



## EXCLUSIVE WELL BEING MENU

### **The Renewal Body | 90' | € 235**

This 90 minutes experience will invigorate your body and mind with exotic scents. The experience includes a revitalising scrub and a deeply relaxing full body massage incorporating the scalp and feet which will leave you restored and re-energized. (By Sothys)

### **The Renewal Facial | 60' | € 175**

A nourishing facial treatment which consists of double cleanse, exfoliation and a relaxing, regenerating face-massage combined with a beautifying antioxidant mask. In addition to this, a restoring feet/hands/head massage will leave you completely renewed.

## TRADITIONAL MASSAGE SERVICE

### **The Deep Tissue | 60' | € 125**

The well-known Deep Tissue technique involves going deep into the layers of your muscles and tissues to break knots and adhesion. It alleviates pain, stiffness, injuries and fatigue. The therapists use their hands, thumbs, arms and elbows depending on their observation and your specific needs, special aromatic destress oil is used to help relieve pain and bring relaxation.

### **Swedish Massage | 60' | € 115**

Swedish massage involves long, kneading strokes combined with rhythmic tapping strokes and movement of the joints. This type of massage targets the uppermost layer of muscles and aims to relieve muscle tension.

### **Pregnancy Massage | 60' | € 115**

A prenatal massage is a full body massage similar to a Swedish massage except for a few modifications with body positioning that can ensure the safety and comfort for both mother and baby, it aims to relax tense muscles, ease sore spots, improve circulation and mobility, and just make you feel good.

€ 120 - 60 minutes (select 2 zones)

€ 145 - 75 minutes (select 3 zones)

*\*\*\* Please note that there is a surcharge of 100% from 10 pm till 9 am.*

**Cancellation policy** is 24 hours in advance, late cancellation will be charged 100%