

O Demänová 492, 031 01 Liptovksý Mikuláš 📵 +421 904 318 042



Massages

Chocolate massage

It is excellent for smoothing and beautifying the skin, cellulite and flushing out toxic substances from the body.

▶ Face massage with mask

Classic massage techniques on the face contribute to the overall improvement of skin quality, relax the muscles on the face, prevent the formation of wrinkles.

Relaxing aroma massage

It is a combination of the effects of massage with the healing effect of oils. Long strokes along the muscular parts relax the body and mind, strengthen immunity, improve blood flow and reduce muscle pain.

Reflex foot massage

It is a technique that strengthens health in the body and affects pathological reflex changes. It uses the relationships between organs and reflex points on the surfaces of the feet. There is a reflex connection between the nerve endings on the soles and the body's organs.

Head and neck massage

Relieves tension in the area of the thoracic spine, shoulders, neck and head. It relieves eye tension, supports the activity of the nervous system, relaxes the hair part, supports hair growth.

Classical massage (back, legs)

It brings deep relaxation, eliminates fatigue, muscle cramps, restores the mobility of stiff muscles. It has a positive effect against stress and depression, relieves tension.

Lava stone massage

Massage with black stones of volcanic origin, heated in a water bath. The heat of the stones eliminates muscle and joint pain, removes stress, stimulates blood circulation and the lymphatic system.

▶ Baby massage

Uses touches from a classic massage adjusted and intensively adapted for the child's client.

Cupping

A therapeutic method in which cupping helps cleanse the blood, detoxify the body, improve blood and lymph circulation, relieve pain, and relax tense muscles.

Rose hip body treatment

It helps the overall regeneration of the body, skin renewal, improves blood circulation.

Cinnamon wrap

The wrap has a burning effect, regulates metabolism, reduces fat storage. Regenerates the skin.

Detoxication wrap

Honey wrap, which helps to overall detoxify the body.

Chocolate wrap

We use chocolate with 100% cacao extract. It contains vitamins A, E, F, H, which regenerate and protect the skin from water loss. It contains a high proportion of calcium and magnesium.

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