

FOOT TREATMENTS

Every foot treatment starts with a warm foot bath with salts, flowers and essential oils, continues with exfoliation and ends with a soft massage.

ICE COOLING SEA GEL WITH ALOE

Rejuvenates tired, aching feet and legs.

35 MIN..... €20

SPEARMINT EUCALYPTUS FOOT MASK

Refreshing, healing and fresh scented foot mask, stimulates relaxation and purifies the skin.

35 MIN..... €20

PRODUCTS

All of our products are organic, high quality, professional spa products / the prices are listed separately on each product in the shop:

- Bath Accessories
- Bathrobes
- Bath Towels
- Pestemal Towel
- Beach Towels
- Pareo
- Home Fragrances
- Scented Soy Candles
- Handmade Products
- Organic Cosmetics for Body & Face



CANCELLATION POLICY:

Appointments cancelled within 24 hours may be subject to a 50 percent cancellation fee. Patients who do not show up for their appointment without contacting us will be charged the full cost of their booked treatment.

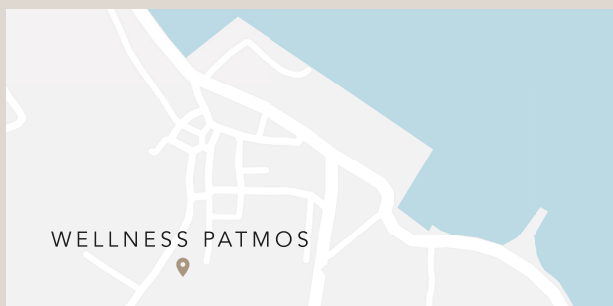


Opening Hours: Monday-Saturday
10:00-14:00 | 17:00-22:00

WELLNESS

BY NADIA SELEVER

Skala, Patmos
☎+306974776226 (messages only)
hello@wellnesspatmos.com
wellnesspatmos.com



WELLNESS

PATMOS

**“HEALTH IS A
STATE OF BODY.
WELLNESS IS A
STATE OF BEING.”**

PROFESSIONAL MESSAGE THERAPISTS

Wellness Patmos by Nadia Selever
(Faculty PES / Specialization LPT)

FACIAL TREATMENTS



Every facial treatment includes a foam massage, peel, mask and face massage.

PREMIUM CAVIAR PROTEIN FACE & NECK MASK

Regeneration and nourishment treatment for all skin types.

Note: ages 30-40+

50 MIN..... €45

SCULPTING IMPERIAL CAVIAR FACE & NECK MASK

Cold mask in -30°C with black caviar, lacandoni flower and bio mint oil. Softens skin, lifting effect, delays first wrinkles.

For all skin types. Note: ages 28-30+

55 MIN..... €50

CAVIAR DE RUSSIE

Age delay face mask with toning and lifting effect for all skin types. Contains black caviar, collagen, hyaluronan and vitamins including Omega 6. Note: ages 35-40+

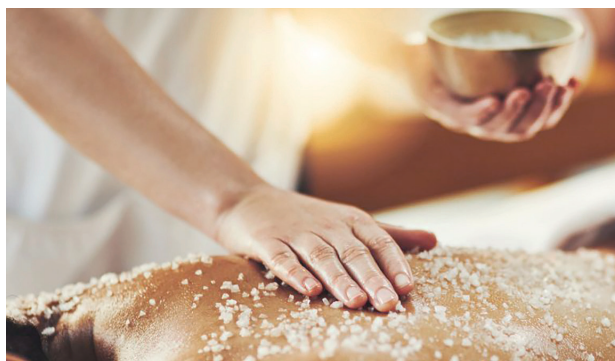
50 MIN..... €45

POLAR WHITE BIRCH

Pore minimizing face mask for oil and acne prone skin.

40 MIN..... €30

BODY TREATMENTS



Every body treatment includes a shower followed by an oil massage with a scent of choice:

BODY SCRUB WITH CAFFEINE SCENT

Peeling, detox, anti cellulite. Improves the blood flow and eliminates excess water, helps treat cellulite.

55 MIN..... €45

HOT OIL LAVENDER SUGAR SCRUB

With aloe vera & vitamin A. Calming effect for the body, wonderful for blood circulation, muscle pain & anti-aging.

55 MIN..... €50

HOT OIL SUGAR SCRUB WITH ORANGE SCENT

With aloe vera and many vitamins, fights bacteria causing acne while preventing future acne. Shrinks and constricts excess oil and dirt from the pores.

55 MIN..... €40

HOT OIL SUGAR MILK & HONEY SCRUB

Eliminates dead skin cells, helps polish the skin, opens pores and helps to clear dirt and excess oil.

55 MIN..... €45

SUGAR SCRUB 2IN1 WITH ORCHID SCENT

Exfoliating and detox, rich in vitamins, anti-aging.

55 MIN..... €40

MASSAGES



SWEDISH

Soothing, comforting and relaxing. This massage reduces stress and improves overall well being.

45 MIN / 60 MIN €40 / €55

DEEP TISSUE & SPORT MASSAGE

Reduces chronic pain/intense stress/activity, improves blood pressure, overworked muscles and connective tissue (fascia). Combined with stretching techniques.

60 MIN / 90 MIN €70 / €95

ANTI-CELLULITE MASSAGE

Firms and tones the skin, shapes and refines the silhouette. Optional: with Vacuum Guasha Scrub.

45 MIN / 60 MIN €35 / €50

RELAXING AROMATHERAPY MASSAGE

Therapeutic essential oils that stimulate the senses.

45 MIN / 60 MIN €30 / €45

THERAPEUTIC MASSAGE

For strained muscles, injury or chronic stress. Improves circulation, increases joint mobility and flexibility.

45 MIN / 60 MIN / 90 MIN..... €55 / €75 / €100

HOTSTONE MASSAGE

Increases metabolism, integration of mind/body/spirit, reduces pain/inflammation/stress, releases toxins.

45 MIN / 60 MIN €40 / €60

THAI REFLEXOLOGY

Improves circulation in the legs and feet, stimulates lymphatic drainage, boosts immune system and encourages physical healing. The massage is performed with wooden thai sticks.

45 MIN..... €45

SHIATSU

Therapeutic bodywork from Japan that uses kneading, pressing, soothing, tapping, and stretching techniques. Note: wear light, comfortable clothing.

60 MIN..... €50

INDIAN HEAD MASSAGE

A form of relaxation massage that focuses on face, head, neck and scalp, which are important energy centers within the body.

30 MIN..... €25

MANUAL LYMPHATIC DRAINAGE

A gentle, soothing massage that supports the immune system and the movement of lymph fluid away from swollen areas. Note: very light rhythmic strokes and pressure.

55 MIN..... €50

MADERO THERAPY

A massage with wooden tools that originates from Colombia. It breaks down fat deposits along with other toxins. A natural and non-invasive cellulite therapy and fat reduction, lifts and firms the buttocks.

45 MIN..... €45



SERVICES FOR TWO

Swedish/Deep Tissue/Aromatherapy..... 60 MIN

Face&Body Treatments/Anti-Cellulite..... 45 MIN

Thai Reflexology..... 45 MIN