

### Massage offer

*For make an appointment please ask for help of our reception*

- **Swedish massage** 9.800 HUF / 50 min  
6.800 HUF / 30 min

*The target of the Swedish massage: the altering and relaxation of spastic muscles, which help to ease the pain. The relaxing, vitalizing, and energizing power of the massage become more intensive because of the different essential oils containing creams. It strengthens the musculature and improves mood.*
- **Honey massage** 10.800 HUF / 50 min

*During the massage the honey's vitamin and mineral contents get into the skin deep and drain and collect the excreta, which at the end of the massage will be taken away. It can be used effectively for the curing of spinal complaint, the neck- shoulders, back pain, rheumatism, migraine, joint problems.*
- **Lava stone massage** 11.800 HUF / 60 min  
12.800 HUF / 70 min

*During the massage, hot stones are taken on special points, and. They give energy. Hereby it eases the emotional tension, increases the blood circulation, and the detoxification, and slack the muscles. The indispensable attachments of the massage are the calm atmosphere, soothing music, and the rosemary oil. During the curing hot volcanic basalt stones are used.*
- **Honey massage with lava stone** 11.800 HUF / 60 min

*Honey has several positive effects, it helps to keep balanced the flow of energies in the body and recover the harmony. Effective for rheumatic problems, migraine and spinal complaints. Lava stone massage can give such a deep relaxation and full recreation. The special energy of the stones and the warmth makes the energy centres open up and your energy balance will be re-established, besides you can achieve a deep relaxation effect. The gentle, rhythmic movements reduce stress, ease up muscles and re-establish harmony through stimulating blood and lymph circulation.*
- **Sanovera massage with body wrapping** 12.800 HUF / 60 min  
13.000 HUF / 90 min

*Cellulite is mostly caused by the incorrect operation of the lymphatic system, other reasons can be genetic characteristics, lifestyle problems and too much stress. This treatment with creams containing natural vegetable materials not only has effects on the certain body parts, but helps the whole body. It improves blood circulation, operation of lymphatic system and the tissues receive more oxygen.*
- **Tech-stress massage** 10.800 HUF / 50 min

*Swedish massage on the head, neck, shoulders and the back which helps relaxing and develops the flow of energy in the body.*
- **Aromatherapy massage** 10.800 HUF / 50 min

*The classic aromatherapy massage is based on the treatment of Swedish massage, works with slow, gentle movements in order to relax the muscles. We use essential oils to this massage, which improves the relaxing effect and influences the senses positively*
- **Indian head massage** 9.800 HUF / 45 min

*It is a mixture of the elements from Shiatsu, ayurvedic massage and acupuncture, which helps relaxing the back, shoulders, arms, neck and face. It is well known and very popular because of its stress reducing effect.*
- **Lymphatic drainage massage** 9.800 HUF / 45 min

*Manual lymphatic drainage is a type of gentle massage which is intended by proponents to encourage the natural circulation of the lymph through the body. Manual lymph drainage uses a specific amount of pressure and rhythmic circular movements to stimulate lymph flow.*
- **Refreshing massage** 9.800 HUF / 50 min

*The beneficial impacts are relaxing and decreasing the tension, helping to increase the speed of the blood and lymph. It tightens the connective tissue and calms down the nerves. It helps to preserve tighten of the skin and rejuvenating it. Massage helps reducing the stress. It activates the self-care energies of our body having a positive influence on body and soul.*
- **Shoulder, neck, arm massage** 6.800 HUF / 30 min

*Massage can reduce pain and increase range of motion in the neck and shoulders by lengthening and softening muscles that have spasms. Releasing spasms in the muscles can release pressure on nerves in the neck and shoulders. Balancing muscles in the front, back and sides of the neck can relieve uneven strains on the vertebrae, and the same is true for the shoulders.*
- **Back, shoulder, arm massage** 9.800 HUF / 45 min

*The beneficial impacts are relaxing and decreasing the tension, helping to increase the speed of the blood and lymph. It tightens the connective tissue and calms down the nerves. It helps to preserve tighten of the skin and rejuvenating it.*
- **Nirvana neck and refreshing leg massage** 9.800 HUF / 45 min

*The refreshing leg massage stimulates the lymphatic and circulatory systems to leave your legs feeling relaxed and rejuvenated. Neck Nirvana is great for sore, hunched shoulders (sometimes called "computer shoulders"). Because your muscles pull rather than push, tight pecks can pull opposing muscles forward, causing tension in the upper back.*