

SHIZEN SPA LIST OF TREATMENTS 2017

Relaxing Treatments	Time	Price
Classic massage: pampering body massage with almond oil. Helps circulation and relaxes the muscles.	45/60/90	290/330/400
Back, neck and shoulders massage: focuses on shoulder blades and neck	30	180
Reflexology: massage applying pressure to the feet. Relieves tension, improves circulation and helps promote the natural function of the related areas of the body	45/60	310/340
Aroma-therapeutic massage: gentle enjoyable massage using aromatic oils, relaxing body and soul.	45/60	310/340
Lumi-lumi: energetic massage with oil originating from Hawaii, performed by broad movements of the forearms on the body.	45	300
Holistic Pulsing – the treatment involves gently shaking the body at the rate of a fetal heartbeat, to release physical and spiritual blockages. It also integrates a scalp massage. (light clothing required).	60	340
Indian Scalp Massage: using calming essential aromatic oils to stimulate circulation and clean the scalp.	30	170
Ayurveda: ancient Indian treatment, gentle body massage with warmed sesame oil using slow rhythmic movements, as well as face and scalp massage and pouring the oil on the center of the forehead (“third eye”).	75	2 hands-410 4 hands-580
Royal spa suite: unique and luxurious treatment in a treatment suite. A combination of body peeling, and relaxing body and scalp massage, as well as pouring oil onto the "third eye".	90	500
The ultimate massage experience- from head to toe: scalp + aroma therapeutic + reflexology.	90	460
Pregnancy massage: gentle classic body massage performed by a professional therapist (from 5 th month).	45	290
Indian La Stone Therapy: a combination of hand massage and the use of hot and Cold Stones, in order to unblock areas of the body and balance body and mind	45/60	340/380
Thai Herbal Bags: massage using aromatic oils and herbal bags which are heated in a special steamer. The herbal bags help to relieve pain, relax muscles and improve circulation, while warm deep tissue massage is carried out on the meridian points of the body.	75	410
Lava Shell: special bags containing gel and other therapeutic substances are placed inside natural shells and these create a warming effect. Using the shells in the massage helps to reduce muscle pain and to renew skin tissue. The treatment ends with a body peeling rub, using pomegranate gel, to refresh and cool the skin tissue.	60	370

Deep Massage Treatments	Time	Price
Sports Massage: after intensive sports activities.	45/60	310/340
Deep tissue massage: focuses on the deep tissue layers of the muscles.	45/60	310/340
Tan Di – massage using bamboo sticks: the specially crafted bamboo sticks are used to massage the body using techniques which "melt" knotted muscles and ease pain.	45/60	330/370

Treatments from the East		
*Thai massage: a combination of pressure on energy lines with stretching in yoga positions. Helps to energize and balance the circulation, lymphatic and nervous system and to relax. *Light clothing.	45/60	310/340
*Shiatsu: pressure along energy lines. Helps to release energy blocks, fatigue and tension. *Light clothing.	45/60	290/330
Twina: very dynamic energy massage all over the body. Helps the energy to flow through all organs. *Light clothing	45	300

Combination Treatments		
Swedish Massage + Reflexology: combining a number of techniques – Swedish massage with almond oil and reflexology, for relaxation and balance.	60	340
Vanilla Peeling + Swedish Massage: beginning with an energizing salt chip massage, followed by an almond oil massage to stimulate circulation and ease muscle tension.	60	340

Energizing Treatments (comfortable clothing advised)		
Raiki: treatment to balance energy and open blocked areas, performed by placing the hands on the body's energy centers.	45	290
Healing: transfer of universal energy to heal and balance body, mind and spirit.	45	290

Peeling		
Vanilla Peeling: cleaning the skin (removing dead cells) by means of an energizing massage with sea salt and vanilla. The skin is refreshed and renewed.	45/60	290/330
Lavender & Patchouli Peeling: cleaning the skin (removing dead cells) by means of an energizing massage with sea salt, lavender & patchouli. This is followed by the application of lavender & patchouli body lotion	45/60	290/330

**Entry to the spa is limited to guests aged 18 and over.
Cancellation of appointment up to 24 hours in advance.
Cancellation at the day of the appointment will be in 50% charge.
Tel. For reservations: 09-9520808**