



neolis

reflexology

60' / 45€

Reflexology massage-Foot massage Enjoy a reflexology massage!

Reflexology is a natural holistic therapy used to relieve pain and improve health by stimulating pressure points on the feet, hands or ears.

- Release stress and tension
- Improve blood circulation and activates lymph drainage
 - Assist in elimination of toxins
- Strengthen the immune system and harmonises vital functions
 - Enable a deep state of relaxation and well being

Here are some conditions which can benefit from foot reflexology therapy:

Blood Circulation: Varicous Veins, Hemorrhoids, High Blood Pressure

Digestive System: Stomach Upsets, Stomach Bloating,
Irritable Bowel Syndrome, Colitis, Diarrhea, Ulcers

Nervous System: Sleep Disorder, Depression, Lack of Concentration or Energy, Memory Loss

Articulations: Muscular Aches And Pains, Arthritis, Sciatica

Other Problems: Weight Gain, Skin Problems, Asthma, Migraine, Pregnancy Discomfort, Ageing Issues



neolis

massage therapies



Your health and well-being is important to us.
We offer a series of spa therapy treatments to help with your physical rejuvenation and mental revitalization.
The products we use are natural cosmetics

Treatments are authentic with therapeutic value designed to soothe, pamper, de-stress and re-invigorate. For a totally rejuvenating experience, allow me to suggest a tailor made day package.
Our customizable combinations are guaranteed to meet your therapeutic needs. Enjoy yourself!

• Rejuvance massage - Face Lift massage: 60' / 45€

Rejuvance facial massage is a relatively new alternative treatment to rejuvenate and relax the face, making you look rested and in some cases creating a lifting effect. It is a gentle massage, sometimes called "The Fingertip Massage" that benefits both mind and body. As years pass what we express or repress shows on our face. The treatment unblocks tension in the face, neck and shoulders and releases 'stuck' connective tissue (made up of collagen, elastin and other cells), while invigorating and strengthening facial muscles. Circulation is enhanced thus helping the transfer of oxygen and water of the entire face

Rejuvance not only relaxes the face but is known to also improve symmetry in facial features as well as improve sleep, reduce anxiety, alleviate jaw clenching, Insomnia, headaches and to create an improved sense of well being. After a session the tension will be gone not only from your face but from your whole body.

• After Sun Care (Face): 30' / 25€

The After Sun Care is ideal for an express hydration boost to help skin recover faster from the sun's exposure.

• Deluxe Face and Body Treatment: 90' / 85€

Light body-brushing with pure essential oil performs a natural exfoliating scrub. The lavish body massage that follows concentrates on soothing away tiredness, stress and alleviating tension, inducing relaxation to the body and mind finishes with a body mask.

• Facial & Moisturising treatment for shiny & fresh skin: 90' / 55€

The procedure starts with facial cleansing, neck and chest then massage with essential oils, mask, serum for shine and finally hydration and massage.



• Head & Face Massage: 20' / 20€

This relaxing massage performed with essential oils on the pressure points of the neck, scalp, ears and face concentrates on soothing away tiredness, stress and tension. A wonderful treatment for headaches, stiff and tired muscles as well as obtaining harmony to body and mind.

• Back massage: 30' / 30€

This is a relaxing massage therapy concentrating on the back, neck and shoulder muscles. The treatment is designed to relax and ease tension in the areas of the body where muscle problems most often occur. An ideal solution if you don't have time for a full body massage or if you have concentrated tensions in the upper body.

• Full Body massage: 60' / 55€

A complete body treatment using essential oils made from plant and herb extracts. The oils have either detoxifying, stimulating or relaxing properties chosen to suit individual needs. The aroma from the oils has a therapeutic effect, inducing a feeling of well-being.



yoga / aeolis

Join us for yoga and meditation!
Ask in the reception for the time schedule

private or
small groups (2-6 people)
25€ / hour

