



ANIMA

FITNESS & WELLNESS

Massage

Relax Massage: 55 min / 85 min

A gentle massage to relieve your stress. If you are looking for a way to relax, then you should book our Relax Massage. It eases anxiety and makes you feel refreshed.

Deep Tissue Massage: 55 min

This type of massage deals with chronic aches, pains and contracted areas such as leg muscle tightness, shoulders pain, low back pain and stiff neck & back. Our Deep Tissue Massage will release these tight muscles, toxins and your stress.

Head & Face Massage: 35 min

A massage session with beneficial properties that offers the absolute face relaxation and will complete skin care. It detoxes and revives the skin, fights wrinkles leaving the skin smooth and elasticized while simultaneously visibly reduces eyebags.

Couple Massage: 55 min

This kind of massage is a brand new and most popular choice of body massages for couples who want to share everything, or even those who want to try a relaxing massage but prefer to experience it with a friend for the first time.



Facial

Golden Face Care 55 min

Hydration, Relax, Renewal

Uniquely personalized, this intense treatment of deep cleansing, rejuvenation and moisturizing will result in visibly clearer and more luminous skin.

Do you need to revitalise your skin, give it a burst of freshness so that it looks and feels healthier?

Well, you no longer have to look anywhere else to offer your skin this fresh sparkle! We are here for you!

Deep Face Cleansing Treatment 85 min

Deep cleansing includes cleansing, steam, facial massage, facial mask, serum and moisturizer. A deep cleansing facial is a good choice if your skin lacks moisture and is prone to breakouts. As a much better option compared to simply using facial wash products, your skin will be glowing, clean and fresh after your treatment and very, very soft. Regular deep cleansing facials will clean deep, help slow the aging process and add suppleness to mature skin.

Health

Personal Training: 60 min

Our exceptional team of personal trainers will inspire and motivate your body and mind. Practice challenging and high-energy exercises, Trx training, HIIT, posture stretching & mobility, functional training etc.

Yoga: 60 min

Imagine practicing yoga at the sunset! Relax and stretch with our yoga instructor focusing on physical health and mental well-being next to the soothing sounds and magical aura of the Ionian sea.

Pilates: 60 min

Experience a unique and transformative approach to pilates that will make you feel not just stronger, longer, and leaner but also relieved of physical tension and mental stress.

Boxing: 60 min

An excellent workout to relieve tension. Our boxing trainer will guide you through rounds of different punches and combos. You will receive a high level of cardio, muscle strength, sharp reflexes and a focused mind and you will burn a lot of calories.

Tennis lesson: 60 min

If you want to enjoy a tennis lesson, it is easy for us to offer you this opportunity. During each personalized training session, our professional coaches will help you identify and correct your weaknesses or they could also play with you.

Terms:

-VAT included

-You will be charged 50 % of the price in case of cancellation during the last 16 hours before the appointment. If you cancel in less than 8 hours you will be charged the FULL amount of your treatment or training.

CONTACT US:

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📘 Anima Fitness & Wellness

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