

# Menu



*wellnessclub.*

AXEL BEACH  
CRETE

# Massage Therapies

## 1. CRETAN AROMA MASSAGE AND WELLNESS €90 (60 min)

Description: A targeted treatment focusing on the deeper layers of muscle fibers. Specialized techniques are used to release chronic muscle tension and trigger points.

Ideal for: Muscle pain, stiffness from travel, or intense physical activity.

## 2. CRETAN SERENITY MASSAGE THERAPY €95 (60 min)

Description: A combined session including manual therapy techniques and assisted stretching. Aims to improve joint mobility and correct body posture.

Ideal for: Lower back pain, neck tension, and a general feeling of heaviness in the back.

## 3. CRETAN LIGHT BODY THERAPIES €85 (60 min)

Description: A gentle, rhythmic treatment that stimulates the lymphatic system, helping to eliminate toxins and reduce fluid retention.

Ideal for: Swollen legs due to heat, jet lag, and overall body detoxification.

## 4. DITTANY WELLNESS AND MASSAGE €70 (45 min)

Description: A specially designed treatment for sun-exposed skin. Cooling aloe-based gels are applied with soft, calming movements to reduce inflammation and heat.

Ideal for: Immediate relief after sun exposure.

## 5. MINOAN FOOT THERAPY €65 (45 min)

Description: Targeted pressure is applied to reflex points on the feet corresponding to vital organs, combined with relieving massage on the calves.

Ideal for: After hiking, long walks, or prolonged standing.

## 6. OFFICE SYNDROME EXPRESS (NECK & SHOULDERS RELIEF) €60 (30 min)

Description: A short yet highly effective treatment focused on the neck, trapezius, and shoulders—where daily stress accumulates.

Ideal for: Quick tension release between activities.

Reservation required one day in advance. More information and reservations at the front desk.

### Cancellation policy

If you wish to reschedule or cancel your appointment please notify reception 24 hours in advance.

For cancellations with less than 2 hours notice, including missed appointments, the full price will be charged.

Late arrival will result in a shortened or cancelled treatment without refund.



## Body Treatments & Skin Therapy

### 1. THALASSO-DETOX BODY WRAP €110 (75 min)

**Description:** A holistic detox treatment beginning with gentle exfoliation to remove dead skin cells, followed by a warm seaweed wrap rich in trace elements.

**Physiotherapy Insight:** Enhances microcirculation, reduces fluid retention, and stimulates tissue metabolism.

### 2. MAGNESIUM & MINERAL MUSCLE RELIEF €95 (60 min)

**Description:** A specialized body treatment using magnesium-rich oils and minerals, combined with light massage to aid absorption.

**Physiotherapy Insight:** Magnesium supports muscle relaxation, helping prevent cramps and relieve muscle fatigue after physical exertion.

### 3. VOLCANIC MUD REVITALIZER €100 (60 min)

**Description:** Application of warm therapeutic volcanic mud to the full body or targeted joints, followed by rinsing and hydration.

**Physiotherapy Insight:** The thermal effect helps relieve arthritis pain, stiffness, and old injuries.

### 4. ALOE VERA & CUCUMBER SOOTHING WRAP €85 (60 min)

**Description:** A deeply cooling and soothing body wrap using fresh aloe vera gel and cucumber extracts, applied as a hydrating mask.

**Physiotherapy Insight:** Ideal for reducing skin temperature after sun exposure and restoring the skin barrier.

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