



CLASSICAL SWEDISH BODY MASSAGE

Nothing feels as good as this European full-body massage that pampers the body with a Swedish technique designed to stimulate circulation and promote relaxation. It is an ideal way to eliminate accumulated stress, improve muscle tone and ease muscle aches.

SPORTS MASSAGE

Sports massage has a number of benefits both physical, physiological and psychological. Sports massage can help maintain the body in generally better condition, prevent injuries and loss of mobility, cure and restore mobility to injured muscle tissue, boost performance and extend the overall life of your sporting career.

RELAX ANTISTRESS MASSAGE

It is soft and smooth technique. Relax Antistress massage relieves muscle tension, improves blood circulation, tones the cardiovascular system, calms the nervous system, helps to relax the whole body, removes anxiety and depression, relieves muscular and nervous fatigue. It is indicated for nervous exhaustion. It improves overall health and mood.

AROMATHERAPY

Two powerful senses, smell and touch, are joined through rhythmic massage and the soothing fragrance of essential oils flowers, plants and herbs. It calms the nervous system from pressure or stress and restores physical and mental peace.

CRETAN MASSAGE WITH OLIVE OIL AND RAKI

This massage is a unique natural source of relaxation. The combination of the therapeutic elements of our home made Cretan olive oil, a few drops of raki, and natural essential oil will open up your senses, will energize your body by improving your blood circulation.

REFLEXOLOGY FOOT MASSAGE

The areas of the feet relate to specific areas of the body and can be manipulated to provide a stimulating, therapeutic effect. Thumb and finger pressure are applied to the reflex points of the feet followed by a restorative, luxurious foot massage. Reflexology improves circulation, cleanses the body of toxins and impurities, and brings the balance to your system with revitalizing energy.

TRADITIONAL THAI MASSAGE

Traditional Thai massage combines techniques including trigger point treatment, myofascial techniques, neuro muscular therapy, and manual therapy. The combination of energetic and physical aspects is what makes Thai massage unique and effective. Traditional Thai massage is really a deep, full-body treatment, starting at the feet and progressing up to the head. Using a sequence of gentle, flowing exercise movements, the recipient's body is moved, loosened and stretched (some stretch applications linked to YOGA) of the joints and the muscles.

LYMPH DRAINAGE MASSAGE

Using the Vodder technique, this soft, gentle, relaxing massage encourages lymph capillaries to open and close, cleansing the body and aiding in cell renewal. It raises energy level, helps remove toxins from the body, reduces cellulite, and improves the body's immune system.

Please contact reception to reserve your appointment and see full pricelist for each massage.