



Koukouni  
Wellness & Spa



## WELLNESS CONSULTATION - 30'/ WITH OUR COMPLIMENTS

Our Wellness methodology lies on three holistic steps: Release - Relax - Reset, your Body - Mind - Soul

Pre- Book your appointment and together we can identify the best options for your physical and emotional well-being, by discovering the optimum option your conscious & unconscious mind requires, following the Koukoumi protocol.

A journey to self-discovery via your senses to identify your wellness personalized program.





## DETOXIFY

### Purify Me

Lymphatic drainage massage.

50'/120€

### Maderotherapy

A treatment originated from Bolivia using wooden tools that increase the metabolism in the body.

50'/120€

## RELAX & RECHARGE

### Inner Peace

A relaxing full body massage using light/medium pressure.

60'/80€

### Mood Uplifter

A full body massage using a collection of essential oils. Applied with light pressure.

60'/80€

## RECOVERY

### Muscle Release

A full body massage targeting muscular tension using invigorating movements.

50'/90€

### Body Cupping

A traditional method using cups to improve the energy flow in the body.

30'/70€

### Gua Sha

A Chinese technique using special tools to relieve blockages in the body.

45'/80€

### Acupuncture for pain

A traditional Chinese medicine treatment using fine needles at specific parts of the body to treat pain.

50'/80€

# YIN YANG GLOW

## Face Glow

Deluxe facial using our signature Labbok products, Gua Sha and Cupping. Best combined with aesthetic acupuncture. Available upon request

60'/140€

# ME - TIME

## Body Super Glow

A treatment that will deeply exfoliate, cleanse & moisturize your body combining Sauna, Scrub and hydration.

60'/120 €

## Yang Glow

A powerful treatment including Sauna, massage using strong pressure combined with cupping and body Gua Sha. We suggest that you pair this treatment with your Gym session.

80'/120€

# TAILORED MADE – BREAK

In this treatment we focus on one area with the intensity of your choice.

- Upper (neck, head & face)
- Middle (Back, arms)
- Low (Legs & feet)

35'/60€



# HEAL & RESET

## Shiatsu

A Japanese holistic therapy that focuses on healing, balancing and energizing the body.

\*Available upon request.

60'/120 €

## Thai Traditional Massage

A massage without oil using stretches and pressure on muscles and energy lines, promoting physical and mental relaxation.

60'/120€





# BODY TO SOUL

The following treatments are designed to touch the untouchable. These therapies are carefully selected to help you release emotional pain and unlock hidden blocks of your spirit and soul. In a safe environment we welcome you to find what suits you best and enjoy your way to self-healing and discovery.

Sound bath meditation 90'\*  
Energy healing 50'\*  
Pranic healing 60'/45'\*

Treatments available upon request \*

## KOUKOUMI EXPERIENCE

### Koukoumi Signature

A great combination of treatments that will boost your metabolism and detoxify your body including Sauna, Scrub and Head or Face massage using Gua Sha.

90'/150 €

### Koukoumi Relaxation for 2

A couples treatment that starts off with a full body exfoliation, followed by a relaxing massage using light/medium pressure and an express facial suited to your needs.

120'/280 €

# SPORT NUTRITIONAL GUIDANCE

Our Personal Trainer (Certified Sports Nutrition Advisor) along with your training program, can personalize your nutritional plan according to your goals & life style and present you the healthiest plant-based options, during your stay with us or even support you afterwards.

30'/20€

## PERSONAL TRAINING SESSIONS

FITNESS- including Sports Nutritional Advice  
Private Functional Training

60'/50€

YOGA\*

Private class with our Personal Fitness Trainer

60'/50€

YOGA ON THE BEACH

60'/ 65€

PRIVATE MEDITATION SESSION\*

Yoga Nidra, Inner Child, Healing Trauma,  
Chakra Balance, Forgive Yourself

30'/25€

\*Group rates available upon request

Pre-book: For your convenience, please make your  
booking in advance for:

Private use of Gym 60'/10€

Sauna 30'/15€

Yoga deck

(For more info please contact our Wellness Center)



# CONTACT US



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