

**Swedish massage:** In Swedish massage, the therapist lubricates the skin with massage oil or cream and performs various strokes that warm up and work the muscle tissue, releasing tension and breaking up muscle "knots" or adhered tissues, called adhesions. Swedish massage promotes relaxation, eases muscle tension and creates other health benefits.

**Refreshing massage:** Similar to Swedish massage but the therapist uses softer and quicker movements which refresh the tired body. The massage method increases the blood circulation, improves the blood and oxygen supply of the cells. It is relaxing and refreshing for the body made with oil or cream.

**Refreshing massage (one part of the body):** It is eligible which part of your body you would like to concentrate on during the massage. It can be your neck, your head, the muscle of the shoulders, arms, or the relaxation of lower limbs muscle.

**Foot massage:** a massage for the tired, always overloaded lower limb, for the benders and foot. After the treatment our legs became not just easier and fresher, but with pushing the reflex points on our foot it is beneficial for our body.

**Relax and Fly massage:** You can choose the smell of the essential oils from various pleasant and different effectual ones. It includes the movements of Swedish massage, but it is softer and more relaxing.

**Sports massage:** this full body massage is recommended for sportsmen. It is based on the Swedish massage, using stronger movements and taking effect deeper in the muscles. Sports massage has many benefits. It reduces the heart rate and blood pressure, increases blood circulation and lymph flow, reduces muscle tension, improves flexibility, and relieves pain.

**Price:**

25' massage: 4.800 HUF      approximately 16 EUR

55' massage: 8.900 HUF      approximately 31 EUR

**Please note!**

You must make a reservation in advance. We cannot ensure this service immediately.

