



HOUSE OF HEALING

THE ROOSTER

THE CONCEPT

At the HOUSE OF HEALING, you will begin a journey of reconnection with nature and with your true self. The natural elements of this wild island will remind you of the origins of everything. In the space of ancestral Greek wisdom and mythology, you will embark on a journey of multi-sensory experiences that will heal your body, mind and spirit.

Our house of ancestral and ancient medicine embraces the integral way of healing: sound healing, gong bath sessions, sacred ceremony, shamanic journeys, Greek ceremony of fire and celebration of the elements are only a few of the incredible experiences that will take place at the House of Healing.

Your body will discover inner and outer beauty thanks to the expert techniques of our therapists and the purest organic products. We care about the Wellbeing of Planet Earth and Your Wellbeing as we recognize we are all connected in visible and invisible levels.

For this reason, our choice of ILA Organic products, herbal tinctures, essential oils and flower remedies are free from chemicals, Vegan friendly and are never tested on animals.

CONSULTATION

Before each service, our team of dedicated professionals will provide you with a bespoke in-depth wellness consultation. The questionnaire is non-intrusive and enables us to better understand your lifestyle and possible, potential imbalances. Each question is linked to the areas of potential imbalances, whether it is a lack of sleep, hormonal imbalance and high stressors – each one having a dramatic effect on the digestion and sleep, and so provides us with a clear direction of what imbalances we need to address. Your personalized results are then linked to the services and products best suited to help you achieve a better mind and body connection.

FACIALS

ANANDA FACE THERAPY / BLISSFUL FACE THERAPY For Glowing Radiance

A peaceful yet powerful therapy that leaves the skin feeling as if lit from within. Brightening botanical extracts deeply cleanse, prepare, and polish the skin allowing maximum light to radiate from the complexion. The natural bloom of the skin is encouraged to unfold using time-honoured Marma Massage and Light Techniques which deeply relax and balance the energy of the face and body. Luminosity is further enhanced with wild grown Argan and Rosehip seed oils that intensely nourish and hydrate. Pure Damascena Rose Otto and Sandalwood oils replenish and rejuvenate tired skin and smell so angelic that it feels like the kindest thing you can ever apply to your skin. As this treatment softens your skin, it also opens your heart, leaving you feeling youthful and radiant.

60min - 120€

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RENEWED RECOVERY / BIO-ACTIVE FACE THERAPY For Balance and Calm

A transformative face therapy that leaves skin clear and calm. Using a powerful blend of unique bio-active ingredients from the Amazonian Rainforest, this face therapy reveals fresh skin full of health and vitality. Acemella is known as nature's Botox and helps soften lines and wrinkles. Adaptogenic Marapuama holds antioxidant properties that fight the effects of fatigue and stress on the skin. Marajo River White Clay balances and brightens sensitive or unbalanced complexions. Rhythmic lymphatic and marma massage techniques using warm herbal poultices encourages collagen production helping skin feel refreshed and toned. The face and soul are left feeling renewed and protected.

60min - 120€

MASSAGES

KUNDALINI BACK TREATMENT / BACK TO STRENGTH

For tension release

Using chakra balancing techniques to channel the kundalini – the dormant energy at the base of the spine - this profoundly relaxing therapy dissolves negativity and balances the body back into a state of awareness. The Kundalini Blend of essential oils of Neroli, Cardamom, Jasmine and Patchouli soothes and strengthens the nervous system. Tension is lifted using warm herbal poultices across the back and down the legs.

Marma point therapy restores peace and joy.

60min - 180€

75min (including rose facial massage) - 210€

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KU NYE MASSAGE / TRADITIONAL TIBETAN MASSAGE

For dry skin, deep fatigue & recovery

This therapeutic experience honours and respects the ancient Tibetan traditions of healing with organic and wild-grown essential oils chosen to balance the five elements of the physical body. Authentic techniques include cupping, acupressure, kneading, effleurage, warm quartz crystals, hot poultices and an invigorating head massage.

Stimulating the lymphatic system and energising the meridian system, this is a highly rejuvenating massage.

90 min - 220€

WARM POTALI BODY MASSAGE / DEEP TISSUE POTALI MASSAGE

For stiff aching muscles, old injuries and deep rest

An effective full-body experience which releases deeply held patterns of tension and pacifies your mind. Herbal poultices warmed in essential oils of pine, amber and frankincense are rhythmically kneaded all over the body inducing deep relaxation and relieving muscular aches and pains. Only a selected group of Pine trees produce the most therapeutic essential oil, which helps relieve mental and physical fatigue, and when heated prompts the body to begin its healing process. The whole experience has been lovingly designed to be both remedial and relaxing: ideal for anyone needing a strong release of physical tension from the body.

60 min - 180€

90min (including mini body scrub) - 220€

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MANIPURA FULL BODY MASSAGE / RELEASE AND REVIVE MASSAGE

For relieving anxiety and digestive disorders

This comforting treatment begins with a full-body Himalayan salt scrub to gently purify and balance energy before the massage commences. The Manipura (meaning 'beautiful jewel' in Sanskrit) is found in the Solar Plexus and is the seat of good health and vitality. The Manipura massage warms and soothes the entire body with heated Himalayan Salt Poultices infused with Lavender and Marigold. Focus is given to the abdomen to soothe digestive disorders and anxiety. Essential oils of Juniper Berry, Geranium, Lemon Grass, Lavender and Patchouli release negative energy and allow healing to take place. Emerge calm and bright.

