

MESSAGE AND FITNESS THERAPIES

MUSCLE RELEASE

FITNESS THERAPY:

The Muscle Release Program includes exercises that aim the relaxation of specific muscles of your body, insisting on trigger points and the existing aching areas. This program progressively prepares the elongation of the muscles, a better blood circulation all over the body and maximises the effects of the Muscle Release massage therapy.

We suggest you follow with an ELEMIS Deep Tissue Massage for the ultimate recovery.



RELAX AND RE-ENERGISE

FITNESS THERAPY:

The Relax and Reenergise Program includes body weight exercises. Every movement involves using and controlling your own body weight in order to perform properly and increase your energy. It stimulates the nervous system activating multiple muscles at the same time. The Relax part includes stretching exercises.

We suggest you follow with an ELEMIS Garden of Englad Rose Elixir Massage for an awakening and relaxing experience.



PREGNANCY

FITNESS THERAPY:

The Pregnancy Program aims for the health of the future mother and the baby assuring their safety. For this reason we have chosen the best exercises for our future mothers:

- Mat exercises with the Fit ball
- Swimming lessons and aqua aerobic
- Goflo Training - next generation of suspension training

We suggest you follow with the ELEMIS Peaceful Pregnancy Massage for a wonderful experience of therapy during this amazing time of your life.



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ALTERNATIVE

FITNESS THERAPY:

The Alternative Program includes alternative ways of fitness such as:

Surfset Fitness: the world's first total-body surf trainer, designed to simulate the physical demands of surfing without the ocean. Torch body fat, builds lean muscle & ripped core with the surf-inspired workouts for all ages and levels.

We suggest you follow with the ELEMIS Hot Mineral Boost Energising Massage for an experience that will re-mineralise your cells and body.



DETOX AND SLIMMING

FITNESS THERAPY:

The Detox and Slimming Program is designed to help your body detoxify by stimulating the lymphatic system and make you slimmer by using fitness innovations such as:

Goflo Trainer: the next generation of suspension training. This workout uses many plyometrics in order to stimulate the lymphatic system and help the body's detox.

The other suggestion we have for you is water training: swimming lessons or aqua aerobic.

We suggest you follow with the ELEMIS Cellutox Seaweed Wrap for the ultimate drainage experience and feeling of comfort and lightness.

