



KIVOTOS

HOTEL & VILLAS  
SANTORINI

SIGNATURE  
TREATMENTS



## ABOUT OUR THERAPIST

Laoura Gini is a highly specialized massage therapist with expertise in Oriental Arts, Sound Healing, music composition, and film scoring. She is a certified practitioner of Traditional Thai massage, Ayurveda Medicine, and Pranic Healing. With a passion for Natural and Holistic Therapies, she has also undergone further training in Shiatsu, Deep Tissue, Rejuvenation Face Lift, and Hot Gem Stones (Crystal Therapy).

With more than 20 years of experience in alternative therapies, Laoura has offered her skills to some of the most exclusive luxury resorts and hotels in the Mykonos and Santorini. She has organized famous Spas, trained staff, and treated thousands of people. Her therapeutic touch vibrates like a river of healing notes that cleanse both the physical and etheric body, allowing individuals to experience and travel into universal harmonies in simple space and time. Her classical training and trans-cultural sensibility ensure that intellect and simplicity are always present.

Each session is tailored to the individual needs and can range from deep tissue work with joint mobilization and stretching techniques to Shiatsu and Thai work, Ayurveda treatment, Pranic healing touch, and Sound Healing Therapy.

Laoura is also a certified Yin Yoga instructor, classical pianist, composer, and Sound Therapist. In her search for a deeper understanding of sound, she has explored Nada Yoga (Yoga of Music), an ancient Indian system of inner transformation through sound and tone. She studied sitar in “Dhrupad style” and Yoga Voice in Benares, India. Later on, she came in contact with the therapeutic properties of sound through the sacred instruments of Planetary Gongs in New Mexico and Tibetan Singing Bowls in Nepal.

Laoura organizes Sound purification groups, individual and group Sound Healing sessions, and Sound Healing and Yin Yoga Retreats in Santorini and all over Greece.



SPA TREATMENTS





## HOLISTIC MASSAGE

A holistic massage that treats the individual as a complete entity, addressing the physical, mental, and emotional aspects of well-being. This comprehensive full-body massage commences with a gentle oil massage that incorporates essential oils, promoting muscle relaxation and a peaceful mind. A deeper massage follows, combining western and eastern techniques like Swedish massage, Shiatsu, and Reflexology, enhancing energy flow and revitalizing the body.

DURATION: 60' / PRICE: 130€



## DEEP TISSUE MASSAGE

Deep tissue massage is a highly effective therapeutic technique designed to alleviate tension and elongate the deepest layers of muscle tissue. With the use of massage oils and firm pressure, this treatment targets the root of the problem and aims to restore the body's musculature to its natural alignment, thus aiding in the correction of posture. Additionally, the application of pressure to trigger points with fingers and elbows helps alleviate spasms and break up adhesions in your muscles, leaving you feeling revitalized and refreshed.

DURATION: 60' / PRICE: 135€



## AYURVEDIC MASSAGE

Indulge in the exceptional “Kerala Treatment,” a special therapy that was developed centuries ago by physicians in Kerala, India, and experience the rejuvenating benefits of this timeless practice. This whole-body massage incorporates lightly heated, medicated oils that are carefully selected based on the person’s prakriti (Vata, Pitta, Kapha) or the body’s condition.

The Ayurvedic massage improves circulation, promotes metabolic activity, relaxes muscles, tones the body, alleviates fatigue, and enhances skin texture. It is worth noting that the oils used in this treatment are from the renowned Arya Vaidya Pharmacy, which upholds the ancient Ayurvedic tradition in Kerala, India. The pharmacy is recognized by the CSIR and regulated by the Government of India.

DURATION: 60' / PRICE: 135€





## SHIATSU-THAI MASSAGE

Experience the ancient Japanese art of acupressure with Shiatsu-Thai massage, a fusion of massage and yoga techniques and embark on a journey towards wellness and relaxation. Thai massage is one of the oldest healing arts of traditional Thai medicine, where the therapist uses their feet, palms, thumbs, elbows, and knees to apply gentle pressure, pull, stretch, and manipulate the body.

This unique combination of Shiatsu and Thai massage promotes flexibility, reduces pain, increases vitality, and delivers an overall relaxing experience. During the massage, you can remain clothed, making comfortable and loose-fitting attire a recommended option.

**DURATION: 60' / PRICE: 130€**



## HOT GEMSTONE THERAPY & AYURVEDIC OIL MASSAGE

Experience the transformative power of Hot Gemstone Therapy combined with Ayurvedic Oil Massage and feel rejuvenated, balanced, and restored. The use of therapeutic gemstones has roots in various cultures and systems such as Ayurveda, Chinese medicine, Native American Shamanism, and crystal healing practices.

Hot Gemstone Therapy is a massage that incorporates the principles of thermotherapy and warm Ayurvedic herbal oils, offering internal and external purification of the body, mind, and soul. This full-body massage combines the benefits of hot gemstones and Ayurvedic massage, making it especially effective for chronic problems such as shoulder stiffness, lower back pain, backache, and poor lymphatic circulation. Chakra balancing and Reiki are also included in the therapy to enhance healing and promote clarity. This treatment goes beyond the physical experience of a typical massage, thanks to the special vibrational energies of the gemstones.

