



**Local Practitioner  
George Minas**

**Deep Friction Massage**

**30 Minutes/ 75 Euro**

A specific connective tissue massage whose purpose is to maintain the mobility within the soft tissue structures of ligament, tendon and muscle and prevent adherent scars from forming. Increases circulation and release areas that are tight, relieving pain, increasing movement of the affected tissue and offer realignment of collagen fibers of the tissue.

**Functional Massage**

**30/60/90 Minutes - 75 / 145/ 175 Euro**

Address the problems in your body that are holding you back. You may be suffering from a bad back, a sporting injury or simply struggling to get through the day. This technique combines massage with joint motion to treat a wide range of painful conditions.

**Myofascial Release**

**30/60 Minutes / 75-145 Euro**

Focuses on releasing muscle shortness and tightness. The goal is to stretch and loosen the fascia so that it and other contiguous structures can move freely and motion is restored. The specific releases to different parts of the body vary, but generally include gentle application of pressure or sustained low load stretch to the affected area. Progress is gauged by the level of increased motion or function experienced and/or decrease in pain felt.

**Sports Massage**

**30/60/90Minutes 85/160/190Euro**

It is a targeted massage approach that focuses on specific areas of the body that are in need of healing or relief. It is used to help to prevent injuries, prepare the body for athletic activity and maintain it in optimal condition and help recover from workouts and injuries. Responds well in muscle pain and stiffness muscle soreness and strain. The aim is to relax and tone knotted muscles.

**Trigger Point Therapy Massage**

**30/60/90 Minutes - 85/160/190Euro**

An exceptional massage treatment which includes myofascial release and deep tissue massage combined with PNF stretching. It is designed to treat and relieve trigger points, small muscle knots in your muscles that seem tight and sore causing lactic acid to build up, depriving the muscle of oxygen. Relaxing the muscle, releases the lactic acid, allowing the return of oxygen and relief of pain and tension in muscles and fascia.

**Neuromuscular Massage Therapy**

**30/60/90 Minutes - 85/160/190Euro**

A specialized treatment in which pressure and friction are used to release areas of strain in a muscle. Strain areas (trigger points) tend to be the cause of on-going muscular pain symptoms. Due to the lack of blood and nutrients the muscle has the inability to relax. The area is hypersensitive and can cause pain, fatigue and weakness. This leads to referral pain, which refers to a phenomenon in which areas far away from the trigger point experience sensations of pain or tingling or numbness. NMT involves applying alternating levels of pressure to the trigger point. Designed to correct pain and movement dysfunction by treating trigger points.

**Six Senses Spa Mykonos at Belvedere Hotel**

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