



CALM

Collection

M A S S A G E T R E A T M E N T S

DEEP TISSUE

Deep Tissue is a type of massage aimed at the deeper tissue structures of the muscle and fascia, also called connective tissue, therefore the pressure will generally be more intense, the therapist works to release chronic muscle tension or knots. It is possible that you may feel some soreness the day after a deep tissue massage. It is important to drink a lot of water after the session to help lactic acid out of the body.

Session time: 1 hour

SPORT MASSAGE

Sport Massage used for general relaxation of the muscle skeletal system. With this type of massage, the therapist can remove the accumulation of general aches and pains and can explore the soft tissue more intimately, especially for people with injuries, chronic pain or restricted range of motion. Focused techniques conducted to sedate or stimulate nerve endings, increase or decrease muscle length and assist in the removal of metabolic waste.

Session time: 1 hour

HOLISTIC MASSAGE

An individual treatment that is specifically tailored to each client and considers the mental, physical and spiritual wellbeing. The whole point of a holistic body massage is to target the places on your body that you feel is most “stressed out”.

Session time: 1 hour

PREGNANT MASSAGE

During pregnancy, regular prenatal massage may not only help you to relax and decrease stress but may also relieve insomnia, joint, neck and back pain, leg cramping and sciatica. It can also increase blood flow and keep lymphatic system working at peak efficiency, flushing out toxins from your body.

Session time: 1 hour

JET LAG AROMATHERAPY MASSAGE

A rebalancing treatment that stimulates the circulation reduces swelling and eases muscles tension. This treatment combines Swedish-Aromatherapy-Detoxifying full body foot and scalp massage to sooth you after a long journey.

Session time: 1 hour

COUPLES MASSAGE

COUPLE DE-STRESS

A dynamic aromatherapy massage for her and a deep tissue massage for him, an excellent choice for two to relieve tension and stress. Using specific releasing techniques to aid in the reduction of stress the positive flow energy is encouraged, and full body vitality is restored.

Session time: 1 hour

Price: 250€ (Extend by 30 minutes: +50€ per person)

TOTAL RELAXATION FOR TWO

A customized soothing massage using pure essential oils, which aim to restore the body balance. Designed to reduce tension and mental fatigue, resulting in a feeling of well-being and revitalization through the power of the essential oils.

Session time: 2 hours

FACE AND BODY TREATMENTS

FACE HYDRATION

Select this excellent nourishing and hydrating face treatment to enhance the natural defenses of the skin and offer antioxidant protection.

Session time: 50 min

CELLULAR RECONSTRUCTION

This divine treatment intensely nourishes dull skin revealing a noticeably brighter and more radiant skin. Formulated to provide a fresher skin surface. Mask will help optimize a more youthful, alive and translucent complexion. Especially designed for the bride to be and women who want to look flawless.

Session time: 1 hour