

A Blessing For Mind, Body and Soul

## Aroma Massage.... 50 min

Full body Soft, gentle pressure with the use of essential oil, best for who want to have an emotional healing, boost mood and reduce stress and anxiety.

#### Classic Medical .... 50 Min

Muscle full body massage targeted specific body problems, pain, muscle tension and overloading include foot reflexology.

#### Shiatsu Massage .... 50 Min

Japanese type massage involves manual pressure uses fingers, and elbows acupressure to relieve stress, pain and reduces muscle tension

# Foot Reflexology .... 50 Min

Foot treatment applying pressure to specific reflex points on the foot to aid relaxation, increase circulation and promote healing

#### Anti Cellulite .... 50 min

Special massage modality designed specifically to target cellulite and help with the reduction and elimination of cellulite by breaking down the underlying fat in affected areas.

# Lymphatic Drainage .... 50 min

Gentle skin stretching massage that encourages the movement of lymph fluids around the body helps remove waste and toxins from the bodily tissues, reduce swelling and improve circulation throughout the lymphatic system.

# Sport massage.... 50 min

Deep form of soft tissue mobilisation applied in sporting and non sporting context, used in general relaxation, relieve muscular tension, break down adhesions, mobilise soft tissue and reduce pain.

## Deep Tissue..... 50min

Massage involves applying sustained pressure using slow, deep strokes to target inner layers of muscles and connective tissues, mainly used to treat musculosketeal issue, pain and improve stiffness.

#### Loumi Loumi..... 50 min

The art of Hawaiian sacred healing, flowing strokes made with fingers, thumbs, palms, arms, and elbows. Relieve muscles pain, assist blood The art of Hawaiian sacred healing, flowing strokes made with fingers, thumbs, palms, arms, and elbows. Relieve muscles pain, assist blood and lymph Flow, removing toxins, and reduce tension.



# Special Treatment and Therapy Cinderella......50 min

Full body delicate massage for beautiful women includes facial massage with natural cream.

## **Cupping Massage ... 50 min**

Placing cups on the skin to create suction May facilitate healing with blood Flow. Helps restoring balance, increase blood Flow and reduce pain.

#### Classic Medical . . . 90 min

Full body massage customizable to your body needs, concentrates your muscles tension and relives pain

## Hot stone massage ... 50 min

Smooth, flat, heated stones are placed on specific parts of the body, long strokes, circular movements and vibration to reduce stress, relieve muscles tension and pain

#### 4 hands...50 min

It's a unique type of massage therapy and puts your entire body and mind in complete and deeper state of relaxation, 4 hands 2 therapists 1 body, try our new experience

# Island traditional fusion... 90 min

Full body natural scrubs from your choice coconut, sea salt, lemongrass and avocado with face mask and foot scrub finish your lovely journey with full body massage.

All our treatment are made by professional therapists, using our island natural products.

**EVERY DAY FROM 09:00 TILL 20:00**