

Back Massage. The most fundamental and popular massage, concentrates on the back and can be ideal for sufferers of chronic back pain.

25-30 min : 25 Euros

Face massage: A technique that consists of stroking, pinching, rolling, squeezing and otherwise stimulating the soft tissues and muscles of the face. Face massage may be used to relieve tension and possibly control age-related phenomena, such as wrinkling. “Stress manifests in the face first, and the spine and body follow”.

15-20 min : 15 Euros

Lymphatic massage : This massage is designed to gently stimulate the lymphatic system to flush out any toxins that have built up in tissues. Feather-light strokes break up lymphatic blockages; the treatment is thought to help illnesses ranging from allergies to acne, headaches to head colds, and even breast cancer. However, a lymphatic massage doesn't offer the kind of deep pressure that can effectively remove the muscle's tension

40-45 min : 40 Euros

Reflexology: The theory behind reflexology? It's believed that different points on the bottom of the foot are “energetically connected” to other parts of the body—and that stimulating those points can address health issues in corresponding body parts (e.g., squeeze a certain part of the toe, and you could help alleviate sinus pressure). A deep ancient healing method.

45-50 min : 35 Euros

Deep-Tissue Body Massage: Stress often causes muscles to become severely knotted; a deep-tissue massage addresses this tension by targeting the body's deepest layers of muscle.

50-55 min : 50 Euros

Treatment massage: In this case, you can let the therapist treat a specific area of your body, For instance, a pain in your hip, tight shoulders, or a spasm in your lower back (or even all three).

Duration and cost: Depends on the case

Relaxation full body massage. It will help your skin glow and rejuvenate your body. This is a generalized treatment, which is focused only toward relaxation and reducing overall stress.

40-45 min : 35 Euros

Hot stones massage: this is a type of massage therapy that involves the use of smooth, heated stones. The massage therapist places the hot stones on specific points on your body and may also hold the stones while giving the massage. The localized heat and weight of the stones warm and relax muscles.

40-45 min: 40

The Therapist of Adrakos Apartments, is called Anna. She has 24 years of experience from the luxury hotels in Elounda, as well as a deep love and respect for the healing process and human pain, Anna can help you relax, understand and feel your body, reduce the pain, sleep better, digest better, enjoy more....

IMPORTANT NOTE: For your safety it is necessary to declare in any case, your allergic reactions if there are any and every serious health problem (there are cases when being massaged is not allowed).

Thank you in advance,
Anna Baduva - Therapist