



VILA VITA SPA

sisley
PARIS

THE ART OF HEALING BY ALEKSANDAR SAVOV

SOUND THERAPIST, KINESIOLOGIST & MASSAGE MASTER

VISITING PRACTITIONER



THE ART OF HEALING BY ALEKSANDAR SAVOV

28 June 2026 - 14 July 2026

By appointment only

Vila Vita Spa by Sisley Paris

At the serene intersection of science and spirit, Aleksandar Savov brings healing to life through the profound language of touch and vibration. With over two decades devoted to the mastery of massage and the resonance of sound, his sessions invite the body to release tension, the mind to find stillness, and the soul to rediscover balance.

His mastery spans a wide array of modalities - including Singing Bowls treatments, Thai massage, Therapeutic Deep Tissue, Ayurvedic massages, Lomi Lomi, and Cupping therapy, seamlessly integrated into his unique style. Holding a master's degree in Kinesiotherapy, Aleksandar combines profound anatomical knowledge with intuition, and compassion to create transformative experiences.

The Art of Massage by Aleksandar is a refined fusion of techniques, designed to meet each individual's needs, ease tension, restore balance, and awaken deep inner calm. "My mission is to guide healing through intention, the resonance of Tibetan bowls and Gong, and signature bodywork. I invite you to heal yourself." At Vila Vita Parc, this invitation comes to life as guests experience Aleksandar's distinctive treatments — a harmonious blend of global techniques shaped into his unique art of massage.

SIGNATURE BODYWORK FUSION TREATMENTS

A subtle, refined art of touch, combining deep anatomical knowledge with intuition, love, and compassion. Each session honours the person as a whole, creating harmony throughout the body and a profound sense of balance within.

THERAPEUTIC RELEASE RITUAL

Duration: 60 min | 90 min

175€ | 225€ per person

A therapeutic immersion for deep relief and serenity. This full-body ritual combines the precision of deep tissue massage with the ancient power of cupping, hot stones, and vibropuncture using singing bowls. Designed to dissolve muscular tension, release trigger points, and restore mobility, it leaves the body in a state of profound comfort and the mind in peaceful stillness.

VITAL CROWN RESET

Duration: 60 min

185€ per person

Focused relief for the most tension-prone areas. This upper-body fusion targets the head, neck, and shoulders, where stress often accumulates. Integrating vibropuncture, kinesiotherapy, and Ayurvedic techniques, it improves circulation, clears energetic blockages, and relieves chronic tension. Ideal for those seeking clarity, lightness, and a refreshed sense of self.

SACRED FLOW THERAPY

Duration: 75 min

225€ per person

A sacred blend of movement, energy, and sound. Rooted in Thai and Shiatsu traditions, this treatment stretches the body and stimulates energy channels through mindful pressure and assisted movement. The harmonic resonance of singing bowls enhances the experience, aligning body and mind in a meditative state of renewal and balance.

HARMONY JOURNEY

Duration: 60 min | 90 min

175€ | 225€ per person

A flowing escape into deep relaxation and sensory bliss. Inspired by the rhythms of nature, this massage blends the fluid strokes of Lomi Lomi with the nourishing touch of Abhyanga and the soothing vibrations of singing bowls. It calms the nervous system, nurtures the body, and invites the spirit into a state of tranquil surrender.

SIGNATURE SOUND HEALING THERAPIES

CHAKRA BALANCING & VIBRATIONAL THERAPY

Duration: 60 min

185€ per person | 265€ couple

A deeply immersive sound healing experience using Tibetan singing bowls and Gong. Conducted on the floor for full-body resonance, this session balances the chakras and restores energetic harmony. Gentle vibrations release emotional tension, synchronise brain hemispheres, and guide the mind into alpha and theta states, cultivating clarity, calm, and a renewed perspective.

SOUND MEDITATION JOURNEY

Duration: 75 min

75€ per person | minimum 3 people

A collective sound journey that taps into the ancient principle that all matter is vibration. This meditative experience uses the harmonic tones of Tibetan bowls and the cleansing power of the Gong to calm the mind, uplift the spirit, and harmonise the body. Ideal for group healing, this session unites participants in a shared energetic field, amplifying the effects of sound and intention.





ABOUT *ALEKSANDAR SAVOV*

Aleksandar Savov is a world-renowned Bulgarian specialist in massage and sound therapy, with over two decades of experience spanning some of the most prestigious wellness destinations worldwide, refining an approach that harmonises body, mind, and spirit.

Holding a master's degree in Kinesiotherapy, he blends Eastern wisdom with Western techniques, creating treatments as precise, as intuitive. Trained in resonance therapy and vibrational healing using Tibetan bowls and Gong, his sessions unlock the body's natural rhythms, release tension, and awaken a profound sense of balance.

Whether through signature bodywork, vibrational sound therapy, or holistic massage, Aleksandar's treatments are designed to nurture, restore, and elevate the wellbeing of every guest. A passionate traveller and student of the world's healing traditions, Aleksandar brings warmth, intuition, and a personal touch to every session.

Vila Vita Parc

PASSIONATE ABOUT ALGARVE



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Vila Vita Spa by Sisley Paris

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