

M' SPA

relaxing therapy touch

Pamper yourself with a unique experience in our full-serviced M' SPA. Dive into our outdoor swimming pool (during the summer season) with an astonishing 360 degree city and sea view and enjoy pure tranquility and relaxation. Stay fit in our fully-equipped fitness centre, under the guidance of our professional trainer and enjoy the indoor swimming pool, the Jacuzzi and the steam bath before or after the facial or body treatment of your choice. At THE MET HOTEL M' SPA we have created a calming and comfortable environment where you can revive your spirit, awaken your senses and rejuvenate your body and mind.

Body

RELAXING MASSAGE

55min - 80€
1h 20min - 90€

The ideal treatment that helps fight stress and relaxes the muscles. By the superficial and deeper manipulation of different muscle layers and connective tissues, it helps reducing stress, rejuvenates the body and assists in achieving physical, mental and spiritual relaxation. Ideal to reduce fatigue, exhaustion and tiredness.

UPPER BODY MASSAGE

30min - 50€

This massage focuses on the neck, back, shoulders and arms. This massage will help relieve tension and provides relaxation. It relieves the body of intense muscular pains that have been caused by poor posture.

DEEP TISSUE

50min - 75€
1h 20min - 110€

Using specific techniques to stretch and lengthen connective tissues and muscles, bringing wellness, a sense of relaxation and mobility to the patient. One of the primary goals of deep tissue massage is to speed venous blood return from the extremities (arms & legs). It reduces stress, both emotional and physical, and is suggested as a regular treatment for stress management.

LEG MASSAGE

30min - 45€

This treatment focuses on proving blood supply and nourishment of the lower limb muscles, relieves the feet and improves the range of motion of the joint.

AROMATHERAPY

50min - 75€
1h 20min - 110€

Aromatherapy is a form of alternative medicine that uses essential oils, for the purpose of altering a person's mind, mood, cognitive function or health. Massage helps treating many physical and mental malfunctions through its analgesic, antiseptic, detoxifying, soothing and cardio tonic properties

LOMI - LOMI MASSAGE

1h 15min - 100€

The practice of Lomi - Lomi was common within each Hawaiian community and contributed to a vibrant, healthy society. The Lomi - Lomi technique focuses on finding congested areas in the body and dispersing them, by moving the palms, thumbs, knuckles and forearms in rhythmic, dance-like motions. It produces an altered state of consciousness and an incredible sense of well-being of body, mind and spirit, removing the negative energy from the body by continuously applying liquidities which operate like sea waves and give the feeling of many hands along the body.

HOT STONES MASSAGE

1h 15min - 100€

This technique uses heated stones, black volcanic rocks "Basalt", which are placed strategically on different parts of the body. These stones have a relaxing effect on your muscles, balancing the flow of energy on the body by regulating the blood circulation and oxygen flow.



Appointments: T +30 2310 017 070 or direct line 8444