



Emerald Cave S P A

BODY EXPERIENCES

1. SIGNATURE EMERALD CAVE MASSAGE

Our signature treatment uses the ayurvedic technique. It is a very enjoyable whole-body treatment that uses touch, massage, and other techniques to apply pressure to the soft tissues of the body. It is an effective method where the use of oils offers relaxation, energy, improvement of blood circulation, relief in musculoskeletal problems, stimulation of the body and elimination of toxins.

DURATION 60'

COST €75

2. REFLEXOLOGY TREATMENT

Reflexology is a natural method of relaxation and self-healing for various problems of the human body, such as sciatica, back pain, cervical syndrome, arthritis, headaches, anxiety, and stress. It deals with the reflex points which correspond to each organ of the body, so with these pressures we achieve relaxation, balancing of the body and immediate pain relief.

DURATION 50'

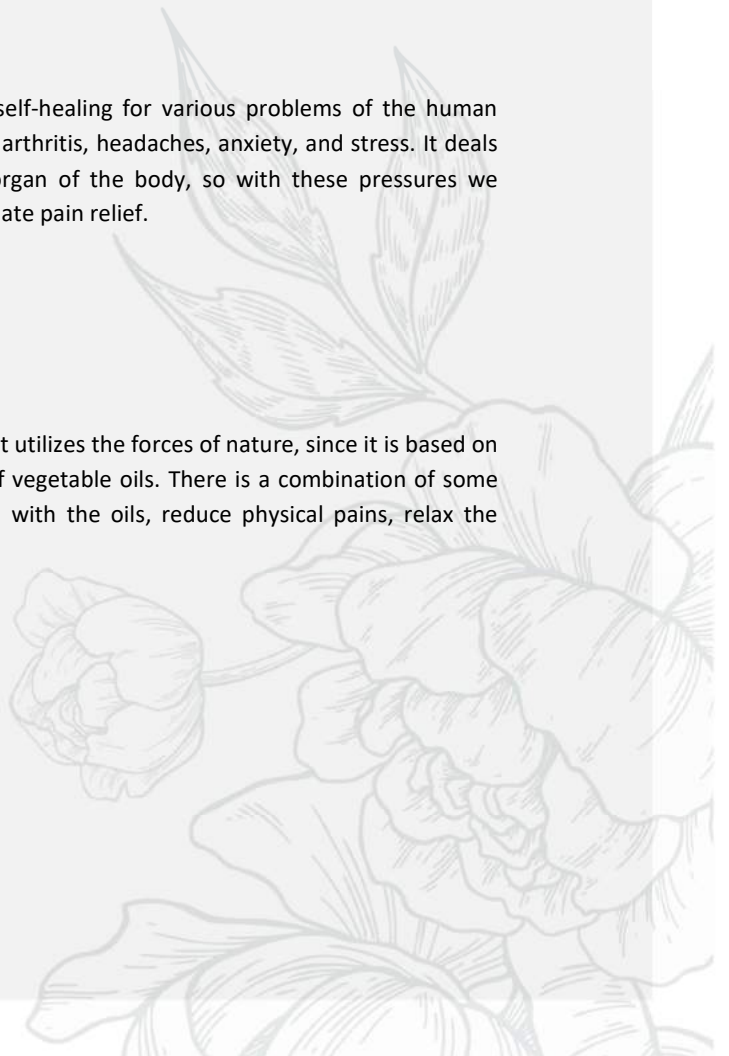
COST €75

3. AROMATHERAPY

Aromatherapy is an ancient method of treatment that utilizes the forces of nature, since it is based on the beneficial properties of essential oils, but also of vegetable oils. There is a combination of some relaxing massage techniques, which in combination with the oils, reduce physical pains, relax the body and improve the mood.

DURATION 50'

COST €65



4. SWEDISH MASSAGE

The popular Swedish massage addresses a wide range of malfunctions for most people, such as neck stiffness, back pain due to poor posture, stress and lack of exercise. The purpose of Swedish massage is to relax the entire body, increasing blood and oxygen circulation while reducing tension and stress.

DURATION 30', COST €45

DURATION 60', COST €80

5. RELAXING BODY MASSAGE

An effective treatment for relaxation, energy, improvement of blood circulation, relief in musculoskeletal problems, stimulation of the body and elimination of toxins.

DURATION 50'

COST €70

6. FOOT MASSAGE

Gentle techniques, gentle manipulations. It improves blood circulation, relieves pains and cramps, reduces muscle cramps. Suitable treatment for pregnant women.

DURATION 30'

COST €40

7. CALMING MASSAGE

Back, neck & scalp massage. It simultaneously relieves back and neck pain and improves blood and lymph circulation. It helps with sciatica, back pain, neck syndrome and headaches. It restores the comfort, flexibility and well-being of the body.

DURATION 45'

COST €60

8. HEAD & NECK MASSAGE

Treatment for the neck, scalp and face that relaxes the facial muscles, improves blood circulation thus reducing facial swelling. It removes fatigue from the face, improves the appearance of the skin, making it look fresh and young. It offers relief to cervical syndrome and headaches and it also helps in neck flexibility.

