

**SPA AND WELLNESS
MENU**

RITUALS

SWEDISH MASSAGE 60' / 100€ 90' / 150€

Whole body therapeutic massage treatment that works the soft tissues and muscles to help restore health - creating a calming and balancing effect on the nervous system.

DEEP TISSUE MASSAGE 60' / 100€ 90' / 150€

Involves applying firm pressure and slow strokes to reach deeper layers of muscle and fascia. It's used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

AROMATHERAPY MASSAGE 60' / 100€ 90' / 150€

Aromatherapy massage is Swedish massage therapy using massage oil or lotion that contains essential oils (highly concentrated plant oils). During an aromatherapy massage, you inhale these essential oil molecules or absorb them through your skin. They are thought to promote beneficial changes in your mind and body by affecting the limbic system, a region of the brain known to be involved in emotion.

Dial 800 (reception) to book an appointment

SIGNATURE TREATMENTS

ANCIENT GREEK MASSAGE 60'/100€ 90'/150€

Ancient Greek massage is a unique patented holistic therapy which closely follows the protocols used by the famous Hippocrates the father of modern medicine. It is a strong, yet not painful treatment. Initially dry massage and muscle stimulation is applied.

HOT STONE MASSAGE 60'/100€ 90'/150€

A form of alternative medicine massage therapy and bodywork involving the placement of a number of heated stones to the body for the purpose of pain relief, relaxation and therapy. Primary benefit of this massage is stimulation of blood flow in the circulatory system through the heat and movement of the stones, helping to ease the muscle pain and presence of muscle tension and spasms.

INDIVIDUAL TREATMENTS

Specifically tailored massage for the desired body parts. This massage treatment is adopted to respond to specific needs of your body at the moment.

BACK MASSAGE

30' / 60€

Improves blood circulation, which aids in recovery of muscle soreness from physical activity. Relaxes muscles for an improved range of motion and leads to increased endorphin levels.

HEAD MASSAGE

30' / 60€

Deep style massage that focuses on the head, neck and shoulders. Massaging the scalp can help stimulate nerves and blood vessels around the area and begin to calm muscle tension around the head.

FOOT MASSAGE

30' / 60€

Based on the principle of acupuncture points where every organ in the body has a certain point on the foot. Foot massage improves blood circulation, helps in relaxation, promotes better sleep, relieves body pains and improves mood.

FACIAL TREATMENTS

HYDRATION 55'/60€

Skin care treatment that has been designed to provide healing and hydration to the skin while stimulating skin cells at a deeper level. It employs a range of items and products that are specifically designed and used to restore health, vigor, youth and vitality of the skin.

REJUVANCE 55'/60€

A supreme holistic approach that reacts with the connective tissues and muscles in the face, releasing collagen and elastin from the inside out, restoring that elasticity in which the skin hydrates itself.



PERSONAL

WITH FITNESS TRUCK 95€

WITHOUT 75€

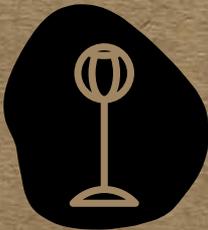
+25€ PER EXTRA PERSON



PILATES

75€ FOR 1 PERSON

+25€ PER EXTRA PERSON



MARTIAL ARTS

75€ FOR 1 PERSON

+25€ PER EXTRA PERSON

Dial 800 (reception) to book an appointment



PHYSIOTHERAPY

100€ PER PERSON



YOGA

60€ FOR 1 PERSON

+20€ PER EXTRA PERSON



TENNIS

75€ FOR 1 PERSON

+25€ PER EXTRA PERSON

*Fitness Truck is our
portables all-in one
equipped gym

Mykonos Wellness

ABOUT US

ΩN present participle of the verb
“EIMI” in ancient Greek, means
"existing in present, being”

ΩN Mykonos Wellness Group is a company that
offers comprehensive wellness services, aiming
at perfection in personal or group exercise,
and rehabilitation.

As the ancient Greeks used to say,
"healthy mind in a healthy body”.

"ΩN Mykonos Wellness Group" consists
of a team of professionals with expertise
each in their field.

Personal Trainers

Highly experienced coaches undertake the task of designing the right fitness program for your needs, combining programs that will cover your requirements, according to your capabilities and aspirations.

Yoga

Sessions that combine meditation with Yoga, for children or for the highest level 'Yogi' by professional teachers, in your place or nature.

Pilates

Pilates courses for everyone's different type of level, with all necessary equipment, brought wherever you wish.

Tennis

Tennis lessons for every age, beginners to advanced. In your court or ours.

Martial Arts

Exercise meets martial arts and spiritual discipline, through initiation into exciting martial sports.

Physiotherapists

Physiotherapy, restorative and rehabilitation exercises with different types of techniques by qualified experts.



KALAFATIS, LOULOS-AG. ANNA MYKONOS, GREECE
+30 22890 72500-600-900, +30 6970017149
INFO@THEWILDHOTEL.COM