

<b>Californian/Esalen Massage</b>	Barbara	1.5h	70 €	<b>Lymphatic Drainage Massage</b>	Niamh	1h / 1.5h	60€ / 70€
Relaxation Massage with oil. Relieves stress & tension. Deep muscle work, gentle rocking & stretching.				Decongestive that stimulates the lymphatic system with gentle, light rhythmical massaging strokes, accelerating the processing of toxins.			
<b>Ayurvedic Warm Oil Massage</b>	Evita	1h / 1.5h	60€ / 70€	<b>Muscle Detox Massage</b>	Micol	1h	60 €
Deep tissue massage to release tension & energy blocks, bringing balanced flow of life energy & rejuvenation.				Works on the muscles & helps to relieve fatigue & detoxes the body. Deep/gentle as needed. With oil.			
<b>Relaxing Massage</b>	Ioanna	1h / 1.5h	60€ / 70€	<b>Astrology Chart Readings</b>	Ronit	1.5h	80 €
With St. John`s Wort. Light touch to increase lymphatic flow, reduce edema & cellulite, relaxe the muscles & enhance the skin quality.				Patterns, themes & life lessons in birth chart, current points to deal with & the challenges presented at this time.			
<b>Traditional Thai Yoga Massage</b>	Micol	1.5h	70 €	<b>Biodynamic Rebalancing</b>	Evita	1.5h	70 €
Works both on energy vines according to Thai Medicine & on gentle stretching of the body. No oil.				Deep touch therapeutic bodywork, healing stressed areas & chronic pains, restoring alignment of body, mind & soul.			
<b>Indian Head &amp; Face Massage</b>	Niamh	1h / 1.5h	60€ / 70€	<b>Pilates Magic Circle</b>	Thalia	1h	45 €
Deeply relaxing, calms the mind & works on mental & emotional stress, improves cerebral spinal fluid circulation.				Increases body awareness providing resistance for muscular strength & endurance. Sculpts & defines upper & lower body.			
<b>Cupping Therapy</b>	Ioanna	1h	60 €				
Placed on skin, creating suction, focusing on internal tissue of lower/upper back, shoulders & neck. Calms nervous system.							

Reservations need to be done in advance at the office, by mail: [taos@taos-greece.com](mailto:taos@taos-greece.com)  
or by phone 22840-28882 // 698 584 9662  
Payment is in cash at the office  
[www.taos-greece.com](http://www.taos-greece.com)