

## Massage price list 2024

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- **Therapeutic massage. Full body massage**
- **60 min, 7.500 HUF**

Special massage technique focusing on problematic sore areas. The aim of therapeutic massage is to treat and heal musculoskeletal pain

- **Swedish massage. Full body massage**
- **60 min.7.500 HUF**

When applied to the superficial layer of muscles, oxygen flows into the muscles and tissues. It has an excellent soothing and relaxing effect, suitable for restoring strained or injured muscles.

### Sport massage

- **Full body massage**
- **60 min.7500 HUF**

The technique of sports massage is similar to Swedish massage but is a much more intense, stronger form. It aids in the treatment and prevention of sports injuries.

- **Back massage with head massage:**
- **45 min.6.000 HUF /60 min. 7500 HUF**

This treatment is primarily designed for those struggling with back or lower back pain, but it is equally effective for shoulder and neck muscle pain. Individual assessment is included!

- **Essential oil-infused, aromatherapy,relaxation massage:**
- **60 min. 7.500 HUF, neck, schoulders, back, waist 30 min.4500 HUF**

During the massage, the choice of aroma oils has a beneficial effect on our body. The soothing, smoothing strokes release accumulated stress and promote a sense of well-being. The aim of the massage is to establish physical and mental balance.

- **Deep tissue massage, Full body massage**
- **60 min, 7.500 HUF**

A deep tissue massage is a fairly intense massage technique used to smooth out deeper muscle fibers, primarily to relax tightly bound muscles.

- **Foot massage with reflexology**
- **40 min. 5.000 HUF**

Foot and reflexology massage target energy points that affect the body's functioning. Using warm oil, the massage performed from the knees down improves lymphatic circulation, aids metabolic processes, alleviates swollen feet pain, reduces edema and varicose vein issues, while also softening and nourishing the skin.

- **Hot stone massage, Full body massage:**
- **80 min, 8.500 HUF**

Hot stone massage is a special type of massage where heated basalt stones (heated to 40-50°C) are placed on the body after an oil massage. The positive effects of hot stone massage mainly include stimulating blood circulation, improving lymphatic circulation, detoxification, muscle relaxation, alleviating insomnia, and benefiting the skin, as the heat helps the essential oils to be better absorbed into the body.

- **Chocolate massage, back massage, arms, legs, face, décolleté**
- **80 min. 9.000 HUF**

The endorphin-producing effect of chocolate helps in the harmonious revitalization of the skin, body, and soul. Thanks to its valuable vitamin and mineral content, it hydrates and firms the skin. It improves and accelerates metabolic processes. Recommended for cellulite, aging skin, and in cases of poor well-being.

- **Honey massage, back, arms, legs**
- **70 min. 8.000 HUF**

Naturally, it nourishes, protects, and refreshes the skin. In addition, its popularity is also due to its muscle-relaxing, pain-relieving, and detoxifying abilities. It can be effectively used for spine problems, neck, shoulder, and back pain, rheumatic complaints, joint problems, and pain.

- **Children's massage**
- **30 min.4000 HUF**

Massage for children is one applied form of the art of touch; its regular practice promotes muscle growth and coordination of movement. It has a positive effect on the immune, nervous, circulatory systems, as well as on bones and the digestive system.

- **Migraine treatment - massage of the neck/shoulder area muscles and the muscles of the skull.**
- **40 min. 6500 HUF**

It is similar to back massage but does not involve the lower back region. Emphasis is placed on the muscles of the shoulder girdle - pectoral muscles, deltoids, trapezius muscles - as well as the area around the scapula, and the muscles of the neck and skull. It can be effectively used for headaches, soft tissue inflammation around the shoulder joint (PHS), and other health problems.