 3221749

DRY CLEANING

Dimitriou

Demokritou & Akadimias str.

Tel. +30 210 3644458

Kalypso Nazou

For leather clothes and very delicate materials...

In Haritos str., right next to the restaurant Ratka.

Tel. +30 210 7291897

Katsaounis Dimitris

Pindarou & Skoufa str., almost by the Art & Hobby shop

They are very professional, and they will remind you of London...

EMBASSIES

British Embassy

1, Ploutarchou str.

Tel. +30 210 7272600

www.british-embassy.gr

US Embassy

91, Vasilissis Sophias str.,

Tel. +30 210 7212951

Athens.usembassy.gov

EMERGENCY SERVICES

Ambulance

Tel: 166

Fire

Tel: 199

Police

Tel: 100

24-hour Pharmacy

Bacacos

3, Ag. Konstantinou str.,

Tel. +30 210 5232631

WHAT IS A "LUCKY CHARM..."

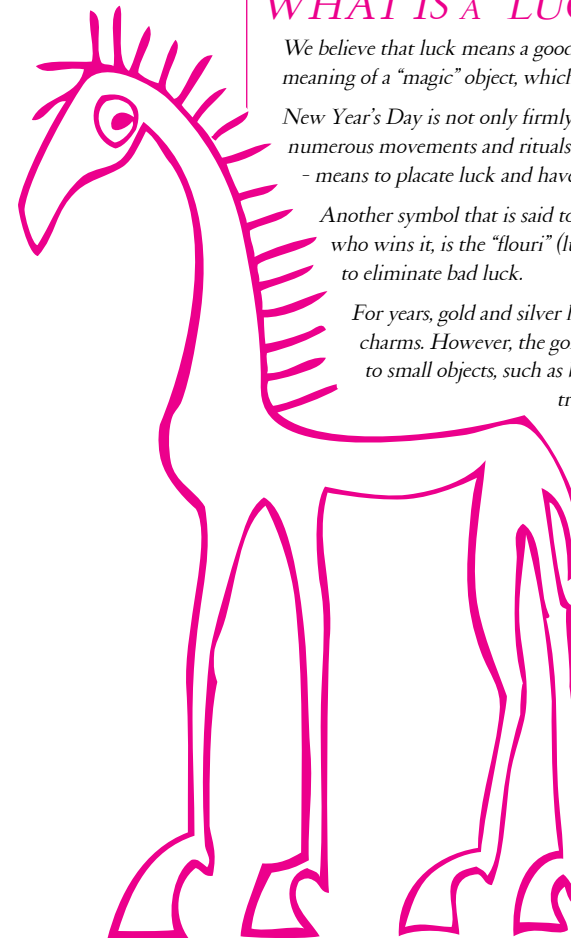
We believe that luck means a good omen; the term, however, also has the meaning of a "magic" object, which can bring luck.

New Year's Day is not only firmly connected with lucky charms but also with numerous movements and rituals. Through the ages people used - and still use - means to placate luck and have it on their side.

Another symbol that is said to bring luck and a good year to the person who wins it, is the "flouri" (lucky coin), the colour of which is considered to eliminate bad luck.

For years, gold and silver have been the dominant materials for lucky charms. However, the golden pound of the past has now progressed to small objects, such as bells, pomegranates, dimes, ships, Christmas trees, boots, stars, horseshoes, keys and pine cones. Over the past few years, bronze and beads have also been added to the materials. Turquoise, corals and the Tiger's Eye hold a special place as charms that protect against misfortune and badmouthing.

Some of the most well-known luck symbols include the Pomegranate, a symbol of fertility, abundance and good luck, the Sea Squill (Scilla Maritima), which ancient Greeks considered to be a symbol of rebirth, health and a great weapon against the evil eye. The Horseshoe is a symbol of happiness and protection from the evil eye, and should be hung behind the door, with its opening is facing down.



There is also the Four-leafed Clover, which is said to have been taken by Eve as she was leaving Paradise. Apart from a lucky charm, it is also considered to be a love potion; especially if it has heart-shaped leaves.

One of the most popular and much sought-after lucky charms is the «Eye», which is worn for protection against the evil eye. Finally, there is the Garlic, a well-known medicine and aphrodisiac, revered since ancient times. During mediaeval times it was used as an amulet against bad daemons and vampires.

By taking the sentiment into consideration and with respect to our tradition, we have created a special lucky charm for you, hoping that it brings you a “magical” year...

EYEBROWS

Tattoos, thread hair removal...

Tonia Zagoriti

Tel. +30 210 7215169

As soon as you try her, you will notice the difference...

FAVORITES

Elia

5, Ag.Andreou str., Athens

Tel. +30 210 3211149

info@elia.org.gr

www.elia.org.gr

Gennadius Library

61 Souidias str., Athens

Tel. +30 210 7210536

www.ascsa.edu.gr/gennadius

FASHION DESIGNERS

Deux hommes

www.deuxhommes.gr

Yiorgos Eleftheriades

www.yiorgoseleftheriades.gr

FASHION ART JEWELLERY

Eleni Marneri

3, Agathoupoleos str.,

Tel. +30 210 8668195.

You will enter a world of culture and love...

Maria Mastori

Tel. +30 210 7295077

www.mariamastori.com

FENG SHUI

Aphrodite Raila

Tel. +30 6944263208

Areti Vassiliou

Tel. +30 6936818888

They are absolutely necessary if you are redecorating or building a house or an office...

They will help you find relaxing spaces... Trust them!

FISH ROE (SUSHI)

Asia Fresh

at Classical Athens Imperial hotel

Tel.+30 210 5201600

www.classicalhotels.com

FLOWERS

Antonello

Yiota has done miracles for this country!

She is my favourite...

Tel. +30 210 3624586

www.antonello.gr

Zerdes

For lilies...and wonderful arrangements...

15, Karneadou str., Kolonaki

Tel. +30 210 7250890

Fleria

Nina loves flowers...
Tel. +30 210 8000508
www.fleria.gr

FORTUNE TELLER**Virginia Leousi**

Tel. +30 210 4131584, +30 6932232132
The sure thing...

FURNITURE**Saridis - Klismos chair collection**

Tel. +30 210 6255590-1-2, +30 210 5788060-70
They have a private museum in the showroom with the Greek line, designed by the one and only T.H. Robsjohn Gibbings...
If you want to have something in common with Madonna and Mr. Lagerfeld...
Vintage pieces were sold in Sotheby's New York for hundreds of dollars.
www.saridis.gr, www.sothebys.com

Diana Karvounis

Our own Sir Terence Conran
36, Loukianou str., Kolonaki
Tel. +30 210 7254844

Giannis Deloudis

For Promemoria furniture and Driade items for your home.
Buy Lotus plates... Abal, Bossuet, Bibi, Bagatti, Valsecchi, Grigri, Bing, Enrico glasses...
It is worth a visit...
227, Kifissias Av., Kifisia
Tel. +30 210 8054046
www.deloudis.gr

Oikos

For modern...contemporary...
26, Haritos & Herodotou str., Kolonaki
Tel. +30 210 7231350
www.oikos.gr

Veta Stefanidou-Tsoukala

(the coolest lady in town...our own Kelly Wearstler)
Kravet, David Hicks, Arthur Brett, Andre Arbus, Georges Le Manach, William, Switzer & Associates LTD, Kenneth Turner, Clarence House and many more
136, Kifissias Av. & 23, Papaflessa str., on the 3rd floor
Tel. +30 210 6141407

Interni

192, Kifissias Av.
Tel. +30 210 6775080
Italian furniture with a great sense and essence from the owners...
They also own Interni bar restaurant in Mykonos island which is very hip!

