



# WOULD YOU LIKE A MASSAGE?

We only acclaim *first class relax*  
*without any compromise.*



WELLNESS HOTEL  
**CHOPOK**  
★ ★ ★ ★

# HOW TO ORDER MASSAGES

Dear guests, massages and procedures are available for you every day at the following times:

- 10:00 AM – 12:00 PM
- 12:30 AM – 6:00 PM
- 18:30 AM – 9:00 PM

To meet your requirements, we recommend making a reservation well in advance. Visit us at the hotel reception or wellness reception in the Praslička section.

To better tailor the massage to your needs, we kindly ask you to fill out a health questionnaire. If the masseur determines that the selected procedure is not suitable for you based on the information provided in the questionnaire, they may refuse to perform the massage and recommend another suitable procedure. When choosing directly at the masseur's, only types of procedures that do not require prior preparation of massage material can be provided.

Free cancellation is possible up to 3 hours before the reserved time of the procedure. Please inform the hotel reception by phone or in person about the cancellation of the booked massage.

# MASSAGE OFFER

## THERAPEUTIC MASSAGES

Klasická massage	7
Relaxing massage	8
Oxygen therapy	8
Bemer	10
Detoxifying honey massage	11
Breuss massage	11
Cupping	11
Massage for children	13
Lymphatic drainage manual massage	13
Foot reflexology massage	14

## FACIAL WELLNESS COSMETIC TREATMENTS FACEDERMA®

Lifting Kiss GOJI	17
Hydration Kiss Silk	17
Nutrient Kiss Pearls	17
Anti-Wrinkle and Detoxifying Facial Massage with Cups	17

## ANTI-CELLULITE THERAPIES

Brazilian Maderotherapy	19
Cinnamon Wrapp	19

## THERMAL MASSAGE THERAPIES

Lava stone massage	21
--------------------	----

## RELAXATION MASSAGES

Indian head massage	23
Massage for pregnant	24
Chocolate treatment	24

## CLEANSING THERAPIES

Full-body peeling	27
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## HEALING WRAPS

Mud wrapp	29
Seaweed wrap	29
Parafínový zábal na ruky a nohy	30

## SPA RITUALS

PRO SLEEP massage	33
Himalaya Salt Massage	33
Demänovský kiss	33

# FACE DERMA<sup>®</sup>

Discover the magic of relaxation with our **luxurious wellness treatments** that will veil your skin in silk. All procedures are performed with **premium products from the Slovak brand Facederma<sup>®</sup>**, which pamper your senses and awaken the beauty of your skin.

Our therapists use **Facederma<sup>®</sup> unscented body oil with silk**, which combines almond, apricot, and macadamia oils. Natural oils rich in vitamins, unsaturated fatty acids, and minerals help release tension and revitalize your body. Silk extract intensely hydrates, regenerates, and softens the skin.

## Silk Unscented Body Oil Facederma<sup>®</sup>

The body oil with silk is quickly absorbed, providing long-lasting hydration to the skin and leaving a non-greasy finish.

**A harmonizing blend of cocoa beans, macadamia, apricot, and almond oil gives the skin a silky smooth feel.** Nanococoa influences the release of muscle tension and subsequently reduces the depth of wrinkles. Additionally, it softens and moisturizes the skin, promoting increased tissue circulation.

**Silk extract** forms a moisturizing protective barrier on the skin, protecting it from environmental stressors. Fibroin, one of the silk proteins, **smooths fine lines, evens out skin surface irregularities, and leaves it silky smooth.**

The result is elastic, silky-smooth skin veiled in luxury.

### Composition:

**Isopropyl Palmitate** – The **non-greasy texture** of this ester leaves the skin **smooth and soft**. It acts as an emollient, softening less yielding components and improving their spreadability. It provides **long-lasting hydration and improves the skin barrier**, reducing transepidermal water loss.

**Prunus Amygdalus Dulcis Oil (Almond Oil)** – This oil is synonymous with **deep nourishment**. Its high content of oleic and linoleic acids helps restore the skin's lipid barrier, **reducing redness, and improving elasticity. It soothes dry skin and helps improve its texture and tone.** It has antibacterial properties and is rich in **vitamin A**, making it **suitable for acne-prone skin.**

**Prunus Armeniaca Kernel Oil (Apricot Oil)** – With a high content of **vitamins E and A**, this oil promotes the **regeneration of skin cells, moisturizes, and protects the skin** from oxidative stress and environmental pollution. Due to its consistency resembling the body's own skin sebum, the oil is absorbed into the deepest layers of the skin, providing **long-lasting hydration and leaving the skin soft and flexible.**

**Macadamia Oil** – With a unique profile of fatty acids, this oil mimics the skin's natural lipids, providing **deep regeneration, increasing elasticity, and reducing the formation of fine lines.** It is a rich source of squalene, which aids in cell regeneration. Ideal for **dry and cracked skin.**

**Caprylic/Capric Triglyceride** – A **lightweight emollient** that helps stabilize other ingredients while providing the skin with **smoothness and elasticity** without a greasy feeling. It creates a barrier on the skin's surface, which reduces transepidermal water loss, locking in hydration and indirectly contributing to **skin hydration.**

**Propylene Glycol** – This **multifunctional humectant** improves the absorption of active ingredients, increases **skin hydration, reduces flakiness, restores moisture**, and helps maintain skin softness and smoothness.

**Tocopheryl Acetate (Vitamin E)** – A **more stable form of vitamin E** that enhances the skin's protection against external factors. **It promotes skin regeneration and hydration**, helps protect its natural barrier, heals, and provides antioxidant benefits to the skin. It mainly hydrates the outermost layer of the skin and improves its water-binding ability. It is also considered an effective ingredient in **supporting eczema treatment.**

**Aqua (Water)** – The basic but essential ingredient for the even **distribution and effective action of all ingredients in the oil.**

**Theobroma Cacao Extract (Cocoa Extract)** – When we are stressed, our muscles contract, creating wrinkles on the skin. Nanococoa, with its unique relaxing effects, **relieves muscle tension, thereby reducing the depth of wrinkles.** Cocoa beans also contain anandamide, also known as the molecule of bliss, which promotes **feelings of relaxation and relaxation.**

**Hydrolyzed Silk** – Silk proteins smooth fine lines, **even out skin surface irregularities,** and leave it silky smooth. Silk gives the skin extraordinary softness and shine, while also **improving its hydration and elasticity.**

**Sodium Chloride** – This ingredient ensures the optimal consistency of the oil and promotes the even distribution of active ingredients on the skin. It has **stabilizing and soothing effects** on the skin.

