

ARRA spa



*Give
yourself
Me
Time*

"Indulge in the art of massage, a symphony for the senses, and embrace self-care as the key to unlocking your inner well-being. Because investing in yourself is the ultimate marketing strategy for a harmonious life."



We offer you a holistic approach to relaxation and well-being. They improve blood circulation, relieve muscle tension, cleanse the skin, and alleviate chronic pains. Additionally, they promote better sleep, enhance mental comfort, and stimulate the release of happy hormones. Overall, spa and massage therapies provide a comprehensive solution for achieving relaxation, rejuvenation, and overall wellness.





ARRA
spa

A

Arriving to the perfect point with massage therapy, improves blood circulation to tissues and organs, increasing the supply of oxygen and nutrients to cells. This enhancement in blood flow promotes cellular healing and renewal, contributing to overall health and well-being of the body.

R

Relaxation is achieved through massage by relieving tension in the muscles and tissues, and stimulating the release of hormones associated with relaxation such as endorphins and serotonin. This results in reduced anxiety, improved sleep, and a sense of inner calm.

R

Rehabilitation massage, particularly physical rehabilitation, helps restore mobility, flexibility, and function to injured or impaired areas of the body. Through targeted massage techniques, it aids in reducing pain, improving circulation, and enhancing muscle strength and range of motion. This promotes faster recovery and facilitates the return to optimal physical health and activity.

A

Atmosphere surrounding the place can greatly impact the client's experience in healthcare and massage. Massage is characterized by tranquil and comfortable surroundings, with warm lighting, soothing music, and refreshing aromas, promoting relaxation and tranquility, thus contributing to maximizing the benefits of the session.





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Cleopatra Program

90 min

A spa treatment with body salt, honey and coconut scrub. It contains face mask where a warm coconut oil-based substance, often a mixture of coconut and oils, is applied to the body. It aims to indulge the senses, moisturize the skin, and create a feeling of relaxation and indulgence including sauna.





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Chocolate Program

90 min

A luxurious spa treatment using a chocolate scrub and face mask, with a warm chocolate-based mixture applied to the body. It moisturizes the skin, indulges the senses, and promotes deep relaxation through gentle massage techniques including sauna.





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Aroma Therapy Massage

50 min - Full Body

Massage session combines the benefits of massage with fragrant oils, providing a relaxing and soothing experience. Aromatherapy oils are used to stimulate the senses and enhance relaxation.





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Anti Stress Massage

50 min - Full Body

Focusing on key areas prone to stress, this massage aims to release built-up tension, soothe the muscles, and create a calming effect to enhance overall well-being plus face mask.





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Deep Tissue Massage

60 min - Full Body

Therapeutic technique that involves applying firm pressure and slow strokes to reach deeper layers of muscles and connective tissue. This type of massage aims to release chronic tension, improve range of motion, and promote overall muscle recovery and relaxation.





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Egyptian Foot Reflexology

30 min

Therapeutic technique that involves applying pressure to specific points on the feet and hands. This practice is based on the idea that these points correspond to different organs and systems in the body.





Back Massage

30 min

Therapeutic massage technique focused on the back area, using controlled pressure and smooth, rhythmic movements to relieve muscle tension, reduce stiffness, and improve blood circulation.





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Hot Stone Massage

50 min - Full Body

A very useful session for relaxation. It helps us sleep deeply, reduces stress, and gives the positive energy that we always need. One of the most important benefits of hot stone massage is removing moisture and cold from the muscles of the body and stimulating blood circulation.





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Indian Head Massage

50 min

Massage involves gentle massage of the scalp, head, neck, shoulders, and arms using olive oil. It helps improve blood circulation, relieve headaches, reduce stress, enhance concentration, and promote deep relaxation. It is also beneficial for reducing fatigue and improving sleep quality.





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Sport Massage

60 min - Full Body

A Session is tailored to address the specific needs of athletes, focusing on enhancing flexibility, relieving muscle soreness, and promoting recovery. It involves targeted techniques to improve athletic performance and prevent injuries.





