



Therapies, Personal Counseling & Body Work-July

Californian/Esalen Massage	Barbara	1.5h	70 €	Muscle Detox Massage	Micol	1h / 1.5h	60€ / 70€
Relaxation Massage with oil. Relieves stress & tension. Deep muscle work, gentle rocking & stretching.				Works on the muscles & helps to relieve fatigue & detoxes the body. Deep/gentle as needed. With oil.			
Ayurvedic Warm Oil Massage	Evita	1h / 1.5h	60€ / 70€	InLove Therapy	Orly	1 to 1.5h	90 €
Deep tissue massage to release tension & energy blocks, bringing balanced flow of life energy & rejuvenation.				Counseling, creative sessions, healing, Day & Night Dream work, waking up to your true self.			
Healing Touch	Prem	1h / 1.5h	60€ / 70€	Astrology Chart Readings	Ronit	1.5h	80 €
Combination of Craniosacral Therapy, Fascia Release & Yoga Nidra. Releases tension from the body, mind & motion.				Patterns, themes & life lessons in birth chart, current points to deal with & the challenges presented at this time.			
Harmonizing Massage	Eva	1h / 1.5h	60€ / 70€	Vocal and Breathing Session	Amit	1 to 1.5h	80 €
Healing oil massage, combines acupressure, muscle relaxation techniques, organ balancing & energetic healing				Experiencing your true nature & unique voice, deepening the intimacy with yourself & getting in touch with your creative nature.			
Relaxing Massage	Ioanna	1h / 1.5h	60€ / 70€	Tibetan Medicine	Ariel	1.15 h	80 €
With St. John`s Wort. Light touch to increase lymphatic flow, reduce edema & cellulite, relaxe the muscles & enhance the skin quality.				Tuning & restoring body & mind through Tibetan Medicine & Japanese acupuncture, visceral manipulation.			
Traditional Thai Yoga Massage	Micol	1.5h	70 €	Biodynamic Rebalancing	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.			
Thai Massage & Acupressure	Dimitris	1.5h	70 €	Harmonizing Energy Therapy	Eva	1 to 1.5h	60€ / 70€
Influenced from Shiatsu and offering Kinetic Counseling according to the needs of each person.				Releasing blockages & restoring flow of vital energies through gentle touch. Biodynamic, Craniosacral, Sutrama & Crystals			
Shiatsu & acupuncture	Nir	1h	60 €	Kundalini Yoga Private S.	A.Basantpal	1h	50 €
A spirit/ body treatment, for balancing your health, sleeping and overall mood.				Holistic and balanced approach to create and sustain physical, mental, emotional & spiritual health and well-being.Private & tailor -made sessions.			
Combining Traditions	Katerina	1h / 1.5h	60€ / 70€	Pilates Magic Circle	Thalia	1h	60 €
Holistic bodywork according to kinesiological principles & acupressure points (Thai-Yoga-Shiatsu) in order to release pain & restore balance				Increases body awareness providing resistance for muscular strength & endurance. Sculpts & defines upper & lower body.			
Kinaesthetic Flow Massage	Janine	1h / 1.5h	60€ / 70€				
Deep nourishing massage, restoring the body's natural fluidity. Zen Shiatsu, Thai, dance & yoga wisdom influences.Oil & dry techniques.							

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