



# massage

## at the Sliezsky dom

managed by  
**psh**

### Classical massage

A classical massage helps to regenerate the body after physical stress and sporting activity. It helps to restore the flexibility of the body, which is disturbed by the influence of sedentary occupations and it also serves to prevent musculoskeletal disorders.

It is the most commonly performed massage, which, with the help of touch, helps the blood circulate around the skin and hypodermis, relaxes stiff and painful muscles, relieves tension and stress, thereby bringing overall relaxation and relief to the whole body. It breaks down cellulite and also slows down the production of it, relieves headaches, promotes blood and lymphatic circulation and enables the body to flush out waste better.

<b>Partial massage (back, neck or legs)</b>	<b>25 min</b>	<b>€ 29</b>
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<b>General massage (back, neck, arms and legs)</b>	<b>50 min</b>	<b>€ 45</b>
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### Aromatherapy

Aromatherapy uses the healing effects of plant essences. It is a treatment procedure using heavily concentrated oils, which are extracted from plants, in other words their essences. These oils contain substances that give plants their scent and are used in massages, baths or compresses. Aromatherapy helps with depression, stress, aggression, headaches and insomnia.

Aromatherapy massage has, in addition to healing effects, a relaxing character. In addition to the body, the smells of essential oils also affect the soul. They penetrate not only through the skin, but also through the mucous membrane of the nose, so we perceive them with several senses.

<b>General massage (back, neck, arms and legs)</b>	<b>60 min</b>	<b>€ 55</b>
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### Chocolate massage + wrap

Chocolate massage is a special type of massage using the beneficial effects of chocolate. Cocoa reduces blood pressure and the risk of heart attack. It has an excellent rejuvenating effect. The smell of chocolate stimulates the production of happiness hormones and the antioxidants it contains can act to counter aging. Within a few minutes, your skin loses wrinkles, peeling and dried skin. The chocolate returns elasticity, youth to the skin and helps reduce stress.

<b>General massage (back and legs)</b>	<b>70 min</b>	<b>€ 70</b>
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### Pregnancy massage

A pregnancy massage helps to release tension in the body and induces relaxation of the back muscles, which are strained during pregnancy. It prevents fatigue and relieves tension. With each massage, we emphasize the individual needs of each mother-to-be. Pregnancy massage provides care for all mothers-to-be from the end of the 3rd month of pregnancy up to childbirth and beyond.

<b>Partial massage (back, neck and legs)</b>	<b>25 min</b>	<b>€ 29</b>
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### Coconut massage

Coconut massage oil is an amazing gift from nature for our skin. It perfectly moisturizes all skin types, including dry skin, so it is suitable to use preventively on dried and cracked skin. It is rich in vitamin E and it keeps the skin young and healthy. Because of its many antioxidants, it slows down the formation of wrinkles and protects against other adverse consequences of aging, such as sagging skin and discolouring..

It also helps in the treatment of various skin problems, including psoriasis, dermatitis, eczema and other skin infections. Last but not least, its smell is unmatched. The all-natural smell of coconuts is very soothing, helping to reduce stress and eliminate mental fatigue.

<b>General massage (back, neck, arms and legs)</b>	<b>60 min</b>	<b>€ 55</b>
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