

MASSAGES

RELAXING MASSAGE

Whole body – 90 min

CZK 1,400

A relaxation massage, as its name suggests, is designed for relaxation, rest and overall calming of the body. It is a pleasant massage that relaxes muscles, eliminates stiffness caused by stress and tension, and induces a state of overall harmony of body and soul.

The massage is performed with natural aroma oils that not only intensify the massage experience but also help to regenerate the body, promote blood circulation to the skin and thus improve the oxygen supply to these tissues, and slows down aging. Its regular application strengthens the body and stimulates its immunity system.

REGENERATION MASSAGE

Whole body – 90 min

CZK 1,400

Back & neck – 45 min

CZK 800

The regeneration massage is suitable both before and after increased physical performance, such as gardening or more demanding sports activities, but also for long-term unilateral activities such as driving a car, sedentary jobs or standing for a long time at work.

This is a massage that eliminates simple muscle pain and stiffness. Massaging muscular system stiffness relaxes individual muscle fibers and releases spasms. The body is completely regenerated, fatigue is eliminated with a feeling of bodily lightness and freedom. This regeneration massage can also be good for joints due to improved blood circulation and balancing of muscle groups. If you suffer from pain, stiffness or increased sensitivity, regular massages will prevent most of these problems.

SPORTS MASSAGE

Whole body – 60 min

CZK 1100

Localised massage of selected areas – 30 min

CZK 600

A sports massage comprises of a set of suitable massage strokes that will physically prepare an individual for performance of a certain sport activity or relieve athletes of fatigue and contribute to their recovery.

A fast, dynamic and intensive massage performed before or after sport strain. Regenerates and restores physical condition. Removes fatigue substances accumulated in muscles during sport activities.

MASSAGE OF YOUR CHOICE

<i>30 min</i>	<i>CZK 600</i>
<i>60 min</i>	<i>CZK 1,100</i>
<i>90 min</i>	<i>CZK 1,400</i>

This is a specially designed therapeutic massage, which is, in agreement with the client, compiled according to his/her current mental state and health condition from several techniques.

REFLEXOLOGY FOOT MASSAGE

Duration – 45 min *CZK 800*

This procedure begins with a lavender bath for blood circulation, relaxation and softening the skin of the feet and for more intense absorption of the experience from it.

A reflexology foot massage provides a special moment for relaxation after a hard day. This massage positively affects the whole body since there are a large number of reflective points located in the feet and every point corresponds with a certain organ or body part. During the massage, thumb and forefinger pressure is applied to respective reflexology points to relax problematic areas and calm the whole body.

MASÁŽ RUKOU

Duration – 30 min *CZK 600*

The massage is very similar to a reflex massage of the feet, where each of the reflex points on the palm corresponds to a certain area of the body and its stimulation takes place in total relaxation. Part of the hand massage is also stretching and light mobilization, which are very beneficial as a prevention of possible problems with carpal tunnels and also serve to alleviate problems with them.

SOLARIUM - COLLAGENARY

COLLAGEN SOLARIUM

One-time entry *10CZK /min*

PREPAIDED ENTRIES

Charging 1500 CZK and more *8 CZK / min*

ADDITIONAL INFORMATION

Minimum deposit CZK 1,000.
Valid for 1 year from purchase.
The above prices are in CZK, including VAT.

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