

# EMERALD SPA & WELLNESS

SKOPELOS HOLIDAYS HOTEL & SPA



## Massage Treatments

- ❖ Romantic Anti-Stress Massage for Couples 60'/120€
- ❖ Swedish Massage 45'/60€
- ❖ Anti-stress Massage 45'/50€
- ❖ Lomi Lomi Massage 45'/70€
- ❖ Full Body Massage 45'/50€
- ❖ Shiatsu Massage 45'/80€
- ❖ Deep Tissue Massage 30'/60€ - 45'/80€
- ❖ Four Hands Massage 50'/80€
- ❖ Sports Massage 30'/60€ - 45'/80€
- ❖ Reflexology 45'/40€
- ❖ Ayurveda Massage 30'/40€
- ❖ Hot Stones Massage 45'/95€
- ❖ Luk Pra Kob (Herbal Compresses) 45'/70€
- ❖ Lava Shells Massage 60'/95€
- ❖ Lymphatic Massage 45'/60€
- ❖ Candle Massage 45'/65€
- ❖ Aromatherapy Massage 60'/60€
- ❖ Trigger Point Massage 45'/95€
- ❖ Personal Singing Bowls Sound Therapy 60'/75€



## Body Treatments

- ❖ Chocolate Therapy 60'/95€
- ❖ Mud Therapy 60'/110€
- ❖ Body Scrub 30'/60€ - 60'/100€
- ❖ Treatment with branded Slimming products 60'/95€
- ❖ Treatment with branded Body Tightening products 60'/95€

## Facial Treatments

- ❖ Eye Treatment 20'/65€
- ❖ Glow & Nourishment Treatment 60'/95€
- ❖ Deep Cleansing 60'/80€
- ❖ Simple Cleansing 40'/65€
- ❖ Anti-wrinkle Treatment 60'/95€

## Depilation

- ❖ Eyebrows 15€
- ❖ Full Foot 40€
- ❖ Arms 25€
- ❖ Back 30€
- ❖ Bikini 25€

## Yoga Sessions

- ❑ **Free** Group Yoga class every Tuesday & Thursday at 08.30
- ❑ **Personal Yoga** 60'/75€ (conducted either at the Emerald Spa & Wellness or in the guest's room).

## Other Treatments

- ❑ **Sauna:** Free of charge for the Hotel's guests. 10€/person/30' for external customers.
- ❑ **Gym:** Free of charge for the Hotel's guests. 10€/person/120' for external customers.
- ❑ **Jacuzzi:** 30'/30€ up to two persons – 30'/50€ up to four persons.

# MASSAGE TREATMENTS

EMERALD SPA & WELLNESS





## ROMANTIC PRIVATE ANTI-STRESS MASSAGE (FOR COUPLES) | 60'/120€

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Combine the enviable location of *Skopelos Holidays Hotel & Spa* with a **Romantic Massage in a private area** with a wonderful view.

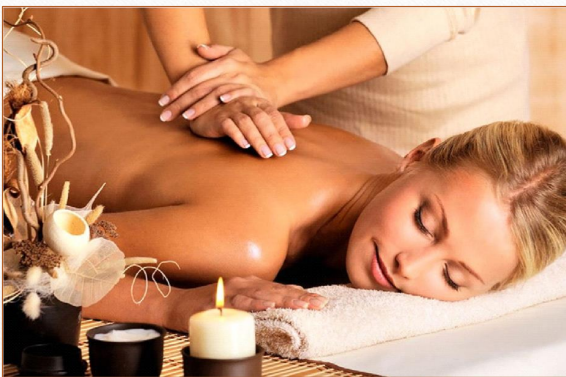
You and your partner travel to the ultimate pleasure gazing at the magnificent panorama of Chora Skopelos, the endless blue of the sea and the sky as you relax and surrender fully rejuvenated to the energy of the landscape and its serenity.

Relax and feel your body and soul balanced harmoniously, breathing in the fresh air and admiring the enchanting scenery of Skopelos nature!



## SWEDISH MASSAGE | 45' / 60€

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**Swedish Massage** (Muscle Relaxation) is probably the most widespread form of massage in the Western world. It is a method of massage that provides relief from muscle pains, treatment of headaches and migraines as well as reduction of nervous and muscle tension, as it activates blood and oxygen circulation in the body and helps to relax it. It combines western and oriental cupping techniques and involves circular friction movements, muscle kneading and massage vibrations, with mainly relaxing pressure, although you can determine this yourself according to your needs. Swedish Massage is ideal for those first encountering massage, for chronic conditions such as arthritis and tendonitis, and for cases of back and neck problems.