**Tocopherol (Vitamin E)** – As a powerful **antioxidant, vitamin E** helps fight free radicals, **reduces photoaging of the skin,** and **supports its natural regeneration processes.**





# THERAPEUTIC MASSAGES



## Classical massage

Back, nape	25 min/30 €
Back, nape, arms, legs, abdomen, chest if requested	50 min/55 €

**Classical massage is used to relax muscles, in insomnia and stress conditions. It is beneficial in locomotor disorders, impairments of muscles and sinews, fascia, back deformations as well as post-traumatic conditions and post-surgical conditions of bones and joints. It is recommended in neural network impairment, digestive system disorders, respiratory diseases and reconvalescence period.**

The blood circulation in body organs increases (by increased blood circulation in kidneys urine production increases), exchange of oxygen and carbon dioxide in lungs is improved, as well as internal breathing and thermo-regulatory process. The massage boosts physical endurance, sleep and central nervous system. **It is applied mainly as therapeutic massage and in reconvalescence of post-traumatic and post-illness conditions.**

The therapist applies pressure which is transmitted to the muscles in deeper structures. Tense muscles may be painful during the massage. Regular massage of affected areas is a good prevention of serious conditions connected with mobility limitations and flexibility of locomotor system.

***Facaderma® unscented silk oil or 100% organic herbal oils are used for Classical massage.***

### **100% St. John's wort oil**

St. John's wort (*hypericum perforatum*) in massage has proved to be beneficial in pain of back, muscles and joints. It is popular for its deep nutritioning properties of intervertebrate areas.

### **100% Coconut oil**

Virgin coconut oil is rich in antioxidants, proteins and vitamins. It has gentle consistence and unnoticeable aroma. The use of virgin coconut oil in massage fastens metabolic waste carry-off, reduces fat, relieves tension and boosts blood circulation.



## Relaxing massage

Back, nape	25 min/30 €
Back, legs, arms, abdomen, chest if requested	50 min/55 €

**Very gentle, relaxing massage suitable for those who suffer from backache or all body-ache as a result of daily overload and stressful life. Mainly skin and the top layer of muscles are stimulated. The massage is effective in increasing blood circulation of skin epitel and lymphatic system support.**

Relaxing massage with relax oil, accompanied by suitable music will create the right atmosphere, which will help you relieve the tension of the body, muscles, mind, intensely eliminating stress, depression and will bring back peace.

## Oxygen therapy

Inhalation of 95% oxygen by nasal cannula or a face mask	30 min/25 €   60 min/50€
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**Oxygen therapy is inhalation of 90-95%- oxygen enriched air which is moisturised. It is a therapeutic and regenerating method based on inhalation of increased concentration of oxygen used not only in medicine, but also in normal life. Oxygen therapy in its nature is an even distribution of concentrated oxygen within an organism, which leads to improvement of energetic potential of an organism.**

Oxygen therapy is intended for partial and overall regeneration of an organism on cellular level. It can eliminate fatigue on physical and mental level, boost metabolism, strengthen immunity, detoxify the body and slow down the process of aging.

**The effects of oxygen therapy:**

- It increases oxygen concentration in blood plasma, which intensifies blood flow in capillaries and thus enhances the supply of oxygen and important nutrients in the whole organism. Oxygenation by 90–95 % oxygen has not only prevention effects, but also healing effects.
- It works as illness prevention. In oxygen deficiency, an organism lacks energy, however, the condition can be effectively reversed by intense oxygen supply, which will bring needed vitality first to capillaries and consequently to all body tissues.
- Oxygen therapy can make convalescence from an illness faster and easier and minimise negative effects of medications. Oxygen therapy soothes nervous system, brain cells regain energy and brain concentration increases.
- Cell oxygenation leads to organism rejuvenation and prevention of medical problems.
- Oxygen decelerates aging, tightens the skin and smoothes wrinkles. Oxygen therapy is exceptionally pleasant, painless and pure method with proven therapeutic effects, without any side effects. Organism cannot be over-oxygenated by oxygen!

The therapy usually lasts 20 to 60 minutes, which equals the number of litres of pure oxygen inhaled. An hour of such inhalation can be compared to 2-week stay in the mountains.

Concentrated oxygen can be inhaled by nasal cannula or a face mask.

**Therapeutic effects of oxygen therapy:**

- Blood cleansing, blood formation support
- Keeps blood vessels in good condition
- Supports heart function (also in cardiovascular diseases)
- Helps in regeneration of all cells
- Decelerates skin aging and increases skin elasticity
- Boosts immunity
- Regulates metabolism, digestion
- Relieves headaches, migraines, fatigue and depression
- Induces good sleep
- Soothes nervous system
- Improves concentration and attention
- Corrects vision, moderately
- Enhances physical activity up to 25 %
- Relieves asthma, allergies, chronic obstructive pulmonary disease
- Has strong antibacterial and anti-inflammatory effects
- Increases sexual activity and sexual performance

**Oxygen therapy in numbers:**

- In 20 minutes (from the start of the therapy) the concentration of brain activity increases.
- In 30 minutes joints start to become oxygenated.
- In 60 minutes the body detoxifies.

**Contraindications – when oxygen therapy is not recommended:**

- in epilepsy
- after immediate organ transplantation
- in advanced atherosclerosis
- with glaucoma and retinal detachment
- in stomach ulcer disease
- with inflammation of the sinuses

## Bemer – vascular therapy

BEMER device treatment  
for the whole body lying down

25 min/20 €

**BEMER is physical vascular therapy, which supports self-regulatory body mechanisms by improving blood circulation. Blood circulation is the only transport mechanism, which carries oxygen, nutrients, hormones, vitamins, medications, minerals, etc. It removes harmful metabolites like carbon dioxide and metabolic waste from the cells. Our body can function well and be healthy when our cells get sufficient supply of blood. Optimal blood circulation is prerequisite to good health and condition. Our comfort and performance depends on a good blood circulation.**

BEMER device provides unique patented signal configuration towards an organism, with help of electromagnetic impulses and thus stimulates the renovation of limited and blocked microcirculation, transport function of capillaries. The process represents relevant base for health renovation and its retention.

