

7 DAYS THE ULTIMATE REJUVANCE

A body and mind rejuvenating summer offer



Amorgos

Achieve Natural Lifting, without cosmetics.

Ease migraines, stop insomnia without medicines.

Rejuvance is the most modern method of "Natural Lifting". It is a gentle and effective treatment that rejuvenates and beautifies the face, while deeply relaxing body, mind and spirit, without using surgery, chemicals or drugs.

The method was created 30 years ago for actors and people of show business, who were discomforting their face muscles because of the roles they had to play. The creator was a body – practitioner, S. Rojemberg, who derived this method from the Rolfing massage.

In order to achieve regeneration and facial rejuvenation, Rejuvancerelies on two special techniques and it consists of 6 sessions.

More specifically, the therapist performs a specific gentle massage with fingertips on connective tissue of the face. Then, the therapist follows with a bioenergetic massage on all groups of muscles, face, head, nape, neck, V-neck, shoulders and back. Thus, subcutaneous connective tissue is liberated, purification from toxins is achieved, and blood microcirculation is improved, which allows a better transport of water, oxygen and nutrients to cells

As a result, the skin is moisturized; it acquires vigour and elasticity; wrinkles are smoothed, and face returns to its original youthful volume.

At the same time, muscles are exercised, yet relaxed, the brain is oxygenated, and memory is stimulated. The method also helps combat insomnia and temporomandibular joint syndrome (clenching or teeth grinding), it relieves sinuses, improves breathing, stimulates hair scalp, while also reducing migraines.

Rejuvance is also ideal for people who have suffered strokes, facial muscle inflammation, muscle strain from accidents, bad plastic surgeries etc., but also for artists who need to be photographed, memorize texts and movements, students who have to sit exams or whoever needs to make mental effort.

We have created our six-day package dedicated to this revolutionary method by combining handpicked Spa treatments that will enhance its benefits.

Indulge in the serenity of our premises, be charmed by the beauty of the surroundings and let our dedicated team of professionals take care of you.

PROGRAM

DAY 1

- 45 minutes Spa journey in Hammam, Sauna, Jacuzzi and sea water Swimming Pool
- 30 minutes Wake Up Exfoliation: a gentle, yet refreshing scrub, enriched with essential oils
- 60 minutes Rejuvance session: release connective tissue from the deepest layers of the face muscles

DAY 2

- 60 minutes Yoga Class
- 45 minutes Spa journey in Hammam, Sauna, Jacuzzi and sea water Swimming Pool
- 60 minutes Rejuvance session: head, forehead and eye area

DAY 3

- 45 minutes Spa journey in Hammam, Sauna, Jacuzzi and sea water Swimming Pool
- 60 minutes Rejuvance Session: the massage is performed on the eye and mouth area, working the cheeks from inside the mouth
- 60 minutes Holistic Body Mind Cure, a combination of a deep calming massage and hands on healing that will bring you to a deep place of stillness and relaxation where full recovery can take place

DAY 4

- 60 minutes Yoga Class
- 45 minutes Spa journey in Hammam, Sauna, Jacuzzi and sea water Swimming Pool
- 60 minutes Rejuvance Session: the treatment starts from the mouth area ending at the neck and throat

DAY 5

- Cooking class: our experienced chef will teach you how to prepare vegan and vegetarian dishes using fresh organic products

- 45 minutes Spa journey in Hammam, Sauna, Jacuzzi and sea water Swimming Pool
- 60 minutes Seaweed Detox Wrap: to nourish cutaneous tissues, hydrate in-depth and prevent from the relaxation of muscular fibres by slowing down the ageing process of epidermal cells
- 60 minutes Rejuvance Session: neck, shoulders and chin areas

DAY 6

- 45 minutes Spa journey in Hammam, Sauna, Jacuzzi and sea water Swimming Pool
- 60 minutes Rejuvance Session: the massage is performed on the whole face and particularly on the problematic areas.
- 90 minutes Yoga Class

DAY 7

- 2hs Hiking through the paths of Amorgos
- 45 minutes Spa journey in Hammam, Sauna, Jacuzzi and sea water Swimming Pool
- 30 minutes Pedicure

SPECIAL REJUVANCE & WELLNESS OFFER:

935€