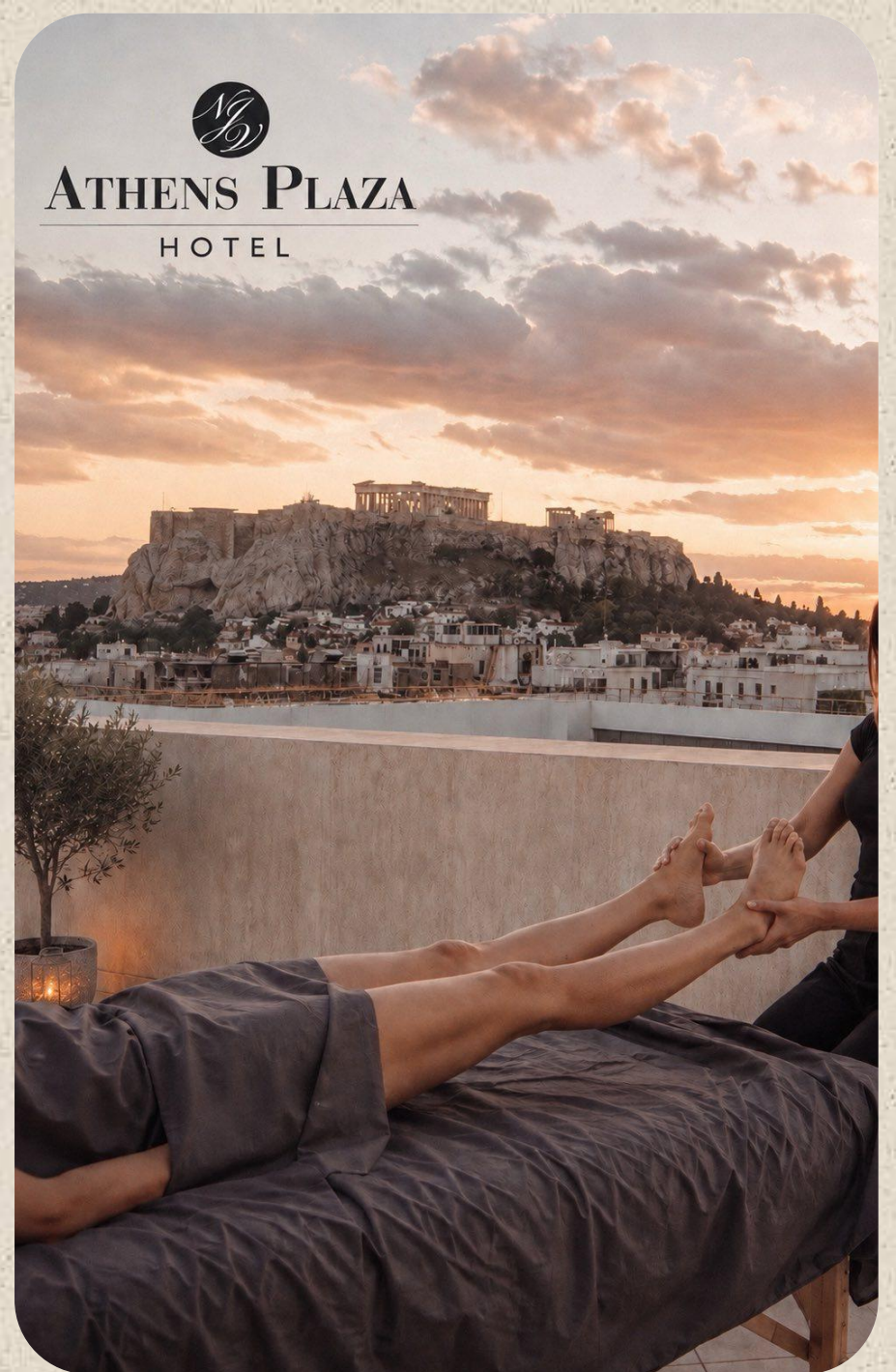


Enjoy the best kind
of wellness & relaxation

WELLNESS MENU



Aromatherapy Massage

Ethereal Blends

Aromatherapy is a deeply restorative massage that harmonizes the body, mind, and soul.

Using gentle, rhythmic movements and a curated blend of essential oils, we create an experience that enhances relaxation, relieves stress, and revitalizes your energy.

