



# MASSAGE

## Price list

### Essential oil-infused, aromatherapy, relaxation massage

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.

- Full body massage, 45 min. **6 500 Ft**
- Full body massage, 60 min. **8 000 Ft**

### Swedish massage

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.

- Full body massage, 60 min. **8 000 Ft**

### Back massage with head massage

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!

- 45 min. **6 500 Ft**
- 60 min. **8 000 Ft**





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### Chocolate massage

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.

- Back massage, arms, legs, face, décolleté, 80 min. **9 500 Ft**

### Hot stone massage

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.

- Full body massage, 80 min. **9 500 Ft**





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### Deep tissue massage

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

- Full body massage, 60 min. **8 000 Ft**

### Sport massage

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

- Full body massage, 60 min. **8 000 Ft**

### Therapeutic massage

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

- Full body massage, 60 min. **8 000 Ft**





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Book an  
appointment

**Registration in person at the reception**

**or**

**at one of the following contacts:**



**info@abbazia-nemesnep.hu**



**+ 36 92 573 450**