The greatest part, 74% of blood circulation of human body is represented by microcirculation, which is directed by autorhythmic movement of vessel walls, so called vasomotion.

***BEMER device has effect on the autorhythmic movement and thus improves microcirculation in the body.***

BEMER physical vascular therapy boosts blood circulation in capillaries. The therapy is indicated as supplementary treatment and impairment prevention, where at the back the main cause or a consequence of a disease is insufficient vasomotion leading to microcirculation disorders.

***Optimal microcirculation attained by BEMER therapy improves:***

- Blood circulation and blood circulation parameters
- Nutrient and oxygen cell supply
- Removal of metabolic waste and toxins
- Immunity and lowers susceptibility to infection
- Cell ability to neutralize free radicals
- Regeneration and healing processes
- Wound and sport injury healing
- Falling asleep and uninterrupted night sleep
- Performance and concentration

***BEMER is recommended as prevention and supplementary treatment in the following diagnoses and health problems:***

- chronic and degenerative impairments of locomotor system (bones and muscles)
- chronic metabolic disorders (e.g. diabetes mellitus)
- functional organ failure (e.g. liver dysfunction)
- polyneuropathy as a result of diabetes or cancer cure
- wound healing problems
- chronic fatigue (e.g. chronic stress, sclerosis multiplex)
- acute and chronic pain

## Detoxifying honey massage

Back, nape

45 min/55 €

**Honey massage is highly effective detoxifying and cleansing therapy and is recommended in blood circulation disorders, joint problems, rheumatic diseases, digestive problems and migraines. It ameliorates insomnia, fatigue and headaches. Honey has antibacterial properties beneficial for healing wounds, ulcers, oedema and inflammation.**

Honey massage has double effect - body toxin carry off and internal organ activation. The massage is applied in three layers in combination with soothing warm poultice with peeling effect, which smoothes and hydrates skin. Hand massage technique together with honey applied on the back resembles sucking-pumping. This detoxifying massage helps the body get rid off the toxins through the skin of the back. The traces of toxins are apparent in changed colour and texture of the honey applied.

***During the massage reflex zones on the back are reinforced and the internal organs are stimulated.***

## Breuss massage

Back, nape

50 min/55 €

**Breuss massage is manual-energising therapy focused on muscles along the backbone. It relaxes physical and psychical blocks.**

Breuss massage regenerates intervertebral discs and thus solves wide spectrum of health problems. During the massage accupressure points are treated – mainly along the meridian of bladder – relaxing the blockades and mental tensions enhances massage effect. St. John’s wort is used to regenerate and reinvigorate intervertebral discs.

## Cupping

Back, nape

25 min/30 €

**Therapy is recommended in locomotor disorders, the pain of kidney, urinary duct, respiratory system, digestive system and to relax muscle spasms.**

Cupping uses the linkage of the acupuncture meridians with the internal body organs. Cups are applied on the human. The result of the treatment is fast metabolization and regeneration of the tissue. Ecchymosis (erythema) is common symptom in the cupping therapy.

***The therapy is not recommended to clients with haemophilia, leukaemia, cancer, infections, varicose veins, vein inflammation etc.***



## Lymphatic drainage manual massage

Nape, arms, back

40 min/55 €

## Massage for children

Back, nape

15 min/25 €

**Massage for children is the set of gentle and sensitive massage of the body of a child. It is sensual. It does not stimulate but harmonizes. It is beneficial for mental and physical wellbeing of a child.**

Give your children an unforgettable experience with a gentle massage. They can choose a massage with unscented Facerma® silk oil, a favorite chocolate, or soothing coconut massage.

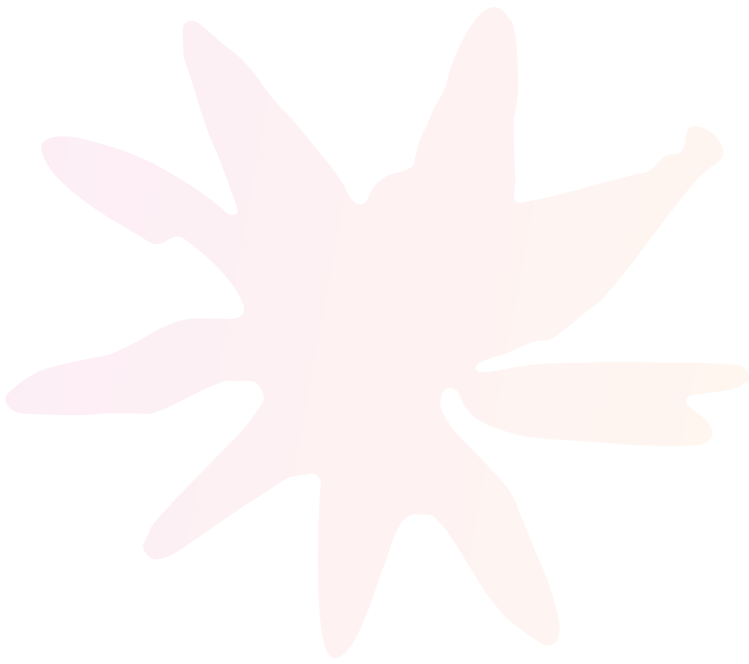
Massage is recommended for children up to the age of 12.

**Lymphatic drainage manual massage is a therapeutic massage boosting lymphatic system. Gentle soothing massage enhancing the function of lymphatic system, which is directly connected with the immunity and excretion of metabolic waste, beneficial for skin appearance, mainly cellulite and edema caused by lymph stagnation. The massage is advised in spring and autumn seasons - to detoxify and in post-illness time get rid off metabolic waste.**

Lymphatic drainage manual massage reduces edema and cellulite, improves the skin appearance, its function, reduces fatigue, relieves acute migraine, brings about "light arms and legs" feeling and eliminates calf spasms.

The massage is not recommended in certain conditions, e.g. tumours, swelling caused by malfunction of kidneys, heart problems, vein and skin impairment, high blood pressure, thyroid gland disorders, fatigue, right after meal or alcohol consumption, abdominal disorders connected to inflammatory processes and others.

