

PHĒIĀ

VRINIOTIS RESORTS

Massage Therapies

Aromatherapy Massage

50' – €80 | 80' – €115

Surrender to a journey of deep relaxation through a personalized massage enriched with premium essential oils. Gentle therapeutic movements combined with natural aromas help calm the body and mind, creating a profound sense of well-being.

50': Full-body massage.

80': Includes an extended foot massage and relaxing cranial therapy techniques.

Hot Stone Massage

60' – €125

A luxurious treatment that combines therapeutic massage techniques with heated volcanic stones. The soothing warmth penetrates deep into the muscles, relieving tension and restoring the body's natural energy balance.

Relaxing Swedish Massage

50' – €70 | 80' – €105

The timeless art of relaxation. Smooth, flowing strokes improve circulation, ease stress, and leave you feeling refreshed, balanced, and completely rejuvenated.

50': Full-body massage.

80': Includes an extended foot massage and relaxing cranial therapy techniques.

Deep Tissue Sports Massage

50' – €85 | 80' – €120

Designed for those seeking effective muscle recovery and relief from chronic tension. This intensive treatment targets the deeper layers of muscle tissue, helping to improve mobility, reduce stiffness, and enhance overall physical performance.

50': Full-body massage.

80': Includes an extended foot massage and relaxing head therapy techniques.

Back & Neck Massage

30' – €55

A focused treatment designed to release tension from the back, shoulders, and neck. Ideal for relieving stress, muscle tightness, and the effects of daily strain.

Scalp & Facial Massage

30' – €55

A deeply calming treatment focused on the scalp, temples, and facial muscles. This relaxing experience helps ease tension, soothe the nervous system, and promote a feeling of complete tranquility and renewal.

Wellness Experience

All treatments are performed by certified therapists in a serene and elegant wellness setting, thoughtfully designed to provide moments of complete relaxation, balance, and rejuvenation.