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SANTA MARINA  
WELLNESS  
EVENTS

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MYKONOS



MEET OUR INSTRUCTOR

PAVLINA MAVRIDOU

SOUND MESSAGE THERAPIST

Guided by sound, vibration and meditative stillness, Pavlina Mavridou offers immersive sound massage treatments designed to restore harmony between body and mind. With a background in music and holistic healing, she is a certified Peter Hess® Sound Massage Practitioner, trained at the Peter Hess Academy Greece and member of the International Sound Massage Therapists Association.

Using the internationally recognised Peter Hess® Sound Massage method, therapeutic vibrations are transmitted directly through the body, encouraging deep relaxation, emotional release and inner balance.

## TREATMENTS

Pavlina's sessions are immersive sound massage treatments designed to calm the nervous system, release tension and restore balance between body and mind.

Using the internationally recognised Peter Hess® Sound Massage method, specially crafted singing bowls are placed directly on the body and applied through precise therapeutic techniques and vibration patterns that encourage deep relaxation and inner harmony.

As the body absorbs the subtle sound vibrations, its natural self-healing abilities are gently activated – supporting emotional renewal, improved sleep, stress relief and physical ease.

## TREATMENTS

Sound Healing Massage	60 minutes
Private Sound Bath Experience	45 minutes



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SANTA MARINA, A LUXURY COLLECTION RESORT, MYKONOS

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