



ADAMANT  
SUITES

HEALTH BEAUTY and RELAXATION

## BODY MASSAGE

### AYUVERDIC MASSAGE

*It's a special treatment, popularly called "Kerala Treatment" which was developed centuries ago by the physicians of Kerala in India.*

*A whole body massage with lightly heated medicated oil selected according to person's idiosyncrasy (Vata, Pitta, Kapha), or body condition, helps to improve circulation promotes metabolic activities, relaxes muscles, tones up the whole body, alleviate fatigue and increase texture of the skin.*

*You might find interesting that the used oils are from the Arya Vaidya Pharmacy which kept alive in Kerala, India the ancient tradition of Ayurverda, recognized by CSIR of Government of India.*

*Duration: 60 minutes*

*Cost: 130€*

### HOLISTIC MASSAGE

*Holistic massage treats the individual as a whole. This full body massage begins with a light massage with essentials oils, which relax the muscles and calm the mind. A deeper massage follows, with a blend of western and eastern techniques, such as Swedish massage, Shiatsu and Reflexology, opening the energy center and letting it flow through the body.*

*Duration: 60 minutes*

*Cost: 110€*



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## DEEP TISSUE MASSAGE

*A powerfully penetrating massage using proven therapeutic techniques to loosen and lengthen even the deepest layers of musculature. Massage oils are applied to the body along with firm pressure to release tension and return the body muscles to their aligned position helping the bones to fall into the correct posture. Application of pressure to trigger points (using fingers and elbows) dramatically helps reduce spasms and break up adhesion in your muscles.*

*Duration: 60 minutes*

*Cost: 120€*

## SHIATSU - THAI MASSAGE

*Shiatsu is the ancient Japanese art of acupressure combining the techniques of massage and Yoga. Thai massage is one of the ancient healing arts of traditional Thai medicine. Feet, palms, thumbs, elbows and knees are the tools of the therapist with a gentle a soothing way of pressing, pulling, stretching and manipulating the body.*

*Improve flexibility, alleviate pain, increase vitality and offer a completely pleasurable, relaxing experience.*

*During the massage the body remains in clothes, so comfortable clothes are recommended.*

*Duration: 60 minutes*

*Cost: 120€*

## PRE - NATAL MASSAGE

*Pregnancy is a phase of great physical and emotional change. It is a perfect time for a woman to practice nurturing herself in preparation for her new role as a caregiver. Good nutrition, ample rest and regular pre-natal massage benefit not only the mother-to-be but also her unborn child*

*Duration: 60 minutes*

*Cost: 110€*



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## HOT GEMSTONE THERAPY and AYURVEDIC OILY MASSAGE

*The use of therapeutic gemstones has its roots in such diverse cultures and systems as Ayurveda, Chinese medicine and Native American shamanism, and is reflected in the more recent practices of crystal healing. Hot Gemstone is a massage utilizing the principles of thermotherapy and in combination with warm Ayurvedic herbal oil is a form of internal and external purification of the body mind and soul.*

*This full body massage is combining all benefits of hot gemstones and Ayurvedic massage, especially for chronic problems as shoulder stiffness, lower back pains, backache bad lymph circulation. Chakra balancing and Reiki are included to enhance healing and clarity.*

*This therapy goes beyond the physical experience of a typical massage through the special vibration energies of the gemstones.*

*Duration: 60 minutes*

*Cost: 180 €*

## REJUVENATION - FINGERTIP - FACELIFT

*Rejuvenation is an exclusive holistic therapy, known as the "Angel's Touch". The therapist makes a gentle fingertip massage on the 91 muscles of the face, neck, skull and shoulders and works on the connective tissue to make it more elastic and flexible, enabling the skin to regain its youthful quality. The treatment concludes a beauty mask with pure red sandalwood powder (specially sourced from India) blended with milk, which is providing a smooth supple texture and glowing skin.*

*BENEFITS:*

*Reduction of fine lines and wrinkles, forming of the jaw line, improvement of the skin nature, release of chronic headaches, it gives more alive, healthy and relaxed appearance*

*Duration: 60 minutes*

*Cost: 130€*



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## BODY TREATMENTS

### BODY PEELING and HYDRATING BODY MASSAGE

*A deep body peeling to remove dead cells allowing the skin to better absorb the minerals using peeling from seaweed and shells of Mediterranean sea (Oligodermi Spa, Paris), while leaving the skin smooth and silky. A relaxing massage follows to soothe away stress and tiredness and improves hydration through application of moisturizing body milk from the Dead Sea (Ahava)*

*Duration: 60 minutes*

*Cost: 140€*

### SEAWEED MUD THERAPY

*This full body treatment brings the therapeutic virtue of the sea as the body is wrapped in this unique seaweed, rich in minerals and enzymes. (Oligodermi spa, Paris). It is ideal for the metabolism and speeds up the elimination of toxins. It brings a renewed balance increasing body functions and a sense of well being.*

*This treatment includes body exfoliate cleaning with algae and shells, seaweed mud wrap and a gentle massage with body milk from Dead Sea (Ahava) for moisturizing and more relaxation.*

*(Not recommended for cases of hyperthyroid or allergies to iodine)*

*Duration: 70 minutes*

*Cost: 160€*

### DEAD SEA MUD THERAPY and CHOCOLATE BODY WRAP

*The Dead Sea Mud Therapy is known from ancient times for its therapeutic properties against rheumatism, deformation, arthritis, psoriasis, acne and in combination with chocolate has a rejuvenating action. A detoxifying indulgence for the senses, this chocolate-infused with Dead Sea mud, soothes tired muscles and enlivening dull, dry skin while the delightful scent of chocolate provides a guilt-free treat. The crowning touches, allow your body to be enveloped with a relaxing massage with body milk from the Dead Sea.*

*Duration: 60 minutes*

*Cost: 150€*



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## PACKAGES

*We offer you rejuvenation and detoxification programmes which are designed to drain away bodily toxins re-establish biochemical balances and minimize stress levels.*

### **Deluxe Serenity Package**

*Hot Gemstones Ayurvedic oily massage*

*Duration 60 min.*

*Seaweed Mud Therapy*

*Duration 70 min.*

*Shiatsu-Thai massage*

*Duration 60 min.*

*Package Cost: 440€*

### **Tranquility Package**

*Ayurvedic massage*

*Duration 60 min.*

*Body peeling and Hydrating body massage*

*Duration 60 min.*

*Rejuvenation-fingertip-facelift*

*Duration 60 min.*

*Package Cost: 385€*

### **Pre- Wedding Package**

*Rejuvenation-Face Lift*

*Duration 60 min.*

*Holistic massage*

*Duration 60 min.*

*Package Cost: 230€*

## CURRICULUM VITAE

*Laoura Gini has graduated from the Institute of Thai Massage in Thailand (ITM) with a diploma in Traditional Therapeutic Thai massage, Rejuvenation fingertip from the European School of Shiatsu, Ayurvedic treatments and hot stones in the International Institute of Ayurveda in Kerala of India .She is also a Reiki Master*

*For the past 8 years, she offers her services primarily to luxury resorts of the Mediterranean islands of Mykonos and Santorini.*

*She has followed a series of seminars on different alternative therapies such as Body and Facial treatments, Shiatsu, Sound Therapy, Reflexology and Yoga for understanding through Eastern medicine.*

*The last couple of years she stays partly at Benares of India studying Indian Classical Music (sitar) and practicing in Kriya Yoga.*

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