

Experience our Wellness Kiosk

Reservations at Reception: T. +30 6986533529, +30 22830 26146

ENERGY HEALING

Reiki

Reiki is an ancient and sacred Japanese Healing Technique still applied in our days worldly. It helps people to relax deeply, calm the inner frustration of the mind, heal and reconnect. The word itself means the unlimited Universal Life Force which affects every form of life. Sometimes it is an off-hands, others a softly touching and staying technique. Brings serenity, calmness, purity and grounding, leaving you refreshed and clear-minded.

Meditation

*Meditation is an art and a science.
Science because the beneficial effects have been scientifically proved and an art because such is the ability of staying in the present moment. Breath awareness and relaxation. A powerful tool in challenging times.*

Yoga

*Advanced, intermediate, or an absolute beginner, our highly skillful therapist and yoga teacher, after a short sharing, will design the perfect class for you.
Yoga mats are provided.
Contact us about prices for couples or small groups.*

PAYMENT & CANCELLATION POLICY

You can pay cash or pay by credit card at the Reception desk. We can also charge your room by the end of your treatment if you prefer so.

If you must change or cancel your appointment, please notify us at least 2 hours in advance of your treatment time, to avoid being charged. No-shows or cancellations within 2hs of the scheduled treatment time, are charged 50% of the value of the service.

WELLNESS KIOSK SPECIFICATIONS

Our therapist is highly trained to create and hold a safe space for you to express all needs and inhibitions. All personal information is strictly confidential.

Your comfort and privacy is our priority. Our therapist is trained to keep you properly draped throughout the treatment.

For Thai Massage, Reflexology, Reiki and Meditation, please wear loose-fitting clothing that allows for stretching.

Please arrive at least 5' prior to your appointment. Any delay may result reduction of your treatment time.

Mobile phones are not allowed in the Wellness Kiosk area.