

PONUKA MASÁŽI

Klasická masáž / Classical Massage

Vďaka klasickej masáži sa budete cítiť ako znovuzrodený. Správnou technikou, silou zatlačenia, rýchlosti pohybu a rytmu sa budete po masáži cítiť uvoľnený a plný energie.

30 min	37 €
60 min	55 €

Reflexná masáž chodidiel / Foot Reflex Massage

Objavte rovnováhu vďaka masáži chodidiel. Každý orgán má na ploche chodidla a okolo členkov svoju zónu. Ak je niektorý orgán tela v energetickej nerovnováhe budete pociťovať pri masáži miernu bolesť. Toto miesto sa masíruje pokým bolesť neustúpi a následne sa orgán dostane do rovnováhy.

30 min	37 €
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Medová klasická masáž / Classical Honey Massage

Doprajte svojmu telu detox a zbavte sa nepriaznivých účinkov stresu a nečistého životného prostredia. Po masáži môže nastať pocit ako po detoxikácii, preto odporúčame prijímať veľa tekutín. Vďaka medu, ktorý obsahuje dôležité minerály a stopové prvky vaše telo tieto látky absorbuje.

30 min	37 €
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Lymfodrenážna masáž tváre a krku / Lymphatic Drainage of the face and neck massage Je to kozmetická masáž tváre, krku, pliec a hlavy. Najúčinnnejšie odstraňuje jazvy, opuchy, vrásky a napomáha komladnutiu pokožky.

30 min	37 €
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Lymfodrenážna masáž / Lymphatic Drainage Massage

Stimuluje lymfatický systém. Podstatou je zlepšenie toku lymfy, týmto dochádza k odplaveniu odpadových a toxických látok z tela.

90 min	62 €
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Bankovanie / Vacuum Massage

Pred bankovaním prebieha krátka masáž, následne bankovanie. Bankovaním sa prečisťuje krv, zlepšuje sa obeh, obnovujú sa funkcie nervového systému. / Vacuum massage follows after a short massage.

30 min	37 €
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Aromatická masáž / Aromatouch Technique Podporte svoj imunitný systém a dokonale zrelaxujte. Aromatická masáž priaznivo pôsobí na redukciu zápalu v tele, podporuje homeostázu, uvoľňuje, poskytuje pomoc pri napätí, úľave od stresu, upokojuje bolesti svalov, obnovuje činnosť svalov a zlepšuje cirkuláciu krvi.

45 min	55 €
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Dornová metóda + Breussova masáž Breussova masáž je ideálna prevencia pred ochoreniami chrbtice. Je vhodná na vyrovnanie celkovej statiky organizmu, uvoľňuje psychické, fyzické a energetické bloky, vyrovnáva chrbát, zlepšuje správne postavenie chrbtice, zmierňuje svalovú nerovnováhu.

60 min	55 €
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Dornová metóda je mobilizačná technika zaoberajúca sa posunmi kĺbov a stavcov, ktoré sú nenásilne vrátené do správneho postavenia. Táto metóda sa snaží odstrániť prvotnú príčinu.

Odporúčame pred masážou nejst výdatné jedlá, osprchovať teplou vodou, nenanášať žiadne krémy a vypiť cca 0,5 lit. minerálnej vody. Zoznam indikácií a kontraindikácií jednoduchých procedúr je vám k dispozícii na recepcii na vyžiadanie.

Všetky ceny sú uvedené s DPH

Cenník je platný od 20.12.2024

IČO: 31731163
DIČ: 2020319420
IČ DPH: 2020319420

BANKOVÉ SPOJENIE: TATRA BANKA A.S., BIC (SWIFT) TATF
Č. ÚČ. 2503 34
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MASSAGES

Classical Massage

Classical massage makes use of hand touches through which we can arouse a feeling of various quality in our clients depending on the power of pressure, rubbing or rhythm. Thanks to this we can divide classical massage in relaxing body massage or energizing body massage recommended for example before a performance or an exam.

30 min	37 €
60 min	55 €

Foot Reflex Massage

Each organ of our body communicates with a part of the sole of the foot or the parts around the ankle. If an organ of our body is out of energetic balance, then you can feel pain during the massage. The pain is relieved, so the organ is brought back into balance..

30 min	37 €
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Classical Honey Massage

This massage helps our body to detox, to revitalize and to get rid of the adverse effects of stress and polluted environs. The massage you can bring about similar, but milder condition as after a detox, and so you need to drink a lot of liquids. Honey contains a lot of minerals and trace elements and our body absorbs these matters through the skin.

30 min	37 €
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Lymphatic Drainage of the face and neck massage

It is a cosmetic massage of the face, neck, shoulder and head. It most effectively removes scars, swelling, wrinkles and helps to cool the skin.

30 min	37 €
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Lymphatic Drainage Massage

Stimulates the lymphatic system. The essence of the massage is to improve the flow of the lymph, through which waste and toxic matters are carried away from the body.

