



## Bowen Massage

SPA CIRCUIT INCLUDED

45min.

**75€** /per person  
(VAT INCLUDED)

The Bowen Technique is a remedial, hands-on therapy that is applied using very gentle pressure. The practitioner uses thumbs and fingers on precise points of the body to perform Bowen's unique sets of rolling-type moves which stimulate the muscles and soft tissue of the body. There is no manipulation or adjustment of hard tissue and no force is used. The experience of a treatment is gentle, subtle and relaxing. It is believed that the Bowen Technique prompts the body to reset, repair and balance itself and clients report the experience of pain relief, improvement of function and recovery of energy.

## Breema Massage

SPA CIRCUIT INCLUDED

45min.

**70€** /per person  
(VAT INCLUDED)

Breema® is a simple, natural form of touch and body movement supported by universal principles. The aim of Breema is to bring us to a tangible experience of presence that becomes our foundation for a new dimension of health, consciousness, and self-understanding. Breema provides a unique approach to experiencing body-mind connection. It offers a profound understanding of the underlying unity of all life that is expressed in a dynamic and practical philosophy, the key to which is found in the Nine Principles of Harmony.

## Esalen Massage

SPA CIRCUIT INCLUDED

45min.

**65€** /per person  
(VAT INCLUDED)

Esalen® Massage, well-known for its long flowing strokes over the whole body, helps release the stresses of everyday life, leaving the receiver feeling whole, integrated and deeply relaxed, in a natural state of well-being. The Esalen Massage is best described as the interface and integration of form, energy, structure, and soul. With its nurturing contact, integrating strokes, and detailed attention to the whole body, an Esalen Massage provides a state of deep relaxation and healing.

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