Duration: 60'-90'-120'

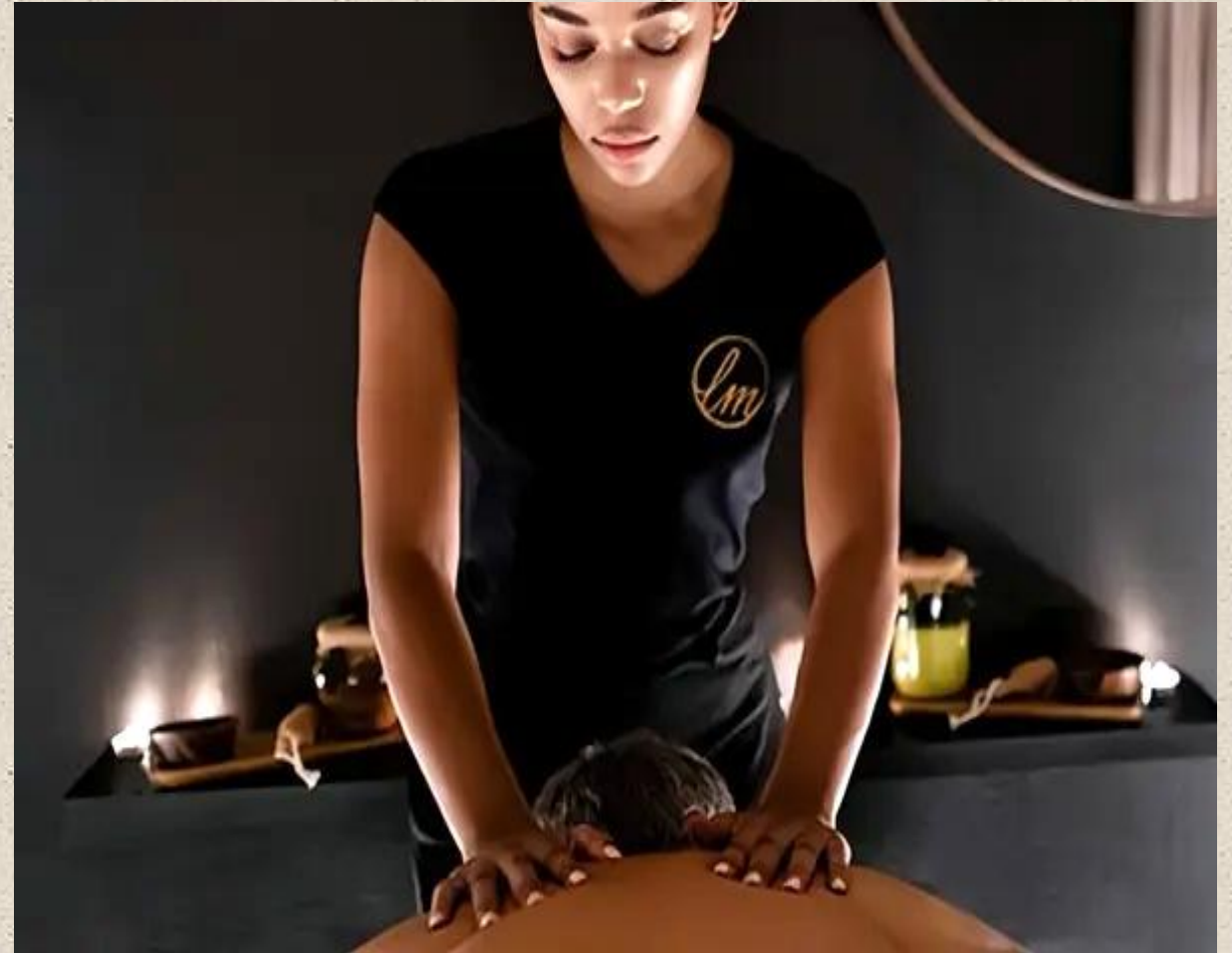


Morpheus Massage

(Swedish Massage)

Experience pure relaxation with Swedish Massage, which combines gentle, flowing strokes with the therapeutic warmth of hot stones. This treatment melts away tension, leaving you feeling deeply renewed and at peace.

Duration: 60'-90'-120'



Fitness Care

Performance & Recovery

This sports massage is designed to enhance performance and prevent injuries, whether before or after exercise. Using dynamic, specialized techniques, it relieves muscle tension and fatigue, promoting greater flexibility and strength.

This treatment aids muscle recovery, reduces the risk of injury, and boosts training effectiveness.

Ideal for athletes and fitness enthusiasts looking to enhance performance, reduce fatigue, and accelerate recovery.

Duration: 60'-90'-120'



Head & Neck Massage

Focused Relief

This massage is the ultimate therapy for relieving tension and stress from daily life. Using targeted techniques, we focus on the head, face, neck, and shoulders to ease headaches, migraines, and muscle stiffness.

Through gentle pressure and specialized movements, this treatment improves blood circulation, alleviates the sensation of "heaviness," and promotes deep relaxation. It's the perfect choice for those seeking a moment of tranquility, allowing them to restore energy and escape the pressures of everyday life.

