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# BOSTANI

## treatment

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### THE ALTERNATIVE THERAPIES

We feel that Bostani Spa has emerged from the love of our team to create something that brings together the healing energy of Sifnos and the therapeutic touch of our therapists. Inspired by these pillars, we have created a menu of alternative therapies for the body, mind, and soul.

### REFLEXOLOGY MASSAGE THERAPY

50 minutes - €110

There are 7,200 nerve endings at the soles of our feet, that correspond to all the internal and external organs and systems of our body. The goal of this alternative massage is to activate these reflexes through specific methods of pressure therapy and heal the body as a whole or treat specific areas of pain. Crystals, moxa or needles can be used during the treatment if necessary. We then apply detox pads on the soles of the feet to complete a totally unique feeling of re-generation.

### CUPPING THERAPY MASSAGE

60 minutes - €120

Suction cups are a very popular treatment in Chinese medicine, however in many countries, including Greece, they have been using suction cups since ancient years to avoid and treat sickness. The beneficial properties of cupping therapy include elimination of toxins, removal of blocked emotions (stress, sadness, trauma, negative energy), muscle relaxation, renewed energy.

This treatment in combination with a moderate pressure massage on acupuncture and trigger points with the suction cups as a protagonist, makes the best alternative massage method for a unique feeling of deep relaxation and spirit revival.

## CRYSTAL THERAPY (OR) PRANA STONE MASSAGE

60/90minutes - €130/€170

The crystals are placed on the chakras, based on your individual needs and points that need attention. Inspired by Hawaiian Lomi-Lomi gestures and combined with the power of the healing energy from the crystals, this therapy aims to transport your spirit to a level of deep relaxation and calm.

## SINGING BOWLS MASSAGE

30/45 minutes - €85/€100

The vibration of the singing bowls activates a deeper level of relaxation that leads the body to the relief of muscle tension in your body, helping to treat chronic fatigue, or help with intense stress and depression. Gently letting go of all energy blockages by transporting you through a precious sense of hearing (sound) and touching (vibrations).

## OPENING HOURS

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Monday – Sunday

9.30 – 17.30 in the spa area.

We also offer the option to do massage in your room until 20:00 for Verina Astra guests only.

