

## Massages

### AROMATIC CANDLE MASSAGE

Candle massage is an extremely relaxing treatment. It combines the invaluable advantages of manual massage, aromatherapy and thermotherapy.

The massage uses a candle, made of 100% natural wax with essential oils, which, when ignited, turns into a warm, aromatic oil. The warmth of the candle warms up the body, relaxes the muscle tension, which in many cases also acts as a painblocker. Moreover, candle oil smoothes the skin and helps to rebuild its natural protective barrier. After the treatment, the skin is intensely moisturized, silky smooth, and the soy wax leaves a pleasant film on the skin.

Candle massage is an excellent treatment for people who are tired, stressed, depressed by the prevailing aura, and in need of deep relaxation.

*Whole body (45 minutes) price: PLN 220*

*Whole body (75 minutes) price: PLN 280*

### FACE MASSAGE

The treatment stimulates blood circulation, eliminates muscle tension, and when performed systematically, it also improves the contour of the face and reduces wrinkles. It is also a great way to relax and the simplest solution to stimulate skin cells and muscles to work. You get a beautiful, fresh and young look. The massage is enriched with the use of a moisturizing cream with valuable nutrients.

*Duration: 30 minutes price: PLN 100*

### CLASSIC BODY MASSAGE

It consists in affecting the outer layers of muscles and soft tissues. Benefits of this type of massage:

- reduces stress and overall tension,
- improves physical and mental condition,
- helps with insomnia and headaches.

After the massage, the skin remains elastic, fragrant, nourished and smooth.

*Cost: 30 minutes price: PLN 140*

*Cost: 60 minutes price: PLN 260*

### HOT CHOCOLATE MASSAGE

Chocolate is not only a favorite delicacy with an amazing aroma, but also an excellent cosmetic product for skin care and massage. It contains minerals, vitamins B, E and K, which refresh and tone the skin. The massage stimulates the endorphins - happiness hormones, calms the nervous system, relaxes muscle tension and stimulates blood circulation. Fatigue is also eliminated, tension is reduced, your mood gets improved.

Chocolate massage is recommended for people with a tendency to dry skin. It restores the appropriate level of hydration, strengthens elasticity, stimulates the regeneration of skin cells and prevents irritation.

*Price: 45 min. price: PLN 220*

## RELAXING BODY MASSAGE

This type of massage with the use of special techniques that help to achieve complete relaxation. Relaxing massage is a natural method of relieving stress caused by work and life under constant stress.

Benefits of this type of massage:

- reduce the level of tension and stress,
- visibly improves mental condition,
- restore the body's natural harmony and energy,
- gives relaxation and rest after a hard day or work

This massage increases production of endorphins in the body and improves your well-being.

*Cost: 30 minutes, price: PLN 130*

*Cost: 60 minutes, price: PLN 240*

## ANTI-CELLULITE MASSAGE WITH A CHINESE BUBBLE

Slimming massage involves intensive massaging of individual parts of the body: waist, buttocks or hips, which allows you to burn unnecessary fat and visibly reduce the body circumference. By shaping the figure, it is an effective addition to slimming treatments.

Benefits of this type of massage:

- a few sessions of this massage are enough to significantly reduce cellulite and fatty tissue on the hips, belly, thighs or arms,
- improves the appearance and health of the skin: especially its firmness and density,
- makes you look more attractive and feel better.

*Cost: 30 minutes, price: PLN 130*

## HOT STONES MASSAGE

Body massage with hot stones combines the advantages of massage with the special properties of stones. It restores the harmony of the body and mind, and causes the increase of positive energy.

Benefits of this type of massage:

- highly relaxing treatment
- reduces muscle tension,
- has a beneficial effect on the circulatory system
- contributes improvement of the psychological and physical efficiency of the body

*Cost: 45 minutes, price: PLN 230*

## THAI FOOT MASSAGE

It is a holistic technique that provides relaxation and balance on various levels of our body. It combines the elements of acupressure and Ayurveda. It is about pressuring individual areas of the feet (reflexology). Through the pressuring points located on the course of energy channels, the masseuse unblocks the flow of energy, which causes natural healing processes. The areas that are being massaged are the soles and backs of the feet, toes, ankles, calves and knee areas. Thai foot massage is used as a general well-being and gaining inner peace support therapy. During the session, crystals Calcium and uric acid that have accumulated in the feet are quickly removed from the body.

This massage is especially recommended for people exposed to excessive foot overload: standing work, obesity, wearing high heels, prolonged exertion.

### **The benefits of Thai foot massage:**

- improves the circulation of the feet and legs and improves lymphatic drainage
- strengthens the immune system
- improves joint flexibility
- deeply relaxes, improves the quality of sleep
- improves concentration
- leaves a feeling of general peace and well-being
- improves the functioning of internal organs (by pressing the ends of nervous system).
- Eliminates headaches, backaches
- improves the digestive process, supports the nervous and endocrine systems.

*Duration: 60 min. price PLN 250*

*Thai foot massage with peeling - price PLN 280*

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