

treatment & relaxation



RELAX & RESET at the comfort of your room

Massage therapy is more than a relaxing “me time”. Studies continue to prove the physical and emotional benefits of even a single massage therapy session.

Massage enhances flexibility and circulation that offers stress relief, vitality, an effect that lingers long after the massage is over.

THERAPIES MENU

- ∞ DEEP TISSUE MASSAGE | 70min 50 euro
- ∞ SPORTS MASSAGE | 70min 50 euro
- ∞ LYMPHATIC DRAINAGE | 60min 50 euro
- ∞ RELAXATION MASSAGE | 70min 50 euro
- ∞ THAI MASSAGE | 120min 90 euro
- ∞ RELEASE AND RELAX MOTION MASSAGE | 60min 50 euro
- ∞ AROMATHERAPY | 60min 50 euro
- ∞ BODY SCRUB & HYDRATION | 45min 50 euro

Please book your appointment via hotels front desk

massage services



∞ **DEEP TISSUE MASSAGE** | 70min 50 euro

Achieve the ultimate feeling of well-being as strong strokes and deep pressure give special attention to tight muscles and ligaments. Muscle strain and soreness are relieved as your therapist focuses on eliminating stress and tension in the body, leaving you feeling relaxed and renewed.

∞ **SPORTS MASSAGE** | 70min 50 euro

An ideal way to heal injuries and as well as a preventative treatment, dealing with the health of muscle and connective tissue, range of movement, tone, symmetry, balance of muscle and quality of posture. An excellent therapy to relieve minor chronic pain issues.

∞ **LYMPHATIC DRAINAGE** | 60min 50 euro

A set of manual lymph drainage strokes which encourage the lymph flow the body. A therapy suitable for detoxification, edema, post plastic surgery and liposuction. Ideal as cellulite treatment and for healing tissue scars.

∞ **RELAXATION MASSAGE** | 70min 50 euro

The health benefits of a relaxation massage are aiming towards calming the nervous system and promoting a sense of well-being by improving blood circulation and by stimulating the body's lymphatic system.

∞ **THAI MASSAGE** | 120min 90 euro

Possibly one of the least known techniques in the West, where the pressure applied to the arms, back, feet, hands and legs can improve the body's flexibility and relieve muscle tension.

∞ **RELEASE AND RELAX MOTION MASSAGE** | 60min 50 euro

A combination of therapeutic and relaxing strokes to increasing blood and lymph flow. Specially designed for people with injuries or lack of range of motion, offering immediate relief.

∞ **AROMATHERAPY** | 60min 50 euro

A holistic experience achieved by combining the powerful therapeutic properties of relaxing essential oils with the rejuvenating effect of the massage strokes.

∞ **BODY SCRUB & HYDRATION** | 45min 50 euro

A detoxifying treatment that will leave your skin positively radiant. It consists of initially body scrubbing the skin, followed by exfoliating the whole body with a scrub that will remove toxins, increase circulation and create a natural radiance. The treatment concludes with an application of hydrating body lotion sealing in moisture and leaving the skin luxuriously refreshed.