

APOKRYFO SPA TREATMENTS

Aromatherapy Full Body Massage (60min)

€70

This full body massage involves slow strokes and deep finger pressure that will ease tension, relieve stress & relax both the body and mind. It helps stimulate the nervous system, relieve muscular tension, and lymphatic drainage to encourage healthy circulation.

Sports Massage (40 min)

€60

Deep tissues massage targeting problem areas in muscles, joints and tissues. Perfect for an active or athletic individual who seeks a muscle intensive massage. Sports massage concentrates on specific areas of the body.

Back & Neck Massage (40min)

€60

Using specific massage techniques to help alleviate the stress and tension often felt in the back, shoulders and neck.

Reflexology (45 min)

€60

A unique ancient Chinese therapy that is based on the principle that individual reflex a point of the foot corresponds to the body's organs and glands. Provides relaxation and restores balance and functions of the body. Designed to relax the muscles and improve circulation & movement within the body

Couple massage (60min)

€110

This package includes two full body aromatherapy massages for couples. Each individual massage lasts for 60 minutes. It involves slow strokes and deep finger pressure that will ease tension, relieve stress & relax both the body and mind. It helps stimulate the nervous system, relieve muscular tension, and lymphatic drainage to encourage healthy circulation.

24hrs notice is required for any of the above treatment

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