

TREATMENTS



Ayurvedic Yoga Treatment

50min – €65

Ayurvedic yoga treatment (of Indian origin) is used to keep the body and mind in balance and harmony. It is a combination of passive stretching and deep massage designed to reduce stress and regenerate healthy tissue.

Please note: some of the massage session is undertaken with the feet on the ground.

Exfoliating Body Treatment

30min – €40 | 55min – €70

An exfoliating massage using a natural body scrub to remove dead skin cells and promote healthy circulation, leaving your body feeling as soft as silk.



Reiki Therapy

60min – €65

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by the laying on of hands and is believed to work by re-balancing the flow of energy throughout the body to produce both physical and psychological benefits. It may also be possible to channel the Reiki to specific areas of the body for the healing of physical pains.



Trigger Point Treatment

30min – €35 | 50min – €65

Each muscle has potential trigger points which can become activated by overuse, inflammation, trauma, electrolyte imbalances, infections and nerve pain. Sometimes trigger points create referred pain, felt in another area of the body, others are only felt when the muscle is directly palpated by the therapist. Trigger Point Massage uses direct pressure, applied to key points on tender muscle tissue, to bring about a reduction in muscle tension and instigate pain relief.

MASSAGES

Aromatherapy Relaxation Massage

30min – €35 | 50min – €65

Essential oils are thought to promote beneficial changes in your mind and body by affecting the limbic system, a region of the brain known to influence the nervous system. During an aromatherapy treatment, holistic massage techniques are combined with the inhalation of concentrated plant oils to promote lymphatic drainage, producing a regenerating effect throughout the body.

Foot Massage

30min – €35

The benefits of Foot Massage include; control of blood pressure, improvement to nerve sensitivity, improved energy levels, improved blood circulation, improved sleep patterns, improved liver function, and a reduction in migraines and headaches. It is also useful in the treatment of depression. The half-hour session consists of a deep scrub and a combination of acupressure and stretching massages, reducing swelling in the feet and promoting a general feeling of wellbeing.



Deep Tissue Massage

30min – €35 | 50min – €65

Deep tissue massage is a technique mainly used to treat musculoskeletal issues, such as strains and sports injuries. It involves applying sustained pressure, using slow, deep strokes to target the inner layers of the muscles and connective tissues. This helps to break up scar tissue following injury and reduce tension. It may also promote faster healing by increasing blood flow and reducing inflammation.

FACIAL

Facials

25min – €35 | 50min – €65

The treatment consists of a deep cleansing, illuminating peel and a personalised mask, and incorporates a relaxing, regenerating massage using natural Cretan products.

Choose from a variety of different masks:

Detox mask: ideal for dull, tired or congested skin.

Moisturising mask: ideal for dehydrated skin following sun exposure or illness.

Lifting mask: ideal for rejuvenating skin tone and reducing the appearance of fine lines.

