



WELLNESS_BODY & MIND

Massage of relaxation

Gentle pressure applied to the body to relieve stress, reduce tension, and promote a sense of well-being.

Aromatherapy

Essential oils' healing powers are mixed with gentle massage to create a sense of well-being.

Massage of the lymphatic system

Specialized procedures and pressures intended at moving lymph and fluids, with the goal of improving bodily function quality.

Swedish massage

It entails the application of pressure and procedures to alleviate pain sensations and mend injuries.

Deep tissue massage

The use of a dynamic approach across the body with a focus on the charged areas. It aids in the development of flexibility and the prevention of damage.

Cupping

Dynamic massage techniques and suction cups are combined in this Ancient Greek alternative way to release the tissues.

For any information, please contact Reception.

THE HANDS , THE MIND , THE BODY.
WELLsynchronized.