



Almond oil is extracted from the mature nuts of the almond tree. It has been used traditionally for facial and body skin care, as it is rich in fatty acids, B-complex vitamins, vitamins A & E, and is compatible with skin lipids. It provides hydration and nourishment,



We use only Apivita's plant oils which are the most natural way to treat the skin on the face and body.



Choose the essential oil that suits you and follow us on unique paths of euphoria and relaxation.

Call reception and press "0" to book any of our massage services!

“ There is no life without massage. Our goal is to complete your inner senses and desires. Relax your body and balance your spirit. ”

Enjoy your massage session in your room or by the pool!



KALISTI  
HOTEL & SUITES

*Massage Services*





## Massage Therapies

### Swedish Relax Massage

1 hour 90 € - 1.5 hours 130 €

Swedish massage is based on the western concepts of anatomy and physiology. Its five main techniques are designed to improve blood circulation, soothe the muscles, reduce tension and mental fatigue, resulting in a feeling of well-being and total relaxation.

### Aromatherapy Massage

1 hour 95 € - 1.5 hours 135 €

Aromatherapy uses essential oils of your choice, to promote healing and a feeling of well-being & relaxation.

### After-sun Massage Therapy

1 hour 100 € - 1.5 hours 140 €

An ideal treatment for sunburned and dehydrated skin in case of a long exposure to the sun. A soothing mask will be applied all over your body to elevate the moisture of your skin calming the redness.

### Foot Massage

30 min 50 €

A natural healing art that focuses on the feet reflex points to relieve tension and restore the flow of body energy.

### Couples

1 hour 180 € - 1.5 hours 250 €

A couples massage allows partners to experience massage together in the same area as the therapists work on each person.

### Hippocrates Ancient Greek Massage

1 hour 130 € - 1.5 hours 170 €

An ancient Greek therapeutic massage based on Hippocrates method "ANATRIPSIS". A relaxing massage that relieves stress symptoms, induces deep relaxation and brings balance to your body centers, mind and emotions.

### Thai Oil Massage

1 hour 110 € - 1.5 hours 150 €

A variety of massage techniques for relaxing and relieving the body from the tensions of everyday life, improving blood circulation and detoxifying tissues, creating a sense of totality and balance in the body.

### Mastic Therapy Massage

1 hour 120 € - 1.5 hours 160 €

The Greek mastic of Chios is internationally known for its advantages. It's ingredients clean and whiten the skin, while also helping tighten the body's tissues.

### 4 Hands

1 hour 180 € - 1.5 hours 250 €

A rhythmically coordinated massage by two therapists at the same time, for double enjoyment.



## Holistic Treatments

### Rejuvance

1 hour 90 €

A combination of Shiatsu, Ayurveda and facial lymphatic massage. An extremely relaxing and invigorating treatment. It restores the muscles by smoothening out the wrinkles. At the end of the treatment, a simple cosmetic care is applied for an even shinier skin.

### Oriental

1 hour 120 € - 1.5 hours 160 €

A combination of different techniques such as Thai, Swedish, and reflexology with sandalwood essential oils (includes head massage).

### Deep Breath

1 hour 100 € - 1.5 hours 140 €

A combination of various massage techniques is implemented. It is an integrated method of restoration that will lead you to well-being and will relieve you from the tensions of the body and the mind.

All the products we use  
in our therapies are organic,  
high quality and of certified  
purity from Apivita.



APIVITA