DURATION: 60' / PRICE: 150€



## PRE-NATAL MASSAGE

Embrace the transformative power of prenatal massage and give yourself and your baby the gift of relaxation and wellness during a significant period of physical and emotional change in a woman's life. It is an ideal time for women to prioritize nurturing themselves as they prepare for their new role as a caregiver. Adequate rest, proper nutrition, and regular prenatal massage can benefit not only the mother-to-be but also her unborn child. By taking care of her body and mind, a pregnant woman can reduce stress, relieve muscle tension, and improve circulation. These benefits can contribute to a smoother pregnancy, easier delivery, and postpartum recovery.

DURATION: 60' / PRICE: 130€



## REJUVENATION [FINGERTIP FACELIFT]

Rejuvenation is an exclusive holistic therapy, also known as the "Angels Touch". During this treatment, the therapist uses a gentle fingertip massage on the 91 muscles of the face, neck, skull, and shoulders to work on the connective tissue, making it more elastic and flexible, which helps the skin regain its youthful quality. The therapy also includes a beauty mask made with pure red sandalwood powder, specially sourced from India, and blended with milk. The mask leaves your skin with a smooth, supple texture and a radiant glow.

DURATION: 60' / PRICE: 130€







# SOUND THERAPY [CHAKRA BALANCE]

Tibetan Singing Bowls have been used for centuries for healing and meditation purposes. They create a range of sounds that restore the normal vibratory frequencies of diseased and out-of-harmony parts of the body, mind, and soul. The vibrations of these bowls have been described as the “sound of the universe manifesting.”

The sounds of the bowls entrain the brain to move into deeper Alpha and Theta brainwave frequencies, inducing deep meditative and peaceful states, clarity of mind, and intuition. When placed directly on the body, the sound vibrations are transmitted into our blood, organs, tissues, and cellular memory through the 70% water in our system. The sound vibrations impact our nervous system, engaging our relaxation reflex and inhibiting the stress or pain response.

During sound healing sessions, clients remain fully clothed and lie on a mat on the floor. Singing bowls are placed and played all around the body, including on the head and chakras (energy centers). It is recommended that clients wear comfortable clothing without buttons, zippers, or jewelry to ensure maximum relaxation and comfort during the session.

## BENEFITS

There are numerous benefits to sound healing, including relief from pain and stress-related conditions, as well as the ability to alter one's consciousness. This practice is an essential component in healing the effects of chemotherapy and reducing pain and discomfort from ailments such as fibromyalgia, chronic fatigue syndrome, and depression.

Clients who have undergone sound healing sessions report experiencing improved memory, clarity, and vitality, as well as a greater ability to take action. Many also report experiencing out-of-body experiences, a deep sense of tranquillity, and better sleep, with the effects of the treatment lasting for several days.

DURATION: 60'  
PRICE: 150€ FOR ONE PERSON, 260€ FOR COUPLE



# REIKI

Reiki is a natural, hands-on healing technique that utilizes the universal life force energy. It promotes deep relaxation and helps people cope with difficulties, relieving emotional stress and improving their overall well-being.

The term originated from the Japanese words “rei,” meaning universal, and “ki,” which refers to the vital life force energy that flows through all living things. Reiki is an abundant, gentle spiritual energy that isn’t tied to any particular religion or nationality. Developed by a Japanese man named Mikao Usui in the early 1900s, Reiki is now used worldwide in places such as hospitals and hospices. It aids in healing by promoting energetic balance in the physical, emotional, mental, and spiritual aspects of an individual.

Typically, Reiki treatments last for around 50 minutes. During the treatment, the patient lies on a massage table while fully clothed. The Reiki practitioner gently places their hands either on or just above the patient’s body in specific energy locations, using a series of 12 to 15 different hand positions. The duration of time that the practitioner leaves their hands in each position is determined by the flow of energy through their hands at each location. There is no pressure, massage, or manipulation involved. The patient may experience the energy as sensations such as heat, tingling, or pulsing where the practitioner has placed their hands. Most people feel incredibly relaxed and peaceful, with many even falling asleep during the treatment.

**DURATION: 60' / PRICE: 130€**





# YIN YOGA

Yin Yoga is a gentle and meditative style of yoga that aims to release tension and promote flexibility by working on deep connective tissues, bones, joints, fascia, and ligaments in the body. With its focus on stretching and stimulating acupressure points from Traditional Chinese Medicine, Yin Yoga offers a unique way to improve physical and mental health.

In Yin Yoga, practitioners hold passive poses for an extended period, typically two to five minutes, allowing time for the body to sink into the stretch and for the mind to relax.

Although lengthening extremely tight tissues may be challenging at first, using this time to focus on the breath and cultivate a sense of stillness and presence can lead to significant improvements in flexibility and overall well-being.

The benefits of Yin Yoga are numerous and include targeting deep connective tissues such as fascia, bones, and joints, reducing stress, increasing circulation, balancing internal organs, and improving the flow of prana or life force energy in the body. It is an excellent complement to more vigorous or yang-style yoga practices, which focus on building strength and heat in the body.

Yin Yoga also encourages mindfulness and meditation, helping practitioners cultivate a greater sense of self-awareness and mental clarity. By tuning into the sensations and thoughts that arise during practice, Yin Yoga can help individuals develop greater resilience and cope with stress more effectively.

In summary, Yin Yoga offers a gentle and restorative approach to yoga that can improve physical flexibility and mental well-being. By cultivating a sense of stillness and presence, practitioners can experience a greater sense of ease and balance in their lives.

**DURATION: 60'**

**PRICE: 125€ FOR ONE PERSON, +40€ FOR EXTRA PERSON**





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