

PEGASUS
SUITES



RELAXING MESSAGES

TRADITIONAL THAI MASSAGE

Thai Massage is an ancient healing art based on the concept of energy.

It is a unique synthesis of acupressure, reflexology, passive yoga therapy and stretching. By the application of gentle pressure along the energy channels the blood circulation is re-established, lymphatic and immune systems are reinforced and the functions of internal organs are strengthened.

The progressive stretches help re-establish flexibility, the muscles soften and get rid of toxins, thus the muscle tone is preserved.

The balancing of the energy flow helps the general revitalization of the body, gives good health condition, a sense of well being and a deep relaxation of the mind and body system.

Wear loose comfortable clothing.

DURATION : 90 MINUTES – COST : 130 EURO

CORE INTERGRATION

Core integration is a powerful system of deep bodywork that connects postural alignment and movement education with emotional release and awareness. Developed after many years of study and practice, core integration restores the body's natural state of balance by means of deep tissue bodywork, stretches, joint mobilization and re-educating the body.

Bodywork is one the finest arts, requiring a healing and skilful, touch, together with the understanding that each client is unique and has individual needs. Balance is important in all aspects of life and Core Integration aims to restore the body's natural balance by improving the vertical connection of the main body parts, head shoulders, chest, pelvis and legs. Poor vertical connection is one of the main reasons for chronic pain and stress in the body-mind complex.

A body in balance brings the experience of relaxation and aliveness.

DURATION : 90 MINUTES – COST : 130 EURO

HOLISTIC MASSAGE

Holistic Massage is a whole body treatment in which aspects of western and eastern techniques are integrated, along with the use of essential oils that have revitalizing and healing properties on the body. The use of long strokes and deep pressure relaxes the muscles and joints. The essential oils have a soothing effect on the mind and nervous system leading to a general feeling of balance.

DURATION : 70 MINUTES – COST : 110 EURO

DURATION : 90 MINUTES – COST : 130 EURO

REIKI

Reiki is a Japanese word meaning the universal life force. It is transmitted to the recipient through the practitioner's hands, who is becoming the channel of this energy.

The person becomes connected with his self-revitalizing abilities, rebalancing on all levels such as mental, emotional and physical.

Reiki can offer relaxing and sometimes astonishing experiences.
Wear loose comfortable clothing.

DURATION : 60 MINUTES – COST : 90 EURO

SPECIAL OFFER

If you select both the Reiki and Holistic Massage packages you will have a special offer of 180 euro.