FURS

The Greek legend in furs.
Eleni Samara
The one and only!!!
13, Mitropoleos str., Athens
Tel. +30 210 3223506
Order whichever colour pleases you, and ask for silk colour linings!
Mrs Samara will charm you!!!

GARDENERS**Spiros Ponirakis**

45, Patriarchou Ioakeim str., Kolonaki
Tel. +30 210 7211575

Nikos Padelis

He will take care of the plants on your balcony, and make you feel as if you are living in a jungle, together with Tarzan, my childhood friend...
Tel. +30 6973095402

GIFTS / PRESENTS**EOP**

3, Kolokotroni str., Athens
Tel. +30 210 3250524
You will find embroidery, carpets, pillows...all handmade...by talented ladies...from all around the country.

Fifty - Fifty

57, Ermou str., Athens
Tel. +30 210 3247128

For men's accessories...Nava leather goods...
www.fiftyfifty.gr

Les Connaisseurs

Haritos str., Kolonaki

*Pasta from Cipriani, tea from Paris... Chocolates from Italy.
With almonds and hazelnuts... chestnut liquor...*

Wonderful packaging...

Tel. +30 210 7239195

www.lesconnaisseurs.gr

Liana Vourakis

*...for amazing little silver crowns... porcelane trays...
and unique items of Greek influence...*

42, Pindarou str., Kolonaki

Tel. +30 210 3610441

Anatol

9, Kolokotroni str, Kifissia

Tel.+30 210 8018253.

...for lucky charms..... and Bonbonnieres (wedding give aways)

BONBONNIERES BOX (WEDDING GIVE AWAYS)

.....at the end of the wedding ceremony, sugared almonds are distributed to the congregation. It is a tradition, which originates from the early days of the Church when honey-dipped almonds were offered to the newlyweds by the minister. The hardness of the almond represents the endurance of the marriage and the sweetness of the sugar symbolizes the sweetness of future life. The egg shape represents fertility and the white symbolizes purity. The action also symbolizes the hope that the couple may share a life of abundance. Each bonbonniere box must contain an odd number of sugar almonds (1), because marriage symbolizes the union of two people in one flesh and because our church accepts only one sacrament for each believer (there is one marriage, one baptism). However, most people prefer enclosing 5 pieces because the number symbolizes health, happiness and welfare.

Ps....and do not forget Museum shops... They have very beautiful things... which will remind you of your childhood... tradition...effort.. and love.

GLACÉ FRUIT SWEETS

Aristokratikon

9, Karagiorgi Servias str., Syntagma Square
Tel. +30 210 3220546

My mother's favourite!

www.aristokratikon.com

Les Connaisseurs

Haritos str., Kolonaki

They have several fruits... I usually eat a small bag with my coffee...

Don't worry – I work out!

Tel. +30 210 7239195

www.lesconnaisseurs.gr

GLAZED JAM (GLIKO TU KOUTALIOU)

*Try the glazed jams with yoghurt...cereals, dried fruit & prunes, for breakfast...
You can also try to add coconut! It is very healthy and invigorating.*

GREENGROCER

Ideal Fresh

6, P. Ioakeim str., Kolonaki Square

Tel. +30 210 7254071

GOLF

Glyfada Golf Club of Athens

In Glifada...

End of Pronois Str. Golf,

P.O. Box 70 204

166 10 Glyfada

Tel: +30 210 9680140

www.agc.gr

The Crete Golf Club

P. O Box 106 , 7

0014 Hersonissos

Email : info@crete-golf.gr

Tel. +30 28970 26000

www.crete-golf.gr

GYM

Holmes Place

In the City Link Center.
4, Voukourestiou & Stadiou str.,
Tel. +30 210 3259400
www.holmesplace.gr

Classical King George Palace

Syntagma Square
Tel. +30 210 3222210
www.kinggeorgepalace.com
www.classicalhotels.com

Classical Baby Grand Hotel

65, Athinas str.
Tel. +30 210 3250900
www.classicalhotels.com

HAIR EXTENSIONS

Dionissis Stravopodis

1, Kotsika str., Athens
Tel. +30 210 8223017
www.sdhair.gr

HAIR STYLING

Teta's beauty salon

Classical King George Palace
3, Vas. Georgiou A' str., Syntagma Square
Tel. +30 210 3222210

George Doudessis

39, Voukourestiou str., Kolonaki
Tel. +30 210 3629970

Stefanos Vassilakis

He can turn you into a model in no time!!!
Tel. +30 6944284495

HAIRCUT

George Doudessis

39, Voukourestiou str., Kolonaki
Tel. +30 210 3629970

Bitsikas hairlines

2, Xanthipou str., Kolonaki
Tel. +30 210 7213573
So cool...you'll fly away...

Vangelis Hatzis

The King of Northern suburbs...
196, Kifissias Av.
Tel. +30 210 6774108

HALVAH

The unique recipe

Evangelos Kosmidis

9, Ag. Dimitriou str., Drapetsona
*I ate the whole box... I was counting the almonds...
there were thousands of them...*
Tel. +30 210 4616448

HAND MADE DELICATESSEN

Melirito

Jams, liquors, pickles, olives, pastas, chocolates with hazelnuts...
57, Omirou str., Nea Smirni
Tel. +30 210 9370434

HEALTHY DIET

Enossi Pezon

14, Stourinari str.
Tel. +30 210 3836661
Mrs. Tsiknaki's crackers, Cretan cheese, olive oil soap, honey...

Gaia

*premium quality gourmet products
...awarded olive oil... and many more...*
Tel. +30 210 9330595
www.gaia.gr

Stater

Amazing goodies to eat!!

I am a food lover...

45, Michalakopoulou str., Athens

Tel. +30 210 7258394

Mythos restaurant in New York orders from them!!!

www.greekartisans.gr

Theodossis

5, Eptachalkou str., Thission

Buy seeds and plant them home!!!

Viozin

36, Stournari and 3rd Septemvriou str.

For lentils, vegetables, pasta, wine, beauty products and many many other products!!!

Tel. +30 210 5220582

Ecologi (ecologists)

59, Panepistimiou str., Athens

Very good variety and apple pies.

Konstantinos Priftis

82, Andrianou str., Plaka

Tel. +30 210 3233002

Mastiha shop

6, Panepistimiou str., Syntagma Square

www.mastihashop.com

Buy preserved sweets, mastiha with alcohol and traditional sweets with raisins and honey.

HOMEOPATHY

George Papafilippou

34, Efranoros str., Pagrati

Tel. +30 210 7510786

Homeopathy Centre

Mr. Antoniou

1, Perikleous str., Maroussi

Tel. +30 210 8052671-5

HORSE RIDING

Hellenic Riding Club

18, Paradeisou str., Marousi

Tel. +30 210 6812506

www.eio.org.gr

HOTELS

LET ME FLY YOU TO THE SUN

THE INNER SUN OF OUR SOUL

It is very strange for me... to write about hotels... for all the good reasons... and the bad ones...

One thing is for certain; I am objective... careful... because I want you,

I need you to fall in love with our City Goddess...

