

Pricelist

Hot Stone Massage Ritual	60 min. 55€ • 90 min. 75€
Pinda Massage Ritual	60 min. 55€ • 90 min. 75€
Candle Massage Ritual	60 min. 60€ • 90 min. 80€
Thai Massage	60 min. 60€ • 90 min. 80€
Indian Head Massage	30 min. 40€
Reflexology	30 min. 40€
Swedish Massage	60 min. 55€ • 90 min. 75€
Aromatherapy Massage	60 min. 60€ • 90 min. 80€
Lymphatic Massage	60 min. 60€ • 90 min. 80€
Sports Massage	60 min. 60€ • 90 min. 80€
Deep Tissue Massage	60 min. 60€ • 90 min. 80€
Trigger Point	30 min. 40€
Anti-cellulite Massage	60 min. 60€
Back Massage	30 min. 40€
Cranial - Sacral Massage	30 min. 40€

Packages

1. Sportsmen Revitalization

2 Day Package • 135€

1st day:	1 Trigger Point Therapy 30min 1 Deep Tissue Massage 50min
2nd day:	1 Sports Massage 50min

2. Hike & Rock

3 Day Package • 195€

1st day:	1 Hot Stone Massage 80min
2nd day:	1 Pinda Massage 80min
3rd day:	1 Thai Massage 80min

3. Anesis Grandiose

5 Day Package • 450€

1st day:	1 Reflexology 30min 1 Swedish Massage 80min
2nd day:	1 Trigger Point 30min 1 Deep Tissue 80min
3rd day:	1 Reflexology 30min 1 Sports massage 80min
4th day:	1 Back massage 30min 1 Hot Stone Massage 80min
5th day:	1 Thai Massage 80min



If you are a connoisseur in wellness, than we invite you on a personal journey to explore the healing benefits of massage at one of our anesis massage wellness centers.

Anesis massage international therapists have proven their dedication, passion and commitment to the highest excellence in massage and body work. Our treatments are designed for total relaxation from head to toe so as to counteract the effects of stress.

Anesis massages are oriented to indulge your senses, to soothe and comfort your soul

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Anesis massage wellness center
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1. Hot Stone Massage Ritual has beneficial influence on one's frame of mind and inner balance. It restores emotional and spiritual vitality. The massage with hot stones has relaxing unwinding qualities. Smooth, round, warm stones warm the body deeply and pleasantly, making you feel relaxed, with a boost of energy.

2. Pinda Massage Ritual an Ayurvedic massage with hot pindas, containing herbs & spices, releases their beneficial properties through the massage with warm oil. Relaxes and soothes the body.

3. Candle Massage Ritual an exclusive and unique care ritual which will intrigue anyone who looks for complete relaxation. A massage with scent candle will loosen tension, calm down nerves but at the same time will leave the skin silky soft due to its natural waxes and essential oils.

4. Thai Massage is an ancient healing system combining acupressure. It uses the gentle pressure on energy lines and the yoga-like stretching to relax the whole body on a deeper level.

5. Indian Head Massage helps increase mobility and flexibility in the neck and shoulders. It improves blood circulation, lymphatic flow and aids elimination of toxins and is particularly good for reducing the effects of stress and tension.

6. Reflexology is Ancient Chinese technique using pressure point massage on the feet to restore energy flow throughout the body. Reflexology is non invasive and a popular alternative therapy. It promotes relaxation, improves circulation, reduces pain, soothes tired feet, and encourages overall healing.

7. Swedish Massage is a Gentle but firm manipulation of pressure points and muscles. Improves circulation, eases muscle aches and improves flexibility while easing tension.

8. Aromatherapy is based on the power of essential oils that provide a genuine sensation of well-being.

9. Lymphatic Drainage Massage stimulates circulation, reduces edema (water retention) and frees up stored toxin encouraging them to flow out of the body.

10. Sports Massage is ideal to release tension and stress. It improves muscular tone and alleviates pain by increasing blood and lymph circulation in order to detoxify the body.

11. Deep Tissue Massage a deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia.

12. Trigger Point Therapy is specifically designed to alleviate the source of the pain through cycles of isolated pressure and release. In this type of massage for trigger point therapy, the recipient actively participates through deep breathing as well as identifying the exact location and intensity of the discomfort.

13. Anti-Cellulite Massage not only pampers, it also assists in fighting and preventing cellulite. It helps restore the body's natural tendencies by manipulating the muscles and stimulating the circulatory and lymphatic systems that break down fatty tissue.

14. Back Massage massaging the back region reduces neck pain caused by stress and tension developed in the muscles that run from the back of the head across the back of the shoulders.

15. Cranial Sacral Therapy is a gentle, noninvasive form of bodywork that addresses the bones of the head, spinal column and sacrum. The goal is to release compression in those areas which alleviates stress and pain.



Sandra Barlava, owner, therapist and educator at **anesis massage wellness center** and **International Academy of Spa & Massage**.

Her background comes from the aesthetic industry, studied in Montreal, Canada. Her devotion to wellness takes her to South Africa where she studied **reflexology**. She has been a holistic healer, massage & skincare therapist for over 25 years. Her skills have been developed to incorporate Traditional Chinese Medicine in her practice. As a TCM consultant and massage expert, Sandra recognizes that no two bodies are the same. With her continued commitment she ensures that every massage is tailored to each client's own needs.

Her target is to understand the underlying problem that could be the cause of any negative feelings. She says "We all have our own way of approaching and interacting with Life. **Thoughts, emotions and feelings** all leave their **footprints on the body & mind**, which tension will eventually **manifest in our bodies** in different ways." She places much emphasis on understanding her clients and educates them to live responsibly.



Leon Benamron, owner **anesis massage wellness center**, guru in the hospitality industry, former hotel manager. His experience is based on the management of multinational as well as independently owned Hotels & Resorts. He has worked in a range from Business Hotels, to Leisure Hotels, from Casino Hotels as well as Vacation Clubs in high demand destination in the Dead Sea and

abroad. Pro customer service, loyalty and accountability are the utmost importance in his career.

Sandra Barlava and **Leon Benamron** combined their passion to wellness and hospitality and created "**anesis massage wellness center**". A wellness center that started from Rhodes, Greece, went to Black Forest, Germany and is continuing its journey around the world to offer complete relaxation & rejuvenation!