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***Swedish Massage***

This is a **classic**full body **massage** that is usually medium in pressure but the pressure can be altered to suit the individual.Swedish massage uses five styles of long, flowing strokes to **massage**. The five basic strokes are effleurage (sliding or gliding), petrissage (kneading), tapotement (rhythmic tapping), friction (cross fiber) and vibration/shaking. **Swedish massage** has shown to be helpful in reducing pain and joint stiffness.This **massage** helps to de-stress the body by working on tense muscles and stimulating circulation, leaving the guest feeling totally relaxed.[**View Item**](https://www.thalassa.com.cy/Main.aspx?Module=CartItem&id=90)

**EUR 90.00**

***Aromatherapy***

A therapy that’s history can be found in ancient Greece. The perfect one to leave your body and mind soothed and tranquil. A **therapy** that’s history can be found in ancient Greece. Using essential oils specifically blended by the therapist to the individial needs of the guest, a gentle, flowing, relaxing full body **massage** that combines the healing power of herbs and touch is performed. The perfect therapy to leave your body and mind soothed and tranquil.  [**View Item**](https://www.thalassa.com.cy/Main.aspx?Module=CartItem&id=91)

**EUR 90.00**

***Deep Tissue Massage***

This style of **massage** focuses on the physical tension, knots and scar tissue that can build up in the body over time due to stress, lifestyle, sports or injury. This style of **massage** focuses on the physical tension, knots and scar tissue that can build up in the body over time due to stress, lifestyle, sports or injury.[**View Item**](https://www.thalassa.com.cy/Main.aspx?Module=CartItem&id=92)

**EUR 110.00**

***Reflexology***

**Reflexology** brings harmony to the body and mind by using techniques that apply deep pressure to certain points on the feet. A natural **therapy** to release stress and unblock energy within the body. **Reflexology** brings harmony to the body and mind by using techniques that apply deep pressure to certain points on the feet. The soles of the feet are mirrors of every organ in the body, hence your whole body may be treated with reflexology.

**EUR 90.00**