



## Sea Breeze Spa Menu

Spa Therapist: *Lena Michiels*

### RELAXING & AROMATHERAPY

60 min ~ 90 U\$D    90 min – 130 U\$D

This complete massage from head to toe is a combination of Thai, Swedish and Aromatherapy techniques alternating deep pressure, fluid and enveloping movements and stretching to improve your vitality. Decontracting and relaxing, this massage allows to gently release all tensions, to promote blood and lymphatic circulation and to let go.

### DEEP TISSUE / SPORT MASSAGE

60 min ~ 90 U\$D    90 min – 130 U\$D

This massage will focus on deeper layers of muscles tissue, tendons, and fascia. Slow movements and deep strokes are applied with more direct pressure across the grain of muscle, specific to the areas causing discomfort to promote better blood and oxygen circulations. Rejuvenating, it reduces stress and anxiety, helps stiff neck and back pain, and improves athletic performance.

### TRADITIONAL THAI MASSAGE

60 min ~ 90 U\$D    90 min – 130 U\$D

This unique and complete massage combines pressure technique as well as mobilizations and stretching in order to find a good balance between body and mind. Revitalizing and invigorating, it releases all tensions, promotes blood and lymphatic circulation, improves the body's flexibility, reduces stress and accumulated fatigue, and increase vitality. No oil is used in this treatment.

### REFLEXOLOGY

60 min ~ 90 U\$D

Enveloping treatment from toes to knees alternating pressure on reflex zones, stretching and massage with a nourishing oil balm bringing your body and mind into perfect equilibrium. Invigorating, it allows to relieve heavy legs by bringing a feeling of lightness, to relieve the tensions, to support the relaxation and to evacuate the accumulated stress and tiredness.

### THAI ABDOMINAL DETOX MASSAGE

60 min ~ 90 U\$D

Abdominal care of emotional « detox » with oils alternating pressures and fluid movements to bring a general well-being. Rebalancing, it relieves all tensions and emotions of the body and mind, relieves stomach disorders and improves the circulatory and vital systems of the body. This treatment is practiced outside of meals.

### KOBIDO – JAPANESE FACE MASSAGE

60min – 115 U\$D

Kobido face massage is a naturally lifting, authentic and effective facial massage that tends to restore all its freshness to the face. It is a soft and natural alternative which consists in waking up and plumping the face starting from the naturalness of it. Like nature, the face regains its rights.

*In-room massage option available at no-extra cost*