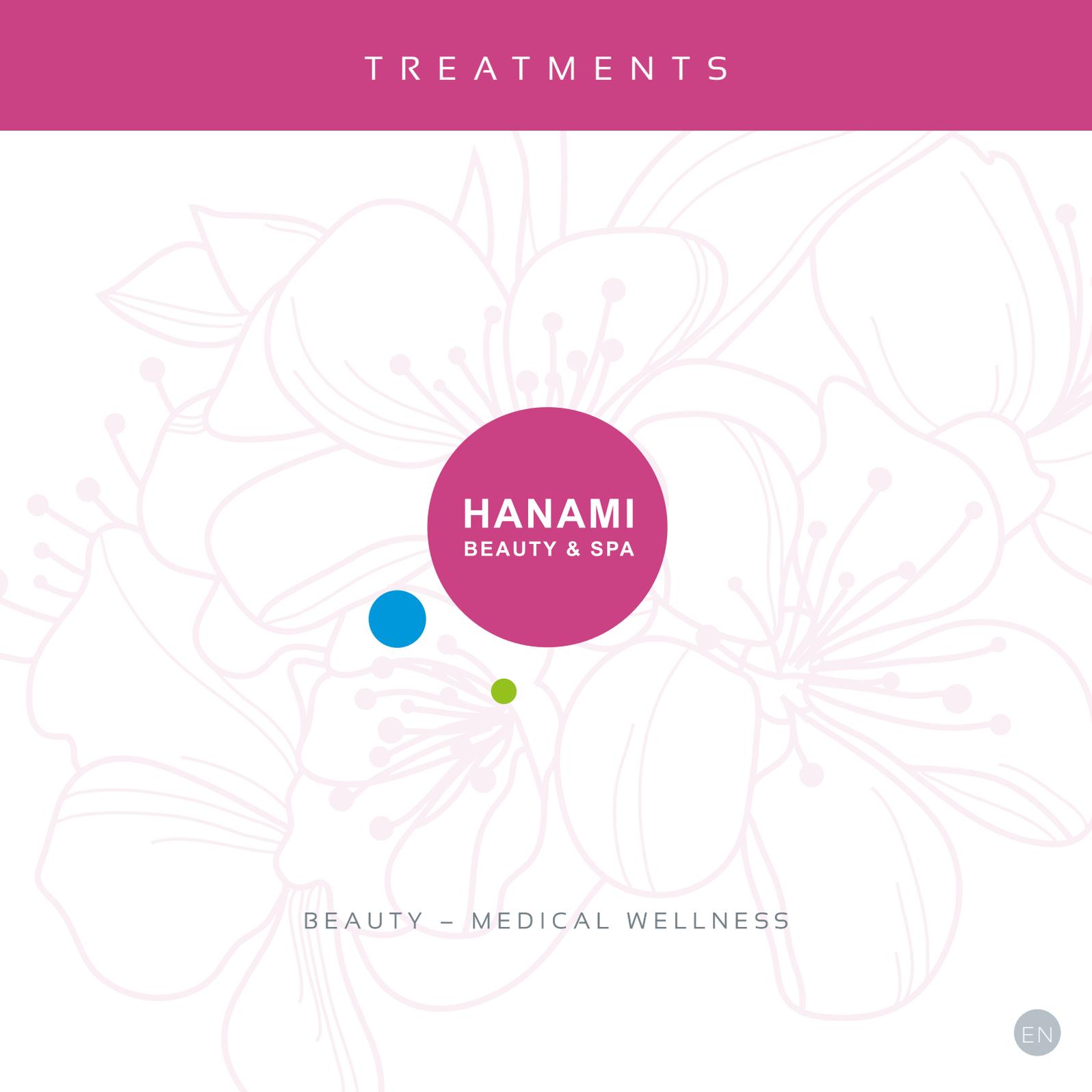
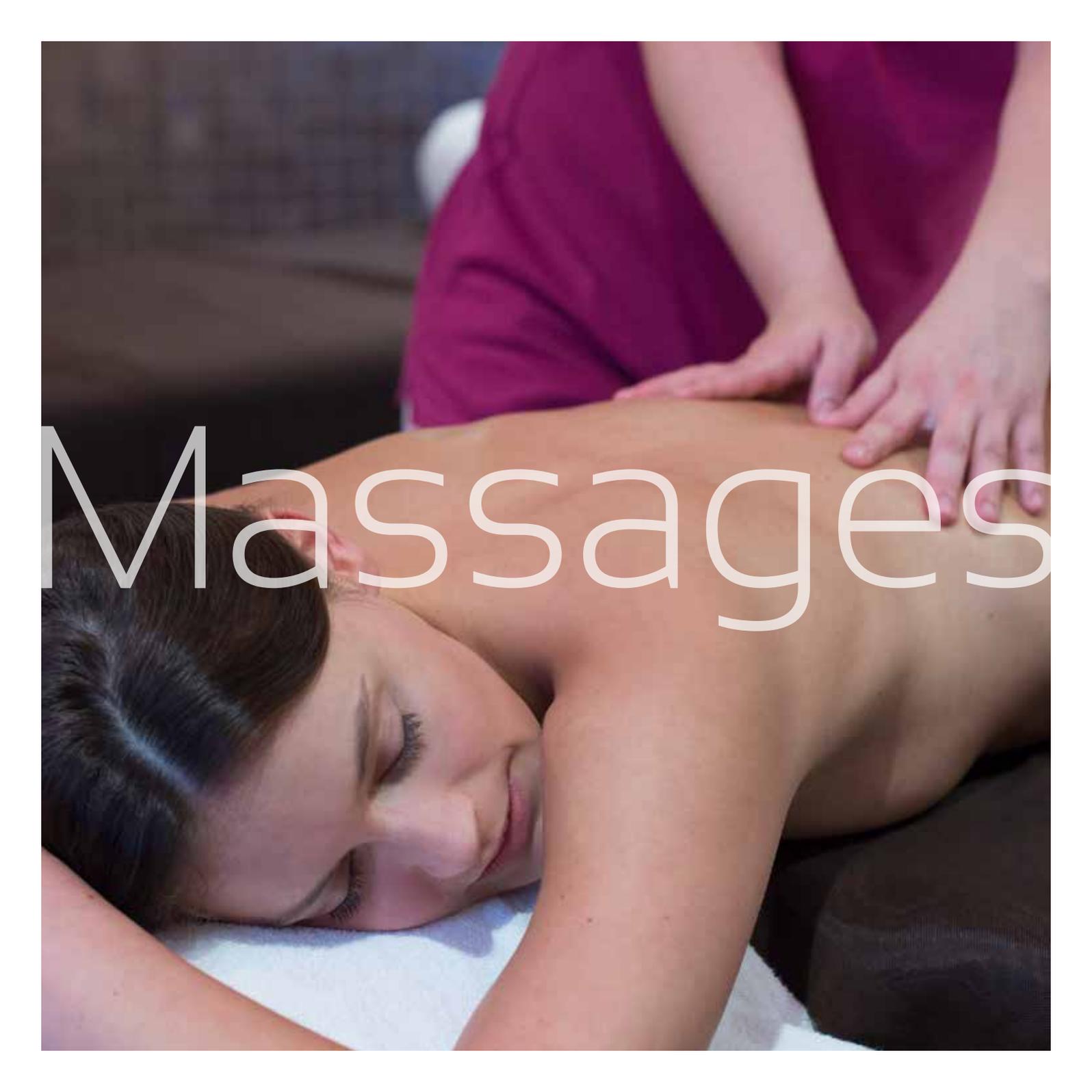