***The client must inform the massage therapist about their health condition before the massage.***



## Foot reflexology massage

Foot (locomotive system)	25 min/30 €
Foot (locomotive system & internal organs)	40 min/45 €

**Reflexology massage is one of the most effective methods in the alternative medicine. The pressure and massage applied to reflex areas on feet improve metabolism, relieve pain in the back and along the backbone, enhance wound (post-surgery and post-traumatic) healing and prevent cancer cell formation. In other words the body becomes more resilient and balanced, one gains “light-feet” feeling.**

The massage is not classical, the pressure is applied on reflex areas on feet. A system of zones and reflex areas reflect an image of the body on the feet. The possible pain when the pressure is applied indicates which organ or area is impaired, as the signal is transmitted from the reflex point to the respective organ. The effect comes immediately, which is appreciated in painful conditions. Regular massage of reflex areas aids general wellbeing and prevents health problems.







**FACIAL  
WELLNESS  
COSMETIC  
TREATMENTS**

# Facaderma® Facial Cosmetics Wellness Treatment

The Slovak brand Facaderma® has created products tailored to the local Central European climate and the Slovak skin type. Slovak skin, which is thinner, more sensitive, prone to loss of elasticity, and pigmentation disorders, requires appropriate care, which Facaderma® has tailored to each Slovak woman, who have become their inspiration. The composition of the products is overseen by a team of leading Slovak chemists led by the President of the Slovak Cosmetology Association, Ing. Alena Saxová. The products are manufactured responsibly, in small and always fresh batches, at a production facility in Liptovský Mikuláš.

Facaderma® products are scented with a characteristic elixir of pure natural fragrances – sweet vanilla, fresh orange blossom tones, accents of delicate sandalwood, and captivating jasmine.

**The holistic philosophy of the Facaderma brand combines a love of nature, admiration for Slovak aesthetics, and respect for science.**

## Lifting Kiss GOJI

50 min/59 €

A next-generation facial treatment to give the skin firmness, elasticity, and a rejuvenating effect. Extracts of lamb's ear and goji stem cells stimulate skin firmness and prevent skin sagging. They support collagen formation, which tightens facial contours. Squalane strengthens the skin's protective function.  
**Main active ingredients:** Goji, Vitamin A, Vitamin B, Lamb's Ear, Squalane, Jojoba Milk, a mixture of hyaluronic acid.

## Nutrient Kiss Pearls

50 min/59 €

The treatment hydrates, increases vitality, strengthens the regeneration of skin cells, and improves the skin's barrier function. Pearls, together with coenzyme Q10 and hyaluronic acid, support the nourishment and regeneration of skin cells. Hyaluronic acid of various molecular weights penetrates the deepest layers of the skin, improves intercellular communication, enhances skin texture, softens fine lines, and regulates sebum production.  
**Main active ingredients:** Pearls, Hyaluronic Acid, Coenzyme Q10, Alpine Rose.

## Hydration Kiss Silk

50 min/59 €

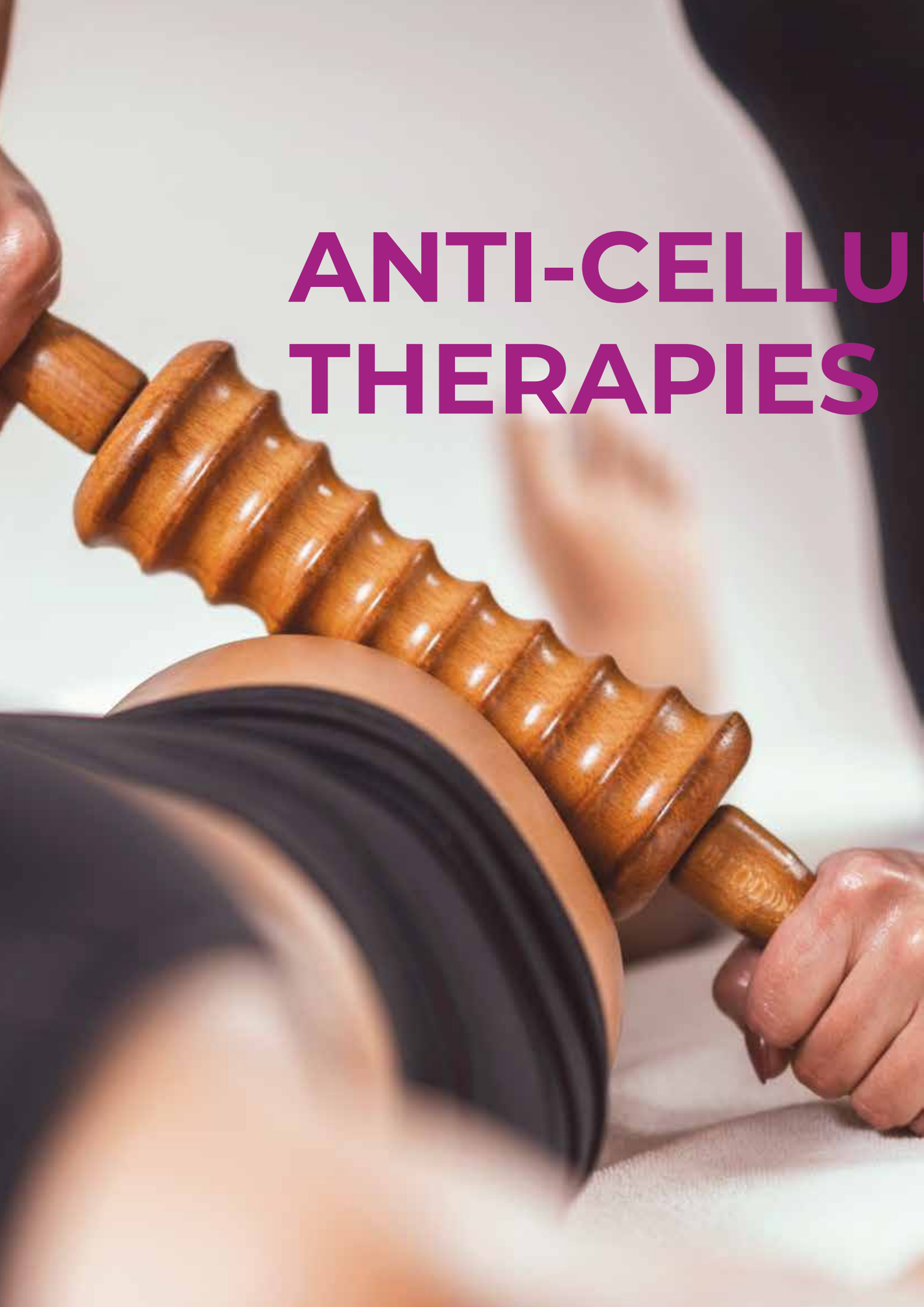
After treating the skin with silk, the skin rejuvenates, and the regeneration of stem cells is accelerated by plant stem cells. The beauty vitamin serum – vitamin A supports collagen production, leading to the reduction of fine wrinkles. The skin becomes velvety smooth.  
**Main active ingredients:** vitamin A, silk, almond oil, cocoa extract, Fibroin, vitamin E.

