



## **Experience our Wellness Kiosk**

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

### **MASSAGE MENU**

#### **SWEDISH AROMA**

*Utilizing long, fluid strokes and the purest essential oils chosen upon your needs, this classic massage relieves muscle tension and improves circulation. It will gently guide you to relax and release stress.*

#### **MAGICAL HOLISTIC MASSAGE**

*This unique massage incorporates intuitively a variety of techniques along with energy work, offering you the massage you were longing for. Expect long strokes alternating with deep tissue, mild mobilizations and reflex points, but also breath guidance and valuable healing pauses.*

*A memorable and true healing massage experience.*

#### **DEEP TISSUE**

*Deeply therapeutic, this custom massage targets chronic tension. Using a variety of techniques, your therapist helps bring relief to areas of pain and stiffness.*

#### **BACK MASSAGE**

*Melt away the tension of your back, with a powerful blend of essential oils and a wonderfully designed massage for muscle relaxation.*

#### **THAI MASSAGE**

*Thai massage is a deeply healing massage with astonishing results that last. It requires skilful hands and a meditative calm atmosphere created by the therapist. For some people, it has a reputation of painful massage which is far from being true. Deep pressures along with mild stretches and limb mobilizations, orchestrated with rhythm and awareness, will restore the flow of your vital energy leaving you recharged and renewed.*

*Note: It is performed on a mattress on the floor on a fully clothed body.*

*Please wear loose comfortable clothing.*

## **REFLEXOLOGY**

*Reflexology is a valuable therapeutic technique which enhances the self-healing ability of the human body. It has profound therapeutic results alleviating pain and discomfort. It's a form of deep massage mainly at the soles of the feet and hands, but also other areas of the body used as reflex points.*

## **AYURVEDIC MASSAGE**

*This massage uses a lot of oil, warm or lukewarm and starts with an Indian head massage. Soon proceeds to a full body unique experience as the strokes get long and vigorous, from tip to toe and back. It also involves limb mobilizations and stretches. Improves blood circulation, stimulates internal organs, helps the elimination of impurities, nurtures the skin, clears the mind and can affect deeply the sentimental level.*

## **HEAD MASSAGE (neck & shoulders)**

*An ideal choice for those holding tension in the upper part of the body. The massage will cover the head, face, neck, shoulders and arms. Laurel oil will nurture and revive your hair while the essential oils of rosemary and cedar wood will clear and calm the mind.*

## **LYMPHATIC DRAINAGE**

*Lymphatic massage is a valuable massage for the human body. It boosts immunity while helping the organism to flush out more effectively the waste products. Ideal choice for edema, "heavy legs", fatigue and weakness, swollen limbs, slimming efforts and an overall sense of lightness, health and rejuvenation. The pressure of this massage is light and soft.*

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## **SPECIAL OFFER**

*10% discount applies for bookings of five (5) treatments or more of a minimum duration of five (5) hours*

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## **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.*

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## ***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.***