# TREATMENTS



**HANAMI**  
BEAUTY & SPA

BEAUTY - MEDICAL WELLNESS

A close-up photograph of a woman lying on her side on a massage table, receiving a back massage. The masseuse's hands are visible, applying pressure to the woman's back. The woman has her eyes closed and a relaxed expression. The background is softly blurred, showing a dark-colored wall and a white towel on the table. The overall lighting is warm and professional.

# Massages

## Health preservation - muscle relaxation massages

**FULL BODY THERAPEUTIC MASSAGE** - The health preservation massage is a healing, rehabilitating treatment, which can be applied for the full body or in a targeted way, on the affected area. The aim is accelerating the healing process, enhancing blood circulation, reducing pain, helping recreation after injuries, easing insomnia, but first of all, helping relaxation, relieving the effects of stress and exerts a calming effect on muscles.

**BACK MASSAGE** - Our muscles become tense due to everyday strain and stress. The aim of the massage is loosening muscles around the back, neck and waist area, and enhancing the blood circulation in these areas. During the back treatment we dedicate special attention to working the neck-shoulder line and the scapula, since the painful muscular spasms are mostly located here.

**PAIN-RELIEVING GOAT BUTTER BACK MASSAGE** - The cooling, vitalising balm with goat butter enhances blood circulation, nourishes tired muscles and joints, loosens and dissolves spasms.

**LYMPH MASSAGE** - Lymph node massage is based on a technique which includes a delicate series of tender strokes. As a result, the stagnant toxins will clear up, the body will function more healthily with a stronger immune system. It also relaxes the whole body by decreasing tension. This massage type is oil free.

