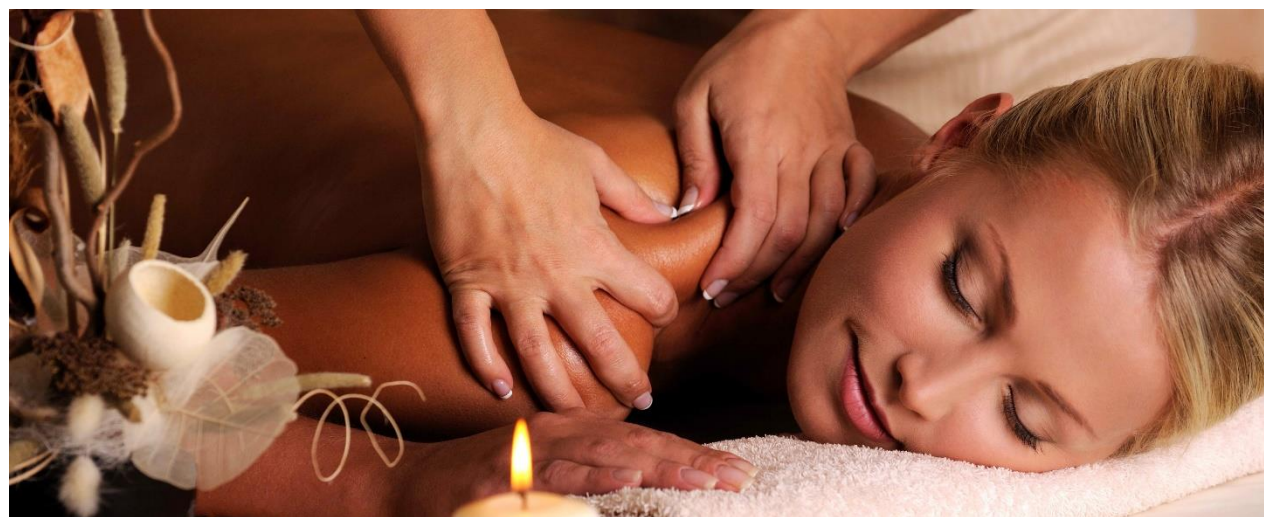


Soothe your senses. Unwind.



Skopelos Holidays
HOTEL & SPA
★★★★★



BODY TREATMENTS

Relaxing Massage | 45 minutes € 80,00

Also known as Swedish Massage, the Relaxing Massage is ideal for relieving stress and fatigue. It offers a sense of deep revitalization & wellness. .

Deep Tissue Massage | 45 minutes € 80,00

The Tissue Massage is ideal in cases of chronic muscle tension in areas such as the back and neck. It offers a complete relaxation and helps to relieve stress and tension.

Sport Massage | 30 minutes € 60,00

The Sport Massage involves more aggressive techniques that approach the muscles in deeper layers. Therefore, it does not involve relaxing techniques of massage.

Therapeutic Massage | 45 minutes € 80,00

This is a specialized treatment that uses special hot volcanic stones. The hot stones are placed on energy centers of the body, thus helping the muscles relax much faster compared to a traditional massage while improving the circulation and relieving the nervous system.

Cellulite Massage | 30 minutes € 60,00

The Cellulite Massage achieves the removal of toxins and the improvement of circulation.

Prenatal Massage | 45 minutes € 80,00

The Prenatal Massage achieves the complete and total relaxation of the pregnant woman's body as well as her emotional and mental health, during a period of significant changes.

Hot Stones Massage | 45 minutes € 80,00

Massage with hot stones helps the body relax and contributes to the reduction of cortisol levels of the body.

HEAD TREATMENTS

Indian Head Massage | 20 minutes € 35,00

The Indian Head Massage is a traditional practice of massage as part of the Indian Medicine/Ayurveda in the area of head, face, neck & shoulders. It is indicated for the treatment of migraines, insomnia and stress.

FOOT MASSAGE

Foot Massage / Reflexology | 20 minutes € 40,00



ALTERNATIVE TREATMENTS

Bioenergetic Treatment | 60 minutes € 95,00

The Bioenergetic Massage releases any blockages & acts on the bioenergetic meridians, restores the natural flow of the energy in the body, helps induce a deep sense of wellness and balance, relieves one of stress and tension, increases the energy levels, releases repressed emotions, etc.

Welcome at Emerald Spa & Wellness

Blending the green nature of Skopelos and the Aegean blue, Emerald Spa & Wellness at Skopelos Holidays Hotel, is the perfect place to ease stress and fatigue away. Escape to a blissful place, induce relaxation and serenity, while nourishing the body and mind.

Our team of highly qualified therapists provides effective and restorative face and body treatments, using products of the finest quality. Indulge in their hands and experience a unique journey of wellness.

#skopelos_experience

Skopelos Town (Chora), Sporades, 37003 Greece

T. +30 24240 24301 | E. holidays@skopeloshotels.eu

(OPERATING HOURS: 11:00 - 20:00)

www.skopeloshotels.gr



EMERALD SPA & WELLNESS

Operating Hours

Emerald Spa & Wellness is open from 11.00 - 20.00 daily. Please call us at +30 24240 24301 to make a reservation.

Appointments

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

Treatment Preparation

We recommend that you arrive at least 15 minutes prior to your scheduled treatment, allowing time to complete your health assessment and to enjoy the facilities, and relax. For reasons of hygiene, we kindly remind you that taking a shower is imperative before any body treatment.

Spa Environment

Please refrain from smoking and turn your mobile phone off or to a silent setting while in, or around, the Wellness & Spa areas.

Clothing

The personnel will provide you with towels, underwear and slippers. You are kindly requested to have a swimming suit with you in case you intend to make use of the Jacuzzi.