## Anti-Wrinkle and Detoxifying Facial Massage with Cups

45 min/59 €

Cupping massage is excellent for stimulating lymph flow, supporting collagen formation, and toning facial muscles. The treatment detoxifies the face, oxygenates the skin, muscles, and activates cell metabolism. The skin after treatment is beautifully brightened, and wrinkles miraculously disappear. The treatment is painless and does not create bruises on the face because the cups are adapted for facial massage.

# ANTI-CELLU THERAPIES





**LITE**

## Cinnamon Wrap

Thighs, buttocks

95 min/85 €

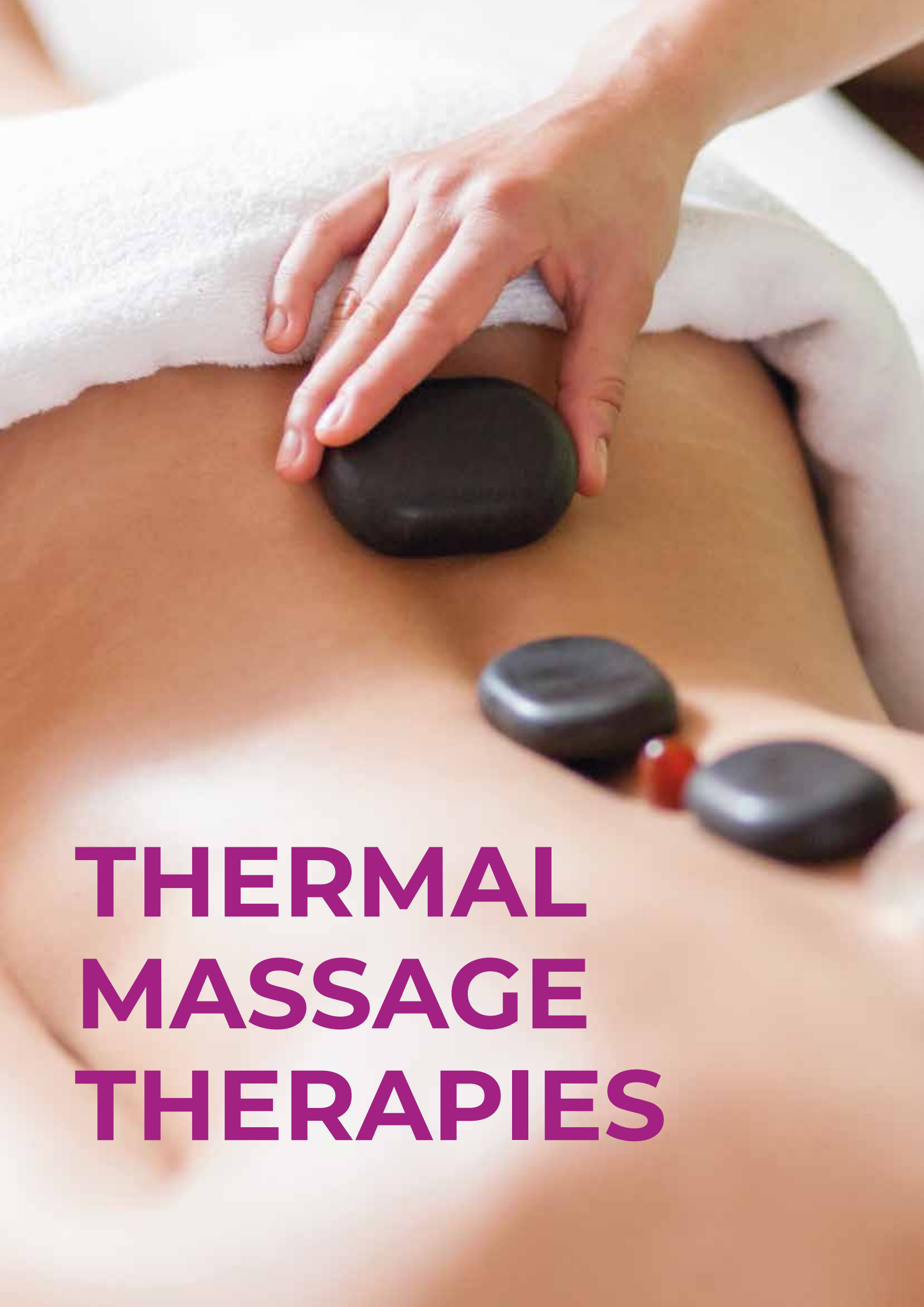
Cinnamon balm is a unique massage product that contributes to alleviating the signs of cellulite. The contained cinnamon essential oil warms and improves tissue circulation, stimulating metabolic exchange and aiding in the breakdown of fat cells. The use of cinnamon balm, combined with targeted exercises, enhances skin elasticity, evens out fine scars, and leaves the skin visibly smoother.

## Brazilian Maderotherapy

Thighs, buttocks

65 min/65 €

A special massage technique that helps eliminate cellulite and shape the body. It involves dynamic manual movements and a series of touches with anatomically adapted wooden bells and rollers. This technique promotes increased blood circulation in the treated area, accelerating metabolic exchange. It also provides gentle stimulation of the lymphatic system, releasing accumulated toxins and water from intercellular spaces. The body gets rid of irregularities in the subcutaneous tissue, reducing the appearance of cellulite, also known as the „orange“ effect. This process stimulates metabolism and reduces skin swelling, leading to the faster burning of excess fats, carbohydrates, toxins, and cellulite.