90min - 180€

DREAMTIME | SCRUB AND BODY TREATMENT WITH CBD / SLEEP EASY EXPERIENCE

For peaceful sleep and joyful dreams

Re-connect to wellbeing and happiness through the grace of sleep and joyful dreaming. This complete body experience commences with a soothing body scrub to soften and smooth. A dreamy body massage follows. Built around the power of mantras that balance the chakras and using warm herbal poultices to restore the body's magnetic field, this massage is deeply restorative. Choose to have your massage with the soporific Essential Oils of Lavender, Spikenard, Vetiver, Patchouli and Jasmine or with the anti-inflammatory effects of ila's CBD Healing Balm, which helps the body to create space to heal itself.

120 min - 240€



SOULS ESCAPE Couple Signature Treatment

The most romantic escape to connect in a timeless spa ritual in our most iconic location, a traditional tipi, where sacred and healing space is created for your total relaxation and regeneration. Using high-performance Organic Skin Care with the purest Aromatherapy Massage Oil blends and body products, our therapists will guide you from a body massage to a sound healing and smudges ritual for a profound purification of souls and body, creating intimate space for new intentions and deep connections.

120 min - 240€



THAI MASSAGE

Thai massage is an ancient technique influenced by traditional Chinese Medicine philosophy and Yoga postures. Thai massage uses passive stretching and gentle pressure along the body's energy lines, to increase flexibility, relieve muscles, aid joint tension and balance the body's energy.

60 min - 140€

AYURVEDA / THE SCIENCE OF LIFE

ABHYANGA | THE ENERGY OF MOVEMENT

This therapy prepares the body to receive panchakarma treatment in Ayurveda tradition. Warm blends of oil will be used to massage the body from head to toe, follow the body's main circulatory and energetical channels. Abhyanga improves relaxation, blood and lymphatic flow, and general health.

60 min - 150€



PINDA SWEDA KIZI | THE ENERGY OF TRANSFORMATION

Pinda Sweda Kizi is the special Ayurvedic massage where herbal powders are poured into cotton bags, immersed in warm herbal oil and gently padded to the whole body. Opening skin pores to release toxins while absorbing relaxing and nourishing herbal ingredients. Pinda Sweda Kizi stimulates the nerves and offers relief from stress and fatigue, prevents water retention and improves the range of movements of the joints.

60 min - 180€



SHIRODARA | THE ENERGY OF RELAXATION

'Sira' means head and 'dhara' means continuous flow

During this treatment ayurvedic oil is poured in a steady stream on the forehead, stimulating the third eye, while receiving a gentle massage on the forehead. This therapy brings down the elevated serotonin levels, a neurotransmitter that stabilizes our mood. Enhance feelings of well-being and happiness by reducing the level of stress hormones such as adrenaline.

This is the master treatment to relax the mind and restore the whole body deeply.

90 min - 220€

YOGA / THE ENERGY OF UNION

HATHA YOGA

**"The balanced dance of body and breath
to energize your mind"**

A soft and calm approach to explore your inner landscape through yoga poses (Asana), breathing exercises (Pranayama) and meditation.

60 min - 110€

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VINYASA FLOW

Going with the flow...Surfing every wave

Vinyasa is a dynamic yoga practice flowing from pose to pose by synchronising body with breath movements. Explore new yoga poses into a gradual progression from easier to more advanced asanas.

Get ready to move, breath, sweat and challenge yourself!

60 min - 110€

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YIN YOGA

Surrender your mind and let your body melt

Yin Yoga style aims to find balance of the body and mind. You will sink into long, deep static stretches to restore and find elasticity. Yin yoga is a slowing-down approach to melt connective tissues and cultivate acceptance. This practice will transport you to inner landscapes and help your body to work through injuries and traumas.

60 mins - 120€

MEDITATION & BREATHWORK

Connect with the infinite

Meditation and breathwork are ancient tools used for physical, mental spiritual healing and well-being, all over the planet and in every culture. With meditation, you learn to calm your mind, ground yourself in your body and gain a sense of serenity and insight. Conscious breathing gives you a chance to reconnect to the mystery of life. This class offers something to all levels of practitioners, whether you are new to meditation or you have practised previously.

60 mins - 110€

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QI GONG

The dance of the elements

This dynamic meditation is an over five-thousand-year-old Chinese health method. It combines slow graceful movements with mental concentration and breathing. Qi Gong increases physical and emotional balance, coordination and improves a person's vital energy.

60 min - 110€

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SOUND HEALING

The Mystical and Ethereal Experience

During sound healing session you will be invited to lie down on a yoga mat, simply close your eyes and let the harmonious sound and vibration of various instruments lead you to an unforgettable sensation of deep relaxation. The process is as scientific as it is mysterious. It requires only your presence to be fully appreciated. Please arrive 15 minutes prior to your session, wear comfortable clothes, prepare yourself for a mystical and ethereal journey.

60 min - 120€

SPA ETIQUETTE

RESERVATION & ARRIVAL

Reservation can be made by telephone, electronically or personally at the spa reception. We suggest that you arrive at least 15 minutes prior to your treatment starting time, as late arrivals might result in shorter treatment times.

SPA FACILITIES & ACCESS

The Rooster guests have access to the steam bath and pool upon availability and during the House of Healing opening hours.

CANCELLATION POLICY

In case you need to cancel or reschedule your appointment, please contact us 4 hours prior to the original starting time, to avoid a 100% cancellation charge. In case of No Show, the full price of the treatment will be charged. Late arrivals will shorten the treatment session.

VALUABLES

We strongly recommend that valuables are secured in your safe as we do not accept any responsibility for lost or misplaced items.

SPA ETIQUETTE

Please note that the use of mobile phones and cameras is not permitted. Smoking is prohibited.

PAYMENTS

We accept all major credit cards. All prices are quoted in euro, include VAT, and are subject to change without prior notice.