Duration: 60'-90'



Reflex Massage

Holistic Foot Therapy

Reflexology is a holistic therapeutic method that uses targeted finger pressure on specific reflex zones of the body. By stimulating these areas, we activate vital organs, enhance their natural functions, and promote overall balance and harmony.

This therapy is ideal for those looking to improve their well-being, restore inner equilibrium, and support the body's natural healing process.

Duration: 60'-90'-120'



Lymphatic Detox Massage

“Breath of Life & Energy”

This specialized treatment reduces fluid retention and eliminates toxins, promoting a feeling of lightness and energy. The session begins with moxa therapy on the feet, a detoxifying practice that stimulates circulation and encourages toxin elimination.

Ideal for those recovering from travel, stress, or fatigue.

Duration: 60’-90’-120’



Mum-to-Be Care

Nature & Comfort

This gentle, nurturing massage is designed to relieve pregnancy-related discomfort, improving circulation and easing tension in the back, shoulders, and legs.

Available after the first trimester and performed only with your doctor's approval for your safety and your baby's well-being.

Duration: 60'-90'-120'



Muscle Relief Massage

Deep Tension Release

Designed for deep tension release, this treatment improves flexibility and mobility through intensive, targeted techniques. Ideal for athletes or those experiencing chronic muscle pain.

Duration: 60'-90'-120'



Jet Lag Massage

Restore & Rebalance

A deeply restorative treatment specifically created for travelers experiencing fatigue, heaviness, stiffness, or disrupted energy after long flights. Gentle yet effective massage techniques help stimulate circulation, release muscle tension, reduce swelling, and support the body's natural rhythm, leaving you refreshed, grounded, and rebalanced.

Duration: 60' - 90' – 120'



Leg Recovery Compression Boots

Lightness & Circulation

An add-on wellness experience designed to bring lightness, comfort and relief to heavy lower limbs. The compression boots gently embrace the lower limbs with rhythmic pressure, helping the body release tension and restore its natural flow.

Beautifully combined with body or facial treatments, this experience enhances relaxation in a subtle yet deeply refreshing way.

Duration 15'-60'

Adjusted according to the selected treatment.



The Magic of Aphrodite

Rejuvenation for Your Face

This luxurious facial massage restores radiance, relaxation, and a natural glow. A combination of lymphatic drainage, Tanaka massage, and Rejuvance techniques improves microcirculation, reduces signs of fatigue, and relieves muscle tension, leaving the skin refreshed and rejuvenated.

Your face will regain elasticity, firmness, and a luminous, youthful appearance.

Experience deep relaxation and renewed beauty, glowing with health and vitality.

Duration: 30'-60'



Gua Sha

Ancient Chinese Technique for Detoxification & Rejuvenation

Gua sha therapy detoxifies, rejuvenates, and restores your body's natural flow, leaving you feeling light, strong, and refreshed. With gentle, sweeping strokes, this technique releases tension, clears stagnation, and promotes deep relaxation.

As toxins are eliminated, your energy begins to flow freely, creating a profound sense of balance, strength, and calm.

Duration: 30'



Cupping

From Ancient Egypt to Modern Wellness

Cupping therapy deeply revitalizes the body, removing toxins and restoring the natural flow of energy.

Through controlled suction, this technique stimulates circulation,

relieves muscle tension, and eases pain and fatigue.

By promoting muscle relaxation and detoxification, cupping enhances energy flow, leaving you feeling refreshed, lighter, and rebalanced.

Duration: 30'



Tok Sen

Vibration & Deep Release

Tok Sen therapy releases deep physical tension and replenishes your energy, leaving you feeling strong, revitalized; and balanced. Using specialized wooden tools and their rhythmic vibrations, this technique awakens the body, enhances circulation, and restores internal harmony.

Experience freedom from pain and blockages, enjoying a renewed sense of vitality and well-being.

Duration: 30'



Body Scrub

Deep Renewal & Radiance

Reveal soft, glowing skin with our luxurious Body Scrub treatment. By boosting circulation and promoting skin renewal, this exfoliating ritual refreshes, revitalizes, and deeply nourishes your skin.

Choose from two indulgent scrubs:

-Olive Oil & Crystal Sugar – A deeply hydrating blend that softens and restores your skin's natural glow.

-Olive Pit & Avocado – A nutrient-rich formula that gently polishes and rejuvenates, leaving skin smooth and refreshed.

Duration: 30'



Pilates Session

Strength & Alignment

A refined wellness practice that combines mindful movement, breath, and precise alignment to strengthen the body and restore natural balance. Designed to improve posture, flexibility, and core stability, Pilates offers a calm, grounding experience that results to a lighter feeling and a stronger body.

Duration: 60'





Your wellness moment awaits...

Treat yourself right, you are unique.

For reservations, please contact the Reception or Concierge.

Luxury Spa Massage