

MESSAGES FROM ALL OVER THE WORLD

Deep Tissue Massage

50 mins/119.00 80 mins/178.00

A very deep treatment of the connective tissue, working with pleasant pressure and deep strokes on areas of stress and restricted mobility.

Lomi Lomi Massage

50 mins/130.00 80 mins/185.00

This Hawaiian massage-ritual with rhythmic and flowing strokes provides deep relaxation as well as a sense of weightlessness and home. This massage is usually performed by applying light to medium pressure.

Shiatsu

50 mins/119.00 80 mins/178.00

This Japanese treatment uses directed pressure on certain points of the body along the meridian lines, as well as stretches and soft touch. Shiatsu helps to balance the body systems, supports their functional interaction and ensures lasting relaxation.

Thai Massage

50 mins/119.00 80 mins/178.00

Firm pressure warm up your body, stretches muscles and increase the circulation of blood through out the whole body. Feels like going through different stages of a yoga session, moved by your specially trained therapist.

Hot Stone Massage

50 mins/125.00 80 mins/178.00

This treatment uses lava stones that have been warmed to a pleasant temperature. Applying the stones and using them to massage the body sends the warmth deep into the muscles, resulting in particularly deep relaxation.