DURATION 30'

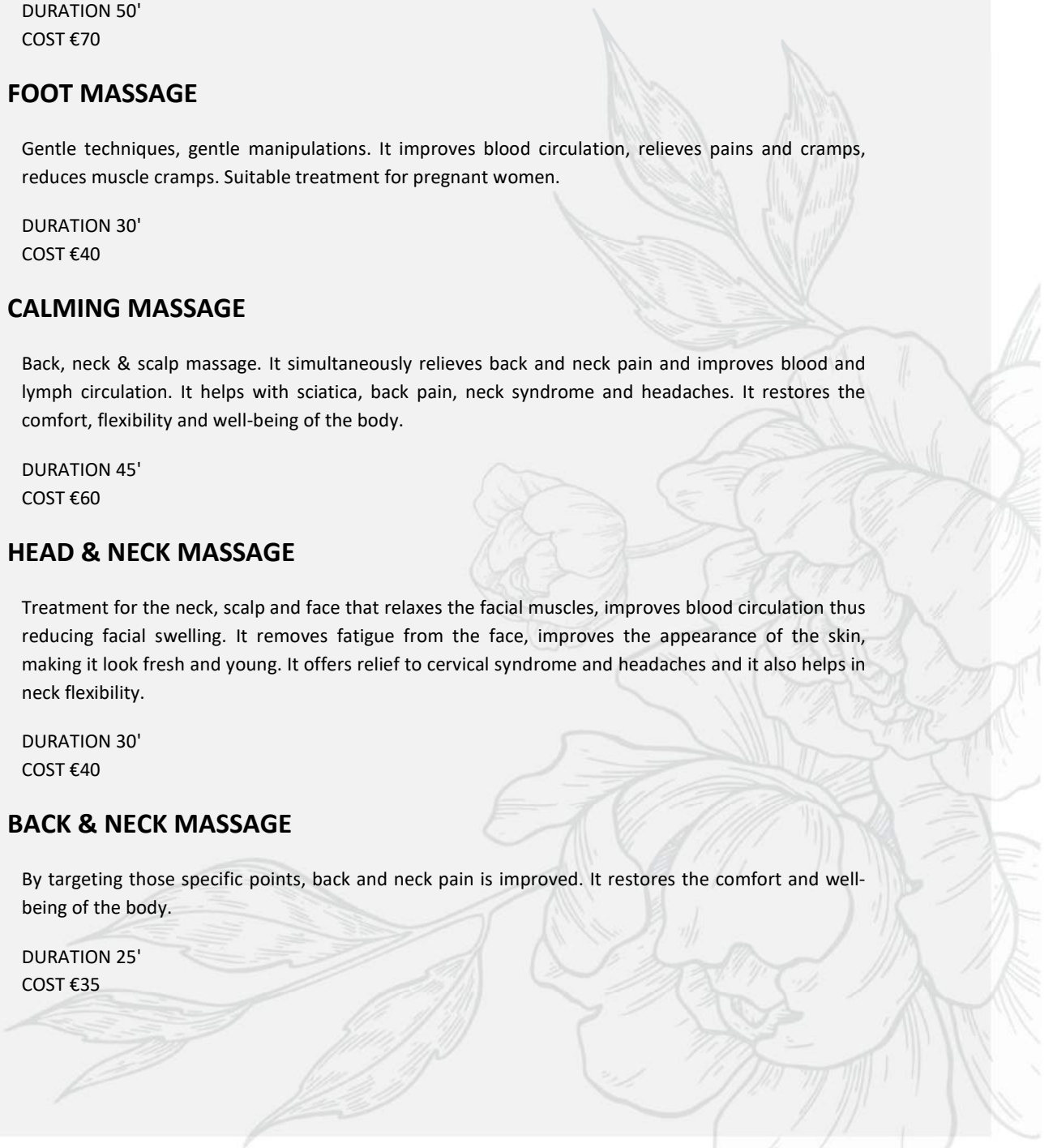
COST €40

9. BACK & NECK MASSAGE

By targeting those specific points, back and neck pain is improved. It restores the comfort and well-being of the body.

DURATION 25'

COST €35



10. AFTER SUN

Back treatment for sunburn. We can achieve relief and reduction of discomfort from the sun by using the right products. A gentle massage is also performed.

DURATION 20'

COST €25

11. REIKI TREATMENT

Reiki is an energetic hands-on healing technique that uses the hands to heal and relieve physical and mental pain. It relieves stress and anxiety, offers physical and mental well-being, relieves pain and discomfort and offers great pleasure by a simple-gentle-natural touch.

DURATION 60'

COST €60

FACE EXPERIENCES

1. FACIAL MASSAGE

Applies on the face, scalp and décolleté. It removes facial fatigue, tension and swelling and it relieves aches and pains, offering great relief and well-being.

DURATION 25'

COST €35

2. HYDRA FACE

Therapeutic technique which aims to moisturize and rejuvenate the face. It removes fatigue from the face, improving the appearance of the skin, making it look fresh and young. The face and décolleté are massaged and hydrated with the appropriate products, such as peeling, mask, face and eyes cream.

DURATION 50'

COST €70

3. AFTER SUN

A gentle massage is performed and appropriate products are used for immediate relief and deep hydration from the problems caused by the sun.

DURATION 20'

COST €25

With the booking of more than one session, we offer a 15% discount.