

KĀLESMA

MYKONOS

Kalesma Mykonos In-Room Spa Treatments for 2022

Physiotherapy 60'

Physiotherapy remediates impairments and promotes mobility, function, and quality of life through examination, diagnosis, prognosis, and physical intervention (therapy using Physical agents, mechanical force, adaptive devices and movements).

Kinesiotherapy 60'

Improve your endurance, mobility and strength. The rehabilitation techniques used are often prescribed to help individuals enhance their overall physical conditioning.

Relaxing Massage 30' , 45' , 60'

Relaxation massage is a gentle Swedish massage that uses smooth, gliding strokes to help you relax. Gentle massage stimulates sensory nerve endings in the skin, which transmit messages through the nervous system and cause the brain to release endorphins. These are the body's natural painkillers, feel-good chemicals that create a sense of well-being.

Anti-cellulite Massage 30' , 45' , 60'

Anti-cellulite Massage can aid the circulatory and lymphatic systems. Massaging cellulite is also beneficial for targeting those difficult areas that cannot always be targeted through exercise, such as the inner knee and upper thigh.

Deep Tissue Massage 30' , 45' , 60'

Focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronic aches and pains and contracted areas such as stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

Triger Point Massage 30' , 45' , 60'

This involves deactivating trigger points that may cause local pain or refer pain and other sensations, such as headaches, in other parts of the body. Manual pressure, vibration, injection, or other treatment is applied to these points to relieve myofascial pain.



KĀLESMA

MYKONOS

Sport Massage 30' , 45' , 60'

Physical treatment primarily used on the neuromusculoskeletal system to treat pain and disability. It most commonly includes kneading and manipulation of muscles, joint mobilization and joint manipulation.

Aromatherapy massage 30' , 45' , 60'

Relaxing massage with the use of aromatic plant oils, including essential oils, and other aromatic compounds for the purpose of altering your mood, cognitive, psychological or physical wellbeing.

Swedish massage 30' , 45' , 60'

Light stress and tension relief. Muscular knots that are too tender for anything other than lightly soothing massage pressure. Nourishing the skin thanks to the application of carrier oils and/or aromatherapy oils. Improved circulation, muscle tone, boosting lymph and blood circulation to aid detoxification.

Back, neck and shoulders 30'

Our neck, shoulder and back massage is designed to work on knots, tension and deep muscle pain to relieve discomfort and leave you feeling relaxed. Our neck, shoulder and back massage will quickly alleviate discomfort and, depending on the severity of your condition, repeated treatments can banish pain completely.

Facial massage 30'

Facial massage is a very popular Western beauty treatment to slow down the aging process and achieve younger looking and healthier skin. It is also used to relieve stress, migraine headache, premenstrual syndrome (PMS) and sinus congestion.

Foot massage 30'

Foot massage improves circulation, stimulates muscles, reduces tension, and often eases pain.

