



## Therapies, Personal Counselling & Body Work

<b>Californian/Esalen Massage</b>	Barbara	1.5h	70 €
Relaxation Massage with oil. Relieves stress & tension. Deep muscle work, gentle rocking & stretching.			
<b>Ayurvedic Warm Oil Massage</b>	Evita	1h / 1.5h	60€ / 70€
Deep tissue massage to release tension & energy blocks, bringing balanced flow of life energy & rejuvenation.			
<b>Healing Touch</b>	Prem	1h / 1.5h	60€ / 70€
Combination of Craniosacral Therapy, Fascia Release & Yoga Nidra. Releases tension from the body, mind & motion.			
<b>Harmonizing Massage</b>	Eva	1h / 1.5h	60€ / 70€
Healing oil massage, combines acupressure, muscle relaxation techniques, organ balancing & energetic healing			
<b>Deep Relaxation Massage</b>	Ioanna	1h / 1.5h	60€ / 70€
Relaxes overused muscles & chronic knots, increases lymphatic flow and reduces edema. Applied using St. John's Wort oil.			
<b>Traditional Thai Yoga Massage</b>	Micol	1.5h	70 €
Works both on energy vines according to Thai Medicine & on gentle stretching of the body. No oil.			
<b>Balancing Massage</b>	Marcelo	1h / 1.5h	60€ / 70€
Relaxing & therapeutic massage & reiki for physical & energy body needs. With organic chamomile, olive oil & bee's wax cream.			
<b>Thai Massage &amp; Acupressure</b>	Dimitris	1.5h	70 €
Influenced from Shiatsu and offering Kinetic Counseling according to the needs of each person.			

<b>Bodywork &amp; Cupping Therapy</b>	Ioanna	1h	60 €
Stimulates the body's meridian pathways combined with cupping to relieve shoulder/neck stiffness & back pain.			
<b>Muscle Detox Massage</b>	Micol	1h	60 €
Works on the muscles & helps to relieve fatigue & detoxes the body. Deep/gentle as needed. With oil.			
<b>InLove Therapy</b>	Ujallah	1 session	80 €
Counseling, creative sessions, healing day & night Dream work, waking up to your true self.			
<b>Astrology Chart Readings</b>	Ronit	1.5h	80 €
Patterns, themes & life lessons in birth chart, current points to deal with & the challenges presented at this time.			
<b>Biodynamic Rebalancing</b>	Evita	1.5h	70 €
Deep touch therapeutic bodywork, healing stressed areas & chronic pains, restoring alignment of body, mind & soul.			
<b>Harmonizing Energy Therapy</b>	Eva	1h / 1.5h	60€ / 70€
Releasing blockages & restoring flow of vital energies through gentle touch. Biodynamic, Craniosacral, Sutrama & Crystals			
<b>Neo-Craniosacral</b>	Chrysoula	1 session	60 €
Dealing with traumas that have been stored in the body, based on osteopathy and craniosacral rhythm.			
<b>Pilates Magic Circle</b>	Thalia	1h	45 €
Increases body awareness providing resistance for muscular strength & endurance. Sculpts & defines upper & lower body.			

Reservations can be made at the office, or call 22840-28882 — payment is in cash at the office — [www.taos-greece.com](http://www.taos-greece.com)