## ANTI-STRESS MASSAGE | 45'/50€



**Anti-Stress Massage** (Relaxation Massage) rejuvenates the body and helps to achieve physical, mental and spiritual calmness. At the same time, the use of beneficial essential oils during the treatment offers well-being and rejuvenation to the body while simultaneously improving the mood. The skillful, relaxing massages help the body to eliminate accumulated tension and fatigue, as well as to achieve total relaxation of tired muscles and restore their elasticity. Anti-Stress Massage is designed to be performed all over the body and is ideal for those who either spend long hours at the office or feel a constant pressure on their shoulders.



## LOMI LOMI MASSAGE | 45'/70€

**Lomi Lomi Massage** is an ancient massage method that first appeared in the Hawaiian Island complex. The ancient form of Lomi Lomi massage combines an endless technique, making extensive use of the forearms as well as the palms and fingers. The upstrokes can be done over a large area of the torso, rhythmically and sweepingly, which is why they can be likened to sea waves. Their purpose is to <<unblock>> the flow of energy to the chakras, leaving the recipients invigorated. Lomi Lomi can stimulate the immune, muscular, lymphatic and nervous systems. With its harmonious wave-like movements, it is a journey to wellness and rejuvenation.



## FULL BODY MASSAGE | 45'/50€

**Relax Full Body Massage** is a widely known technique, having its basis in Swedish massage. It involves a variety of smooth strokes, performed in harmony on all muscles. Thanks to its holistic property, it brings about relaxation of muscles, reduction of stress and feeling of fatigue, increase of elasticity of synthetic tissues, rejuvenation and glow of the skin, as well as blood circulation improvement.



Relax Full Body Massage is a unique sensory experience that will give you the ultimate relaxation you so desperately need!

## SHIATSU MASSAGE | 45'/80€

**Shiatsu Massage** is a type of massage therapy, which was developed mainly in Japan. It involves applying pressure to specific points on the body, which pressure is transferred from one point to another in a rhythmic sequence. Shiatsu is based on the use of the fingers, thumbs and palm. The practitioner applies pressure to various areas of the body surface to treat common diseases, conditions and to correct imbalances in the body. Pressure applied to points on the body promotes energy flow and corrects imbalances throughout the body. In addition to a deeply relaxing experience, Shiatsu helps relieve stress, reduce pain and contributes to the overall health and well-being of the individual.



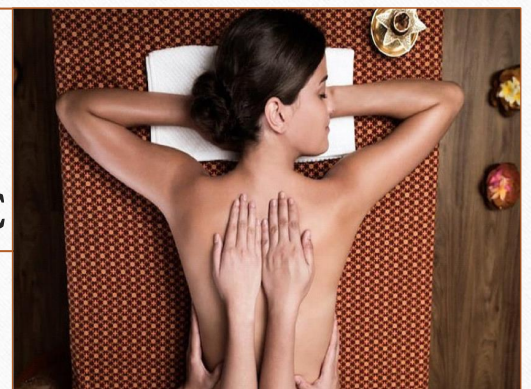




## DEEP TISSUE MASSAGE | 30'/60€ - 45'/80€

**Deep Tissue Massage** is a type of therapeutic massage that has been practiced for many centuries. This type of massage seeks to free the body from obstructions and tight spots that cause pain. It is a deep tissue massage that provides relaxation not only to the superficial muscles, but also to the muscle groups and connective tissues deeper in the muscular system.

This particular massage technique reaches the sensitive points that cause pain, restricting blood circulation in order to relieve them. By applying slow and deep pressure to the back, shoulders, neck and other parts of the body that are often found to be tense and distressed, they relieve the body of tension and persistent pain.



## FOUR HANDS MASSAGE | 50'/80€

During **Four Hands Massage**, two therapists work simultaneously, and with synchronized movements, they succeed in leading you to an unforgettable experience of relaxation and euphoria. Using synchronized movements and mirroring each other's movements, your body parts are massaged simultaneously as one therapist works on the right side while the other works on the left. Thus, it is as if you are experiencing two massages at the same time. These four hands work in concert and in harmony and tranquility, conveying an intense feeling of well-being.

This technique focuses on emotions as well as on dealing with mental tensions, anxiety and negative thoughts.



## SPORTS MASSAGE | 30'/60€ - 45'/80€

**Sports Massage** is addressed to athletes after intense physical exercise, strained muscles and joints, as well as to people with muscle problems. Dynamic and deep techniques are applied (kneading, pressure, stretching, repetitions) in order to relax the muscles stressed by the exercise and restore their normal range of motion. It is a dynamic massage, ideal for athletes or generally for those exercising in a gym. It uses a combination of deep techniques that focus on areas where the muscles, from hard, long and regular workouts, are numb and the body is sore.



