



## MASSAGE OFFER

Classic massage - 25 min.	EUR 43,00
Classic massage - 50 min.	EUR 72,00
Sports massage - 50 min. (with marmot oil)	EUR 79,00
Foot reflex massage - 25 min.	EUR 43,00
Foot reflex massage - 50 min.	EUR 72,00
Head and neck massage - 25 min.	EUR 43,00
Lymphatic drainage - 25 min.	EUR 43,00
Lymphatic drainage - 50 min.	EUR 72,00
Fascia technique - 25 min.	EUR 48,00
Fascia technique - 50 min.	EUR 79,00
Hot stone - 50 min.	EUR 79,00
Spinal regulation according to Dorn - 50 min	EUR 85,00



## FASCIA TECHNIQUE

Fascia technique is a method of therapy for pain in the musculoskeletal system.

Fasciae are connective tissue structures that run through the entire body. They provide support and tension. Fasciae can twist, stick together or harden as a result of over- and incorrect stress, trauma and surgery.

## LYMPHDRAINAGE

Lymphatic drainage is a gentle treatment technique in which circular movements are used to move fluid from the tissues into the lymphatic system.

By stimulating the flow of lymph, proteins are directed out of the tissues. Tissue tension is reduced. Cell metabolism can work normally again. Pain is reduced and healing processes are significantly accelerated.

## HOT STONE

Hot stone massage combines warm stones with massage techniques to relax tight muscles, relieve pain and stiffness, and promote circulation.

## SPINAL REGULATION ACCORDING TO DORN

Spinal therapy according to Dorn, also called the Dorn method or Dorn therapy, is a gentle method used to treat musculoskeletal complaints. The therapist returns vertebrae and joints to their correct position.