# **THERMAL MASSAGE THERAPIES**



## Lava stone massage

Back, nape	20 min/32 €
Back, nape, leg, arms, abdomen	50 min/59 €

**Lava stones harmonise human body, reduce negative energy, eliminate muscle pain, improve blood circulation, aid detoxification, and have significant toning properties. The warmth released from stones combined with a massage relax muscles, improve metabolism, blood circulation, soothe sore spots on the body, reduce muscle spasm and enhance self-healing properties of an organism.**

The treatment itself is performed by lava stones heated to the temperature of 40-60 °C, some are applied to certain parts of the body, the others are used to massage the body. The skin is treated by oil to prepare it for the heat of the stones, which will pass the warmth and the energy to the body. The stones are usually dark grey or black and are rich in iron content.

Inner power of lava stones was created in volcano, from where the hot matter reached the Earth surface and cooled down, keeping the healing energy for ages. Lava stones used are oval and smooth of various sizes. They can heal, pass on the energy and absorb the negative energy.

Hot lava stone massage can be combined with cold marble stone massage, so called hot & cold massage.



# RELAXATION MASSAGES



## Indian head massage

Shoulders, nape,  
head, face, ears

50 min/55 €

Used for thousands years in India, first it was focused on head and hair, later the massage also involved face, décolletage, neck, shoulders and arms. The massage reduces stress symptom, provides relief, peace and and overall relaxation. It does not only work on physical level, but also influences our emotions, calms the soul and aids our communication and understanding development.

Massage is focused on face and hairy part of the head. Gentle moves affect reflexology points and areas, located on face and scalp. Head and neck gathers negative emotions, anxiety, suffering and stress. Due to the presence of many neural endings on the face and head, massage is performed in moderate pace, to unblock the blocks and piled tension.

The massage is performed in sitting or lying position. During the massage, blood circulation in hair follicles is stimulated and increased nutrition positively influences healthy hair growth.

## Massage for pregnant

Back, nape,  
arms, legs

25 min/30 €

**Massage for pregnant women relieves tension in the body and relaxes back muscles, which strains in pregnancy. Beneficial for swollen legs, tension, strains of the body it helps to overcome tiredness and tension. Every massage is focused on individual needs of every pregnant woman.**

This gentle massage with minimum pressure applied in the area of lower back and reflexive points is recommended after the first trimester. Performed in sitting or side position.

## Chocolate treatment

Back, arms,  
legs, abdomen

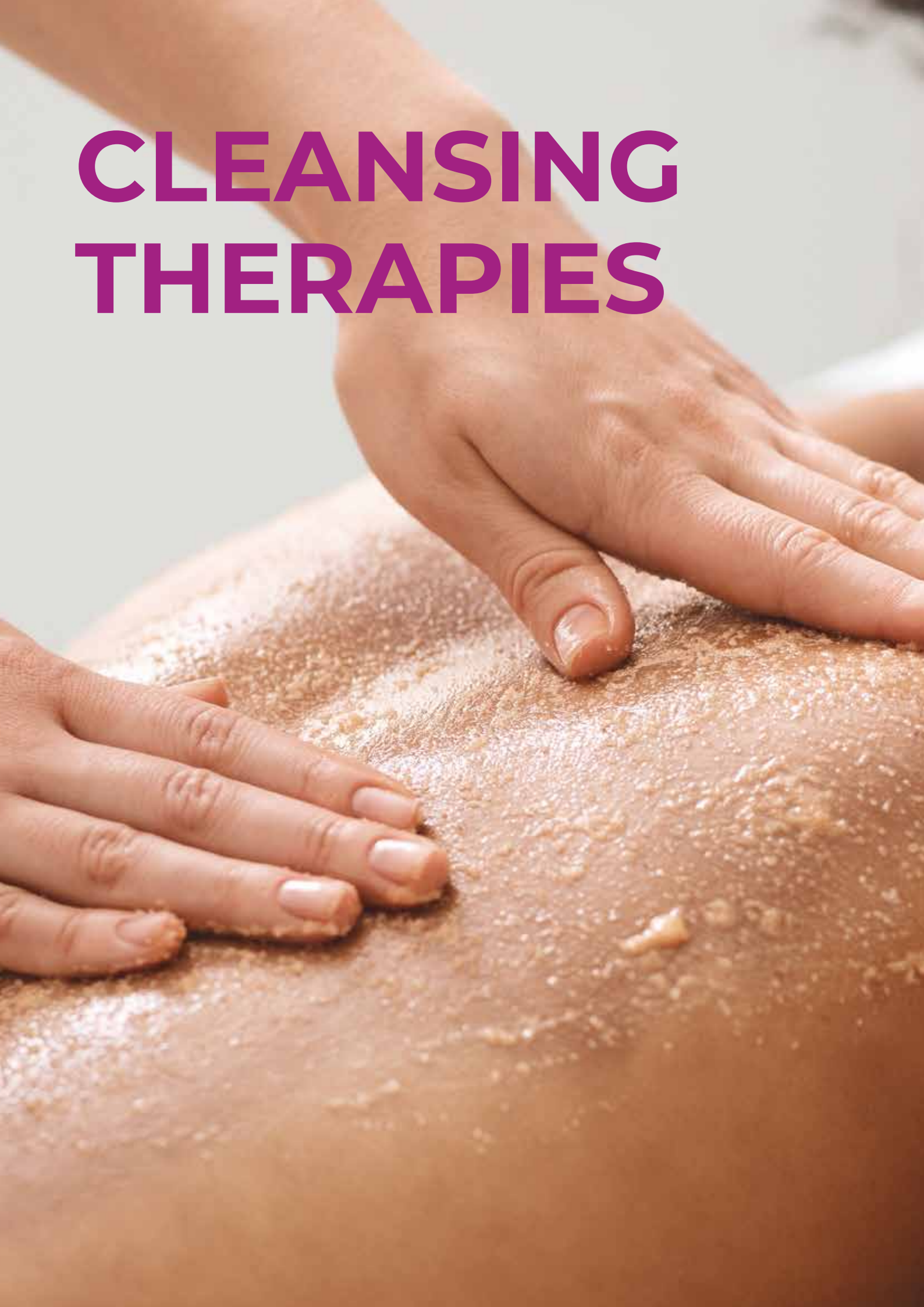
75 min/65 €

**Hot chocolate massage is pleasant ritual and ranks among most luxurious treatments and massages. With help of the massage the body is detoxified, metabolic waste is disposed of the feeling of deep relaxation is brought about, eliminating tension and stress. Chocolate aroma stimulates the spur of endorphins, hormones of happiness, which multiply the feeling of unique relax and good mood.**

Chocolate contains soothing, moisturising substances which make the skin supple, rejuvenated and nourished. Massage consists of chocolate scrub, chocolate wrap and at the end the body is harmonised by chocolate oil body massage. The scrub removes dead skin cells and prepares the body for relaxing, harmonising body massage. This luxurious chocolate treatment is suitable for ladies mainly, for its positive effects on the skin, leaving it smooth, fresh and delicate. Besides all that, your skin will smell lovely all day long and you will feel reborn.



