

Mona.



MASSAGE THERAPIES



Therapeutic Thai Massage

Therapeutic Thai Massage is an integral part of traditional Thai medicine, an ancient practice that focuses on helping the individual, overcome strains and pains, mobility issues caused by unhealthy habits or poor posture during work, sleep or even sports.

The body is in complete harmony, releasing the blocked energy of the internal organs, becomes perfectly able to stretch its muscles to the maximum, relieving tension and pain in every single muscle and joint.

The session entails physical work, compression, acupressure, and passive stretching. The practitioners' magical palms have reportedly cured back pains and joint stiffness.

DURATION 2h

PRICE €150



The Thai Palm Healer

Amazed and fascinated by the human body and its aesthetics, function, and abilities, Andreas Koulouris has always been observing and collecting information about our habits that affect wellbeing.

After an enlightening trip to Thailand where he met his teacher Alexander Stavrinou, he continues to practice and learn from further teachers in Thailand and Europe..

Arjan Pichest, Jack Chaya, Arjan Somphong, Christian Jeukens are few of the teachers who have been constantly inspiring Andreas to work with love, respect and compassion, to connect deeply and listen to the receivers body.



Sound Healing Oil Massage

Blessings Healing Oil Massage enables you to connect body, brain and soul.

The practice combines a meditative massage on the Chakras for their release and purification so that they come back to balance.

Special instruments are used, with vibrations that permit the body and contribute to the release of challenging emotions.

Deep relaxation and harmony will follow you way after this therapy.

DURATION 1h 30

PRICE €124



Sound Healing Treatment

In this session, a combination of sound therapy techniques are used to bring new energy and alignment to your whole being.

Experience the healing vibration of sound. With awareness and an acute attention to detail, Nikolaos creates a profound restorative experience of musical vibrations to reverberate through the body. The effect of sound healing can produce a recalibration of the nervous system, allowing for a deep, meditative state, releasing stagnant energy within the bodyscape.

DURATION 1h

PRICE €124



Sound Bath Experience

A “Sound Bath” is an organic way of switching off from the noise of our everyday lives and thoughts, providing a space to be immersed in calming sounds.

The instruments have frequencies that work with the energy in our bodies to help us release tension and unwanted emotions and to create a sense of deep relaxation and wellbeing.

DURATION 1h

GROUP OF FOUR €420

GROUP OF SIX €580



The Spiritual Healer

Nikos Unalome's journey of awakening started with Yoga practice of Ashtanga Vinyasa, Yoga Therapy and Pranayama.

He has completed Advanced Seminars for Thai Massage, Osteo Thai, Fascia and sound therapy (Tibetan bowls, Crystal bowls & Tuning Forks).

He is also a therapist of Ayurveda with the practice of Abhyanga massage.

His approach is based on awareness, precision, compassion and humility.



PRICE LIST

THERAPEUTIC THAI MASSAGE (2 hours)..... 150

SOUND HEALING OIL MASSAGE (1h 30 min) 124

SOUND HEALING TREATMENT (1 hour)..... 124

SOUND BATH (1 hour) 420/580

FOR BOOKINGS:

Please make advance arrangements by contacting the Front Desk.