90 min	62 €
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Vacuum Massage

Vacuum massage follows after a short massage.

30 min	37 €
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Aromatouch Technique

Support your immune system and relax perfectly. Aromatic massage has a beneficial effect on reducing inflammation in the body, promotes homeostasis, relaxes, provides help with tension, relief from stress, soothes muscle pain, restores muscle function and improves blood circulation.

45 min	55 €
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Dorn and Breuss massage

Breuss massage is an ideal prevention against spine disorders. It is suitable for balancing the overall statics of the body, releases mental, physical and energy blocks, straightens the back, improves the correct position of the spine, relieves muscle imbalance.

The Dorn method is a mobilization technique dealing with displacements of joints and vertebrae, which are non-violently returned to their correct position. This method tries to remove the primary cause.

60 min	55 €
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We recommend not eating hearty meals before the massage, taking a shower with warm water, not applying any creams and drinking about 0.5 liters. mineral water. A list of indications and contraindications for individual procedures is available at the reception on request.

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Č. ÚČTU: 2625033426, IBAN: SK05 1100 0000 0026 2503 3426

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10.6.2026, 11:00, 11.6.2026, 11:00, 12.6.2026, 11:00, 13.6.2026, 11:00, 14.6.2026, 11:00, 15.6.2026, 11:00, 16.6.2026, 11:00, 17.6.2026, 11:00, 18.6.2026, 11:00, 19.6.2026, 11:00, 20.6.2026, 11:00, 21.6.

Indikácie a kontraindikácie masáží

Klasická masáž

Indikácie: prospešná v uvoľňovaní bolesti astuhnutých kĺbov, zlepšenie stavu krvným obehom, redukuje napätie, posilňuje imunitu, proti bolestiam hlavy

Kontraindikácie: akútne zápalové ochorenie, bezprostredne po jedle, hemofília, leukémia, nádorové ochorenie, ochorenie dutiny brušnej, opilstosť, akútne psychózy

Reflexná masáž chodidiel

Indikácie: pri bolestiach zkrčenej chrbtice, plecových kĺbov, iné funkčné bolesti, pri migrenóznych bolestiach hlavy, neurocirkulačnej slabosti, vazoneurozách pri ochoreniach srdca, dýchacieho aparátu, žalúdka, posilňuje imunitný systém

Kontraindikácie: stavy vyžadujúce absolútny pokoj, horúčkovité a infekčné choroby, akútne zápaly a plesňové ochorenie kože, pri cukrovke, krčných žilách, počas tehotenstva, nádorových ochoreniach. Kombinácia reflexnej masáže s klasickou nie je vhodná.

Medová klasická masáž

Indikácie: je vhodná pri vyčerpaní, slabosti, pri nervových poruchách a stavoch nepokoja, poruchách spánku, reumatické ochorenie svalov a kĺbov, pri chronických problémoch s dýchacími cestami a trávaciimi ťažkosťami, čistí póry a dôkladne prečisťuje pokožku.

Kontraindikácie: pri alergiách na med, pri miestach so tvorenou ranou, ekzém, pri nádoroch, pri vysokom očnom tlaku, vredy, trombóza

Lymfodrenážna masáž tváre a krku

Indikácie: znižuje očné vaky, opuchy, odstraňuje bolesti hlavy, pri migréne

Kontraindikácie: chrípka, horúčka, onkologické ochorenie

Lymfodrenážna

Indikácie: reumatické bolesti, urýchľuje regeneráciu tela, zlepšuje stav vnútorných orgánov, uvoľňuje napätie tela a má anticelulitídne účinky

Kontraindikácie: chrípka, horúčka, onkologické ochorenie, zvýšená činnosť štítnej žľazy, akútne žilové ochorenia, materské znamienka, infarkt

Bankovanie

Indikácie: bolesti a poruchy v pohybovom systéme, krk, plecia, lakty, kríže, bedrá, bolesti očí, uší, tváre, trojklaný nerv, bolesti obličiek, močových ciest, močového mechúra, pohlavných orgánov, dýchacie cesty, hlasivky, priedušky, astma, zažívacie orgány a problémy, srdce, cievy, nízky tlak, zlepšenie imunity, hormonálneho a lymfatického systému

Kontraindikácie: hemofília (krvácavosť), gynekologické krvácanie, vynechávajúce menštruácie a nepravidelné menštruácie, krvácanie z nosa, nadúvanie, krehké cievy, leukémia a nádory + kontraindikácie z klasickej masáže

Aromatouch Technique

Indikácie: reumatické bolesti, urýchľuje regeneráciu tela, zlepšuje stav vnútorných orgánov, uvoľňuje napätie tela a má anticelulitídne účinky

Kontraindikácie: chrípka, horúčka, onkologické ochorenie, zvýšená činnosť štítnej žľazy, akútne žilové ochorenia, materské znamienka, infarkt