



## HEALTH, BEAUTY & RELAXATION ~ BODY MASSAGE

### ***“Ayuverdic Massage”***

This is a special treatment, popularly called "Kerala Treatment" which was developed centuries ago by the physicians of Kerala in India. A whole body massage with lightly heated medicated oil selected according to a person's idiosyncrasy (Vata, Pitta, Kapha) or body condition, helps to improve circulation, promotes metabolic activities, relaxes muscles, tones up the whole body, alleviates fatigue and increases skin texture. You might find interesting that the oils used are from the Arya Vaidya Pharmacy which are kept alive in Kerala, the ancient tradition of Ayurveda and are recognized by CSIR of the Government of India.

**DURATION : 60 MINUTES – COST : 130 EURO**

### ***“Holistic Massage”***

Holistic massage treats the individual as a whole. This full body massage begins with a light massage with essential oils, which relax the muscles and calm the mind. A deeper massage follows, with a blend of western and eastern techniques, such as Swedish massage, Shiatsu and Reflexology, opening the energy center and letting it flow through the body.

**DURATION : 60 MINUTES – COST : 110 EURO**

### ***“Deep Tissue Massage”***

A powerfully penetrating massage using proven therapeutic techniques to loosen & lengthen even the deepest layers of musculature. Massage oils are applied to the body along with firm pressure to release tension & return the body muscles to their aligned position helping the bones to fall into the correct posture. Application of pressure to trigger points (using fingers & elbows) dramatically helps reduce spasms & break up adhesion in your muscles.

**DURATION : 60 MINUTES – COST : 120 EURO**

### ***“Shiatsu – Thai Massage”***

Shiatsu is the ancient Japanese art of acupressure combining the techniques of massage and Yoga. Thai massage is one of the ancient healing arts of traditional Thai medicine. Feet, palms, thumbs, elbows and knees are the tools of the therapist with a gentle soothing way of pressing, pulling, stretching and manipulating the body. Improve flexibility, alleviate pain, increase vitality and offer a completely pleasurable, relaxing experience. During the massage the body remains clothed, so comfortable clothes are recommended.

**DURATION : 60 MINUTES – COST : 120 EURO**

### ***“Pre-natal Massage”***

Pregnancy is a phase of great physical and emotional change. It is a perfect time for a woman to practice nurturing herself in preparation for her new role as a caregiver. Good nutrition, ample rest and regular pre-natal massage benefit not only the mother-to-be but also her unborn child

**DURATION : 60 MINUTES – COST : 110 EURO**

### ***“Hot Gemstone Therapy & Ayurvedic Oily Massage”***

The use of therapeutic gemstones has its roots in diverse cultures and systems such as Ayurveda, Chinese medicine and Native American shamanism, and is reflected in the more recent practices of crystal healing. Hot Gemstone is a massage utilizing the principles of thermotherapy and in combination with warm Ayurvedic herbal oil, is a form of internal and external purification of the body, mind and soul. This full body massage combines all benefits of hot gemstones and Ayurvedic massage, in particular chronic problems such as shoulder stiffness, lower back pains & backache bad lymph circulation. Chakra balancing and Reiki are included to enhance healing and clarity. This therapy goes beyond the physical experience of a typical massage through the special vibration energies of the gemstones.

**DURATION : 60 MINUTES – COST : 180 EURO**

### ***“Rejuvenation – Fingertip - Facelift”***

Rejuvenation is an exclusive holistic therapy, known as the "Angel's Touch". The therapist applies a gentle fingertip massage to the 91 muscles of the face, neck, skull and shoulders, and works on the connective tissue to make it more elastic and flexible, enabling the skin to regain its youthful quality. The treatment ends with a beauty mask with pure red sandalwood powder (brought specially from India) blended with milk, providing a smooth supple texture and glowing skin.

**BENEFITS:**

Reduction of fine lines and wrinkles, firming of the jaw line, improvement of the skin nature

**DURATION : 60 MINUTES – COST : 130 EURO**

## **BODY TREATMENTS**

### ***“Body Peeling & Hydrating Massage”***

A deep body peeling to remove dead cells allowing the skin to better absorb the minerals using peeling from seaweed and shells of the Mediterranean sea (Oligodermi Spa, Paris), whilst leaving the skin smooth and silky. A relaxing massage follows to soothe away stress and tiredness and improve hydration through application of moisturizing body milk from the Dead Sea (Ahava).

**DURATION : 60 MINUTES – COST : 140 EURO**

### ***“Seaweed Mud Therapy”***

This full body treatment brings the therapeutic virtue of the sea as the body is wrapped in unique seaweed, rich in minerals and enzymes. (Oligodermi spa, Paris). It is ideal for one's metabolism and speeds up the elimination of toxins. It brings a renewed balance, increasing body functions and a sense of well being. This treatment includes body exfoliate cleaning with algae and shells, seaweed mud wrap & a gentle massage with body milk from the Dead Sea (Ahava) for moisturizing & more relaxation. (Not recommended for cases of hyperthyroid or allergies due to iodine content).

**DURATION : 70 MINUTES – COST : 160 EURO**

### ***“Dead Sea Mud Therapy & Chocolate Body Wrap”***

The Dead Sea Mud Therapy is known from ancient times for its therapeutic properties against rheumatism, deformation, arthritis, psoriasis, acne and in combination with chocolate has a rejuvenating action. A detoxifying indulgence for the senses, the chocolate infuses with Dead Sea mud, soothes tired muscles and invigorates dull, dry skin whilst the delightful scent of chocolate provides a guilt-free treat. The crowning touches allow your body to be enveloped with a relaxing massage with body milk from the Dead Sea.

**DURATION : 60 MINUTES – COST : 150 EURO**

## PACKAGES

We offer you rejuvenation and detoxification programs which are designed to drain away body toxins, re-establish biochemical balances and minimize stress levels.

### ***“Deluxe Serenity Package”***

Hot Gemstones Ayurvedic oily massage - Duration 60 min.

Seaweed Mud Therapy - Duration 70 min.

Shiatsu -Thai massage - Duration 60 min.

**PACKAGE COST : 440 EURO**

### ***“Tranquility Package”***

Ayurvedic massage - Duration 60 min.

Body peeling and Hydrating body massage - Duration 60 min.

Rejuvenation-fingertip-facelift - Duration 60 min.

**PACKAGE COST : 385 EURO**

### ***“Pre-Wedding Package”***

Rejuvenation-Face Lift - Duration 60 min.

Holistic massage - Duration 60 min.

**PACKAGE COST : 230 EURO**

## CURRICULUM VITAE

Laoura Gini has graduated from the Institute of Thai Massage in Thailand (ITM) with a diploma in Traditional Therapeutic Thai massage, Rejuvenation fingertip from the European School of Shiatsu, Ayurvedic treatments and hot stones in the International Institute of Ayurveda in Kerala of India .She is also a Reiki Master. For the past 8 years, she offers her services primarily to luxury resorts of the Mediterranean Islands of Mykonos and Santorini. She has followed a series of seminars on different alternative therapies such as Body and Facial treatments, Shiatsu, Sound Therapy, Reflexology and Yoga for understanding through Eastern medicine. The last couple of years she stays partly in Benares of India studying Indian Classical Music(sitar) and practicing in Kriya Yoga.