



WELLNESS

Awaken Your Senses

At Golden Milos Beach, we invite you to embrace a balanced approach to well-being, through movement, mindfulness, and the healing power of expert touch. Our comprehensive wellness program blends Yoga, Fitness, and Pilates with rejuvenating Massage therapies inspired by ancient traditions and modern techniques.

Whether you are looking to energise your body, restore flexibility or simply find serenity, each session offers a personalised journey towards harmony, guided by the unique essence of Milos island.



Escape into a world of restorative calm with our curated collection of massage experiences, each designed to soothe the senses and restore inner balance.

FULL BODY MASSAGE RITUALS

Deep Tissue Delight - 60 mins | 100€

Due to everyday stress and tension, many people seek ways to help them relax. Deep tissue massage is an intensive tissue healing method that alleviates tension in the body's myofascial tissues while addressing both deep and superficial layers.

Relaxing Massage Experience - 60 mins | 90€

A relaxing massage is a peaceful escape from daily stress, designed to release tension and bring serenity. Gentle touch and carefully chosen essential oils like jasmine, coconut, and orchid create a soothing, restorative experience.

It's the perfect
antidote
to a day beneath
the Aegean sun

Thai Wisdom Massage - 60 mins | 120€

Experience the ancient art of healing with our Traditional Thai Massage, performed by a skilled Thai practitioner. Picture yourself in the lush landscapes of Thailand as rhythmic compressions, gentle stretches, and acupressure techniques release tension, improve flexibility, and restore balance to your body and mind.

Sports Massage: Revive & Relax - 50 mins | 90€

Athletic massage (sports massage) is a specialized Swedish massage addressing to athletes and individuals engaged in regular physical activity. Ideal for injuries, chronic pain, or restricted range of motion. This targeted therapy enhances circulation, increases tissue elasticity, and reduces muscle tension to optimize performance and promote recovery.



After Sun Aloe Relaxation Experience - 40 mins | 70€

After a day in the sun, treat your skin with the replenishing power of aloe vera. Let its healing touch soothe sun-exposed skin, relieve sunburn, and reduce inflammation. Immerse yourself in a world of relaxation as you unwind in our tranquil environment.

Detoxify & Renew with Lymphatic Massage - 50 mins | 90€

Experience the rejuvenating power of lymphatic massage, designed to detoxify your body and leave you refreshed and revitalized. This gentle yet effective therapy targets the lymphatic system, promoting detoxification, reducing swelling, and enhancing overall wellness. Perfect for eliminating toxins, improving circulation, and achieving a radiant glow.

A peaceful and idyllic
wellness retreat

TARGETED TREATMENTS

Serenity Face Massage - 20 mins | 55€

Indulge in tranquility with our Face Massage. Feel tension dissolve as skilled therapists use premium creams, including Greek Yogurt Cream enriched with probiotic extracts, offering instant soothing and a cooling effect. Experience radiant skin and deep relaxation.

Sculpt & Lift Facial Ritual - 45 mins | 65€

A refined 45-minute facial experience combining Buccal Massage and the art of Kobido. This treatment targets deep facial muscles, enhances natural lifting, and restores vitality to the skin. Ideal for those seeking a natural, non-invasive sculpting effect. Expect visible lifting, radiant skin, and a profound sense of relaxation.

Cervical & Upper Back Bliss - 30 mins | 60€

A targeted massage therapy focusing on the neck, shoulders, and upper back. This specialized treatment relieves tension and enhances relaxation, leaving you feeling revitalized.

Reflexology Foot Retreat - 30 mins | 60€

Discover the ancient art of reflexology as gentle pressure is applied to specific points on your feet, stimulating energy flow and promoting holistic balance. Tension melts away, leaving you refreshed and renewed.

Reiki Energy Healing - 45 mins | 70€

A gentle hands-on energy healing session that supports deep relaxation, emotional balance and the body's natural healing process.

Fascia Release Treatment - 45 mins| 70€

A therapeutic body-based session focused on releasing tension from the fascia (connective tissue), improving mobility, posture and chronic tightness. Ideal for guests with back, neck or stress-related pain.

A Tribute to Couples & Love - 120 mins | 260€ per couple

A Private Beachside Ritual for Two: This intimate beachside experience is designed exclusively for couples who wish to celebrate love, intimacy and soulful connection. Set in a romantic Aegean setting at sunset or under moonlight, the journey includes:

Guided meditation for heart connection

Gentle Reiki energy healing for emotional harmony

A rosewater blessing ritual

Sound bowl immersion

Candle-light intention ceremony

Writing a shared message on a stone and offering it to the sea as a symbol of devotion

A closing blessing by the water



Our premium oils

Almond - nourishment

Jasmine - serenity

Coconut - hydration

Greek Olive - tradition & purity

Orchid - delicate touch

For reservations kindly please contact our dedicated Wellness Guide or our Guest Relations team at Reception.



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