To wake up softly... in a cocoon...taste most of the delicacies...

Wake the Acropolis in you..

Sleep well...

See the best shows...walk all around...

Steal...icons...dreams...fall in love...be seduced...

Classical 2 Fashion House Hotel

...a unique hotel concept.

Learn Culture through fashion.

Try the pink sugar with pink champagne... during football, a game-powered by

2, Piraeus str., Omonia Square

Tel.+30 210 5235230

www.2fashionhousehotel.com

www.classicalhotels.com

Semiramis hotel

In Kifisia...

Designed by Karim Rashid.

www.semiramis.gr

Classical King George Palace

Best City Hotel in Greece (Condé Nast Traveler) for the second year

The works of art will soothe your soul...

The rooms are bathed in sunlight - pure Parthenon Greek sunlight...

Love the breakfast...

Amazing night life at the Ψ Palace lounge bar.

Love the pool at the Royal suite.

www.KingGeorgePalace.com

www.classicalhotels.com

Classical Athens Imperial

...in the heart of the ancient city...among all those spirits...and Art galleries, this hotel managed to create a real contemporary Athenian look using heritage, lifestyle and knowledge.

Karaiskaki Square. Athens
Tel. +30 210 5201600
www.classicalhotels.com

Classical Baby Grand Hotel

*"Located bang in the city center" as Wallpaper City Guide quote.
Enter the white fairytale garden...
The only graffiti hotel in Athens!*

65, Athinas & Lycourgou str., Athens
Tel. +30 210 3250900
www.classicalhotels.com

Classical South Beach Athens

*All year around-next to the Vouliagmeni Lake.
There is something quintessentially romantic about this area.
Many great loves started there...during sunset...*

8, Panos & Chloes str., Vouliagmeni
Tel. +30 210 8964901
www.classicalhotels.com

Classical Makedonia Palace

Enjoy the art crowd and the hotel's private collection!
2, Megalou Alexandrou Av., Thessaloniki,
Tel. +30 2310897197

www.classicalhotels.com

Classical Larissa Imperial

182, Farsalon str., Larissa
Tel. +30 2410687600
li@classicalhotels.com

Classical South Beach Kalamata

Navarinou str., Kalamata
Tel. +30 2721023166
www.classicalhotels.com

Classical Egnatia Grand

Egnatia Park, Alexandroupoli
Tel. +30 2551038000
www.classicalhotels.com

HOTELS IN THE GREEK ISLANDS

Greotel Amirandes

...for Lovers Of Life... enjoy the extreme landscapes, the golf Experience, the Cretan nights full of stars, the unique awarded cuisine.

*Explore ancient cities, visit south Crete with a 4x4...
Think adventure and romance, the Cretan way.*

Heraklion, Crete
Tel. +30 28970 41103
www.amirandes.com

Greotel Corfu Imperial

PO Box 306, GR 49100, Kommeno, Corfu
Tel. +30 26610 88400
www.greotel.com

Greotel Mykonos Blu

*Ideal for weddings.
Best beach on the island-especially if you have kids!*

Psarou, GR-84600, Mykonos
Tel. +30 22890 27900
www.greotel.com

Greotel Cape Sounio

*...small and romantic on one of the loveliest beaches in Greece.
A honeymoon at this luxurious retreat will offer your marriage a great start!!*

P.O. BOX 112, Attica
Tel. +30 22920 69700
www.greotel.com

Greotel Creta Palace

Missiria, Rethymnon, GR 74100, Rethymnon, Crete
Tel. +30 28310 55181
www.greotel.com

Greotel Dafnila Bay Thalasso

Dassia P.O. Box 27, GR 49100, Dassia, Corfu
Tel. +30 26610 90 320-4
www.greotel.com

Greotel Eva Palace

P.O. Box 57, Tzavros, GR 490 83, Kommemo, Corfu
Tel. +30 26610 90003
www.greotel.com

Greotel Mandola Rosa Suites & Villas

Just a breath away from Ancient Olimpia, with creamy golden sands, endless beaches and a unique spiritual invigoration.
Olympia Riviera, Kyllini
27050, Peloponnese
Tel. +30 26230 64400
www.greotel.com

Greotel Olympia Riviera Thalasso

..my own family paradise..
Kastro, Kyllini, Peloponnese
Tel. +30 26230 64400
www.greotel.com

Greotel Olympia Oasis

Kastro, Kyllini, Peloponnese
Tel. +30 26230 64400
www.greotel.com

Greotel Pella Beach

Hanioti – Kassandra, Halkidiki,
Tel: +30 2374051794-6
www.greotel.com

Greotel Kos Imperial

Psalidi, 85300, Kos
Tel: +30 22420 58 000
www.greotel.com

Greotel Royal Park

Ag. Georgios, 85300, Kos
Tel: +30 22420 41 488
www.greotel.com

Greotel Lakopetra Beach

Kato Achaia, Lakopetra, 25200, Peloponnese
Tel: +30 26930 51 713
www.greotel.com

Greotel Club Marine Palace

...kids' paradise!
Panormo, 74 057, Rethymnon, Crete
Tel: +30 28340 51 610
www.greotel.com

Greotel Kalliston

...opened two years ago...
An excelent choise if you want to explore the city...
73100, Chania, Crete
Tel: +30 28210 34400
www.greotel.gr

Greotel Rhodos Royal

Kallithea, 85100, Rhodes
Tel: +30 22410 85412
www.greotel.com

HYDROPLANES

Air Sea Lines

Tel. +30 210 9402012
www.airsealines.com

HYPNOTISER / PSYCHOLOGIST

George Vouloukos

7, Geraniou str.
Tel. +30 210 5241785

ICE CREAM

Hara

339C, Patisision Av.
Tel. +30 210 2105009
Try the strawberry ice cream with chocolate.

Mastronikolas

68, Karaoli & Dimitrios str., Piraeus
Tel. +30 210 4132591, +30 210 4132579

Toula

Strawberry & Kaimaki ice cream... I like every single flavour...
41, Eftichidou str., Pangrati
Tel. +30 210 7218255

Alea

*For Grand Marnier ice cream...with or without syrup,
if you want to feel the taste...*
9, Anagnostopoulou str., in the Shopping Mall.

Varsos

For "light ice-cream", sorbet like...
Tel. +30 210 8012472

ICONS, RELIGIOUS / ORTHODOX

Mihalarias Art Center

*A breathtaking collection of Greek contemporary artists...
and a huge collection of icons.*
www.artcity.gr

INCENSE, CHURCH OBJECTS

Tetradis

Evrpidou & Athinas str.
Buy rose and jasmine incense!

JAMS

Make your own jams with my mother's recipe!!

PEACH JAM

Ingredients:

1 small orange, washed
1/4 cup lemon juice
3 pounds ripe peaches, peeled and finely chopped (about 4 cups)
1 box (1-3/4 ounces) powdered fruit pectin
5-1/2 cups granulated white sugar

1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon freshly ground nutmeg

Preparation:

Cut orange in half crosswise and remove any seeds. Cut each half into 4 quarters, then thin-slice into wedges that are 1/4-inch thick, including rind.

Place orange slices, lemon juice, peaches, and fruit pectin into a heavy pot.

Bring to a boil over high heat, stirring constantly. Add sugar and return to a fast boil. Continue to boil for 1 minute, stirring constantly.

