

# MASSAGES

---

*Massages are a great way to relax and unwind. A massage involves manipulating the muscles and joints to relieve stress or pain. This is achieved by relaxing tight muscles and promoting blood circulation.*

## THERAPEUTIC MASSAGES

### *Back Massage* .....

**Duration:** 60 minutes

**Price:** 44 EUR

The continued presence of stress and the influence of the constantly returning emotional, financial problems and anxieties are reflected in rigidity or cramps in the back, shoulders, neck and shoulder muscles. It is a personal task and challenge for everybody to stop the reason for the stress but a back massage can help to solve it by making the cramped muscles and the muscle tone relax.

---

### *Full Body Massage* .....

**Duration:** 60/90 minutes

**Price:** 44/60 EUR

Swedish oil massage, consisting of powerful, dynamic, congestion-enhancing / intensifying, complex, rapid movements. It is recommended to relax the muscles, relieve cramps and for those who love massages with powerful strokes.

---

### *Posture Improving Massage* .....

**Duration:** 60 minutes

**Price:** 47 EUR

Aromatherapy massage from feet to back and shoulder area with slow relaxing and stretching movements.



## MYSTICAL RITUALS

### *Abhyanga The Queen of Massages*

**Duration:** 60 minutes

**Price:** 55 EUR

An Ayurvedic ancient massage with heated herbal oil to experience harmony and balance between You and the world around You.

The ritual begins with the stimulation of Marma points (nerves points) initiating the process of energy flow. The touch and movements of Abhyanga massage follow the path of energy channels to calm Your mind, strengthen your immune system, harmonize the functioning of organs and improves muscle recovery and flexibility.

## EXPRESS TREATMENTS

### *30-minute Express Treatments .....*

**Back Massage** - Price: 33 EUR

**Foot Massage** - Price: 33 EUR

We offer our 30-minute express treatments as an emergency, quick solution for eliminating pain caused by everyday stress. The Back Massage loosens back muscles adhering to the spine.

The Foot Massage revive your feet and lower legs, resulting in a vitalizing effect on your whole body.

---

### *Sports Massage .....*

**Duration:** 45/60 minutes

**Price:** 41/47 EUR

With the help of this massage, toned muscles become relaxed and muscle strain and stress will cease after sports or strenuous physical exercise. Sports massage assists fast and active regeneration using articular relaxation and stretching. It is an intensive, strong treatment that has an effect on deep tissue.



*Ha időpontot szeretne foglalni, kérjük lépjen kapcsolatba a recepcióval*  
*If you wish to book an appointment please contact the reception*  
*Si Usted desea reservar una cita, por favor contacte con Recepción*