## REFLEXOLOGY MASSAGE | 45'/40€

**Reflexology** is a method of alternative medicine based on the application of specific pressures and massages on the foot and the back of the feet. Due to the fact that there are 7,200 nerve endings in the feet, proponents of this method claim that these specialized pressures cause a <<reflex>> stimulus to each point and organ of the body individually, resulting in the stimulation of the body's nervous and defense systems, which can activate or mobilize the energy flowing through the body to reach the area that needs treatment. Pressure exercise provides deep relaxation, relieves certain ailments and prevents many pathological conditions.





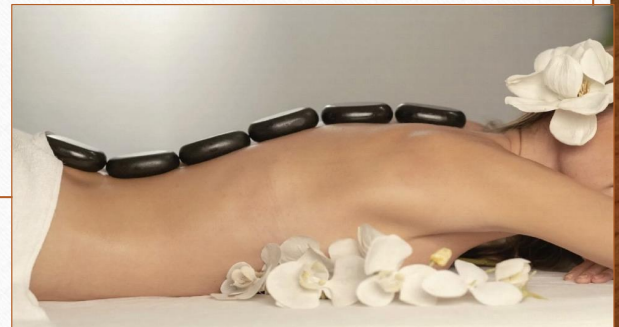
## AYURVEDA MASSAGE | 30'/40€



**Indian Massage** is based on the ancient Indian medical tradition of Ayurveda. The aim of Indian massage is the general well-being and healing of the body and the mind. Indian Head Massage particularly focuses on specific energy centers, such as the scalp, temples, base of the occipital bone and the area between the eyes, relaxing the muscles and restoring inner peace. This rejuvenation technique boosts the body's energy and relieves psychosomatic stress, fatigue and anxiety as the movements performed during the massage are slow, gentle and relaxing. It offers a relaxing and rejuvenating experience.

## HOT STONES MASSAGE | 45'/95€

**Hot Stones Massage** is a method of energy massage, which combines the healing power of hot stones with the healing properties of oils and essential oils. The stones used are basaltic, i.e. black volcanic stones.



These stones are characterized by the geomagnetic properties of copper and iron and when heated they release energy, emitting vibrations. The powerful energy of the basalts creates complete harmonization of soul and body and activates the flow of positive energy, eliminating negative energy and allowing us to achieve total relaxation, reducing stress and driving away fatigue.





## LUK PRA KOB MASSAGE | 45' / 70€

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The **Luk Pra Kob Massage** technique has been used for over 400 years in Thailand. This special technique focuses on cleansing and increasing energy flow as well as circulation. Heated Thai herbal compresses are used, containing specific cleansing herbs selected for their detoxifying, anti-inflammatory and soothing properties. These rare compresses become the massage therapist's go-to tool as they knead, stretch and soothe your body.

Thai herbal compress contains a variety of either fresh or dried herbs, roots, stems and leaves, which are wrapped in cotton cloth and either steamed or boiled, they are applied to the body using various gliding, rolling and pressure techniques to help release stretched muscles, reduce inflammation, improve circulation and relieve pain. They are often used in conjunction with Thai massage to help open energy channels.

## LAVA SHELLS MASSAGE | 60' / 95€

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**Lava shells** are the world's first self-heating massage tool. A unique innovation in spa treatments. The heating causes deep relaxation while relieving muscle or joint pains. This sophisticated body shell massage offers an ideal slimming treatment while, at the same time, it is a delightful and truly pampering treatment that combines the warmth from the shells with a deeply relaxing massage, creating a sense of balance throughout the body and mind.

During a massage, the shells are worked over the palms, hands and feet in slow deep movements to warm and relieve the body of stress and anxiety, while the combination of the warmth of the shells with deep relaxation techniques creates a sense of balance throughout the body and mind.





## LYMPHATIC MASSAGE | 45' / 60€

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**Lymphatic Massage** - or manual lymphatic drainage - is a type of therapy that focuses on increasing the flow of lymphatic fluid in the body that carries toxins and other unwanted materials out of the body and helps support the immune system. Lymphatic massage helps the body maintain proper blood circulation and immune functions, and when combined with the essential oils and toning lotions applied, it deeply tones the skin and activates the skin's renewal process.



Combating unwanted fluid retention and cellulite on thighs, buttocks and abdomen are just some of its benefits, as it promotes the natural movement of lymph upwards, through a specific massage action. Lymphatic massage is a very effective way to re-shape your body and ideally highlight your strong points.

## CANDLE MASSAGE | 45' / 65€

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The Massage of senses and aromas. **Candle Massage** is an American technique, it is the ideal choice for those who want to combine the benefits of a relaxing massage with the beneficial properties of aromatherapy. The full body massage, with warm melting wax, offers a unique experience of total relaxation and well-being. The combination of sensations and aromas take you on a journey, removing all muscular and mental tension.





