



This pressure point scalp massage helps to relieve stress, reduce muscle tension and encourage blood circulation. Dr. Barbara Sturm's SCALP SERUM soothes the appearance of irritated skin and provides intense hydration. The treatment helps to promote naturally beautiful, shiny hair.

#### THE SCIENCE

An ingredient obtained from the Indian Kino Tree acts as an intensive anti-aging treatment on the scalp while a combination of ATP, Algin and Papaya Extract helps to restore the scalp's moisture balance. Dr. Sturm's proprietary blend of low and high molecular weighted Hyaluronic Acid drenches the scalp in lasting hydration.

#### THE RESULTS

Your scalp will feel soothed and nourished, while your mind will be deeply relaxed.



"My Revitalizing Scalp Massage provides deep relaxation while addressing dryness and boosting the overall scalp condition, promoting naturally beautiful, shiny hair."

DR. BARBARA STURM

#### SIGNATURE MESSAGES & BODY TREATMENTS

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Mykonos-inspired and incorporating the sacred Greek healing heritage, this is a collection of massages and therapies designed to relax, energize and restore. Trust our highly skilled therapists to melt away tension through deep pressure techniques.

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#### DETOX MASSAGE RITUAL

30', 80€ / 60', 150€ / 90', 210€

This detoxifying massage restores balance to the body and clarity to the mind. Focusing on lymphatic drainage techniques, it stimulates lymph nodes and vessels to enhance circulation and encourage the natural flow of lymph. A nourishing blend of olive, sesame, and almond oils is used to enrich the massage, combined with pure essential oils from the Greek land — dittany, cistus, juniper, grapefruit, rosemary, mint, and lemon.

#### BENEFITS

This massage helps eliminate toxins, supports lymphatic drainage, reduces swelling, and eases muscle tension and spasms.



## BALANCING MASSAGE RITUAL

30', 80€ / 60', 150€ / 90', 210€

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This blissful massage ritual is ideal for those feeling physically or emotionally exhausted. Rhythmic techniques gently release muscular tension, inviting a deep sense of restoration and renewal.

Throughout the ritual, a blend of olive, sesame, and almond oils supports fluid movement, while a synergy of therapeutic essential oils — rosemary, spearmint, dittany, lavender, sage, eucalyptus, and lemon — offers both relaxation and balance, drawing on the healing wisdom of Greek botanicals.

### BENEFITS

This massage relieves exhaustion, stress, and chronic fatigue while restoring emotional balance and revitalizing the body's energy.

## RELAXING MASSAGE RITUAL

30', 80€ / 60', 150€ / 90', 210€

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This deeply relaxing massage calms the mind and eases physical stress. Gentle, flowing techniques across the body, combined with a soothing head massage, encourage a sense of emotional release and support restful sleep.

The nourishing blend of olive, sesame, and almond oils paired with the calming essential oils of jasmine, rose, lavender, chamomile, bergamot, ylang ylang, and sandalwood brings deep relaxation, emotional release, and a lasting sense of inner peace.

### BENEFITS

This massage relieves muscular tension, soothes headaches, and restores balance to the body's vital energy.

## ADD-ON AMPLIFIER

15', 45€ / 30', 90€

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### LED MASK

Targeted light therapy to promote cellular healing and collagen production.

