

DEEP TISSUE MASSAGE 60' or 90' (110€ or 150€)

Deep and dynamic, reduces chronic tension in muscle and tissue.

RELAXING MASSAGE (90€ or 130€)

Smooth and gentle, with aromatherapy oil.

HOT STONE MASSAGE 90' (150€)

Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation and metabolism. Each therapy session promotes deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body. The direct heat of the stones relaxes muscles, allowing the therapist access to their deeper muscle layers, without causing discomfort.

BALINESE MASSAGE 70' (120€)

Full-body, deep-tissue, holistic treatment. Balinese massage uses gentle stretches, acupressure, reflexology, and aromatherapy to bring a sense of wellbeing to the body as well as mind. It is a combination of gentle stretches, skin rolling, kneading and stroking, and pressure-point stimulation, to stimulate the flow of blood, lymph and 'qi' energy. The treatment stimulates blood circulation, targets knotted tissue and muscle damage.

TIRED LEGS MASSAGE 35' (55€)

Deep and energising, stimulates the acupressure points on the feet which correspond to the internal organs of the body.

BACK MASSAGE 35' (55€)

Stress relief back massage.

FACE, HEAD, NECK, SHOULDERS 30' (50€)

Massage is a blend of strokes, stretch movements and acupressure on key points of the face, head, neck and shoulders. Relief from headaches, neck stiffness and tired shoulders.

COUPLES MASSAGE 80' (270€)

Equated with relaxation. The therapists will use various massage