# CLEANSING THERAPIES





## Full-body peeling

Back, neck, abdomen,  
upper and lower limbs

20 min/30 €

**Thanks to the wide range of minerals, sea salt peeling has a beneficial effect on various skin problems. It promotes fat reduction, provides moisture to the body, and is ideal for cellulite problems.**

During peeling, salt particles remove old and dead skin, allowing the skin to breathe again. Using sea salt in the form of peeling is the most effective complementary method for the treatment of acne, keratosis, and pigmented spots.

The beneficial effects of sea salt on the human body have been known for several thousand years. The production principle involves evaporating water from a saline solution. Sea salt also contains substances such as sodium, magnesium, calcium, iodine, bromine, and manganese.



# HEALING WRAPS



## Dead Sea mud wrap

Legs, abdomen  
back, arms

50 min/45 €

**Mud wrap has positive influence on locomotor system, skin conditions- mainly psoriasis and ekzema. It detoxifies, boosts blood circulation, tones, relieves pain, cures inflammation, keeps the skin young and fresh, rejuvenates aging skin, supports metabolism, improves muscle activity, and returns mobility.**

The positive properties of Dead sea mud on health and beauty have been known for many centuries. The dead sea mud contains magnesium, calcite, felspar, bromides, magnesium, sodium, chlorides, which make him rich in clay, salts and minerals. It has large absorbtion ability, which helps the mud absorb dirt, dead skin and perspiration. The skin absorbs various minerals from the mud, beneficial for cell activity.

Dead Sea mud absorbs and preserves warmth. This effect boosts blood circulation, reduces tension in joints and muscles, enhances chronic inflammatory infiltrate absorbtion, relaxes ligaments, relaxes bone muscles and the muscles of internal body organs. It positively affects antiinflammatory activity and immune processes in organism, eliminates elastine and collagen degradation, improving the function of cartilages, connecting tissues and joint mobility.

## Seaweed wrap

Legs, abdomen  
back, arms

50 min/45 €

**Seaweed wrap improves metabolic processes and reduces body fat. High content of iodine fastens fat burning process and thus enables weight loss.**

Seaweed wrap nourishes body with beneficial minerals and elements, not only skin, but all the body.

Mikronised, gently ground seaweed - Laminaria Digitata, Focus Vesiculosus and Lithothamnium Calcareum supply the body with minerals, detoxify and activate slimming process. They fasten blood circulation, metabolism and relieve pain.

To multiply the effects, seaweed is combined with 100% sesame oil.

