

## Five Elements balancing massage at Euphoria, Greece



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The ancient Five Elements theory is at the heart of every guest experience at Euphoria. It's a multi-dimensional view of human life as it relates to the natural world. The theory separates nature into five categories (water, fire, earth, metal, wood), each with distinctive characteristics which are reflected in patterns of human health and behaviour.

According to the Five Element framework, the cycle of human life and the cycle of nature, as related to the seasons, follows the cycle of the elements. The Five Element balancing massage is based on the above theory; different people associate more closely with different elements according to their physical patterns. The therapist determines imbalances in your dominant element and uses different bodywork techniques, rhythms and pressures to create harmony in your energy flow on a physical and emotional level.