



Wellness Expert Toby Maguire July 1 to July 15, 2021

Toby Maguire is a Health and Wellness Consultant who has been featured in the *Sunday Times*, *Forbes Magazine*, and the *Huffington Post* for his work on managing stress and contributions to the health and wellness industry. He has been practising the healing arts of the east for nearly twenty years and spent 13 years living in South East Asia where he worked and studied Meditation and Chinese Medicine. He now travels to health and wellness resorts worldwide treating guests that have included Olympic athletes, Premier league football players, British and Hollywood actors.



Pain Relief Massage and Auriculotherapy, 60 minutes / EUR 200

Targeting specific areas of pain in the body, this treatment uses a combination of massage techniques around the area of pain and the energy lines associated with it. Followed by Auriculotherapy (electrical stimulation of acupuncture points on the ear).

Chi Balancing Body Massage, 60/90 minutes / EUR200/260

Based on the principles of Chinese medicine, this treatment stimulates the energy lines around the body using oil and dry massage. It can also incorporate an abdominal massage for 30 minutes which helps to detoxify the internal organs and aids digestion.

Chi Nei Tsang and Auriculotherapy, 60 minutes / EUR200

This treatment focuses mainly on improving the digestive system and the functioning of the internal organs. Helps to relieve digestive disorders such as IBS, constipation, bloating and abdominal discomfort whilst also detoxifies the body and strengthens the immune system.

Medical Qi Gong Exercises, 60 minutes / EUR180

Eight gentle, but powerful, breathing, stretching, and strengthening movements activate Qi energy and blood circulation in the body. Practiced in China for over a thousand years, these exercises help to stimulate the immune system, strengthen internal organs, and give abundant energy.

Hypnotherapy, 90 minutes / EUR260

Hypnotherapy is a form of psychotherapy which helps to relieve stress, anxiety, depression, fears, and phobias. It is also known to assist in weight loss, smoking cessation and increase confidence.

Meditation, 60 minutes / EUR200

Meditation has many different benefits which include managing stress, calming the mind, increasing self-awareness, healing the body, and gaining a deeper insight into our very reason for living.

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