



Emma Diani

15th of June to 30th of June 2025

Emma's journey began in Italy where she honed her skills in the renowned Mezieres-Bertele Postural re-education technique. Specializing in spinal issues, Emma has helped individuals achieve balance and overall well-being. Her comprehensive approach encompasses medical lymph-drainage using the Vodder technique, massage therapy and reflexology.

The Mézières Method

60min/90min - EUR250/330

This method treats spinal issues by stretching the main muscle chains from the neck to the feet for balance in the function of the whole body. Emma can treat many physical problems, such as scoliosis, kyphosis, back pain, traumatological injuries, neurological pathologies and those needed improvement in general well-being. The method can be equally useful in injury prevention and muscle recovery for athletes.

Benefits: Improved posture, pain relief, increased range of motion, reduced muscle tension, improved balance and coordination, enhanced well-being

Manual Lymphatic Drainage

75min/90min - EUR250/300

A buildup of fluid in the body can feel heavy and uncomfortable and can occur for many reasons including post-surgery, trauma and stress and injury. Emma uses the Vodder technique to manually move and drain fluid to help with poor circulation, puffiness, and sluggish energy. The treatment renews, nourishes, strengthens, and regenerates the cells by supporting the removal of waste products in the body and relaxing the nervous system.

Reflexology

45min/EUR200

Reflexology, also known as zone therapy, is an alternative medicine involving application of pressure to the feet with specific thumb, finger, and hand techniques with the use of oil or lotion. Reflexology has been practiced for thousands of years. It is based on the premise that there are zones and reflex areas in the feet and hands that correspond to all glands, organs, parts and systems of the body.

Six Senses Spa at Porto Elounda Golf & Spa Resort

T +30 284 106 8060 | Resort guests, please dial ext. 6100 | E spa.manager@elounda-sa.com
72053 Elounda, Crete, Greece

www.sixsenses.com

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