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Swedish Massage

Swedish massage is based on the Western concepts of anatomy and physiology as opposed to energy work that is more common in Asian-style massage. It is the "classic" relaxation massage offered in spas. Swedish massage therapy can be very gentle and relaxing. It is deep, circular movements that cause layers of tissue to rub against each other, helping to increase blood flow and break down scar tissue. By relieving muscle tension, Swedish therapy can be both relaxing and energizing. And it may even help after an injury. If you've never had massage before, this is a good one to try first.

Treatment time: 60 min – 60 euro

Deep Tissue Massage

Deep tissue massage is best for giving attention to certain painful, stiff "trouble spots" in your body. The massage therapist uses slow, deliberate strokes that focus pressure on layers of muscles, tendons, or other tissues deep under your skin. Though less rhythmic than other types of massage, deep tissue massage can be quite therapeutic -- relieving chronic patterns of tension and helping with muscle injuries, such as back sprain. Deep tissue massage uses many of the same movements and techniques as Swedish massage, but the pressure will generally be more intense.

Treatment time: 60 min – 60 euro

Therapeutic Massage

Chartered Physiotherapists understand the body better than most other therapists, giving them an advantage when it comes to treating your aches and pains. This means that as well as providing immediate relief through massage, physiotherapists can get to any underlying causes that may be contributing to your tension and pain. Therapeutic massage involves applying deep pressure on concentrated areas of tension and pain. Generally with muscle tension or an injury, there will be adhesions (areas of painful rigid tissue) in the muscle, ligament or tendon that cause pain and inflammation. The massage therapist generally concentrates on a specific problem area with chronic pain or restricted range of motion. The therapist generally focuses in on the problem area -- a frozen shoulder or pulled hamstring, for instance -- rather than giving you a full-body massage. This kind of massage includes also stretching in the painful areas and trigger point therapy .

Treatment time: 50 min – 60 euro



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Back-Neck Massage

A deep massage with oils that releases muscle tension and melts away stiffness in the back, shoulders and neck area. This kind of massage focus on back and neck by using a combination of Swedish, deep tissue or trigger point massage according to patient needs. Sore neck and shoulders, anyone?

Treatment time: 30 min – 35 euro

Sports Massage

Sports massage was originally developed to help athletes prepare their bodies for optimal performance, recover after a big event, or function well during training. Sports massage emphasizes prevention and healing of injuries to the muscles and tendons. But you don't have to be an athlete to benefit from sports massage. Sports massage is also good for people with injuries, chronic pain or restricted range of motion. This kind of massage includes also stretching in the painful areas.

Treatment time: 45 min – 55 euro

Trigger point Therapy Massage

Trigger Point Therapy searches out and deactivates painful fibrous nodules in your muscles and connective tissue. These exquisitely tender points may also refer pain to other parts of your body in predictable patterns. Typically, your therapist will do a combination of applying static pressure on the trigger points and stretching and manipulating the area to soften the tight, painful tissue. Trigger Point Therapy is often integrated in with other types of massage therapy such as Sports Massage.

Treatment time: 30 min – 40 euro

Facial Massage

Facial massage relieves tension, promotes relaxation and restores energy to your face and body by increasing circulation. The therapist works to increase circulation and reduce tension in the face by softly working the different areas of the face. This technique can help relieve tension headache. Facial massage can be used also in pregnant.

Treatment time: 20 min – 30 euro



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Aromatherapy massage

Aromatherapy massage is massage therapy with the addition of one or more scented plant oils called essential oils to address specific needs. The massage therapist can select oils that are relaxing, energizing, stress-reducing, balancing, etc. Is used to relieve tension, reduce pain and inflammation, influence mood, ease cramping, aid digestion, relieve sinus congestion and far too many other benefits to mention here. Aromatherapy massage is particularly suited to stress-related conditions or conditions with an emotional component.

Treatment time: 45 min – 50 euro

Reflexology massage

Feet Reflexology is based on the theory that specific areas on the feet are reflexes to other parts on the body including the internal organs. The reflexes are stimulated using the thumbs or fingers. Reflexology can also be performed on the reflex points on your hands .It is very relaxing to receive and is also a great way to receive the benefits of massage when you are unable to have a full body massage.

Treatment time: 30 min – 35 euro

No matter what type of massage you choose, the therapist should check in with you about what your needs and expectations are for the massage.

Curriculum Vitae:

Georgia Pipergia is a certified physical therapist from the Queen Margaret University. Also, she has graduated as a special kinesiotherapist in Athens. She has experience in clinics, rehabilitation center and physiotherapy studios for a lot of years. She has worked as a massage therapist in hotels, spa and institutes. She has followed a series of seminars on different alternative therapies such as Body and facial treatments, sports massage, trigger point massage and deep tissue massage.