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Children Massage

25/50 min

It will help our children relax and have a deep, peaceful sleep, which makes our children happier. It is also beneficial for children who play sports because it helps in the process of muscle growth and improves the child's level of physical fitness and sports.





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Wellness Massage

75 min - Full Body

A wonderful collection of the best types of massage, starting from the feet to the top. We focus on the problems in the shoulder, back and neck muscles. We do Indian head massage and facial massage with a face mask, which is a type of combination between relaxing and therapeutic massage.





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Slimming Massage

50 min

A highly effective body sculpting massage that helps reduce sagging in areas such as the abdomen, buttocks, and underarms. It supports slimming and body toning, requires a series of at least five sessions for visible results, and uses firm, intensive techniques rather than relaxation-focused movements.





Moonlight Facial

50 min

It is a program to cleanse and soothe the facial skin with the use of materials that suit the skin type to increase its maturity and vitality. We make suitable skin masks with facial massage using natural oils to reduce wrinkles, if any. This program is suitable for all age groups.





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Uplifting Facial

70 min

An uplifting facial massage is a gentle, non-invasive technique that involves using hands or specialized tools to stimulate facial muscles, improve circulation, and promote relaxation. The primary goal is to tone the face, reduce puffiness, and enhance skin elasticity, giving a rejuvenated and lifted appearance.





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Hydration Facial

70 min

A hydration facial focuses on deeply moisturizing the skin while promoting relaxation and enhancing the skin's natural barrier. This type of massage uses hydrating oils, creams, or serums to nourish the skin while stimulating circulation and improving absorption of moisturizing products.





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Herbal Massage

50 min - Full Body

Herbal massage is a therapeutic practice that combines traditional massage techniques with the use of herbal compresses, oils, or poultices. It is rooted in ancient healing traditions, particularly in Asian cultures like Thai and Ayurvedic medicine.





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Thai Massage

50 min

One of the oldest types of massage known worldwide. It requires a flexible body because we stretch the muscles and apply deep pressure on the muscle. It is a massage without the use of oils.





Essential Oils

We use high-quality natural massage oils to nourish the skin and provide smooth, relaxing movements during the massage. These oils help hydrate the skin, reduce friction, and enhance overall comfort and relaxation.



Coconut Oil



Chocolate Oil



Lavender Oil



White Sandal Oil



Jojoba Oil



Olive Oil



We use professional Thalgo products known for their marine-based ingredients and high effectiveness. Thalgo products help improve skin health, promote relaxation, and deliver a luxurious spa experience.



ARRA Spa Price List

DISCOVER THE TRANSFORMATION TODAY – YOUR
BODY DESERVES IT.

CLEOPATRA PROGRAM	90 min	120 €
CHOCOLATE PROGRAM	90 min	120 €
AROMA MASSAGE	50 min	70 €
ANTI - STRESS MASSAGE	50 min	80 €
DEEP TISSUE MASSAGE	60 min	90 €
EGYPTIAN FOOT MASSAGE	30 min	45 €
BACK MASSAGE	30 min	45 €
HOT STONE MASSAGE	50 min	70 €
INDIAN HEAD MASSAGE	50 min	80 €
SPORT MASSAGE	60 min	100 €
CHILDREN MASSAGE	25/50 min	40 - 60 €
WELLNESS MASSAGE	75 min	110 €
SLIMMING MASSAGE	50 min	70 €
MOONLIGHT FACIAL	50 min	75 €
UPLIFTING FACIAL	70 min	125 €
HYDRATION FACIAL	70 min	125 €
HERBAL MASSAGE	50 min	70 €
THAI MASSAGE	50 min	100 €

The prices are inclusive of value-added VAT (19%)



Our mission is to Create a sanctuary where wellness meets relaxation. We strive to provide exceptional spa experiences that rejuvenate the body, calm the mind, and nurture the soul, leaving you feeling refreshed and renewed.



3579-928-2083



www.arra-spa.com