



## WELLNESS & SPA

### *Types of massages*

#### **SWEDISH MASSAGE**

**30min back massage – 180,00KN**

**1h full body – 300,00KN**

It is a calm, soothing massage with a medium to light pressure. It helps to relieve stress, reduce pain and promote complete relaxation.

#### **DEEP TISSUE MASSAGE**

**30min back massage – 200,00KN**

**1h full body – 350,00KN**

It is a de-stress massage with a firm hard pressure. It focuses on the deepest layer of the muscle and targets knots and aches. It releases chronic muscle tension.

#### **HOT STONE MASSAGE**

**90min full body – 550,00KN**

**60min full body – 400,00KN**

**30min back – 300,00KN**

It is a unique treatment where water heated volcano stones are used to massage the muscles. A full body massage using hands and the stones. It melts away tension, eases muscle stiffness and increases blood circulation and metabolism. It promotes deeper muscle relaxation.

#### **AROMATHERAPY MASSAGE**

**90min full body – 550,00KN**

**60min full body - 400,00KN**

It is a practice using natural oils extracted from flowers, bark stems and leaves to enhance the mind and body. For each client a special oil is blended to focus on their main concerns. It can be used to treat a variety of concern. Some concerns such as muscle aches and pains, reduce inflammation, calm the mind and relieve nervousness.

#### **REFLEXOLOGY**

**1h feet massage - 300,00KN**

It is a treatment where pressure is applied to the feet using specific finger and hand techniques without the use of oil or lotion. Each area on the feet presents a part in the body and when treated can reduce aches and pains, and promote better well being.

#### **INDIAN HEADMASSAGE**

**30min – 180,00KN**

Is based on the ancient Ayurvedic form of healing. It is a firm pressure massage that promotes relaxation and tension release.