## AROMATHERAPY MASSAGE | 60' / 60€

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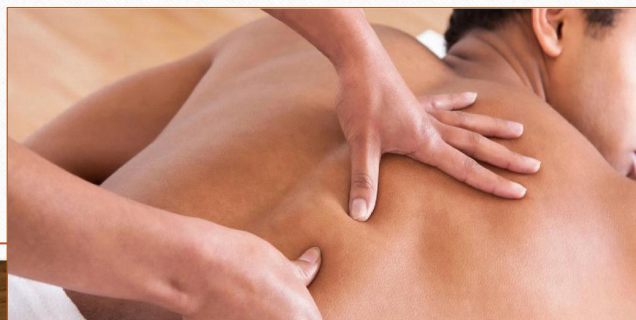
**Aromatherapy Massage** is a relaxing massage, a mind, soul and body treatment using essential oils, which are known for their therapeutic properties (analgesic, antiseptic, detoxifying, soothing). Aromatherapy helps in the treatment of many physical and mental ailments. The therapeutic properties of essential oils are combined with the physiological benefits of massage. This soothing, whole body massage incorporates lymphatic drainage and helps restore balance and harmony to the body, mind and spirit.



## TRIGGER POINT MASSAGE | 45' / 95€

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**Trigger Points** therapy focuses on relieving painful points of the body, created by stress and daily strain. By combining Trigger Points therapy with therapeutic massage, a longer treatment duration and deep relaxation is achieved. It is a quick and effective treatment that focuses on relieving painful body points. These points form in our bodies as a result of daily strain and accumulated stress. Trigger Points therapy focuses on identifying these points and reducing pain through pressure and massage.





## PERSONAL SINGING BOWLS SOUND THERAPY | 60' / 75€

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**Sound Massage - Sound Therapy** is a method of deep relaxation, which is achieved through singing bowls. The use of singing bowls (music balls) was initiated by Buddhist monks as a method of meditation. Each singing bowl produces a different frequency of sound and a different vibration. All the singing bowls are placed along the person's body so that the sounds are diffused throughout it. Through sound massage, the nervous and hormonal systems are balanced, while the vibrations slowly spread from the skin to all organs, bones and eventually to the whole body.



It is worth noting that sound massage-sound therapy has enormous benefits especially for people with cerebral palsy, autism, ADHD or a mental disorder as it gives them the opportunity to relax physically and mentally, become calmer and concentrate more easily.

## BODY TREATMENTS

EMERALD SPA & WELLNESS

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## CHOCOLATE THERAPY | 60'/95€



**Chocolate Therapy** is a hydration, nourishment, wellness and relaxation treatment based on the properties of natural chocolate. In addition to its beneficial vitamins and antioxidant actions, chocolate helps fight cellulite, as its vegetable ingredients have amazing properties in eliminating the unsightly orange look. Chocolate is rich in magnesium, potassium and calcium, which have a calming effect and act as a natural muscle relaxant, reducing cramps and softening tense muscles, while having anti-inflammatory properties, increasing lymphatic drainage and enhancing blood circulation. Theobromine, a substance similar to caffeine found in chocolate, helps to lipolyse and tighten the skin. Chocolate therapy is a unique antioxidant treatment, rich in vitamins, minerals and essential fatty acids.

## MUD THERAPY | 60'/110€



**Mud Therapy** is one of the oldest secrets of health and beauty. Since ancient times, the Dead Sea has been known as the greatest natural therapeutic Spa with spectacular results, both in the health and beauty of the skin as well as in the treatment of various dermatological conditions and musculoskeletal problems. The Dead Sea mud contains 23 unique minerals and 12 elements of which there are no other elements anywhere else on the planet in this organic form.

The characteristic and common feature of these metals is that they do not oxidize and for this reason, they retain their therapeutic properties and their antimicrobial action unchanged. These metals have the ability to penetrate the skin, providing their benefits to the human body.



## BODY SCRUB THERAPY | 30'/60€ - 60'/100€

The **Body Scrub** removes dead cells from the skin and helps to enhance the small circulation. Thanks to the removal of dead cells, the skin is smoother and softer, while the pores are opened and the skin can breathe and detoxify, allowing it to regenerate faster. The Body Scrub prepares the skin to receive skincare and moisturizing products.



## EMERALD SPA & WELLNESS

### *Opening Hours*

Emerald Spa & Wellness is open daily from 10:00 to 21:00. To make an appointment, please call us at (+30) 24240 24301.

### *Appointment*

It is highly recommended that you make an appointment for your treatment in advance to ensure that the preferred time and service is available.

### *Preparation*

We recommend that you arrive at least 15 minutes before your scheduled treatment in order to relax and complete your medical history. For hygiene reasons, we remind you that it is necessary to shower before any body treatment.

### *During Spa Treatment*

You are kindly requested to have your mobile phone turned off during the Spa Treatment. The staff will provide you with towels, underwear and slippers.