



You should not eat 2 hours before massage.  
You should take a shower before massage.  
You should use any creams and you should drink 0,5 lit water.

# Massage

Mineral water for  
free for every  
massage

## Classical massage

Classical massage makes use of hand touches through which we can arouse a feeling of various quality in our clients depending on the power of pressure, rubbing, the speed of movement or rhythm. Thanks to this we can divide classical massage in relaxing body massage or toning (energizing) body massage recommended for example before a performance or an exam.

30 min 23 €

60 min 35 €

**Indication:** is useful for relieving aches and stiff joints, improves blood circulation, reduces tension, strengthens your immune system relieve your headaches

**Contraindication:** acute inflammatory disease, immediately after eating a meal, haemophilia, leukaemia, tumour diseases, diseases of the abdominal cavity, drunkenness, acute psychosis

## Foot reflex massage

Each organ of our body communicates with a part of the sole of the foot or the parts around the ankle. If an organ of our body does not work well (is out of energetic balance), then you can feel pain during the massage. If we massage the part, the pain is relieved, so the organ is brought back into balance.

30 min 20 €

**Indication:** neck pain (cervical spine pain), shoulder joint pain, other functional pain, Migraine headaches, neuro-circulatory asthenia (weakness), vasoneurosis, heart disease, respiratory system diseases, stomach disorders, it strengthens the immune system.

**Contraindication:** conditions requiring absolute peace, fever and infectious diseases, acute inflammation and fungal skin diseases, diabetes, varices, pregnancy, tumour diseases. A combination of foot reflex massage and classical massage is not recommended.

## Classical honey massage

This massage helps our body to detox, to revitalize and to get rid of the adverse effects of stress and polluted environs. The massage you can bring about similar, but milder condition as after a detox, and so you need to drink a lot of liquids. Honey contains a lot of minerals and trace elements and our body absorbs these matters through the skin.

30 min 23 €

**Indication:** exhaustion, weakness, disorders of the nervous system and conditions of disconcertion, sleep disorders, rheumatic diseases of muscles and joints, chronic respiratory diseases, chronic digestion problems. It helps to clean the pores and cleanses the skin thoroughly.

**Contraindication:** allergies to honey, open wounds, eczema, tumours, high eye pressure, ulcers, thrombosis

## Breuss massage

The breuss massage is one of the best ways to prevent spinal diseases. It is suitable to balance the overall statics of the organism, clear psychical, physical and energetic blocks, adjust the spine, improve the right spinal curvature and posture, and even out muscle imbalance.

**Indication:** problems caused by faulty bone position

**Contraindication:** serious osteoporosis, inflammations and oncological diseases of vertebrae, joints, traumatogenic condition, disc protrusion, acute skin problems in the massage area.

## Lymphatic drainage massage of face and neck

It is a cosmetic massage of face, neck and head. It removes scars, swellings and wrinkles very effectively and helps to make the skin look younger.

**Indication:** reduces eye bags, swellings, removes headaches, relieves migraine pain

**Contraindication:** flu, fever, oncological disease

## Lymphatic drainage massage

Stimulates the lymphatic system. The essence of the massage is to improve the flow of the lymph, through which waste and toxic matters are carried away from the body.

**Indication:** rheumatic pains, speeds up the regeneration of the body, improves the State of internal organs, relieves body tension and it has anticellulitic effect

**Contraindication:** flu, fever, oncological disease, overactive thyroid, acute Venous diseases, birthmarks, infarction

## Vacuum massage

Vacuum massage follows after a short massage.

**Indication:** rheumatic pains, speeds up the regeneration of the body, improves the State of internal organs, relieves body tension and it has anticellulitic effect

**Contraindication:** flu, fever, oncological disease, overactive thyroid, acute Venous diseases, birthmarks, infarction

## Aromatouch Technique

Connection of touches and fragrance

**Indication:** rheumatic pains, speeds up the regeneration of the body, improves the State of internal organs, relieves body tension and it has anticellulitic effect

**Contraindication:** flu, fever, oncological disease, overactive thyroid, acute Venous diseases, birthmarks, infarction

**Price list is valid from 31.01.2020**

**Price list included VAT**

Ing. Ján Chmelnický

60 min 40 €

30 min 20 €

90 min 45 €

30 min 23 €

45 min 40 €

## TRADITIONAL THAI MASSAGES

### TRADITIONAL THAI MASSAGE

This is a wonderful and traditional treatment which dates back over 2500 years, using knowledge and concepts of „Sen“ energy flows in the body. By applying pressure on acupressure points using their thumbs, palms, forearms, feet and knees, the masseuses stimulate the blood and lymph flow in the body to rid you of the feeling of fatigue and eliminate muscle spasms and nervous tension. This relaxing and therapeutic massage also involves flexing and passive stretching of individual parts of the body.

60 min 43 €  
90 min 52 €

### BACK SPECIAL

Relieve your back with a special combination of massage techniques focused on nape, arms, lower back and hip area. Massage affects deeply and together with camphor-menthol ointments and aroma oils releases stiff muscles. Regular repetition of the procedure can bring relief from chronic backbone problems.

60 min 45 €

### LEG & FOOT MASSAGE

Acupressure massage of reflex points on soles – reflexology. It is one of the biggest Thai massage arts. Foot Nirvana not only induces an immediate feeling of relief and walking ease but its main contribution is general energy awakening of the organism caused by stimulating energy flows.

60 min 43 €

### COMBINATION OF LEG & BACK MASSAGE

This traditional combination of leg and back massage is concentrated on those parts of body that we use the most in our hectic lifestyles. This ritual also includes foot and calf massage. It is very relaxing and has not only the physiological effect but influences positively the psychical state and is effective against stress.

60 min 43 €

### ANTI-STRESS HEAD & NECK MASSAGE

A Thai head and upper/lower neck massage is a very systematic massage that enables the whole nervous system to enter into a state of deep relaxation. It helps relieve stress and applies pressure to the important energy centres. The treatment begins by loosening stiff muscles in the neck and shoulders. This is followed by a gentle massage of the scalp and face.

30 min 33 €

### AROMATIC OIL THAI MASSAGE

Using a combination of touch and smell during this wonderfully stimulating and relaxing treatment your masseuse will select a carefully chosen blend of tropical scents and use a thousand-year-old culture to devise the best possible aromatic massage. Oils and essences from herbs are brought from Thailand and the Thai healing culture is used to envelop the body in an aromatic mist while the oil massage stimulates the blood flow.

60 min 45 €  
90 min 59 €

### SPORT RITUAL

This ritual is specially adapted Thai massage suitable for people that do sports. It is highly recommended for increasing physical condition or a release after exercise. It is also especially effective in relieving muscles stress and tension.

60 min 48 €  
90 min 59 €