Remove from heat and skim off any foam. Stir in cinnamon, ginger, and nutmeg.

Pour into sterilized dry jars and seal.

ORANGE JAM

Ingredients:

1-1/2 pounds oranges
juice of 1 large lemon
2-1/2 cups water
3 pounds sugar, warmed

Preparation:

Wash the fruit, then cut it in half and squeeze out the juice. Tie the pith and pips in a muslin bag and shred the peel. Soak the peel and the muslin bag in the water overnight.

Put the peel, muslin bag and the water in the pressure cooker. Put on the lid and bring to HIGH (15 pounds) pressure. Cook for 10-15 minutes, according to the thickness of the peel. Reduce pressure at room temperature. The peel must be really tender before the sugar is added. To test, let it cool, then press a piece of peel between thumb and forefinger.

is cool enough to handle, take out the muslin bag and squeeze the juice from it into the cooker. Then add the warmed sugar. Stir over gentle heat until the sugar is dissolved, then boil it rapidly in the open cooker until setting point is reached (sugar temperature should be 221 degrees F.). Skim if necessary and let the marmalade cool until skin starts to form before pouring it into warm, dry jars. This prevents the peel rising in the jar. Cover each jar immediately with a waxed disc; when it is cool, cover with cellophane or a lid.

JEWELLERY

Charisma Eye Boutique

They specialize in the evil eye!!!

Classical King George Palace

Tel. +30 210 3222210

Ananda

17, Pindarou str.

Apart from the amazing jewels, you MUST smell and buy the spiritual books...

KOURABIES

(SORT OF CHRISTMAS ALMOND-CAKE)

Only during December

Alea

9, Anagnostopoulou str., Kolonaki

Tel. +30 210 3625528

www.alea.com.gr

LIBRARIES

Elia

5, Ag. Andreou str.,

Tel. +30 210 3211149

www.elia.org.gr

Gennadius Library

61, Souidias str., Kolonaki

Tel. +30 210 7210536

www.ascsa.edu.gr/gennadius

National Library of Greece

32, Panepistimiou str., Athens

Tel. +30 210 3382601

www.nlg.gr

Parliament Library

Syntagma Square

Tel. +30 210 3707227, +30 210 3707404, +30 210 3707225

catalog.parliament.gr

National Bank of Greece

Historical Archive

Diomidis Building

146, 3rd Septemvriou str.,

Tel. +30 210 8807804, +30 210 8807805

ha-nbgethnodata.gr

LIFESTYLE MANAGEMENT

Quintessentially

Lifestyle management

www.quintessentially.com

LOUKOUMADES (HONEY DONUTS)

Ktistakis

59, Sokratous str., Omonia

Tel. +30 210 5240891

Small bits, with syrup... and lots of sesame...

Doris

30, Praxitelous str., down town

Tel. +30 210 3232671, +30 210 3230177

MAKE UP ARTISTS

Manos Vinichakis

Tel. +30 6944566475

Lancôme

Panos Kalitsis

Tel. +30 6944425686

E. Apostolakis

Tel. +30 6936881866

Shu Uemura

Takis Mavrigiannakis

He even writes folk Cretan couplets...

Tel. +30 6932580402

For M.A.C makeup...

MANICURE / PEDICURE

Teta's beauty salon

84, Ethnikis Antistaseos str., Psychiko
Tel. +30 210 6722072

...and

Teta's beauty salon at Classical King George Palace

3, Vas. Georgiou A', Syntagma Square
Tel. +30 210 3222210

Ask them for margarita cocktails

And enjoy pampering...

Ask them to dip your hands and feet in paraffin...you will get a baby's skin!!

MASSAGE, REFLEXOLOGY, AROMATHERAPY

Maria Grillaki

Tel. +30 210 6743964
For Shiatsu

Giannis Damalas

Tel. +30 6937255604
For aromatherapy

Takis Economou

Tel. +30 6972710516
Thai Massage
www.thaimassage.gr

Christos Gerakinis

Tel. +30 6937544115
Thai Massage

MATTRESSES... FOR SLEEPING AND DREAMING...

The must have... the water mattresses... not those dating back to the 80s...

Cocomat

165, Tatoiou str.
Tel. +30 210 6251971
www.coco-mat.com

Akva

From Denmark...

Call Mr. Tourkaki on +30 210 6846604
www.akva.com

MEDITATION

Buddhist Meditation Centre

43, Patmou str., Athens
Tel. +30 210 2025484, +30 210 4227026
buddhalc@hol.gr

MELOMAKARONA SWEETS (SMALL GREEK CAKE OF FLOUR, OIL AND HONEY)

At the

bakery on Deinokratous str.,
in mini size...

Order them for Christmas...

Add a kilo for me, please...

Tel. +30 210 7211348

MEN'S CLOTHING

De Toute Façon

43, Voukourestiou str., Kolonaki

You will find Sabelt shoes...

Probably the most comfortable in Europe...

Because in the United States, it's Belgian shoes on the 3rd Avenue!!!

Mah-Jong

14 Kanari str., Kolonaki

Oh! So stylish...

MILK PIE SWEET (GA-LA-KTO-BOU-RE-KO... ANOTHER GREEK FLAVOUR)

Galifianakis

60, Efroniou str., Pangrati
Tel. +30 210 7245716

Kosmikon

In Patissia
Tel. +30 210 8649124

Mastronikolas

The milk pie is a bit too sweet for me, but it is always extremely fresh!
68, Karaoli & Dimitrios str., Piraeus
Tel. +30 210 4123783

MUSEUMS

New Acropolis Museum

Dionysiou Aeropagitou str.
Opening date 2009
www.newacropolismuseum.gr

How erotic can the relationship between a building and the flesh be?

*Right now my feet are cold. It's raining in the distance.
I'm trying to isolate myself.
To isolate myself from the feelings of others—so as to see my own in the mirrored glass of the Acropolis museum.
All I want is to remember the first time.
The natural light.
Walking over the earth's organic form, I quiver intensely like the work of Angelo Plessa on the high-quality erotic cement steps of Bernard Tschumi's design. The rays from the sun endowed contact and touch on the different surfaces of the walls—I could hear notes of bliss—on a cloudy Athenian day, we were walking in the forest... and it was spring.
There is no ECHO.
I caress the walls. I count the holes. They aren't wounds.
They're simply ornamental.
I am walking on a story, a history.
The leaves smelled of water and the soul rejoiced with their scent.
It was. It is. HERE. Among us. Beside us.
I am inside the "black box."
The wind is less than 50 kilometers per hour, and a wooden box comes from across the way with the help of yellow "hands."
It contains a piece of the Frieze.
I didn't dare to touch it.
I licked it with my eyes.
I was sweating. I sweated. I am sweating.
I thought Swedes were passionless. I was wrong.*

*Our sense has been lost. We fly like ethereal creatures between our pillars.
I am walking on the blade between the sky and the Holy Rock.
I breathe and my breath clouds the panes, caressing it.
I look down and see olive trees...
"The olive trees bear fruit, which we eat every day."
What luck that olives enter people carrying such inspiration...
The expressions on the statues change... they shyly open their mouths in joy.
The Caryatids smile.
Descending in a trance, I hear conversations. A monologue.
The metallic surface of the rounded corners enters the body of the cement like a lover.
Flesh enters flesh.
The unification is so intense—my eyes can't distinguish the threads.
I know nothing about ancient things.
The new emotions speak in such chatter.
For days now they have been worrying me, all together.
My bliss is there.
Enclosed and protected.
Thank you.

