



ORYZA SPA



Joao Santos is a highly regarded international wellness consultant and practitioner; a freelance professional masseur who performs integrated therapies and specializes in deep tissue/sports massage and foot reflexology. He travels the world as a visiting therapist and collaborates with some leading spa brands.

Presently my Menu of Services include the following treatments:

Myofascial Massage A fusion of East and West techniques with lines/meridians, energy balancing, Tui na, and some Thai stretching, backed by a solid Anatomy & Physiology background and trigger point therapy too

All sessions are carefully tailored to meet individual's goals and needs

60 minutes

75 min Indian Head Massage with Foot Reflexology

An exquisite foot reflexology that encompasses lines of energy including the traditional body chart as well. The invigorating Indian head massage ends with a soothing and enlightening face massage - a chart of holistic pressure points across the face and forehead.

This treatment includes a dry back massage. **75 minutes**

Foot Reflexology (only)

A foot reflexology that explores the traditional body chart across the top and plantar areas of the foot, mixed with some meridians/energy lines too.

50 minutes