## Paraffin wrap for hands and feet

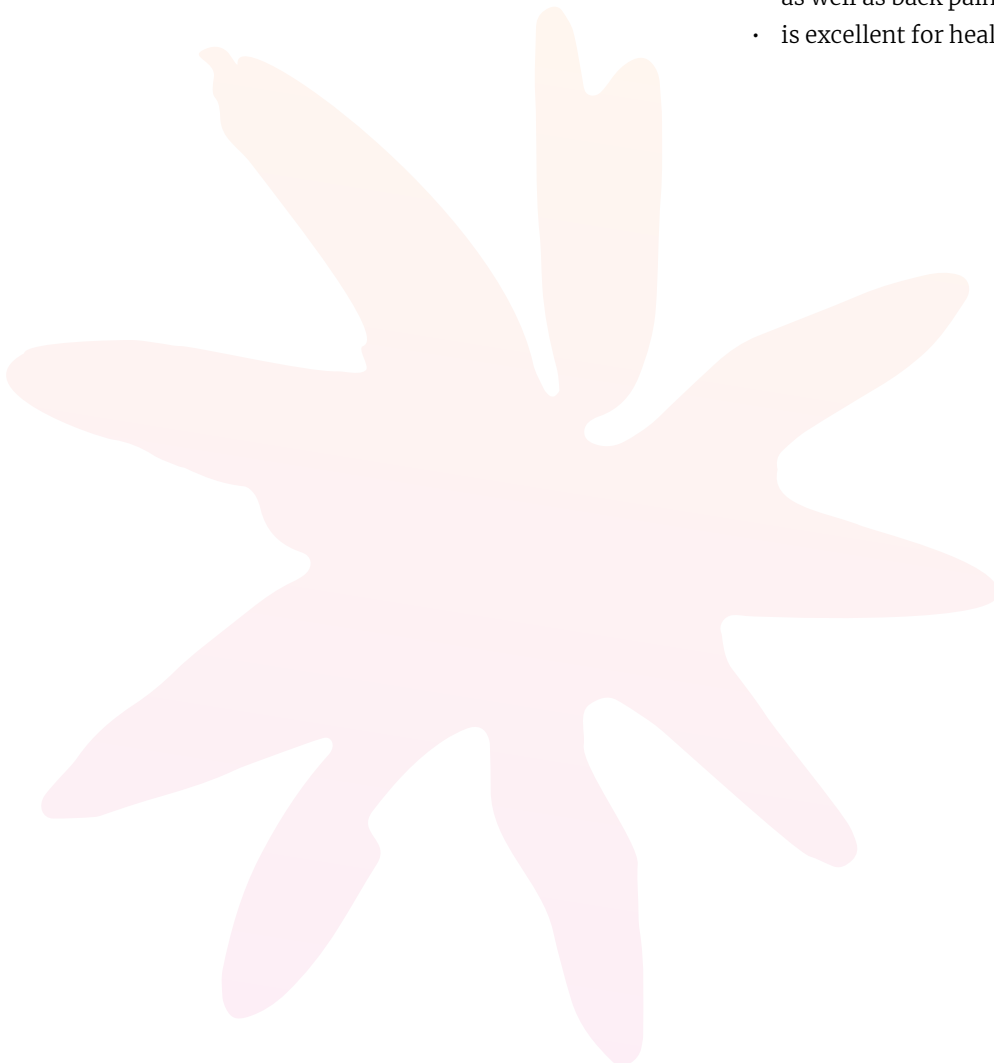
Paraffin wrap hands/feet

45 min/45 €

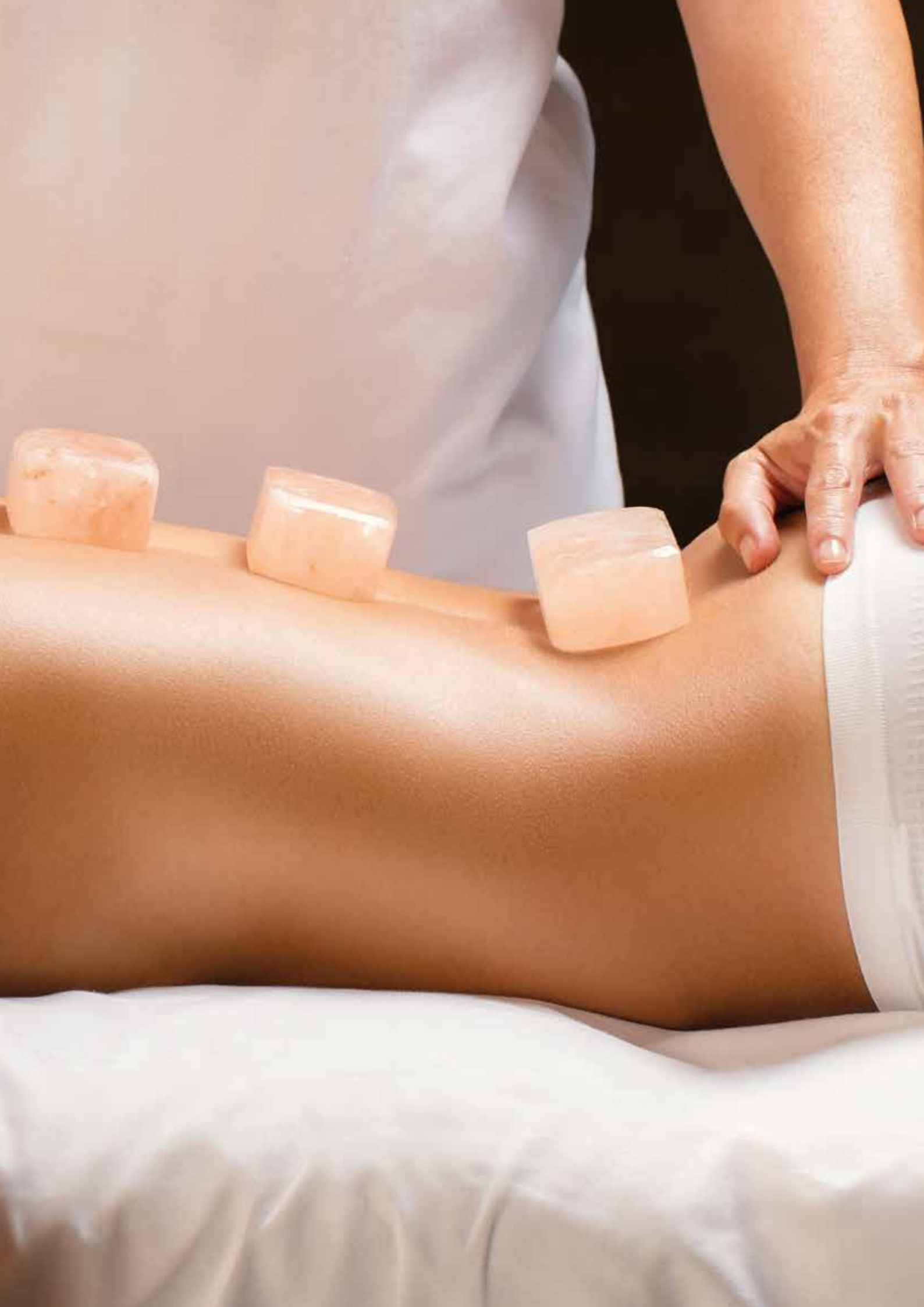
Paraffin wrap is excellent for both hands and feet as it increases blood flow to the skin and provides it with vitamins and minerals. It is a valuable source of vitamin E and minerals such as iron, silicon, and magnesium. Paraffin loosens stiff and painful joints, warms up muscles, soothes chronic pain, and improves blood circulation.

### *The beneficial effects of paraffin wrap:*

- warms up, relaxes, promotes nutrient circulation in the skin, improves blood circulation, delivers minerals and vitamins, opens skin pores
- has a favorable effect on musculoskeletal disorders, diseases of small joints, chronic rheumatoid arthritis, Bechterev's disease
- is also used for stiff muscles, muscle spasms, musculoskeletal problems, post-traumatic or degenerative problems, muscle cramps, as well as back pain
- is excellent for healing dry and cracked skin







# SPA RITUALS

## Himalaya Salt Massage

Back, nape, abdomen,  
upper and lower limbs

75 min/69 €

**Unique ritual for detox and body and mind reinvigoration with help of well-known power of Himalaya salt.**

The treatment accompanied by massage techniques (comfort zone), natural products, salt peeling and wrap will ensure effective detox, metabolism stimulation, muscle and joints pain relief and body circulation improvement. Also recommended as the initial treatment of body slimming cure.

## PRO-SLEEP massage

Back, nape, abdomen,  
upper and lower limbs

75 min/69 €

**Innovative massage influencing three various sensoric routes for profound relax. It enhances sleep and helps fight stress and brings reinvigoration and relieves side effects of time difference.**

Unique essential oil mixture and Tranquility music will bring about peace in mind and the body. Tranquility pro-sleep massage is based on scientific studies, which confirm that reaching the state of deep profound relaxation is inevitable for keeping optimal bodyli and mental health. With help of special brush massage in combination with hand massage will relax the whole body and bring deep relieving feeling.

## Demänovský Kiss

Legs, gluteal muscles, abdomen,  
back, nape, face, head

95 min/79 €

A unique combination of various massage techniques with the power of semi-precious stones and the influence of meditative music. Your body will experience the Harmonious Flow of Life Energy, "CHI," from the roots of your hair to the tips of your toes.