Describe the first time.

I want to speak to you but my voice is trembling... as if I'm in love for the very first time...
I want to speak to you but I'm stopped by the
Oh... my love, my love...

In your two eyes I see the sun shining...

How can I describe it
The first time is a forgotten meaning.

The museum's touch is silk.
This museum is sevdah, unrequited love.

You're leaving and my imagination will drive me crazy now, bringing to me all the things we did, the two of us, together.*

National Archaeological Museum

...IT IS A MUST.
44 Patission Av., Athens
Tel. +30 210 8217724
www.culture.gr

Deste Foundation Centre For Contemporary Art

11, Filellinon & Em. Pappa street, Nea Ionia
Tel. +30 210 2758490
www.deste.gr

Benaki

Permanent collection *Greece at Benaki museum.*

1, Koumbari str.,

Tel. +30 210 3671000

Check their exhibitions...and lovely art shop.

Benaki

138, Pireos street

mostly...contemporary art...and architecture..

cool shop.

Tel. +30 210 345 3111

Benaki Islamic Art

22, Agion Asomaton & 12 Dipilou street

www.benaki.gr

Museum of Cycladic Art

4, Neophytou Douka street in Kolonaki.

Tel. +30 210 7228321

www.cycladic-m.gr

Ilias Lalaounis Jewellery Museum

12, Kallisperi str., Acropolis

Tel. +30 210 9221044

www.lalaounis-jewelrymuseum.gr

...try the Cake...is homemade...lovely terrace too.

You can rent it for a very special evening under the Athenian stars...

Monetary museum

12, Panepistimiou str.

Tel. +30 210 3643774

www.culture.gr

Kanellopoulou Museum

Panos & Theorias str., Plaka

An amazing collection... thank you for sharing it with us.

Tel. +30 210 3212313

Museum of the City of Athens

5-7, I. Paparrigopoulou str., Klathmonos Square

Tel. +30 210 3231397

www.athenscitymuseum.gr

National Museum of Contemporary Art

14, Amvr. Frantzi str., Athens

Tel. +30 210 9242111-2

www.emst.gr

...opening date 2009. They are using public spaces for their exhibitions.

Epigraphical Museum

1, Tositsa str., Athens

Tel. +30 210 8232950, +30 210 8217637

Ancient Agora Museum

24, Andrianou str., Monastiraki

Tel. +30 210 3210185

www.culture.gr

Archaeological Museum of Piraeus

31, Charilaou Trikoupi str., Piraeus

Tel. +30 210 4521598

Byzantine and Christian Museum

22, Vas. Sofias Av., Athens

Tel. +30 210 7232178, +30 210 7211027

Cartoon Museum

22, Liosion Av., Metaxourgeio

Athens Folk Art & Tradition Centre

6, Hatzimichali & Geronta str., Plaka

Tel. +30 210 3243987

Goulandris Museum of Natural History

13, Levidou str., Kifissia

Tel. +30 210 8015870

www.gnhm.gr

Hellenic Children's Museum

14, Kydathineon str., Plaka

Tel. +30 210 3312995

www.hcm.gr

Hellenic Cosmos - Foundation of the Hellenic World

254, Pireos str., Tavros

Tel. +30 212 2540000

www.hellenic-cosmos.gr

Herakleidon Experience in Visual Arts

16, Herakleidon str., Thission
Tel. +30 210 3461981
www.herakleidon-art.gr

Jewish Museum of Greece

39, Nikis str., Syntagma Square
Tel. +30 210 3225582
www.jewishmuseum.gr

Municipal Gallery of Athens

51, Pireos str., Athens
Tel. +30 210 3243022

Museum of Engravings & Graphic Arts

10, Ag. Filothei str., Mitropoleos Square
Tel. +30 210 3238945

Museum of Greek Children's Art

9, Kodrou str., Plaka
Tel. +30 210 3312621
www.childrensartmuseum.gr

Museum of Greek Folk Art

6 Agg. Hatzimichali str., Plaka
Tel. +30 2103229031

Museum of Greek Musical Instruments

1-3, Diogenous str., Plaka

Spathareion Museum of the Shadow Art

Vas. Sofias & Dimitriou Ralli str., Kastalias Square, Maroussi
Tel. +30 210 8027185

Museum of the History of the Greek Costume

7, Dimokritou str., Kolonaki
Tel. +30 210 3629513

Museum of Traditional Pottery

2-4, Melidoni str., Kerameikos
Tel. +30 210 3318491-5
www.pottery-museum.gr

Museum - Art Collection of the National Bank of Greece

86, Aiolou str., down town
Tel. +30 210 3215606

Frissiras Museum

37, M. Asteriou & Kydathineon, Plaka
Tel. +30 210 3316027
www.frissirasmuseum.com

National Gallery

50, Vas. Konstantinou Av., Athens
Tel. +30 210 7235857
www.nationalgallery.gr

National Historical Museum

13, Stadiou str., Athens
Tel. +30 210 3237617

Pierides Museum of Ancient Cypriot Art

Athinaida
34-36, Kastorias str., Votanikos
Tel. +30 210 3480000

Theatre Museum

50, Akadimias str., Athens

War Museum

2, Rizari str. & Vas. Sofias Av., Athens
Tel. +30 210 7252974

MUSIC

Listen to Maria Callas...

Athens Concert Hall (Megaron Moussikis)

1, Kokkali str.
Tel. +30 210 7282000

Give them a call to learn about their programme...

I am waiting for Vladimir Malachof to come back! Unbelievable dancer...

www.megaron.gr

National Opera of Greece

Tel. +30 210 3612461
www.nationalopera.gr

MUST-JELLY & MUST RING BISCUIT

(must is the juice of grapes)

Darema Products

2, Souniou str., Markopoulo

Tel. +30 22990 25744

It's really far... but it's worth it.

MYTHOLOGY

I am so inspired by all the books I read about ancient Greece and all those historic wonders

Travel to Greece and the Greek islands.

Visit the land of gods and heroes.

Follow Theseus, Heracles, and Jason.

Bring the legends to life!

NIGHTCLUBS / BOUZOUKIA

The story you are about to read...

Is quite long...

It is a story or a tale... true & false at the same time... beautiful... but... use your imagination... and unfold it yourself...

I am in love... I am in love... I am happy to have shared so many things I felt were true, things I carefully cross-stitch into some hollow spot in my mind.

It is bliss, the abandoning of images.

I watch a little rabbit running across the fields at the Eleftherios Venizelos airport.

Is it a sign?

Π Π Palace Bar Restaurant

Three things you need to see and feel.

- *Grecofrench cuisine.*
- *The art pieces by Scott Cambel, Maria Yanna, Dimitris Antonitsis, Kostantin Kakania... and many more.*
- *Dance all night long... and just elevate yourself in the hotel room.*

Balthazar bar restaurant

D. Soutsou & 27, Tsocha str., Ambelokipi

Tel. +30 210 6412300

...look at the moon hiding behind the trees during summertime...

The food is excellent!!

The food is excellent!!

Athens is the city that never sleeps...especially around Psirri and Gazi...and south during summertime.

Every year the summer clubs are baptised with a trendy hot name!!

