# moments in mindfulness

www.momihotel.com

### BOUTIQUE SPA

SLOW LIVING HOTEL

## ∩ EXPERIENCES

#### AROMATIC RELAXING MASSAGE | 30' / 45€ - 60' / 75€

A tailor-made head to toe aromatherapy massage using a blend of gentle to firm techniques combined with organic essential oils from Greek aromatic plants. This harmonizing experience is a simple and effective way to release tension, balance emotions, increase calmness and emotions and enhance the mind and body connection.

#### HEAD & FACE | 20' / 40€

A treatment that embraces the facial and head muscles with a combination of delicate movements for a relaxing and enveloping massage. Warm, organic massage oil gives an irresistible touch of relaxation that prepares you for a restful sleep.

#### **FOOT MASSAGE** | 25' / 40€

In this relaxing massage, special reflex points of the soles of the foot are stimulated to enhance and tone the immune and nervous systems. This treatment is combined with a rejuvenating foot scrub to give the ultimate sense of freshness.

#### **MUSCLE RELEASE** | 60' / 90€

This deep release technique is a therapeutic, anti-inflammatory and deeply energizing treatment. Trigger points on the body are stimulated to unblock tensed muscles and restore blood circulation. This massage is highly recommended after intense workout sessions.

#### MELTING CANDLE MASSAGE | 60' / 80€

This ultimate experience eliminates stress both from your body and your spirit. This head-to-toe treatment combines the healthy nourishment of the organic Greek soy candle and the healing benefits of a gentle massage. As the organic Greek soy candle melts, it turns into warm oil that soothes and moisturizes the skin.

#### MELI VITAL HYDRATION FACIAL TREATMENT | 60' / 70€

Experience ultimate rejuvenation and deep hydration with a treatment dedicated to the richness of local flavors and aromas. Feel your skin become soft and supple, revealing an immediately healthy and radiant appearance.

#### **ONE MILLION NIGHTS TREATMENT** | 105' / **120**€

A bundle of exotic flowers, in which Iris is the star, unfolds through this luxurious treatment. Let your body unwind while your senses travel in the most exotic garden, on a perfect summer night. This treatment aspires to offer your skin the most velvet feeling, with long lasting Iris flower aromas.

## momi