

# Antistress Massage

Antistress massage is a combination of relax and therapeutic massage where during the massage I use specially selected herbal oils, thanks to which this massage has the properties of aroma therapy.

Positive and stimulating action on the central nervous system is achieved, and thus it positively influences the psychic processes, ie the nerve tension and stress conditions are significantly reduced.

Massage involves the whole body, although the emphasis is placed on the massage of the head, face, palms and feet (which is different from the classic relaxation massage) to reduce psycho-physical tension, improve vitality, eliminate stress and muscle tension.

**Time: 55 min**



# Lymphatic Massage

This gentle form of a therapeutic massage is performed to stimulate the body's lymphatic system. The idea is that the "waste" that our body naturally produces can then be removed more efficiently.

The massage uses very light pressure and long, gentle, rhythmic strokes to increase the flow of lymph and reduce toxins in your body.

This special therapeutic massage is a form of massage that stimulates the lymphatic system to improve metabolism, clear sluggish tissues of waste and toxins, reduce swelling, encourage a healthy immune system providing deep relaxation and a sense of wellness.

**Time: 55 min**

# Reflexology massage

Reflexology massage is based on an ancient Chinese therapy, reflexology involves stimulating specific reflex areas in the foot that correspond to all internal organs, glands and regions of the body.

Reflexology massage focus on applying pressure to specific areas of the body. These are thought to be connected to various parts of the body, such as the muscles, joints, spine and organs

According to traditional Chinese medicine, the technique can restore the natural flow of energy (or 'chi') through the body, restoring balance and reducing stress.

**Time: 40 min**



# Deep Relaxation Massage

Similar to Swedish massage, deep tissue massage uses slower and firmer strokes and pressure than other treatments - deep finger pressure that concentrates on particular areas, and follows or goes across the fibres of muscles and tendons.

A deeply relaxing massage for the entire body and head, enriched with special essential oils.

Ideal for those who are under a lot of tension, suffer from insomnia or seek to enjoy the experience of a deep, restful sleep.

**Time: 55 min**



# Indian Massage

This unique traditional massage technique originates from an Indian alternative medicine system called Ayurveda, (translated as the 'science of life'), whereby it is believed that the mind and body are intricately connected and thus can influence one another.

Through this theory, it is understood that Indian head massage can not only reduce headaches and improve physical well-being, but it can also improve mental and emotional wellness too.

It is a dynamic and toning massage technique on the head, face, neck and shoulders. It brings muscle relaxation, release of tension, smooth flow of energy and immediate detoxification.

Suitable for the treatment of migraines, insomnia and anxiety.

**Time : 40 min**



# Swedish Full Body Relax Massage

## Swedish Full Body Relax Massage

A full body massage is the ultimate gift to give yourself. It will relieve stress and diminish the tiredness you are feeling.

This massage will not only rejuvenate and refresh your body but also your soul.

The techniques used are long stroking, kneading and rubbing. You will feel the results right away.

A full body swedish massage will alleviate pain, relax the nervous system, increase the flexibility of muscles, reduce anxiety, tension and mental fatigue...

You will experience total relaxation of the body and mind.

**Time: 55 min**