NUTRITIONIST

So old fashion... sorry.

OLD BOOKS

Bookstore Erato

9, Thissiou str., Monastiraki

Tel. +30 210 3311991

Petros Vergos

20, Mavromihali str.

Tel. +30 210 3614897

www.vergosauctions.gr

OLIVES

Gaia

Tel. +30 210 9330595

www.gaia.gr

Stathis Tzovas

...in Athens...buy freshly baked bread from Mr. Tzovas' bakery, 13, Sarri str.

Take a loaf... and dip it in the olives' oil... Smell it... Look at it...

Is it golden?

Vassilopoulos

Go to the flagship shop on 19, Stadiou str., because Mr. Vassilopoulos

had a passion for olives...

He was an olive expert!

OPTICAL

Zikos

3, Kapsali str., Athens

Tel. +30 210 7212263

Arathimos

10, Kanari str., just off Kolonaki Square.
Tel. +30 210 3645341
www.opticaarathimos.gr
The girls are extremely polite and helpful...

PASTRY SHOPS

Irene

Try everything... I am fond of their chocolates...
57-59, Thisseos str., Ekali
Tel. +30 210 6229226
I know... I know it's far...

Lido

35, Chremonidou str., Pangrati
Tel. +30 210 7516898

Andrias

For pure fattening profiterole
Tel. +30 210 7775631

Desiré

6, Dimokritou str., Kolonaki
Tel. +30 210 3632333
So old fashioned... I love it !

Kostis

At Moschato area, for truffles!!!
Tel. +30 210 9405884

Athinaia

12, Prigiponison str., Polygono
Tel. +30 210 6464297
For funny-shaped chocolates

Au Délicieux

5, Kapsali str.
Tel. +30 210 7255700
For strawberry tart... and chocolates covered with cocoa...

Mrs Maria Xerikou

18, A. Kissavou str.
Tel. +30 210 6131598
For the most incredible chocolate mousse!!!
You won't believe what you are eating... how it will melt in your mouth...

Afi Lipa (Lipa brothers)

85, Parthenonos str., Paleo Faliro
Tel. +30 210 9817995

Nana Gioti

For her chocolate soufflé, which you should not miss...
It's all homemade...
26, Ethnikis Antistaseos str., Vrilissia
Tel. +30 210 6855122

Michalis

Kifissia
Tel. +30 210 8017242
For cream puff and strawberries...

Themis

Panormou
For biscuits you can dip into your ice cream...with blueberry syrup or liquor...
Tel. +30 210 6462832

Varsos

5, Kassaveti str., Kifissia
Tel. +30 210 8012472
For homemade ice cream with almonds.

Tassos

Glyfada, for "Negrakia" (sort of chocolate cake)...lemon pies and biscuits...
Tel. +30 210 8943154

Aqua Marina

Vouliagmeni
For lemon pie, Chicago (overdose of chocolate!) ice cream and biscuits...
Tel. +30 210 8961214

PERSONAL TRAINERS

*still trying to avoid...
I hate gym... and I think I'll never get over it.*

Rania Tzanakaki

*You will definitely lose weight...
She might be a bit tough, but this is for your own good!*
Tel. +30 6977634960

Thai Bo

*If you are interested in learning Thai Bo,
call Michalis at +30 6944226996.*

PHARMACIES

Mr. Zagos, Mrs. Vaidaki

You will find some creams they make themselves...
11, Klisthenous str.
Tel. +30 210 5227837

Mrs. Viza

3, Kapsali str., Kolonaki
Tel. +30 210 7212870

Mrs. Prifti

In Kifissia, 7 Papadiamanti str.,
Tel. +30 210 6232360
She also sells almond & cedar tea...

Mr. Venetsanos

26, Patriarchou Ioakim str., Kolonaki
Dental cream Den Blanc for the whitest teeth... and Declor products.

PHOTO PORTRAITS

Vagelis Paterakis

Tel. +30 210 3423485

Mara Desipri

www.fffex.com
Buy her book too, from Fereniki publications.

PHOTOGRAPHY STUDIO

Fotovision

10 Amerikis str.
Tel. +30 210 3390811
*You can have some slides developed in a few hours only...
They are extremely polite.*

PICTURE FRAMES

Mr. Liberakis

19 Solonos str.
Tel. +30 210 3626595

Bonikos Stavros

14 Voulis str.
Tel. +30 210 3233430

PILATES GYM

Natali Laskaridou

Tel. +30 6977186466

Studio Pilates

2-4, Narsi str, Lycabettus
Tel. +30 210 3645582

Eugenia Papadopoulou

100, Kifissias Av. & Erythrou Stavrou
Tel. +30 210 6926209

PORCELAINS / CHINA

I am obsessed with China...

Ionia

Tel. +30 210 7224125
They accept orders with your monograms... So Greek... So wonderful...
www.ionia.gr

Meissen

11, Voukourestiou str.

Buy the Dragon cups... they are amazing!

Tel. +30 210 3633961

www.meissen.de

Herend

The Chinese dinner service... and the green one...

1, Valaoritou str.

Tel. +30 210 3627007

www.herend.com

PORTRAITS (PAINTERS)**George Hadoulis**

Tel. +30 210 8086903

George conveys a sort of magic, of tranquillity... I remember him hanging his works, at his last last last last exhibition, at Zoumboulakis Gallery...

Music by Meletopoulos...

Words by Aris Davarakis...

Afrodite was singing...

There were so many people that we were breathing without air...

Mr. Hadoulis was bringing his work...taking us along in this journey...

I still remember this drink on the terrace!!!

PROFITEROLE SWEET**Ellinikon**

Kolonaki Square, next to Zoumboulakis galleries.

Tel. +30 210 3625187

Andrias

64, Sevastoupoleos str., Ampelokipi

Tel. +30 210 7775631

The very best...

and also, at Kapodistriou, Philothei

Tel. +30 210 2755793

You will need a lot of water... afterwards...

PSYCHOTHERAPIST**Panagiotis Stambolis**

Tel. +30 210 2713765

38, Marinou Antipa str., Neo Herakleion

Maria Mihou

Tel. +30 210 7218156

PUBLIC OPEN AIR MARKETS**With... bio-products**

On Monday at Peristeri, Agios Antonis, at Psaron and El. Venizelou (Afternoon from 4:30-7:00)

On Tuesday at Korydallos, on the pedestrian street of Agios Georgios, next to Eleftherias square (Afternoon from 4:30-7:00)

Also on Tuesdays afternoon, from 4:30 till 7:00 at Irakleio Attikis On El.Venizelou str. (200m. from the Tifonas stadium)

On Wednesday at Chalandri, on the square which is on the crossing of Ioanninon str. and Tymfristou (afternoon 4:30-7:00)

Also, from the end of June in Voula, Nireos str. (next to the beach way, 500m from the Asklipiion Hospital) - afternoon 4:30-7:00

On Thursday at Paleo Faliro On the pedestrian road of Naiadon and Amfitheas (next to DIA supermarket) Afternoon 4:30-7:00

On Friday morning 8:00-2:00 At the Dexamenis square, Kolonaki

Also, Friday afternoon 4.30-7.00, at Holargos, at the Alsos, (Opposite the city hall)

ANY QUESTIONS?

tina@tinasblackbook.com

RASTAS / LACES

Spiros Mendis

18 Romvis str.
Tel. +30 2103235162

Kaliviotis

Anagnostopoulou & Ermou street, Syntagma

REAL ESTATE AGENTS

Ploumis-Sotiropoulos

If you are looking for a house on an island...
Tel. +30 210 3643115
www.ploumis-sotiropoulos.gr

Mrs. Corina Adrianou

Tel. +30 6944387286
Whisper your dream house and it will come true.

