



What does your body need... *right now?*



RELAX



RELEASE TENSION



SLEEP DEEPER



RECONNECT



RECHARGE



FEEL AGAIN

You don't need
another massage.
You need the right one.

Personalised body experiences,
designed wherever you are.

LUXURY WELLNESS EXPERIENCE



YACHTS



HOTELS



AIRBNB

Design Your Experience

You choose. We tailor.



A curated selection of body experiences, adapted to your needs, in your space.

INDIVIDUAL SESSIONS

- **Ancient Thai Massage**
Full body reset through pressure & stretching.
- **Sound Healing (Singing Bowls)**
Deep nervous system relaxation.
- **Ancient Shamanic Healing (Energy from Nature)**
focused on releasing energy blockages.
- **Targeted Relief**
relief for specific areas of tension.

SIGNATURE EXPERIENCES

- **Ancient Aquatic Yoga**
Revitalising movement in water, restoring lightness and natural flow.
- **Dancing with the Wind (Ancient Tai Chi)**
Gentle practice reconnecting breath, movement and inner balance.
- **Architecture of Connection**
Refined group experience building trust, presence, and authentic connection.
- **Couples Massage Workshop**
The Art of Giving. Learn to offer relaxation, care, and meaningful shared moments.
- **Detox & Emotional Balance Ritual**
Grounding ritual restoring clarity, calm, and deeper restorative sleep.
- **Mindful Eating - The Ritual of Nourishment**
A sensory experience reconnecting you with conscious nourishment.



NOT SURE WHAT
TO CHOOSE?
WE DESIGN IT
FOR YOU.



LET'S CREATE YOUR
EXPERIENCE

Click here to learn more &
Call us to tailor your experience!
bodyarchitecture.gr/wellness-travel/

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