



ARYUVERDIC MASSAGE

60-90 min

Aryuverdic massage is an ancient treatment that provides relaxation, increase circulation and elimination of the toxins. It mainly focuses on the energy pressure points "marma", in order to restore balance, remove old stress and release the tension of the muscles. A deeply relaxing and rejuvenating experience. Using natural organic oils.

REFLEXOLOGY

55 min

An ancient therapeutic method using pressures on precise points on the feet, hand and ears, which relate to particular organs of the body. Energy lines link the feet and hands to the body as the reflexologist accesses the body's energy through these zones in order to help the body to clear any congestion, which may be causing an imbalance.

SPORTS MASSAGE

60 min

Sports massage is based on the various elements of Swedish Massage and incorporates a combination of stretching, toning, compression and trigger point response techniques similar to Acupressure and Shiatsu. It is focusing on areas of the body that are stressed from overuse and repetition and often aggressive movements.

PRENATAL MASSAGE

55 min

A pregnancy massage is a soft and relaxed massage that uses light effleurages strokes along the body to improve circulation and focus on areas under stress such as the lower back, in order to relieve aches and pains. Also it helps to provide you with more energy throughout your pregnancy.

ORIENTAL HEAD MESSAGE

45 min

A calming yet energizing scalp massage which focuses on vital energy points, combined with individually chosen aroma therapy oils. This treatment will help to reduce tension, increase circulation and leave you with a feeling of a deep relaxation. This treatment is completed with a neck and face massage.

WEDDING EXPERIENCE for two

60 min each

A relaxing treatment to celebrate a special moment for a unique experience just for the two of you, using a blend of techniques such as Aromatherapy, Aryuverdic and Deep Tissue Massage.

SPA AND MASSAGE PACKAGES:

i. Package Lonely 1 hour & 15 min

Jacuzzi at the spa area for 30 min with sparkling wine or wine and 45 min relax aromatherapy or deep tissue massage by one masseur therapist.

ii. Package Couple 1 hour & 15 min

Jacuzzi at the spa area for 30 min with sparkling wine or wine and 30 min each relax aromatherapy massage by one masseur therapist

iii. Package Honeymoon 1 hour & 30 min

Jacuzzi at the spa area for 30 min with sparkling wine or wine and 1 hour massage aromatherapy massage, deep tissue massage, aryurvedic massage each by two masseur therapists.

