



# *Aegean* *Open Air Wellness*

## *Massages & Therapies*

### **POSEIDON MASSAGE 60' /100€**

Inspired by the grooming rituals of the Classical-era beauties. This treatment consists of a total body aromatherapy, head and face massage, reflexology on feet/hands/ears, and Shiatsu.

### **DEEP TISSUE MASSAGE 30' /70€ & 60' /130€**

This amazing therapy rejuvenates the body by using deep pressure massage – no wonder it's the favourite massage in the best spas worldwide! Deep muscle groups are massaged using fingers, fists, forearms or elbows. The result is complete rejuvenation, toning and relaxation that relieve pain.

### **AROMA MASSAGE 30' /60€ & 50' /90€**

A lavish body treatment concentrating on the back, neck and shoulders using essential oils made from plant and herb extracts. The oils have either detoxifying, stimulating or relaxing properties chosen to suit individual needs. The aroma from the oils has a therapeutic effect, inducing a feeling of well being.

### **LYMPHATIC MASSAGE 30' /65€ & 60' /110€**

A detoxifying treatment performed specifically on legs. It activates the lymph glands to flush out liquids, making the muscle tissue firmer. Ideal for combating cellulite and stimulating your body systems.

### **KIDS' MASSAGE 20' /45€ & 40' /75€**

A unique treatment specially designed for children. Touch is a natural healing therapy. The Kids Massage is ideal for boys and girls aged 5 to 16 years. Natural hypoallergenic oil is applied with a gentle massage. The qualified therapists gently massage the muscles and joints (hands - back - legs - face - neck - scalp - hair).



### **RELAX & REFLEX 30' /70€**

Let yourself indulge in the relaxing process of reflexology on your feet, combined with peeling. A combination of pressure points and special massage techniques done on the feet and calves will stimulate the blood circulation and will also remove the tension through the nervous system.

### **HEAD & FACE MASSAGE 20' /50€**

This relaxing massage performed on the pressure points of the neck, scalp, ears and face concentrates on soothing away tiredness, stress and tension. A wonderful treatment for headaches, stiff and tired muscles as well as obtaining harmony to your mind.

## *Facial Treatment*

### **HYDRATENSE TREATMENT 30' /60€ & 60' /100€**

Deep hydration treatment with herbal extracts ginger and chamomile. Hyaluronic acid activates the deeper layers of the epidermis for hydrated and improves its elasticity.



## **PREPARATION**

- Please arrive 5 minutes before your treatment.
- Please remove all jewellery.
- The management will not be held responsible for the loss of any personal items.

## **TREATMENT**

- During treatments, please let your therapist know if you're comfortable or uncomfortable. Your comfort and care is our greatest concern and priority.
- If you have a particular injury or physical condition, please inform the therapist who can suggest appropriate adjustments to the treatment for your comfort and to enhance the treatment's effectiveness.
- If you have any questions, your therapist will gladly answer them.

## **CANCELLATION**

We request a minimum of 2 hours' cancellation notice for a treatment. Being late for your appointment may shorten the length of your treatment.

## **CHILDREN'S POLICY**

Children over the age of 16 can attend specific treatments listed above, which are exclusively performed with the consent and escort of a guardian.

## **KINDLY NOTE**

- Mobile phones are not permitted..
- Smoking is not permitted.