**REFLEX ZONE MASSAGE** - The aim of the massage done on the reflex zones of the palm and sole is to exert a positive effect on the operation of certain organs or organ systems. By massaging the right point we can stimulate the energy level of different organs. Massaging the zones activates the self-healing powers of our body.

## Relaxing, revitalising massages

**AROMATIC MASSAGE** - Slow, easy movements characterise this massage, the purpose of which is to relieve stress and improve general well-being. The beneficial effects of this massage is multiplied by the chosen aromatic oils. With regard to your actual mood, you can choose relaxing, refreshing and energising oils, which not only influence the organs by being rubbed into the skin, but also by being inhaled.

**PAMPERING, HYDRATING MASSAGE WITH GOAT BUTTER** - Goat butter has been playing an important role in the traditional medicine of Alps regions for centuries. The treatment deeply hydrates, firms and nourishes the skin with precious A and E vitamins. The treatment is suggested for normal, sensitive and irritated skin as well.

**HONEY DETOXIFYING MASSAGE** - The massage is done with honey oil, which exerts its beneficial effect by being absorbed into the skin during the massage. Thanks to the special massage technique the treatment has a detoxifying, pain relieving, relaxing and immune activating effect.

Alternativ Massage

**„SHIATSU“ JAPANESE MASSAGE** - It means: „pressing with the finger“. During treatment, acupressure points along the meridians are stimulated to treat various organs. Therapy consists of pressing, massaging and stretching. The aim of shiatsu massage is to free the blockages of energy flow by pressing the meridians. It facilitates finding the balance between body and soul which will reconstitute health. As we don't use oil for shiatsu massage, you may come for treatments in comfortable leisure wear.

**CHINESE HEAD MASSAGE** - According to Chinese energy philosophy, life energy flows through the human body in meridians. By pressing the active points on the head, the masseur can activate and harmonise the energy flow which also touches the internal organs. It is very soothing and relaxing.

**CHINESE MASSAGE ON HEAD, NECK AND BACK** - Natural physical treatment which works through the meridians, acupressure points and hubs of pain relief onto the body parts to be treated head, neck and back. A special Chinese oil is used for this type of massage.

**INDIAN FULL BODY MASSAGE AND HEAD MASSAGE WITH OIL** - This massage is performed with slow and rhythmic strokes done in a fixed order using special Indian vegetable oils. Contrary to Swedish massage, Indian oil massage doesn't include forceful kneading on muscles, however, it greatly improves strength, vitality and natural immunity by applying relaxing and soothing strokes. It greatly relieves depression and other mental ailments.

## Wellness Massage

**SHAPING CELLULITE MASSAGE** - The cellulite itself is an encapsulated toxin saturated fat cell that the body can't get rid of. Because of the increased body weight the collagen and elastin fibers break and they can't stretch the skin, resulting in rugged surface. The special technique of the body shaping massage and the applied heating oils and creams together reduce the fat cell size. The elasticity of the skin tissue can be increased.

**HOT STONE TUFA MASSAGE** - The principal of this therapy is that the massage is carried out with volcanic tufa heated up to 50-60 °. The tufa has special attributes because it functions as a rechargeable battery. From time to time it needs to be filled up, energized by the sunlight or by soaking in sea salt. The recharged tufa has a special energy level which helps the energy flow and unblocking hence balancing the body's energy field.

## Massages for couples

Experience the moments of indulgence with your partner in our private spa with its special atmosphere. In the course of our double massage treatments you will have the opportunity to enter a gate where the body gets relaxed, the mind gets refreshed and the soul gets healed. We apply the special oils of Morjana for our treatments.

**DOUBLE MASSAGE WITH GRAPE SEED OIL** - The grape seed oil with natural ingredients nourishes and vitalises the skin, enhances its flexibility and regenerates collagen tissue.

**TIME TOGETHER MASSAGE FOR COUPLES** - The plant oil mix with a fruity-floral aroma is a real aphrodisiac, providing a one-of-a-kind wellness experience.

**HERBAVITAL DOUBLE MASSAGE** - The Herbavital oil has been inspired by nature, containing antioxidants from calendula and curcuma, deeply hydrating and nourishing the skin.

**PREMIUM MASSAGE RITUAL FOR COUPLES** - Did you know that one out of the five love languages is the quality time? The time has come to present your partner with the elevating feeling of a massage of indulgence along with some sparkling wine and sweets, after some candle-light bathing.

- Bath for couples with "happiness" aroma and rose petals
- Double massage with aromatic oils
- Exclusive relaxation corner with a glass of champagne each and a sweet surprise



HANAMI  
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## Voucher

The elegant gift voucher of Hanami Beauty & Spa is an excellent present on the spot or for an upcoming event. Buy it now and use it at your next visit!

Our colleagues are at your service.

Prices are valid until recalled.