Pateras Properties

10-12, Glykonos str.
Tel. +30 210 7299575
www.paterasproperties.gr

REIKI

Maria Golfinopoulou

34, Poulcherias, Strefi Hill, Exarcheia
Tel. +30 210 8834820

RESTAURANTS (DELIVERY)

Furin Kazan

Tel. +30 210 3229170
*Excellent Japanese restaurant.
Try the rolls, futo maki and California maki, as well as the sashimi.*

Filippou

Tel. +30 210 7216390
...they deliver any time...

Prodor pion

The best souvlaki (sort of Kebab) in town...
1, Asklipiou str.
Tel. +30 210 3630400

Pizza Kolonaki

Tel. +30 210 7216911
Homemade pizza, just like the old days in Crete.

RESTAURANTS (FOR DINNER)

Tudor hall restaurant

*Star chefs...pure food.
The royal view under the Athenian stars.
The royal food from our family farm on Crete.
www.kinggeorgepalace.com
Tel. +30 210 3222210*

Blue Pine

*Tartar beef... French fries... and a selection of sweets-pieces of art.
Very good quality.
1960s feel outdoor.
Kitissia
Tel. +30 210 8077745*

Ratka

*(I like everything! Try the salad with nuts)
30, Haritos str.
Tel. +30 210 7290746
Deeply influenced by its female owner, Ratka carries the soul of woman and all adjectives match her... such as Athina. For me though, just like the goddess Athina, Ratka is a soul-giver.
I don't know how or why she does it.
Whether she has some kind of goal... or if it's a gift...
which she generously shares with us.
I am happy though... to be sharing something with her. A Country.
A city. Athens.
Because, I don't know her that well. She allows me to penetrate her soul every now and then.
Look into her eyes...*

Kiku Japanese

Try the soups with meat, algae, the potatoes with crab, the fresh beans, chicken skewers, Futo Maki, and, if available, sashimi...

And... Mocka ice cream...

Tel. +30 210 3647033

Agljo Olio & Peperoncino

Very good Italian cuisine.

It's tiny and quite hard to get a reservation...

Try them.

The service is weird.

Tel. +30 210 9211801

Kolias

Dramas str., Keratsini

Tel. +30 210 4629620

I had seafood and shellfish... and a fish called "stiradi". This fish reproduces only once in his lifetime, which I find very very sweet... and erotic...

Ask Maria to prepare for you a selection of desserts.

Orange ice cream and melon.

Across the street try the "Pente piata" (Five dishes), the new restaurant...

You will find there all varieties of Ouzo, from all over the country, as well as exquisite "mezes" (hors d'œuvres).

Nikos will love it!

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The only Greek chef/restaurateur with a Michelin star in Athens.

Smell of Piraeus harbour ... Try the olives from Thassos;

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everything is unforgettable!!!

80, Pireos str., Athens

Tel. +30 210 5228400

www.varoulko.gr

RESTAURANTS (LUNCH)

Filippou

All the locals who are single eat there.

For chicken burgers with broccoli...

19, Xenokratous str., Kolonaki

Tel. +30 210 7216390

Lovely lovely lovely!

Benaki Museum

Tel. +30 210 3671000

On the top floor, with a view over the Royal Garden...the cook is exceptional!

Museum of Cycladic Art

4, Neofitou Douka str., Kolonaki

Tel. +30 210 7228321

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Kolonaki Square, for spinach rice... courgettes/zucchini...Ekmek Kadaifi (oriental pastry with ice cream)...

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French sweets... the freshest salads and magic fruit juices!!!

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At the Body & Soul store, exclusively.

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This term is a bit strange, since I am referring to your mind...

Try to love your Self.

Nobody else will love you more.

Do not refuse your Self...its desires...

Its ephemeral sweet thoughts...

Seminars (Personal development)

Tel. +30 210 8032040

Seminars (Self-knowledge)

Tel. +30 210 6544025

SHIRTS

Christakis

Some things never change!!!

Luckily!!!

5, Kriezotou str., Kolonaki

Tel. +30 210 3613030

SHOPPING MALL

Attica

9, Panepistimiou str., Athens

Tel. +30 211 180 2600

www.atticadps.gr

Fokas

41, Stadiou str. and Ermou str. & Voulis, Athens

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www.fokas.gr

Golden hall

Opening December 2008

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Soap from Chania, in Crete, made from olive oil

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14, Stournari str., Exarcheia

Tel. +30 210 3836661

SOUVLAKIA (SORT OF KEBAB)

Prodorpion

1 Asklipiou str.

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Thanassis

Mitropoleos str., at the very end!!

Bairaktaris

On Mitropoleos street and Monastiraki square

SPICES

The Bazaar

A. Alexopoulos

Aromatics... essential oils... roots... seeds... herbs...

Of course, you will buy Greek saffron... from Kozani.

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Hatzigiannakis koufeta

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Ask for the smallest available size...

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5, Melidoni str., Thission

Romaniote Synagogue Etz Hayim

8, Melidoni str., Thission

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The best suits!

9, Pindarou str., Kolonaki

Tel. +30 210 3610942

Nikos Kourlas

5, Voulis str.

Tel. +30 210 3233909

Of course, you must be patient, with both of them...

TATTOO

Jimmy's Tattoo

10, Omonia Square
Tel. +30 210 5233600
and Patisson Av.
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Medusa

George Powell
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Tel. +30 210 8089908

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Facing the Zephyros cinema...Haidari

Margaro

Local taverna for shrimps...
126, Hatzikiriakou, Piraeus
Tel. +30 210 4514226

Zachos

...a classic...in Vouliagmeni

Michalis

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Tel. +30 210 5816530

Giannis

Piraeus, for sea urchins...
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Imerovigli

Piraeus, for Cretan Dakos and cheese pie (local specialities)...
Tel. +30 210 4523382

Telis

For steaks... in down town Athens...
Tel. +30 210 3242775

Kitsoulas

25, Filikis Etairias, Halandri
Tel. +30 210 6814798

Skoufias

63, Troon str.
Tel. +30 210 3412210,
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TEA

Stefanos Papadzialas

21, Notara str., Piraeus
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TENNIS

Athens Tennis Academy

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www.athenstennisacademy.gr

THEATRE

Hellenic Festival of Athens

www.hellenicfestival.gr
Tel. +30 210 3272000

Pallas theatre

1, Voukourestiou str., Athens
Tel. +30 210 331 7931

THERAPIES / ALTERNATIVE GYMNASTICS

Art Therapy

Through expression...
Use your hands. Talk to me...
tina@tinablackbook.com

Dance - Movement therapy

17, G. Xenopoulou, Neo Psychiko
Tel. +30 210 6743149
If you wish to join the group, you will have to wait until October, since there is no place left. You can learn Egyptian dances though. It's worth it.

