

### **Thai traditional massage / Classic**

Traditional Thai massage relieves muscle and tendon tension, stretches limbs and spine, brings positive energy to the whole body. Systematic pressure massage of the whole body is appropriate for removal of tension and pain. Regenerates inner balance and harmony, removes joint, muscle and tissue toxins, tension and pain, increases blood and lymph nodes circulation, improves the excretion of injurants from the body, strengthens the nervous system and relieves spine pain. During the massage you are lying on a special mattress and your masseuses combines pressure and pulling exercises. Recommended time is about 1-2 hours, so that some exercises should be repeated to reach the total relaxation and harmony. Thai massage is designed for everybody.

### **Thai oil massage / Oil Classic**

This Thai Oil Massage is accomplished by using original essential massage oils imported from Thailand. This is a combination of Classical Thai Massage, together with gentle massage of the entire body from the tiptoes to hair bulbs by the help of oils. The oils advance the total relaxation process, help in banishing muscle strain and pain and in attaining physical and spiritual harmony. This type of massage is especially effective in relieving muscles stress and tension. Then it is also healthy for skin. We recommend the two-hour massage.

### **Thai aroma oil massage / Oil Aroma**

Aroma Oil Massage is in difference to Classical Thai Massage more relaxing and less invasive. Masseuses do not practice the pressure method, they focus more on unblocking the muscle hypotonia, relaxation of the soul is obvious by all massages. This type of massage is provided using original Thai oils (you may select from five different fragrances) in combination with aroma therapy. Your body and skin relax and relieve of stress with the help of natural products. A regular massage tranquillizes the nervous system, relieves muscles tension, stimulates blood circulation, reduces edemas and supports regular function of intestines.

### **Thai Nirvana (with herbal heat bags)**

This massage is unlike Thai classical massages more relaxing and less invasive one. Masseuses do not use a pressure method and they focus more to release the muscle strain. Redressing the mental balance is self-evident with all massages. The massage is done in combination with aromatherapy using original Thai aromatic oils (you may choose from five different fragrances). Your body and skin relax and relieve of stress with the help of natural products. The regular massage tranquillizes the nervous system, relieves muscles tension, stimulates blood circulation, reduces edemas and supports regular function of intestines. One hour massage with Thai aromatic oils is finished up with the laying warm herbal bags on spots through which the energy inside your body flows. Thai people are famous for a long tradition in natural healing and their heat herbal compresses belong to the most favorite healing methods. This so called Camalina method uses linen bags filled with combination of 10 selected Thai herbs. The bags are warmed up carefully in a water bath and then are put on the body. Each herb works its specific healing when absorbed into the skin and assists in the relief of muscle pain, aches and tension.

### **Head, face & shoulder massage / Head**

Face and head skin massage in connection with acupressure technique in the area of neck, nape and back helps to evoke a high level of relaxation. The massage is carried out while you are sitting and or lying on your stomach. By gentle pressing face and neck pressure points the blood circulation of the head is stimulated which helps to protect against stress and aging process. This massage brings relaxation and has a positive influence on headaches and repeated migraine headaches. The head skin massage is a very unique relaxing experience.

### **Foot massage / Foot**

Foot reflection massage has got a long-standing medical tradition. There are people who prefer the foot massage as one of the best classical Thai massages. Your feet will be washed and dried before the massage and you may sit or lay according to your wish. The massage technique is above all the acupressure. It practises the stimulation of vegetative points of single organs together with gracilis muscle massage, rubbing the natural massage oil to feet and last but not least stretching and relaxing every individual toe.

Foot massage is very relaxing and has not only the physiological effect (as the far eastern cultures believe in) but influences positively the psychical state, and is effective against stress (as you surely will find out by yourself).

Reflex massage may play an important role in attainment and maintenance of better health state and well-being, and bring about body and soul harmony.