



KALESMA WELLNESS MENU

A sensory wellness journey through Greek local herbs and oils to a deeply relaxing, detoxifying, and balancing pathways brought to restore and reset. These pathways promoting personalization through the collection of a specified oil, while hydrating and plumping the skin to reveal a healthy, radiant complexion.

Developed to promote inner beauty and healing, restores the body and mind to a state of harmony.

It is recommended for all skin types and moods.

Active natural ingredients promoting inner healing process and brings self-care and restoration, an answer to the Mykonos Lifestyle.

If you are feeling or experiencing:

- Stressed
- Anxious
- Unable to switch off
- Jet lag
- Insomnia
- Back pain
- Low energy

Choose one of the following massage rituals. Consult our wellness therapists to personalize your treatment.

Detox Massage Ritual 30 / 60 / 90 minutes 80 / 150 / 210 Euros

This detoxifying massage restores harmony to the body and clears the mind. By concentrating on lymphatic drainage techniques, it manipulates lymph nodes and lymphatic vessels to increase their activity and promote the flow of lymph. We utilize a combination of olive oil, sesame oil and almond oil to enhance application and a blend of pure natural essential from the land of Greece: dictamos, cyst, juniper, grapefruit, rosemary, mint, and lemon.

Benefits: removes toxins and detoxifying the body, aids lymphatic drainage, reducing swelling, eases muscle spasms.

Relaxing Massage Ritual 30 / 60 / 90 minutes 80 / 150 / 210 Euros

This deeply relaxing massage bring calmness in your mind and ease the stress levels of your body. By implementing relaxing massage techniques to the whole body and a head massage we promote a feeling of "let it go" to reduce tiredness and improve sleep. We utilize a combination of olive oil, sesame oil and almond oil to enhance application and a blend of pure natural essential from the land of Greece: jasmine, rose, sandalwood, Ylang Ylang, lavender, chamomile, bergamot.

Benefits: eases muscular tension, removes headaches, balancing vitla energy.

Balancing Massage Ritual 30 / 60 / 90 minutes 80 / 150 / 210 Euros

This blissful massage ritual is ideal for people who feeling physically or emotionally exhausted. The use of rhythmic massage techniques eases muscular tension, imbuing a sense of complete restoration. We utilize a combination of olive oil, sesame oil and almond oil to enhance application and a blend of pure natural essential from the land of Greece: rosemary, diosmus, dictamos, lavender, sage, eucalyptus, lemon.

Benefits: relieves exhaustion, stress, and chronic fatigues, balances the energy body and emotions.

Physiotherapy

60 minutes 150Euros

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 minutes 150Euros

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

ADD-ON AMPLIFIER

Led Mask

15 / 30 minutes 45 / 90 Euros

Targeted light therapy to promote cellular healing and collagen production.

Pricing

All prices are in Euros and are inclusive of applicable tax.