

# Massages

## CLASSICAL MASSAGE

**CZK 1050,- / 60 min    CZK 1550,- / 90 min**

The massage relaxes the whole body, removes tiredness, limpness and stiffness. It uses stronger strokes that relax the tension in the skin and help stimulate circulation in the skin and muscles. It mainly relaxes and helps blood circulate in the back muscles, which are stiff due to lack of physical exercise, bad posture or stress. This helps relax the entire musculoskeletal system. The improved blood flow during the massage speeds up metabolism and helps eliminate toxins from the body through the lymphatic system. The massage benefits the whole body, including joints and internal organs. The massage regenerates the organism and removes tiredness.

## CLASSICAL MASSAGE + INDIAN HEAD MASSAGE

**CZK 1150,- / 60 min    CZK 1650,- / 90 min**

An ancient Ayurvedic technique. It efficiently eliminates stress, tension and prevents migraines. It oxygenates the brain, improves concentration, helps against depression and anxiety.

## CLASSICAL MASSAGE + REFLEXOLOGY FOOT MASSAGE

**CZK 1150,- / 60 min    CZK 1650,- / 90 min**

A massage technique that activates the body's natural therapeutic powers and helps restore the body and mind's balance. A gentle pressure massage of the feet relieves pain, supports the activity of weakened organs, improves blood and energy circulation in the body, which creates the feeling of peace and harmony. A sensitive spot on the foot indicates a problem in the corresponding organ; the massage of the right spot can help reduce a number of health issues.

## RELAXING AROMA MASSAGE

**CZK 1150,- / 60 min    CZK 1650,- / 90 min**

A relaxing massage that uses the therapeutic effect of essential oils. Pleasant, gentle, long strokes slowly relax the body, and the client enters deeper levels of self-perception, becoming more receptive to processes evoked by the use of

essential oils. The essential oils enter the body through the skin and through breathing. From the skin, they get into the lymphatic and blood streams.

## HONEY MASSAGE

**CZK 950,- / 40 min**

This is an efficient detox method that helps with stress, tension, unhealthy lifestyle, chronic diseases, tiredness and fatigue. It prevents ageing, rejuvenates and restores the organism. The honey together with special massaging strokes removes toxins accumulated in tissues. Using the reflex zones in the back, the honey massage stimulates the organs and helps regenerate and relax the whole body.

## BREUSS MASSAGE

**CZK 950,- / 40 min**

A gentle, energizing massage that regenerates the spine. It nourishes the discs, improves blood circulation, nourishment and oxygenation of the individual vertebrae. This massaging method relieves stress and tension in the spine and removes back pain. After the massage, the spine is relaxed, the vertebrae are in the right position and the client experiences a feeling deep physical and mental relief. The massage supports good sleep, detoxification and regeneration of the organism.

*Please note: The St. John's Wort oil is used in this massage. The oil can cause photosensitivity after sun exposure. You should avoid direct sunlight 24 hours after the massage.*



PLEASE RESERVE YOUR TREATMENT  
AT THE RECEPTION EXT. 921

*Ametyst*  
Hotel Praha