TOURIST OFFICE

Greek Tourist Office

26, Vasilissis Amalias Av.,
Tel. +30 3310716
www.gnto.gr

TOYS

Wooden toys

Mrs. Konstantoudaki
10, Vas. Olgas, Maroussi
Tel. +30 210 8051279

To paixnidi

12, Solonos str.,
Tel. +30 210 3631652
www.the-toy.gr

Asimakopoulos

6, Papandreou, Halandri
Tel. +30 210 6813893
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www.ametro.gr

TAXI

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Thermal Buses

Tel. 185
www.ethel.gr

TRAVEL AGENCIES

Greece A La Carte

265 Kifissias Av., Kifisia
Tel. +30 210 6236670
e-mail: galacarte@hol.gr, www.greecealacarte.gr

Hellenic Tours S.A.

4 Prinis Street, Athens
Tel. +30 210 9477000
e-mail: inbox@hellenictours.gr, www.hellenictours.gr

Travel Plan

3 Christou .Lada str.,
Tel. +30 210 3238801-4
www.travelplan.gr

RCI

10 D. Psarou str., Maroussi
Tel. +30 210 8113888...
At the airport, Mr Savas will help you, and make everything much easier...
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Horizon

50 Praxitelous, Kallithea
Tel. +30 210 9420582, +30 210 9425960
www.aktinahorizon.gr

Golden Travel

8, Aigaleo str., Piraeus
Tel. +30 210 4061141
www.goldenunion.gr

UNDERWEAR / NIGHT GOWNS

Ioli

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Tel. +30 210 3601873
You will find Eres underwear...

La Perla

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Naturalia

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Mr. Boulakis

52, Voukourestiou str.

And

Mr. Liapis' clinic

9, Rododafnis str., Polydrossou Halandriou
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You can also check out the

Pet Net

at Xenokratous str.
Ask for Lefteris, he is amazing and loves animals!!!
Tel. +30 210 7290544
www.petnet.gr

VIEWS / VISTAS

*For unique views over the city of Athens...
...on the Parthenon ...during summer time the doors open on full moon
nights...and you can feel the spirits among you...*

*Go to the hill of the Prophet Ilias
In Haidari... Sit outside, try the apple pie... and if the place reminds you of
something, then it's probably a scene from the movie ET the Extraterrestrial,
where there is an aerial view from Los Angeles...
Tel. +30 210 5323355*

*The place will calm you down... You will forget who you are, what you are
doing, and you will understand what this book is trying to offer you...
But do not hurry... enjoy the moment... the moments...
Look at the stars... over there...*

WATCHES

Kessarlis

7, Panepistimiou str., Athens
Tel. +30 210 3711010
www.kessarlis.gr

Cartier

7, Voukourestiou str.
Tel. +30 210 3313600

Check out the new series of jewels, with dragons...
www.cartier.com

Rolex

3 Stadiou str.
Tel. +30 210 3235909

I am thinking of ordering a new dial plate... green... looking like marble...
For summer time, coral would be nice...
www.rolex.com

WINE EXPERT

Maria Katsouli

Sommelier of Tudor Hall restaurant, Classical King George Palace
www.kinggeorgepalace.com
Tel. +30 6936786304

WINES

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Daremas

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Lyrarakis Paterianakis

Taste & buy their wine... They are from Crete... So are we...
We also have some preferences... Thank you Dimitri!

Serpieris

mmm... and Pirgos Vassilissis from Mr. Serpieris' vineyard...

Samiotiko (wine from Samos)

There are so many of them... But I love one wine, a sweet wine... the Samiotiko... my mother comes from Samos!!!

WOMEN'S CLOTHING AND ACCESSORIES

...you can find almost all the designers in Athens...
I just chose a few of my favourite..

Linea Più

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3, Sekeri str., Kolonaki
Tel. +30 210 3622667

Boutique Dior

18-20, Voukourestiou str.
Tel. + 30 210 3613 014
www.dior.com

Lakis Gavalas

50, Voukourestiou & Tsakalof str.
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Wonderful and comfortable designer clothes you will keep forever...
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Branded fashionable bags...

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www.lak.gr

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Colours, Health.

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Image

4, Stadiou str., Athens

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For Oscar de la Renta... and American couturiers...

Très chic!

WORRY BEADS (“KOMPOLOI”)

Poor a glass of something nice, enjoy the company of some good friends and be seated for a fascinating trip that will carry you through the unseen perspective of the Worry Beads. For centuries, truths were clouded by ignorance, idealism and perhaps opportunist nationalism.

Since the dawn of time, man had to incorporate his existence and all that this offers in the predicaments of life itself. Many prayed to their gods for redemption, offering their very soul to the “architect” and saviour. In that sense, man invented ways through which he felt closer to God; close enough to feel that God could hear his prayers and needs. As the ages went by, he created objects from beads, believing that they have metaphysical qualities that would facilitate this divine connection.

In Greece, the Christian Orthodox monks of Mount Athos manufactured chaplets with wooly knots, which were tied in a line. This series of knots helped the monks count their prayers and for this reason they named it: “Kompoloi” (counting knots and saying prayers).

The Greeks adopted the “Kompoloi” from the Ottoman conquerors after the fall of Istanbul (Constantinople) in 1453. The enslaved Greeks, wanting to act in response to their conquerors, manufactured the “Kompoloi” from the Ottoman Rosaries which were thrown away, as they were rendered useless whenever a bead broke. This is a popular theory as to how the “Kompoloi” came about in Greece.

Initially it was used by Greek dignitaries and rulers, who considered the “Kompoloi” to be a symbol of prestige. Soon it spread to all classes. Thereafter and through the course of the years, the “Kompoloi” became a symbol of “manliness”. This particular notion and definition was strong in the 50s and 60s.

Moreover, the “Kompoloi” is also a way of relieving stress, a game and perhaps even a manual form of amusement, requiring dexterity. It is also considered

a women’s accessory, an ornament for the house or car, or even a work of art when it possesses particular aesthetics and value. It can also be a collectible artifact, especially if it is made of rare materials. In all cases, the “Kompoloi” tends to be considered a product of love and labour of artistry and more often than not, it becomes a symbol of prestige and wealth, especially when the beads are embellished and derive from precious materials.

The Greek “Kompoloi” always has an odd number of beads. The odd number has to do with the aesthetics and the balance of the “Kompoloi”. But of course, it also plays a utilitarian role: the “Kompoloi” that we hold and the way that we use it, represents our culture, our aesthetics, our financial situation, our cheapness or generosity and indeed our very morals. The beads fall in pairs and when the pairs are done, the last remaining bead stops the “Kompoloi” from falling from our hands.

Finally, there is a particular type of “Kompoloi” suitable for each character and it is equally appealing to both men and women.

So in essence, this is what a “Kompoloi” is! This is why it has been loved by people of all nationalities, social orders and cultures; by all generations and both genders. They feel as if the “Kompoloi” is their companion, friend, teacher, love, medicine...

Just like the way you will feel about it too.

Kombologadiko

6, Koumbari str., Kolonaki Square

Tel. +30 210 7000090

www.kombologadiko.gr

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Skin & Body Care Clinic
Tel. +30 210 96811317-8

VENUES

Athinaida

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Continue with a movie...and then at Red for dinner...

34-36 Kastorias str., Athens

Tel. +30 210 3480000

*Go to the art store, and the Pieridis museum, to see where Picasso
found his inspiration.*

www.athinai.com

Technopolis

100, Pireos str.

Tel. +30 210 3460981

Bios

81, Pireos str.

Tel. +30 210 3425335

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